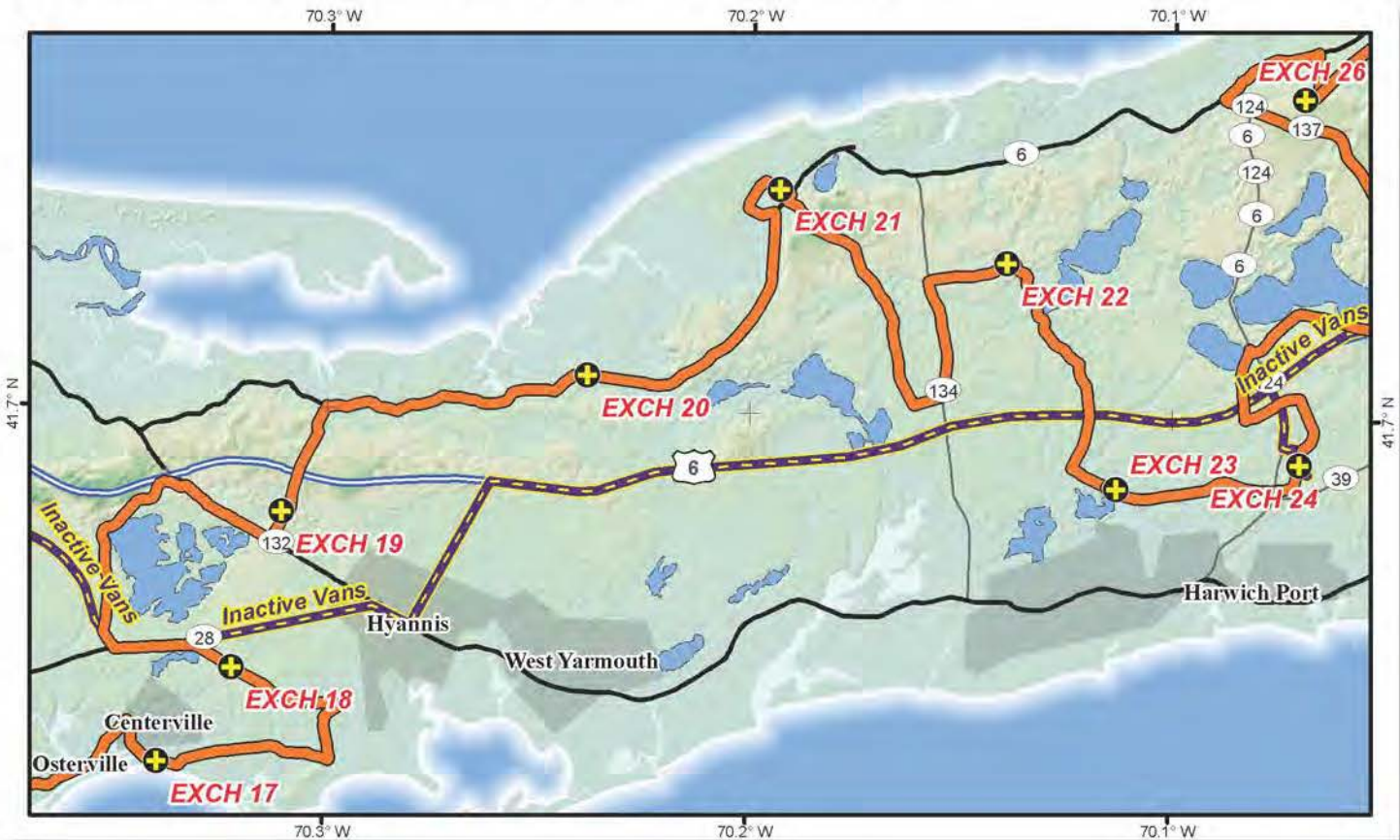


# VAN 2 -- LEGS 19-24 -- 28.4 MILES



Harwich Community Center  
100 Oak St, Harwich, MA  
41°41'33.05"N, 70° 4'14.02"W

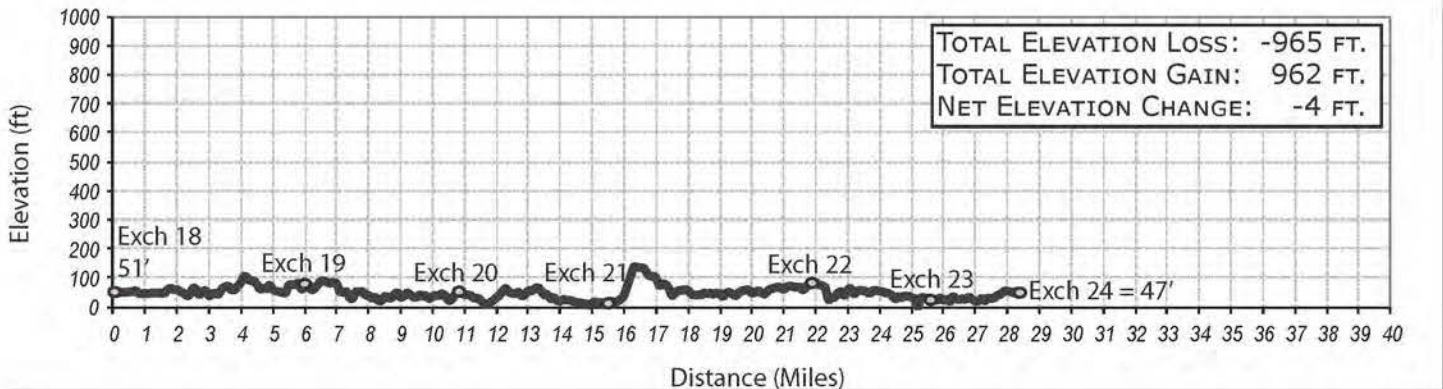
9:30 PM-10:15 AM

**EXCHANGE NOTES:**  
The Monomoy Boys Soccer Team will be asking for a small donation for inside sleeping in the gym. There are 4 mens and 4 womens showers and stalls off the gym that will be available (bring your own towel). There will be no access to other parts of the

building. Overflow parking is available in the lot across the street.

