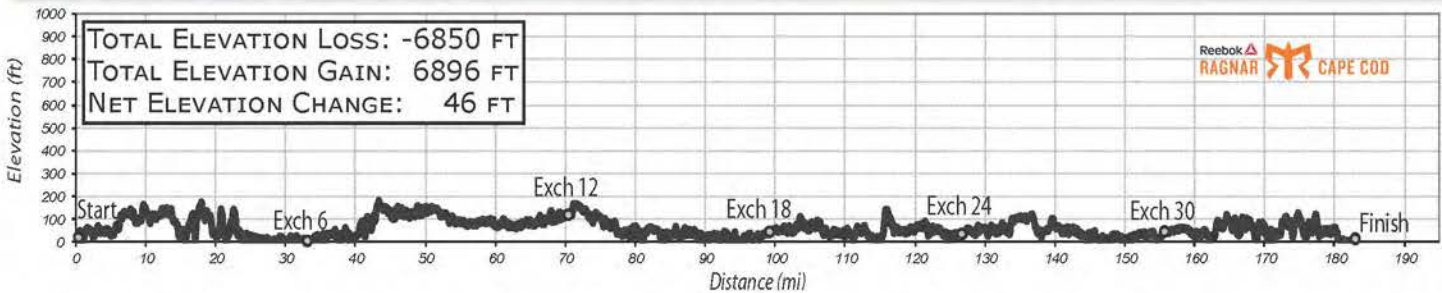


COURSE OVERVIEW -- 183.2 MILES



MAP SYMBOL LEGEND



Exchange



Tenth-Mile Marker



Mile Marker



Runner Route



Van Route



Water Station



Trail Entrance and Exit



Trail Entrance

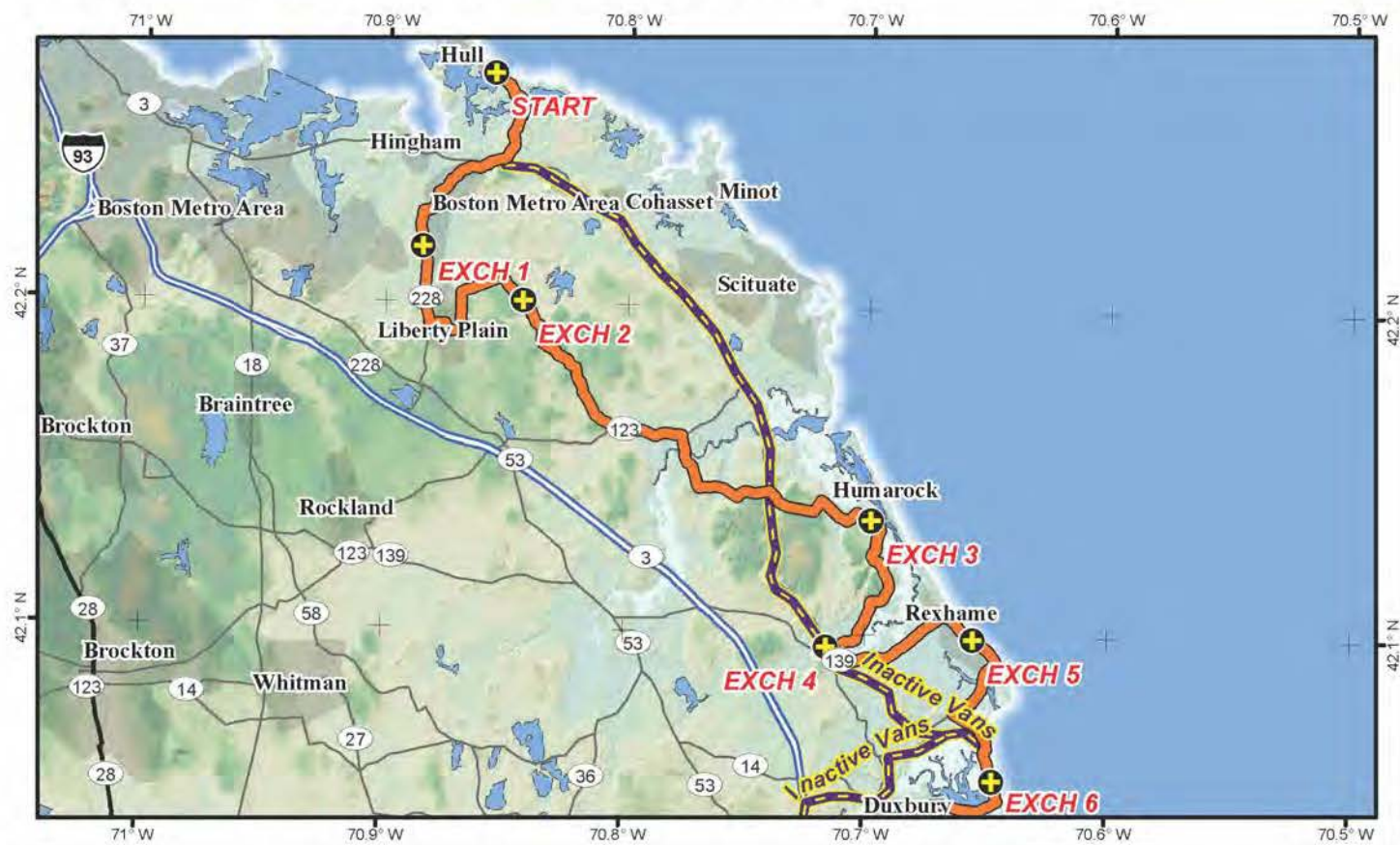


Trail Exit



No Van Support Segment

VAN 1 -- LEGS 1-6 -- 33.1 MILES



OVERVIEW:

Van 2 will be picking up the shirts at exchange 6. Please have everyone try them on and exchange here as needed.

