VAN 2 -- LEGS 31-36 -- 27.8 MILES



EXCHANGE NOTES:

There will be several free shuttles running from the Herring Cove Lot to the finish line area. There will be a dumpster as well as porto-johns in the shuttle lot. If you wish to pay for parking closer to the finish, take a LEFT onto Shank Painter Road (well signed on Rte 6) and your 2nd left onto Captain Bertie's Way. Paid parking enforced by Town.

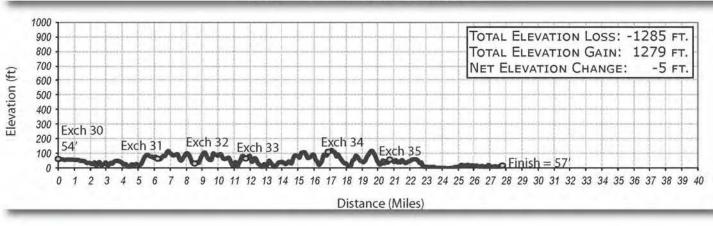
Bring your bib tags and ID for beer!

FINISH LINE ADDRESS: Pilgrim Monument 1 High Hill Pole Road Provincetown, MA 02657 9:00 AM-8:30PM

FINISH LINE PARKING: Herring Cove Beach Province Lands Road Provincetown, MA 02657 42° 3'10.77"N 70°11'21.20"W 8:30 AM- 8:30 PM

Van 1 is highly encouraged to park at the Herring Cove Beach parking lot and take the free shuttle to the finish line.

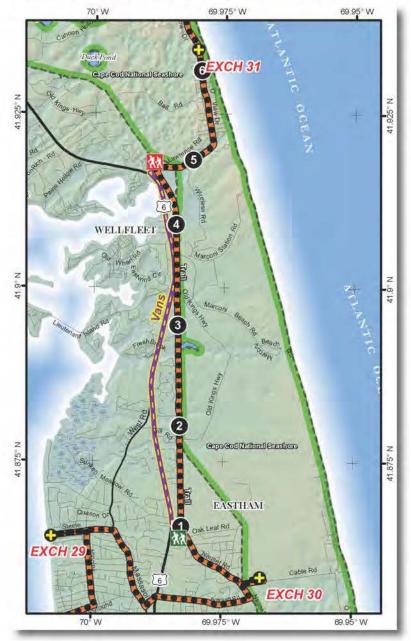
0.0	Depart Exchange 30 heading west on
	Cable Road
0.4	RIGHT (N) onto Nauset Road
1.3	RIGHT (N) onto Highway 6
23.3	RIGHT (N) onto Province Lands
	Road
23.4	Arrive at Herring Cove Beach shuttle parking



RAGNAR

LEGS 31-36

LEG 31 -- 6.22 MILES -- HARD -- PARTIAL VAN SUPPORT



LEG 31 -- 6.22 MILES -- HARD

White Crest Beach 740 Ocean View Drive Wellfleet, MA 02667 41°56'3.22"N 69°58'49.95"W

6:15 AM-4:00 PM

Runners and vans will be separated for the first part of this leg. It is recommended that runners carry water.

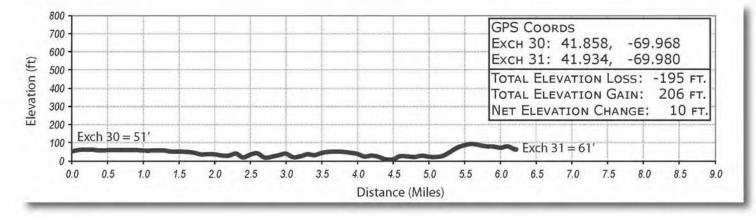
Ragnar Vehicles are not allowed to pull in to Marconi Beach Road. The NPS will have a Ranger asking you to leave. Please cooperate and do not pull in so we can continue to use NPS property in the future.

LEG LEGEND:

- 0.0 Depart Exchange 30 heading west on Cable Road
- 0.10 RIGHT (N) onto Nauset Road running with traffic
- 0.95 RIGHT (N) to enter the Cape Cod Rail Trail
- 4.6 RIGHT (E) onto Lecount Hollow Road
- 5.25 LEFT (N) onto Ocean View Drive
- 6.2 Arrive at Exchange 31

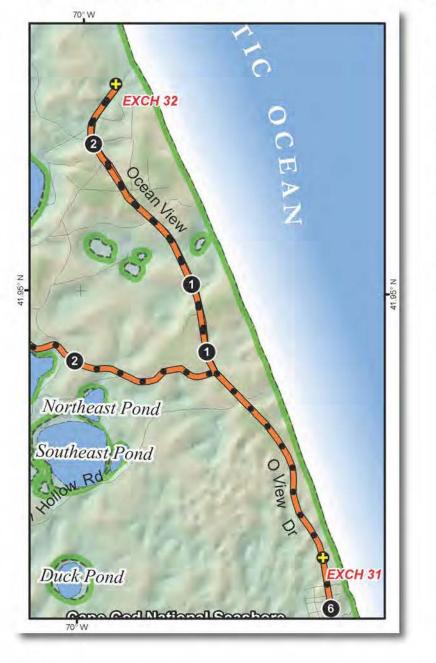
VAN ROUTE:

- 0.0 Depart Exchange 30 heading west on Cable Road
- 0.2 RIGHT (N) onto Nauset Road
- 1.3 RIGHT (N) onto Highway 6 (No
- 4.9 RIGHT (E) onto Lecount Hollow Road
- 5.6 LEFT (N) onto Ocean View Drive
- 6.5 Arrive at Exchange 31



RAGNAR

LEG 32 -- 2.3 MILES -- EASY -- FULL VAN SUPPORT



LEG 32 - 2.3 MILES - EASY

Newcomb Beach 1175 Gross Hill Road Wellfeet, MA 02667 41°57'44.43"N 69°59'50.45"W

6:45 AM-4:15PM

Straight shot down Ocean View Drive!

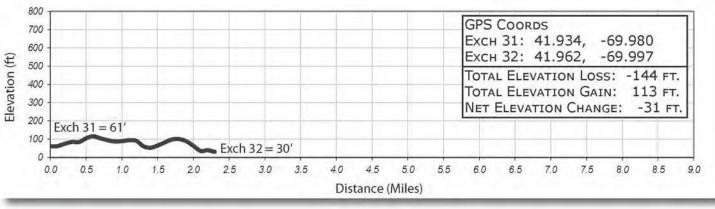
LEG LEGEND:

- 0.0 Depart Exchange 31 heading north on Ocean View Drive
- 1.9 Ocean View becomes Gross Hill Drive
- 2.3 Arrive at Exchange 32

VAN ROUTE:

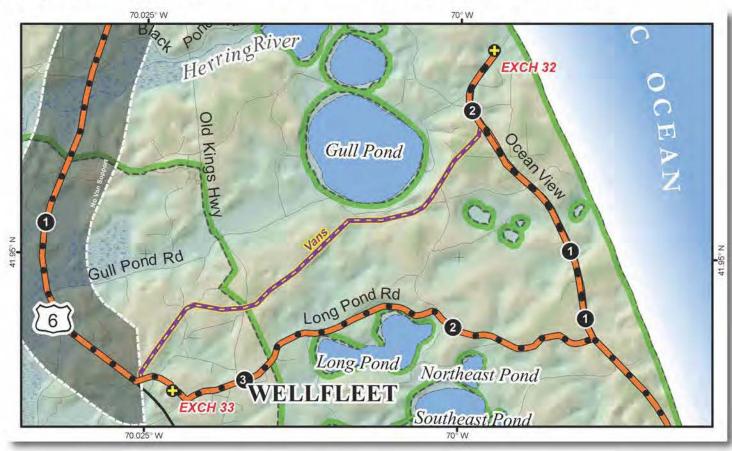
(Follow Runner Directions)

- 0.0 Depart Exchange 31 heading north on Ocean View Drive
- 1.9 Ocean View becomes Gross Hill Drive
- 2.3 Arrive at Exchange 32



RAGNAR

LEG 33 -- 3.3 MILES -- EASY -- NO VAN SUPPORT



LEG 33 -- 3.3 MILES -- EASY

directions on Gross Hill Road and Ocean View

Drive.

LEG LEGEND:

outh i at you
102
n View
and
Inning
8

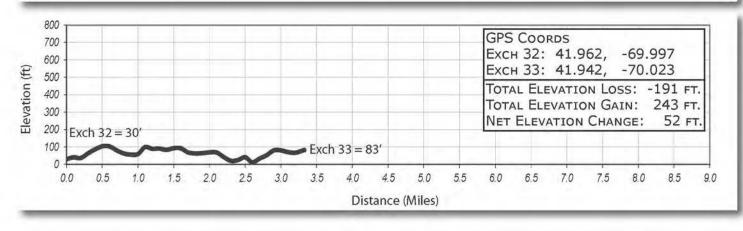
ad running against traffic. 3.3

Arrive at Exchange 33 on the Left

VAN ROUTE:

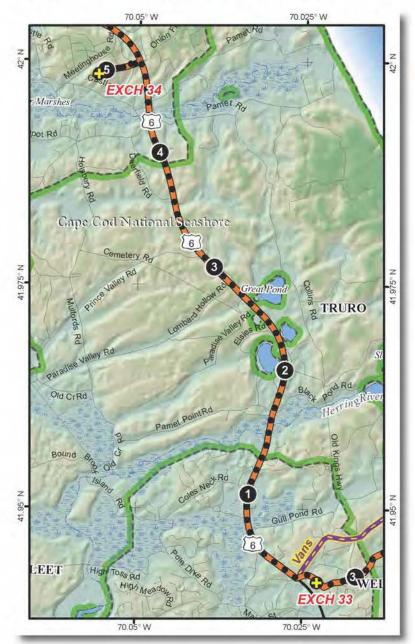
0.0	Depart Exchange 32 heading South
	on Gross Hill Road.