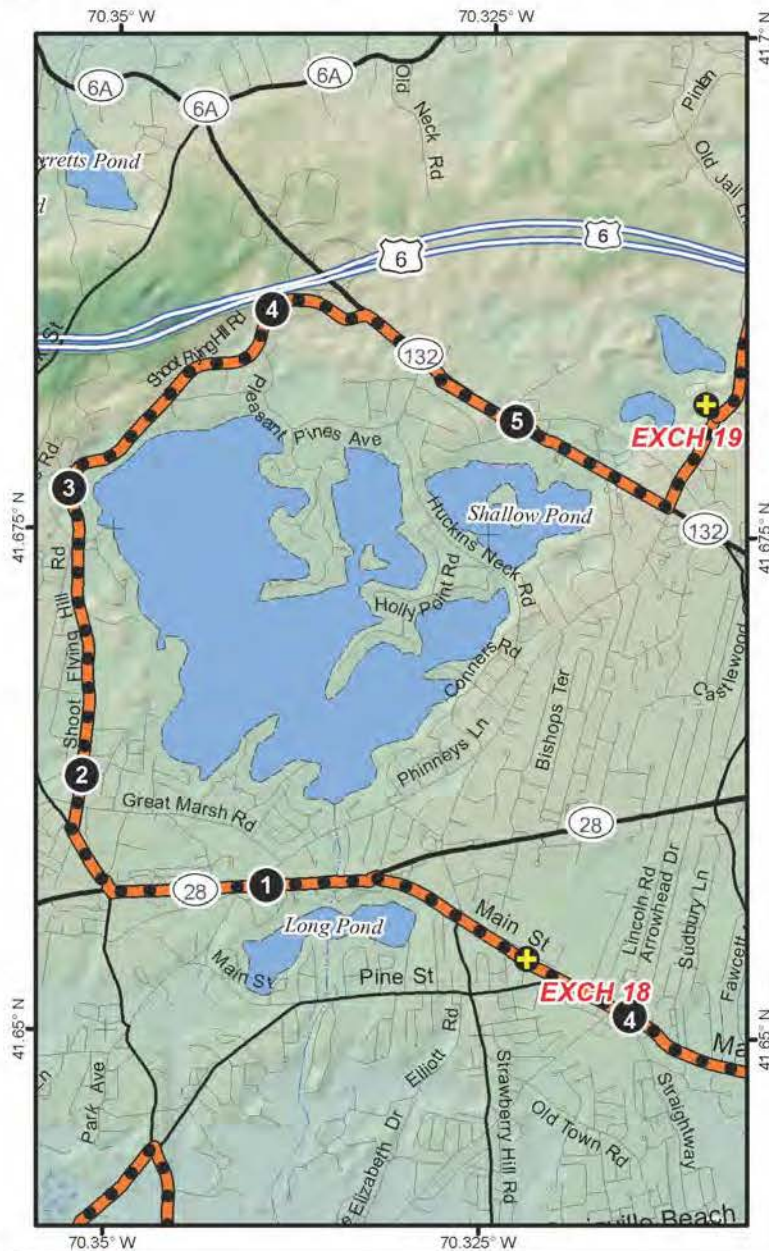
**INACTIVE VAN DIRECTIONS TO EXCHANGE 24:**  
0.0 Depart Exchange 18 heading WEST on Main St  
0.3 Turn LEFT (N) on Lincoln Rd  
0.6 Turn RIGHT (E) on Falmouth Road  
2.6 Turn RIGHT (S) at the rotary on to Iyannough Road  
3.1 Turn LEFT (N) onto Yarmouth Road. Road becomes Willow

Street  
5.1 Merge onto Highway 6 toward Orleans/Provincetown  
14.8 Take Exit 10 towardS Harwich/ Brewster  
14.9 Turn RIGHT (S) onto Pleasant Lake Avenue  
15.0 Turn LEFT (E) onto Queen Anne Road  
15.2 Turn RIGHT (S) onto Oak Street  
16.0 Arrive at Exchange 24





# LEG 19 -- 6.0 MILES -- MODERATE -- FULL VAN SUPPORT



## LEG 19 -- 6.0 MILES -- MODERATE

Hathaway Ponds  
(See GPS Coordinates)  
41°40'53.98"N, 70°18'38.18"W

### LEG NOTES:

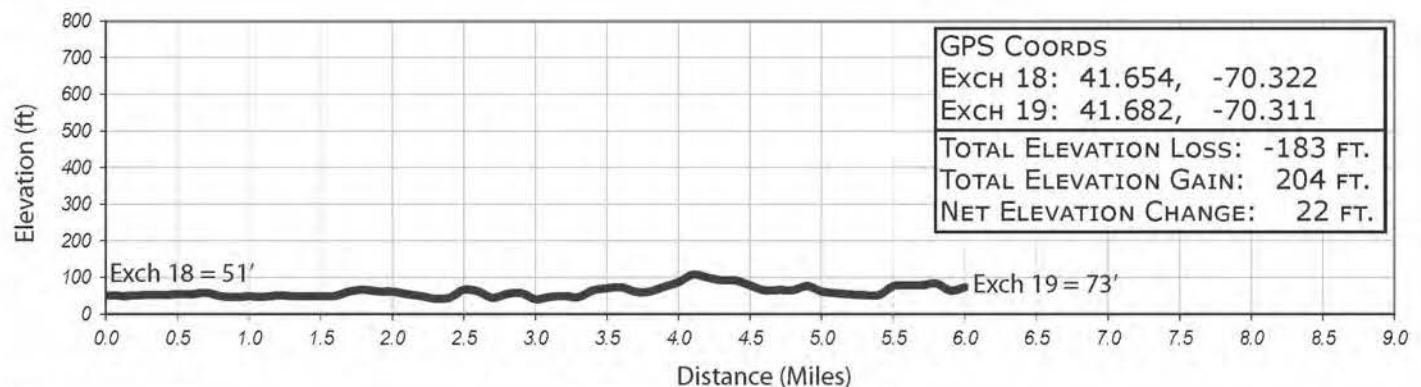
Please respect residents. Minimize noise in neighborhoods. No cheering or honking during night time hours.