Absolutely no Ragnar Vehicles will be allowed to cross the Powder Point Bridge. All team vehicles must access Exchange 6 from the north using Canal Street.

START LINE ADDRESS:

DCR Nantasket Beach
175 Hull Shore Drive
Hull, MA 02045

Open/Close: 7:30AM-8:00 PM

EXCHANGE 6 ADDRESS:

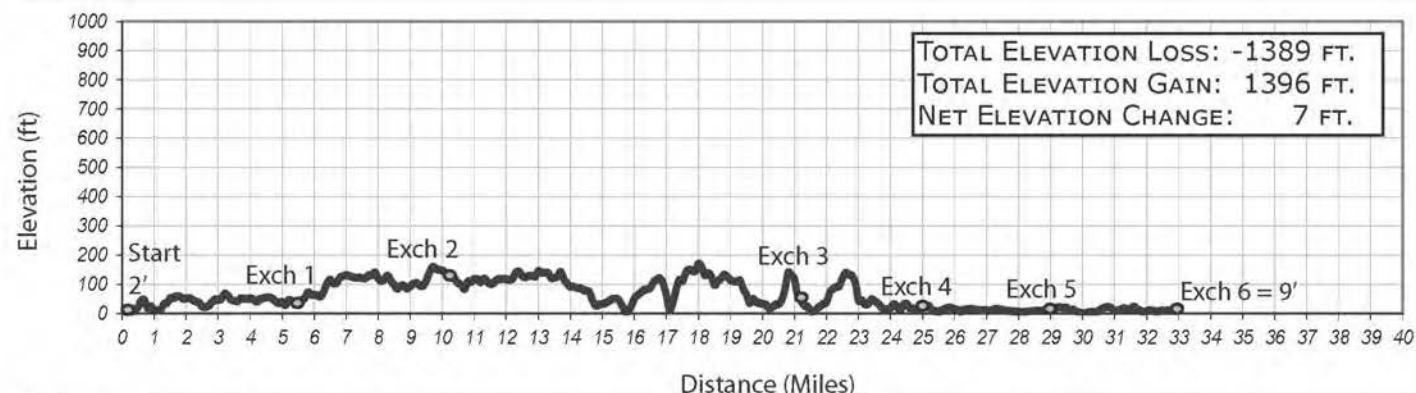
Exchange 6 Address:
Duxbury Beach
150 Gurnet Road
Duxbury, MA 02332
42° 3'20.99"N 70°38'48.29"W

INACTIVE VAN DIRECTIONS TO EXCHANGE 6:

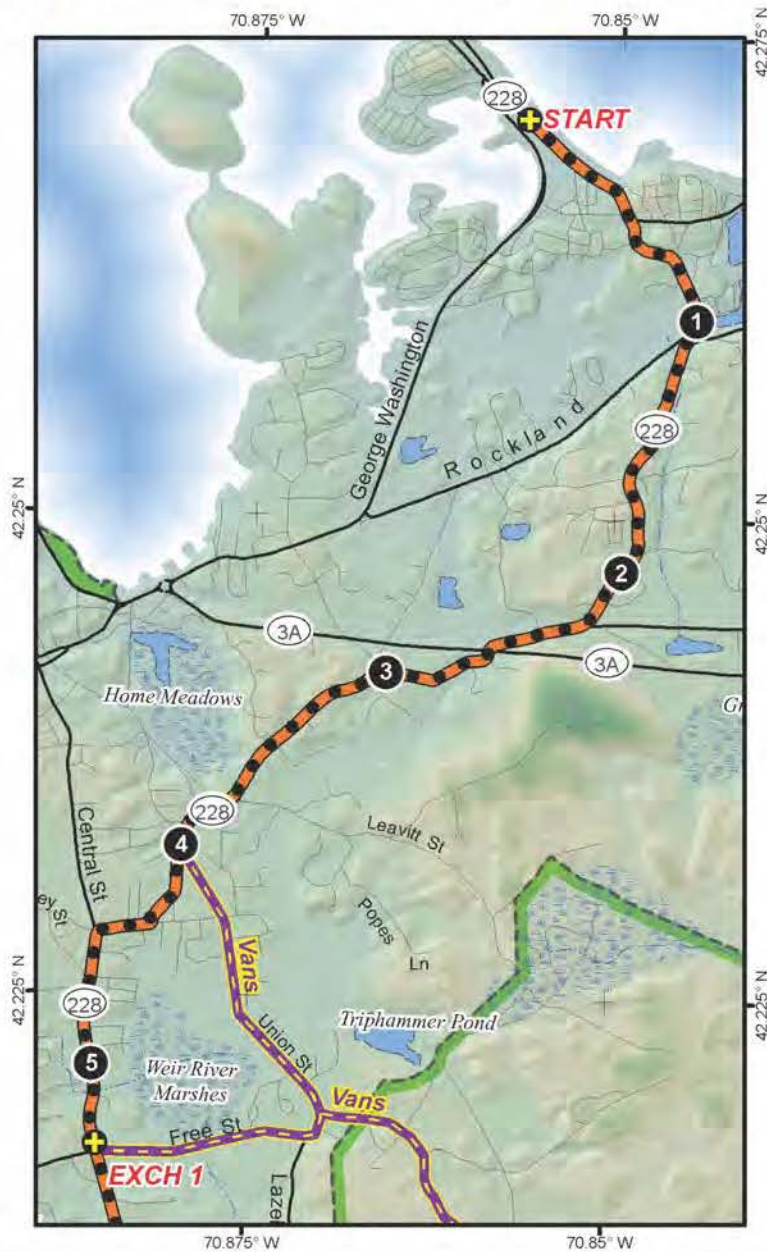
Van 2, the inactive van, should bypass the Start Line and drive straight to Exchange 6 using Highway 3. This van will meet the active van

(legs 1-6) at Exchange 6 in Duxbury.

- | | |
|------|---|
| 0.0 | Depart Start Line heading south on Nantasket Avenue |
| 1.6 | Continue STRAIGHT (S) onto Hull Street |
| 3.2 | LEFT (E) onto Highway 3A |
| 17.6 | LEFT (E) onto Ocean Street |
| 17.9 | RIGHT (S) onto Webster Street |
| 20.2 | LEFT (E) onto Careswell Street |
| 20.7 | RIGHT (S) onto Canal Street |
| 22.4 | Arrive at Exchange 6 |



LEG 1 -- 5.3 MILES -- MODERATE -- FULL VAN SUPPORT



LEG 1 -- 5.3 MILES -- MODERATE

Southshore Baptist Church
578 Main Street, Hingham, MA 02043
GPS: 42°13'3.72"N 70°53'5.03"W

5:15 AM – 4:45 PM

Start Line is located at Nantasket Beach. Runners should stay on the sidewalk for this entire leg. There are police to help at some of the larger crossings. At the smaller crossings runners will use the 'walk' lights and cross walks to safely navigate crossings.