- 0.30 RIGHT to continue onto Gross Hill Rd (Runners continue on Ocean View)
- 2.2 LEFT onto Lawrence Road 23
 - RIGHT into Exchange 33. Vans are NOT allowed to support run ners on leg 33. Proceed down Gross Hill Road to the exchange.



RAGNAR STR CAPE COD

LEG 34 -- 5.1 MILES -- MODERATE -- NO VAN SUPPORT



LEG 34 -- 5.1 MILES -- MODERATE

Truro Town Hall 24 Town Hall Rd Truro, MA 02666 42° 0'0.50"N 70° 4'43.63"W

8:00 AM-6:00 PM

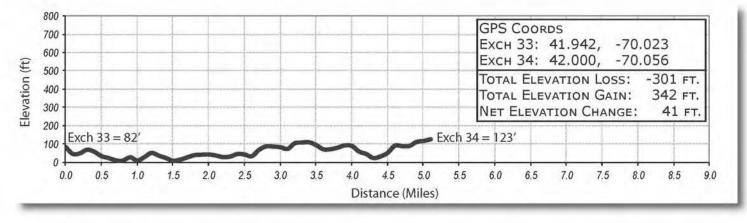
Van drivers There is NO SUPPORT on Route 6. Runners will be running with traffic inside a cone lane.

LEG LEGEND:

- 0.0 Depart exchange 33 heading South on Law rence Rd.
- 0.3 RIGHT onto Route 6.
- 4.7 LEFT on Town Hall Road
- 5.1 Arrive at exchange 34 on the LEFT

VAN ROUTE:

- 0.0 Depart exchange 33 heading South on Law rence Rd.
- 0.3 RIGHT onto Route 6.
- 4.7 LEFT on Town Hall Road
- 5.1 Arrive at exchange 34 on the LEFT



RAGNAR T CAPE COD

LEG 35 -- 4.52 MILES -- MODERATE -- NO VAN SUPPORT



LEG 35 -- 4.52 MILES -- MODERATE

Truro Community Center 7 Standish Way North Truro, MA 02652 42° 3'2.88"N 70° 4'49.82"W

8:15 AM-6:30 PM

Van drivers There is NO SUPPORT on Route 6. Runners will be running with traffic inside a cone lane.

LEG LEGEND:

Depart exchange East on Town Hall Road 0.0

- 0.6 LEFT on Hwy 6
- LEFT onto Standish Way 3.8
- 3.9 LEFT into Exchange 35

VAN ROUTE

- (Follow runner directions)Depart exchange East on 0.0
- Town Hall Road
- 0.6 LEFT on Hwy 6
- 38 LEFT onto Standish Way
- 3.9 LEFT into Exchange 35

GPS COORDS

700 Ехсн 34: 42.000, -70.056 600 Ехсн 35: 42.037, -70.086 Elevation (ft) 500 TOTAL ELEVATION LOSS: -293 FT. 400 TOTAL ELEVATION GAIN: 212 FT. 300 NET ELEVATION CHANGE: -80 FT. 200 Exch 34 = 123'100 Exch 35 = 43'0 0.5 1.0 1.5 2.0 2.5 3.0 3.5 4.0 4.5 5.0 5.5 6.0 6.5 7.0 7.5 8.0 8.5 9.0 0.0 Distance (Miles)

Reebok A M CAPE COD

800

LEG 36 - 7.0 MILES - VERY HARD - PARTIAL NO VAN SUPPORT



LEG 36 -- 7.0 MILES -- VERY HARD

Pilgrim Monument 1 High Hill Pole Road Provincetown, MA 02657 42° 3'10.94"N, 70°11'21.03"W

9:00 AM-8:30PM

Vans cannot support, pull over, or park while on Highway 6. You will want to leave yourself plenty of time to get to the finish line and catch the shuttle. To accommodate this, we will be providing one water station. Please remember to have a cup/bottle with you!

We will have chowder and soft drinks for all finishers. Bring your bib tags and ID for beer!

LEG LEGEND:

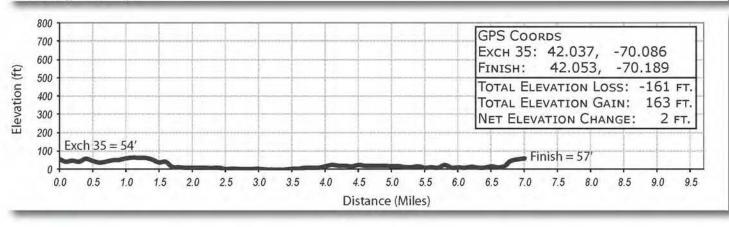
0.0	Depart exchange RIGHT onto
	Standish Way
	Immediate LEFT onto Hwy 6
6.4	LEFT onto Shank Painter

6.45 LEFT onto Jerome Smith

- 6.6 **RIGHT onto Winslow** LEFT into Pilgrim Monument 6.9

VAN ROUTE:

NO SUPPORT Vans take Hwy 6 for 8 miles to Herring Cove Shuttle Lot. There will be a free shuttle to the finish line from there.



RAGNAR STR CAPE COD