### LEG LEGEND:

- 0.0 Depart exchange LEFT (W) on Main Street
- 0.7 LEFT onto Falmouth Road
- 1.5 RIGHT onto Old Stage Road
- 1.8 RIGHT onto Shootflying Hill Road
- 4.0 RIGHT onto Iyannough Road/Hwy 132
- 5.6 LEFT onto Phinney's Lane
- 6.0 Exchange is on the LEFT

### VAN LEGEND:

- (Follow runner directions)
- Depart exchange LEFT (W) on Main Street
  - 0.7 LEFT onto Falmouth Road
  - 1.5 RIGHT onto Old Stage Road
  - 1.8 RIGHT onto Shootflying Hill Road
  - 4.0 RIGHT onto Iyannough Road/Hwy 132
  - 5.6 LEFT onto Phinney's Lane
  - 6.0 Exchange is on the LEFT





# LEG 20 -- 4.9 MILES -- MODERATE -- FULL VAN SUPPORT



LEG 20 -- 4.9 MILES -- MODERATE

First Congregational Church of Yarmouth  
329 Highway 6A  
Yarmouth Port, MA 02675  
41°42'23.19"N, 70°14'19.70"W

10:30 PM-8:00 AM

Please respect residents. Minimize noise in neighborhoods. No cheering or honking during night time hours.

LEG LEGEND:

0.0 Depart exchange continuing STRAIGHT on Phinney's Lane

1.5 RIGHT onto Main Street/Old King's Hwy

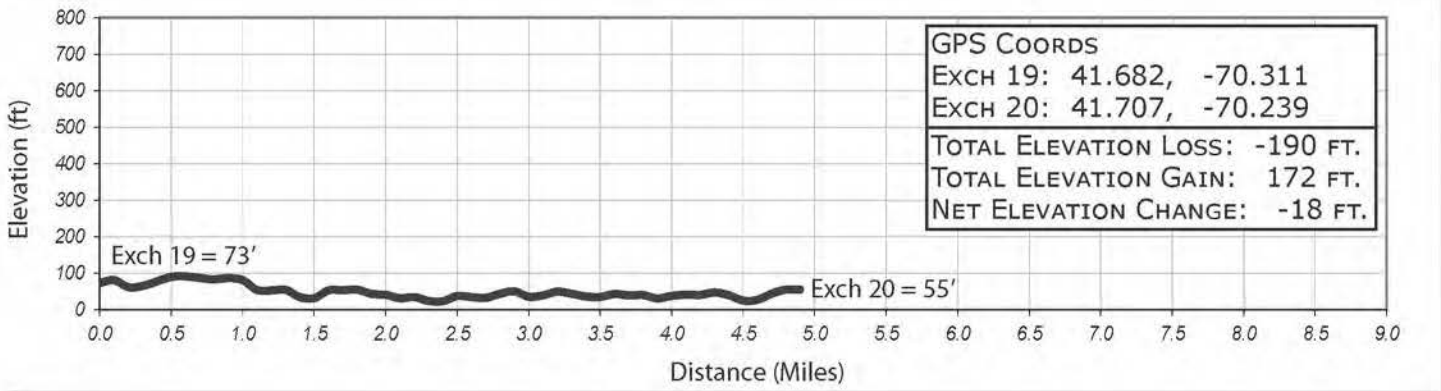
4.9 Arrive at exchange 20

VAN DIRECTIONS:  
(Follow the Runner Directions)