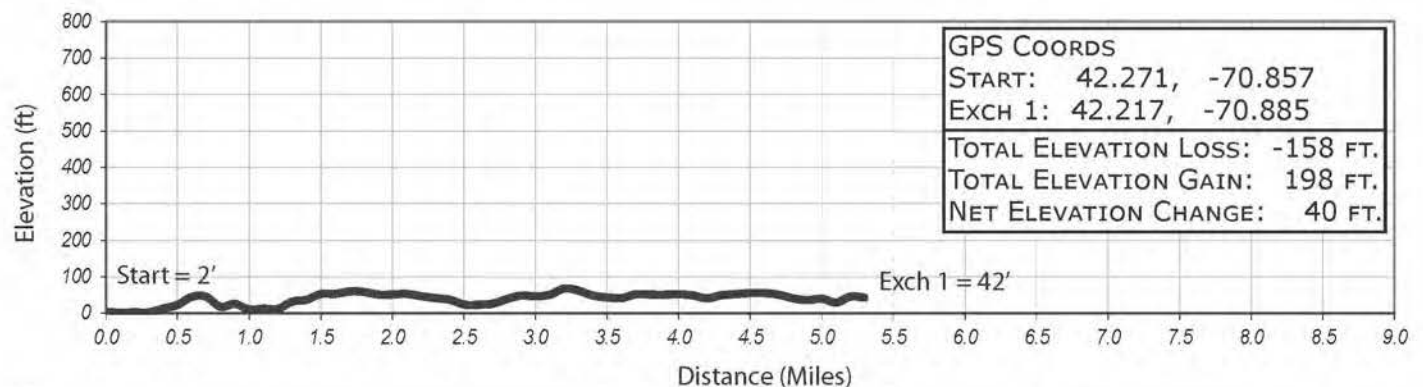
Vans will detour onto Middle to avoid backups at the Main/Free intersection and will enter/exit the exchange on Free Street.

LEG LEGEND:

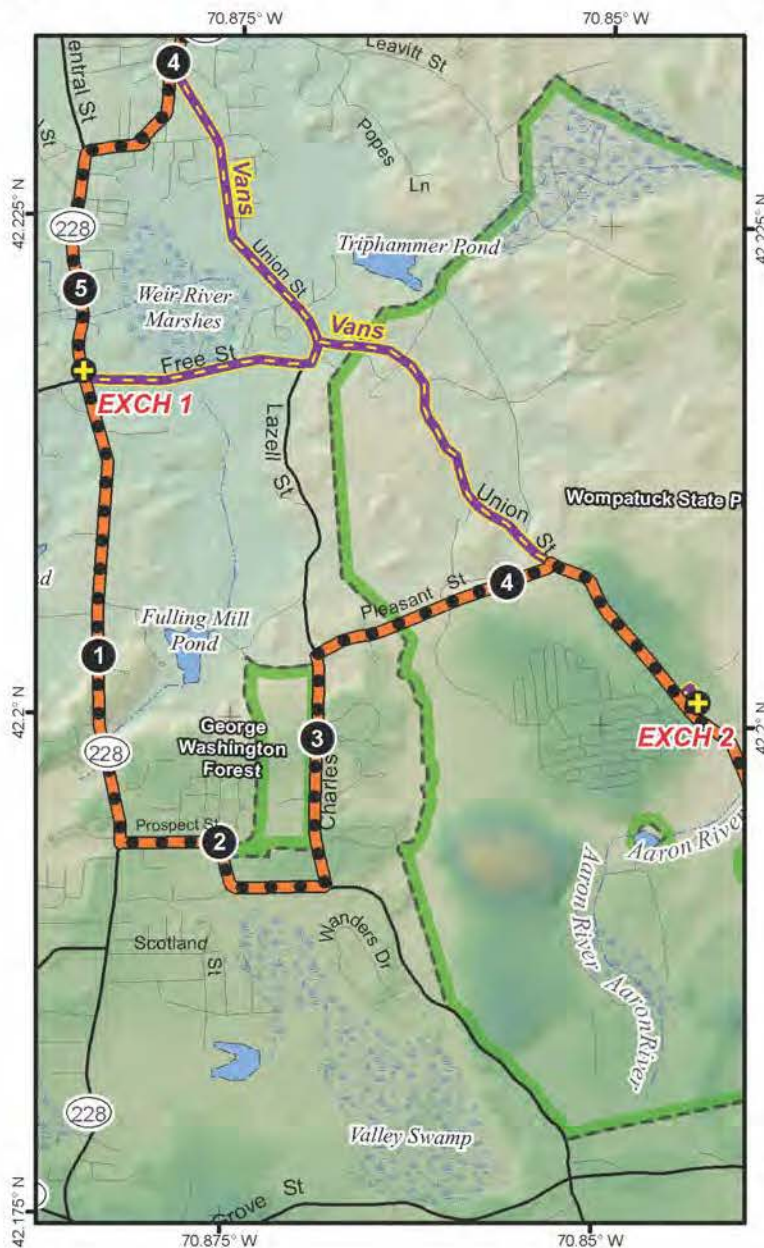
- 0.0 Depart exchange heading south on Nantasket Avenue
- 1.0 Continue onto Hull Street/Highway 228
- 2.2 Hull St. will become East St.
- 3.7 East will then become Leavitt St.
- 3.9 LEFT onto Short St.
- 4.0 Continue STRAIGHT onto Main Street/Highway 228 at intersection
- 4.3 At the intersection of Pleasant St turn Left to use cross walk to run against traffic on Main St. on sidewalk. Officer detail will assist.
- 4.5 Continue on 228.
- 5.3 Arrive at Exchange 1