0.0 Depart exchange continuing STRAIGHT on Phinney's Lane

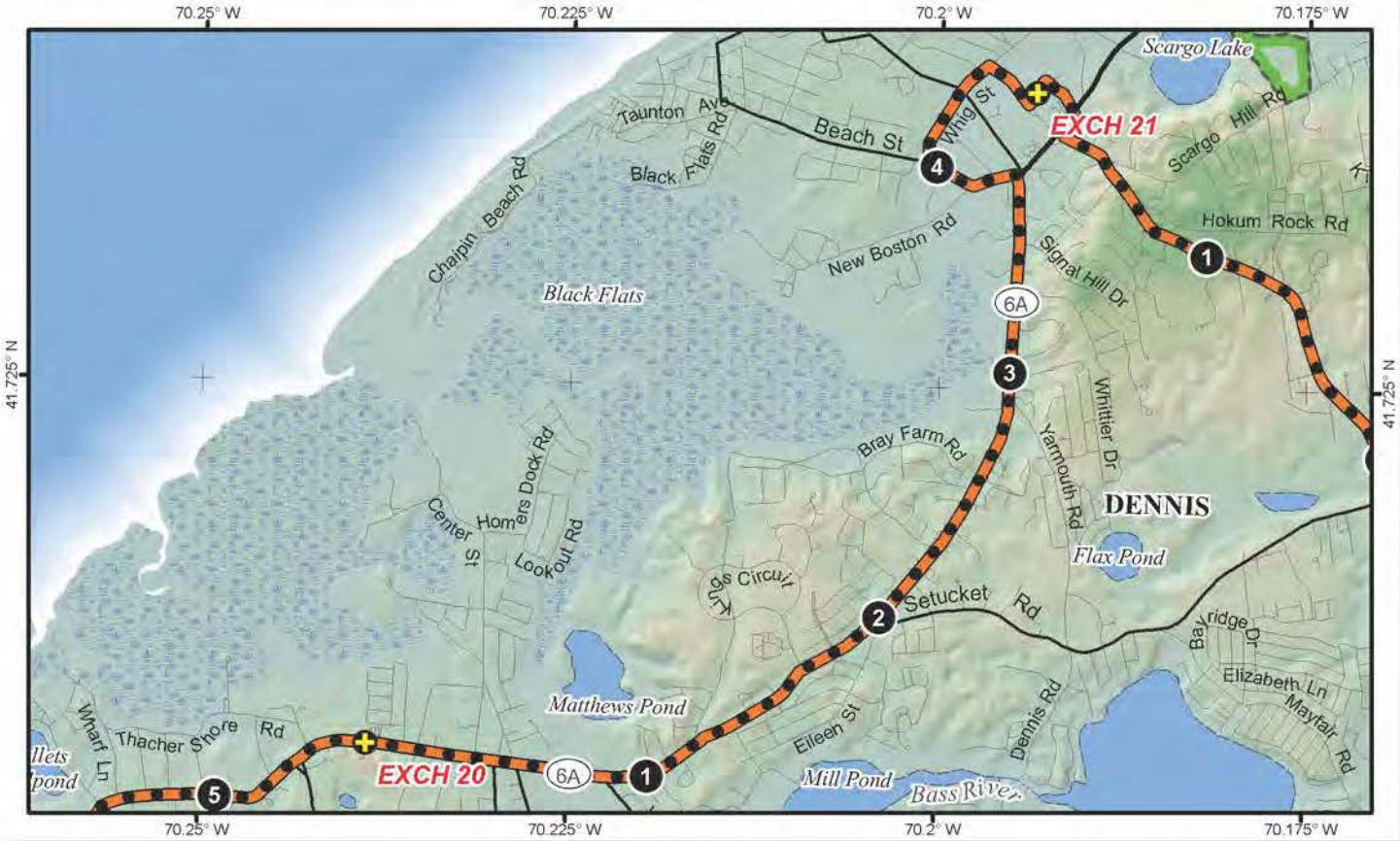
1.5 RIGHT onto Main Street/Old King's Hwy

4.9 Arrive at exchange 20





# LEG 21 -- 4.7 MILES -- MODERATE -- FULL VAN SUPPORT



## LEG 21 -- 4.7 MILES -- MODERATE

Cape Cod Playhouse  
60 Hope Lane, Dennis, MA 02638

11:00 PM-8:45 AM

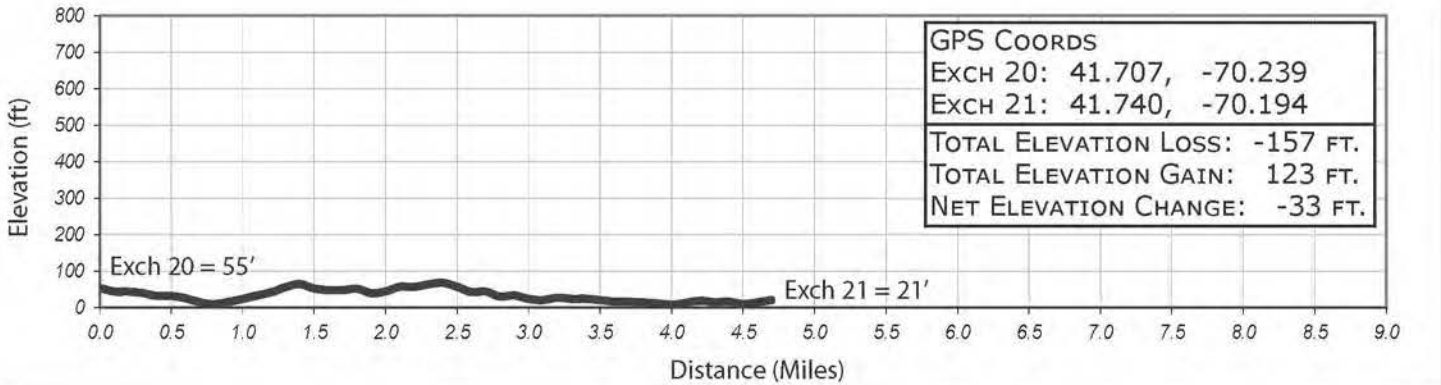
Boy Scouts Troop 1026 is fundraising and planning to sell breakfast sandwiches, egg rolls, soup, chocolate milk, juice, fruit, and hot chocolate. Credit cards accepted!

## LEG LEGEND:

- 0.0 Depart Exchange 20 heading east on Main Street/Highway 6A
- 3.7 LEFT onto New Boston Road.
- 4.0 RIGHT onto Beach Street running against Traffic
- 4.5 RIGHT onto Whig St, running with traffic
- 4.65 RIGHT onto Hope Lane, running against traffic
- 4.7 Arrive at Exchange 21

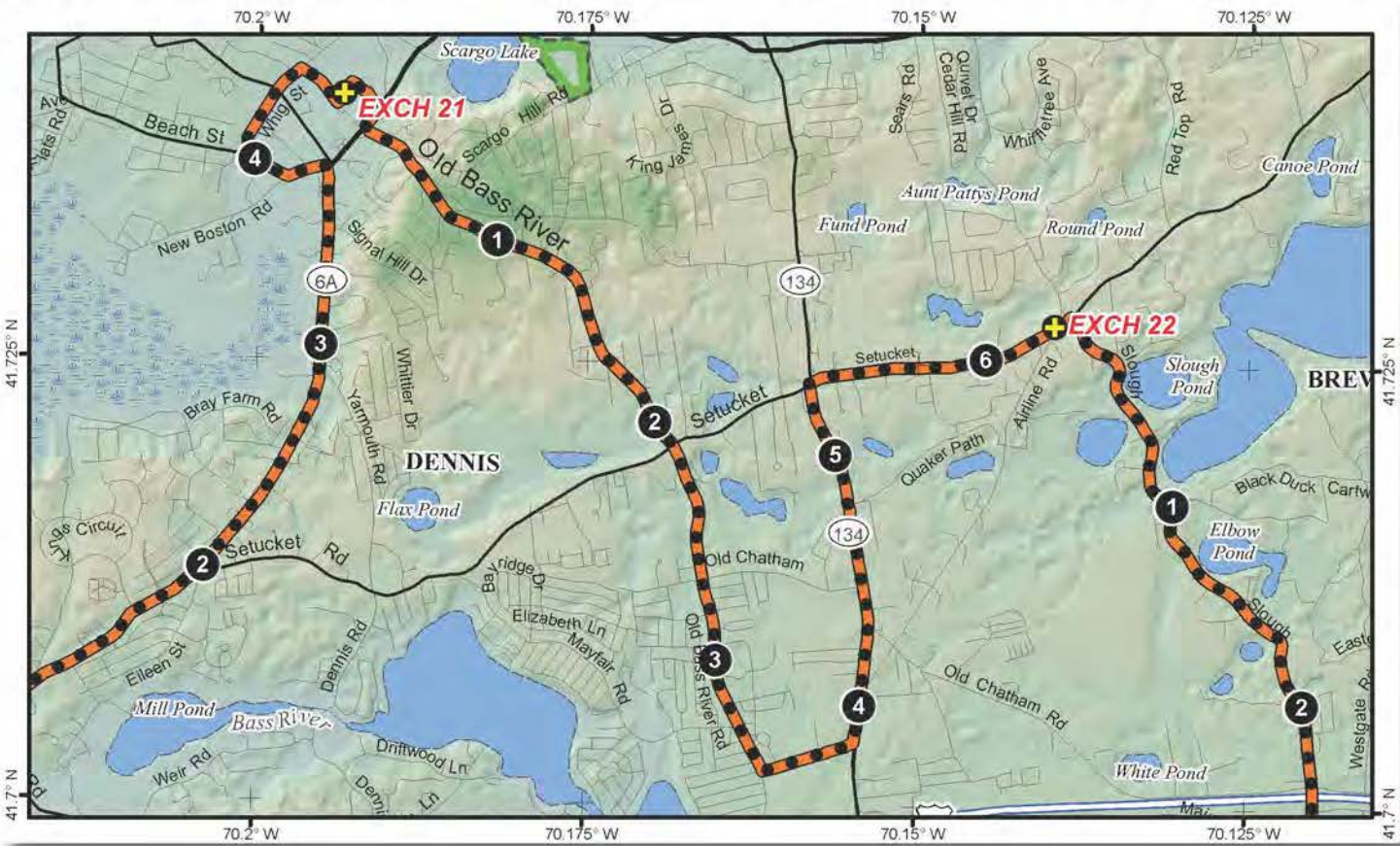
## VAN ROUTE:

- (Follow runner directions)
- 0.0 Depart Exchange 20 heading east on Main Street/Highway 6A
  - 3.7 LEFT onto New Boston Road.
  - 4.0 RIGHT onto Beach Street running against Traffic
  - 4.5 RIGHT onto Whig St, running with traffic
  - 4.65 RIGHT onto Hope Lane, running against traffic
  - 4.7 Arrive at Exchange 21





LEG 22 -- 6.3 MILES -- HARD -- FULL VAN SUPPORT



LEG 22 -- 6.3 MILES -- HARD

Cape Cod Covenant Church  
11 Satucket Road  
Brewster, MA  
41°43'38.33"N 70° 8'22.82"W

11:30 PM-9:15 AM

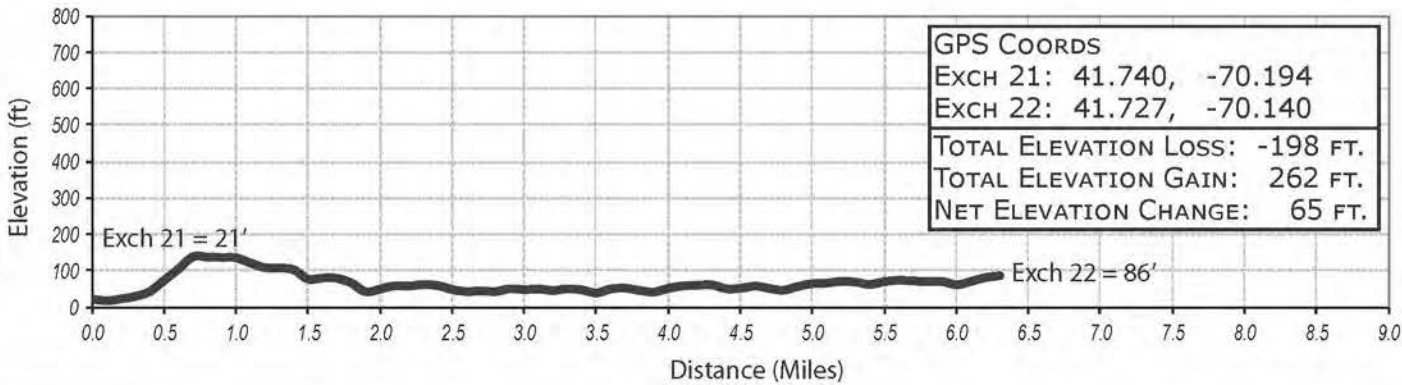
Please respect residents and be aware of  
nighttime hours.

LEG LEGEND:

- 0.0 Depart Exchange 21 RIGHT on Main/6A
- 0.25 LEFT at Old Bass River Road
- 3.5 LEFT Onto Bob Crowell Road
- 3.85 LEFT onto East West Dennis Road
- 2.1 LEFT onto Setucket Road
- 3.7 Arrive at exchange 22

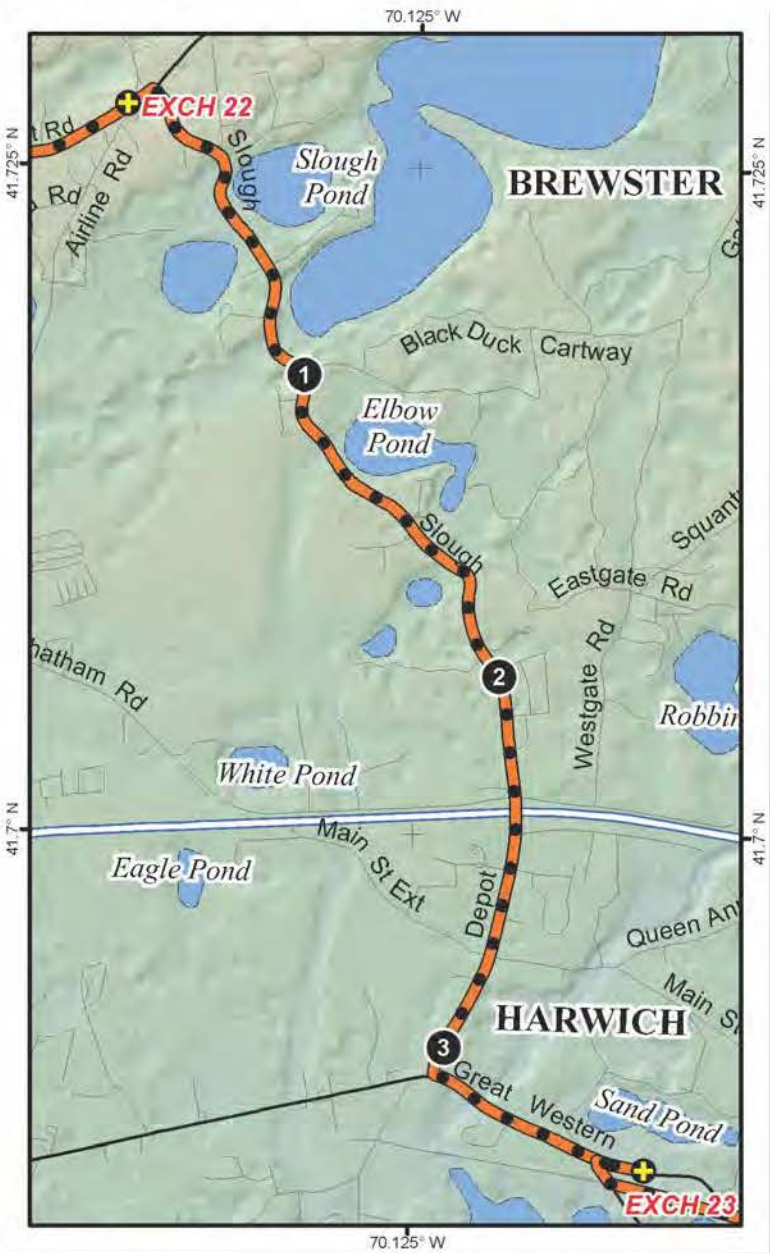
VAN DIRECTIONS:

- (Follow Runner Directions)
- 0.0 Depart Exchange 21 RIGHT on Main/6A
  - 0.25 LEFT at Old Bass River Road
  - 3.5 LEFT Onto Bob Crowell Road
  - 3.85 LEFT onto East West Dennis Road
  - 2.1 LEFT onto Setucket Road
  - 3.7 Arrive at exchange 22





# LEG 23 -- 3.7 MILES -- EASY -- FULL VAN SUPPORT



## LEG 23 -- 3.7 MILES -- EASY

Sand Lake Recreational Area  
176 Great Western Rd, Harwich, MA  
41°41'15.64"N, 70° 6'46.62"W

12:15 AM-9:45 AM

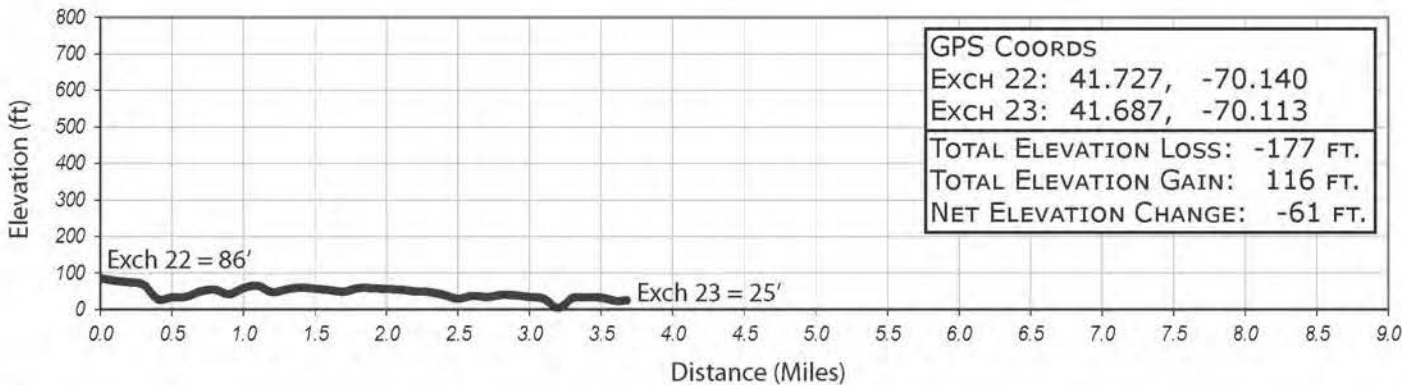
Respect residents. Minimize noise in neighborhoods. No cheering or honking during night time hours.

### LEG LEGEND:

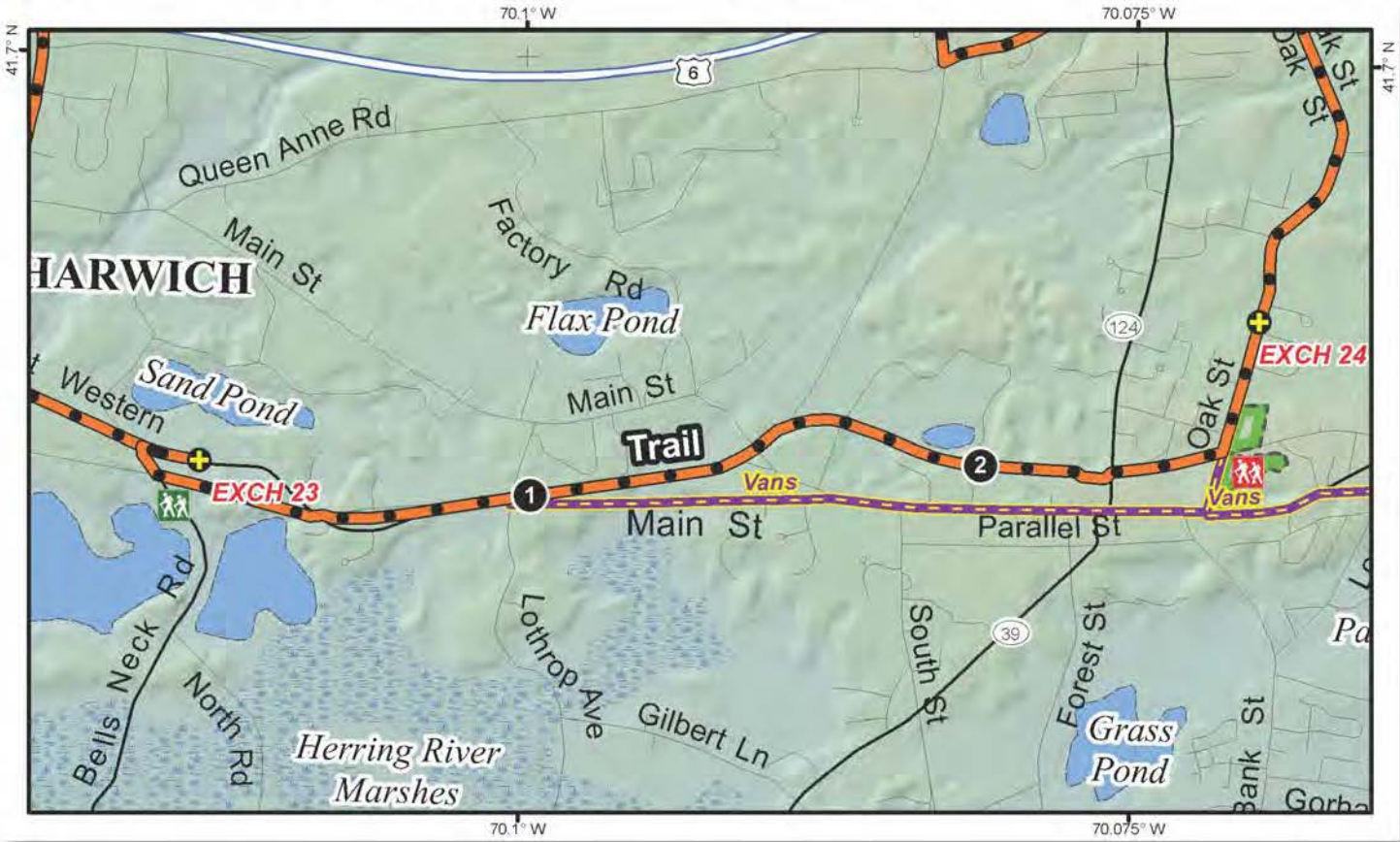
- 0.0 Left out of exchange onto Setucket
- 300 Ft RIGHT onto Slough Road (becomes Depot St as you cross into Harwich)
- 3.0 LEFT onto Great Western Road
- 3.7 Arrive at Exchange 23

### VAN DIRECTIONS:

- (Follow Runner Directions)
- 0.0 Left out of exchange onto Setucket
  - 300 Ft RIGHT onto Slough Road (becomes Depot St as you cross into Harwich)
  - 3.0 LEFT onto Great Western Road
  - 3.7 Arrive at Exchange 23



LEG 24 -- 2.81 MILES -- EASY -- NO VAN SUPPORT



LEG 24 -- 2.81 MILES -- EASY

Harwich Community Center  
100 Oak St, Harwich, MA 02645  
41°41'33.05"N, 70° 4'14.02"W

The Monomoy Boys Soccer Team will be asking for a small donation for inside sleeping in the gym. There are 4 mens and 4 womens showers and stalls off the gym that will be available (bring your own towel). There will be no access to other parts of the building. Overflow parking is available in the lot across the street. Runners and vans will be separated for Most

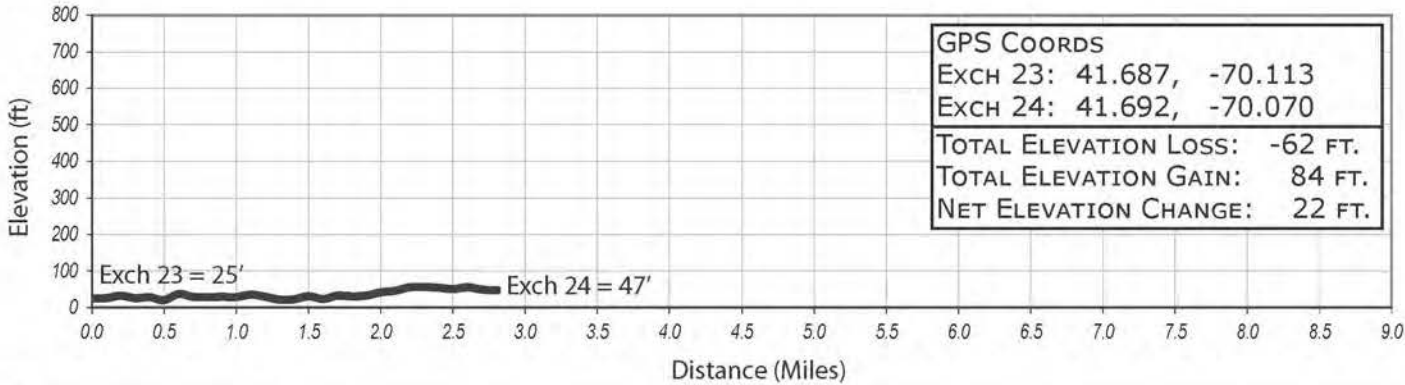
of this leg as it is on the rail trail. Runners use caution when the trail crosses roads.

LEG LEGEND:

- 0.0 RIGHT out of exchange running back on Great Western Rd. Runners on leg 23 will be coming at you.
- 600 ft LEFT turn onto Bells Neck Road.
- 1000 ft LEFT onto Cape Cod Rail Trail.
- 1.5 RIGHT at split onto Old Colony Rail Trail.
- 2.5 LEFT onto Oak Street.
- 2.8 Arrive at Exchange 24

VAN ROUTE:

- 0.1 LEFT onto Great Western Road, Road becomes Main Street.
- 2.2 LEFT onto Oak Street
- 2.6 Arrive at Exchange 24





# VAN 1 -- LEGS 25-30 -- 28.6 MILES



The school will have the cafeteria open and will be selling a selection of items. Cash only please.  
Extra Mile Charity Village featuring The Hole in the Wall Gang Camp, Dylan's Wings of Change, Ben's Light House, REACH Newtown, Smilemass, The Avielle Foundation, and Stupid Cancer  
Finish: Newman's Own Lemonade Stand – presented by The Hole in the Wall Gang Camp

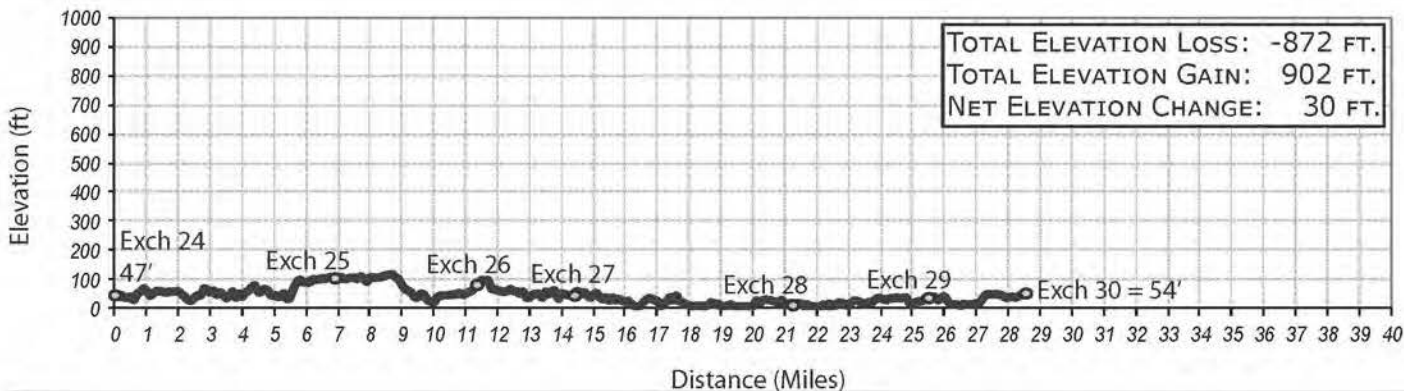
Nauset Regional High School  
100 Cable Road  
Eastham, MA 02642  
41°51'30.37"N 69°58'2.57"W

1:30 AM-3:00 PM

### INACTIVE VAN DIRECTIONS TO EXCHANGE

- 30:  
0.0 Depart Exchange 24 north on Oak Street  
0.4 LEFT (W) onto Har-Wood Avenue  
0.7 RIGHT (N) onto Pleasant Lake Avenue

- 1.3 LEFT (W) to merge onto Highway 6 toward Orleans/Provincetown  
14.9 RIGHT (E) onto Brackett Road  
15.9 LEFT (N) on Nauset Road  
16.1 RIGHT (E) onto Cable Road  
16.3 Arrive at Exchange 30



TOTAL ELEVATION LOSS: -872 FT.  
TOTAL ELEVATION GAIN: 902 FT.  
NET ELEVATION CHANGE: 30 FT.