VAN ROUTE:

- 0.0 Start heading south on Nantasket Avenue
- 1.0 Continue onto Hull Street/Highway 228
- 2.2 Hull St. will become East St.
- 3.7 East will then become Leavitt St.
- 3.8 Turn Left onto Short St.
- 4.0 Turn Left onto Middle Street
- 4.3 Middle becomes Union(after you cross Pleasant)
- 5.1 Continue straight onto Free Street where Union turns left.
- 6.0 Right turn into Exchange.



LEG 2 -- 5.0 MILES -- MODERATE -- NO VAN SUPPORT



LEG 2 -- 5.0 MILES -- MODERATE

Wompatuck State Park
Transfer Station
(see GPS coordinates)
42°12'4.96"N 70°50'37.45"W

6:00 AM – 5:00 PM

Runners- The first portion of leg 2 continues on 228/Main St and crosses several times to keep on the sidewalk. Please use caution when crossing roads and intersections. Use all cross walks and obey the 'walk' signal lights.

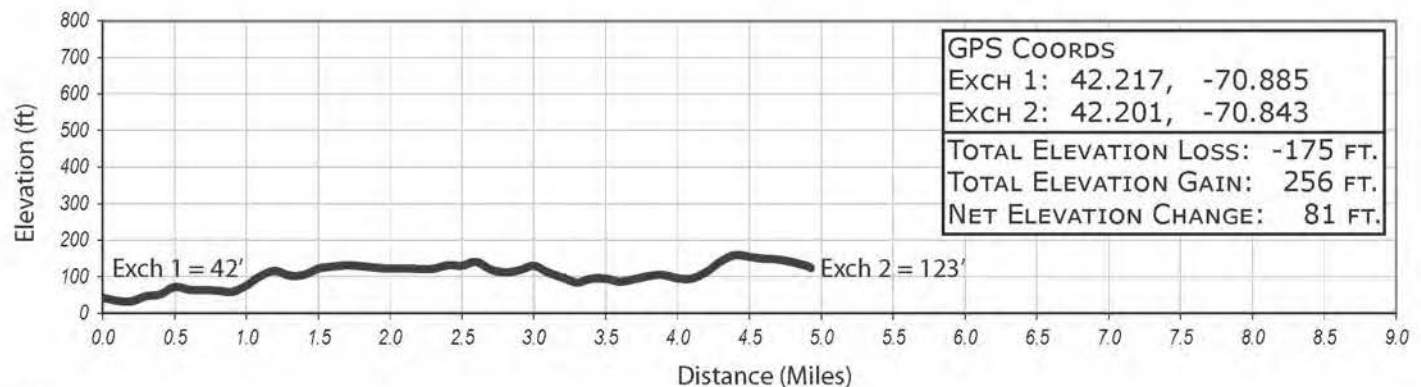
Vans- Please follow Free to Union and head directly to the exchange. You will see runners the last 0.75 miles of this leg. Please remember this is a non-support leg and continue to the exchange.

LEG LEGEND:

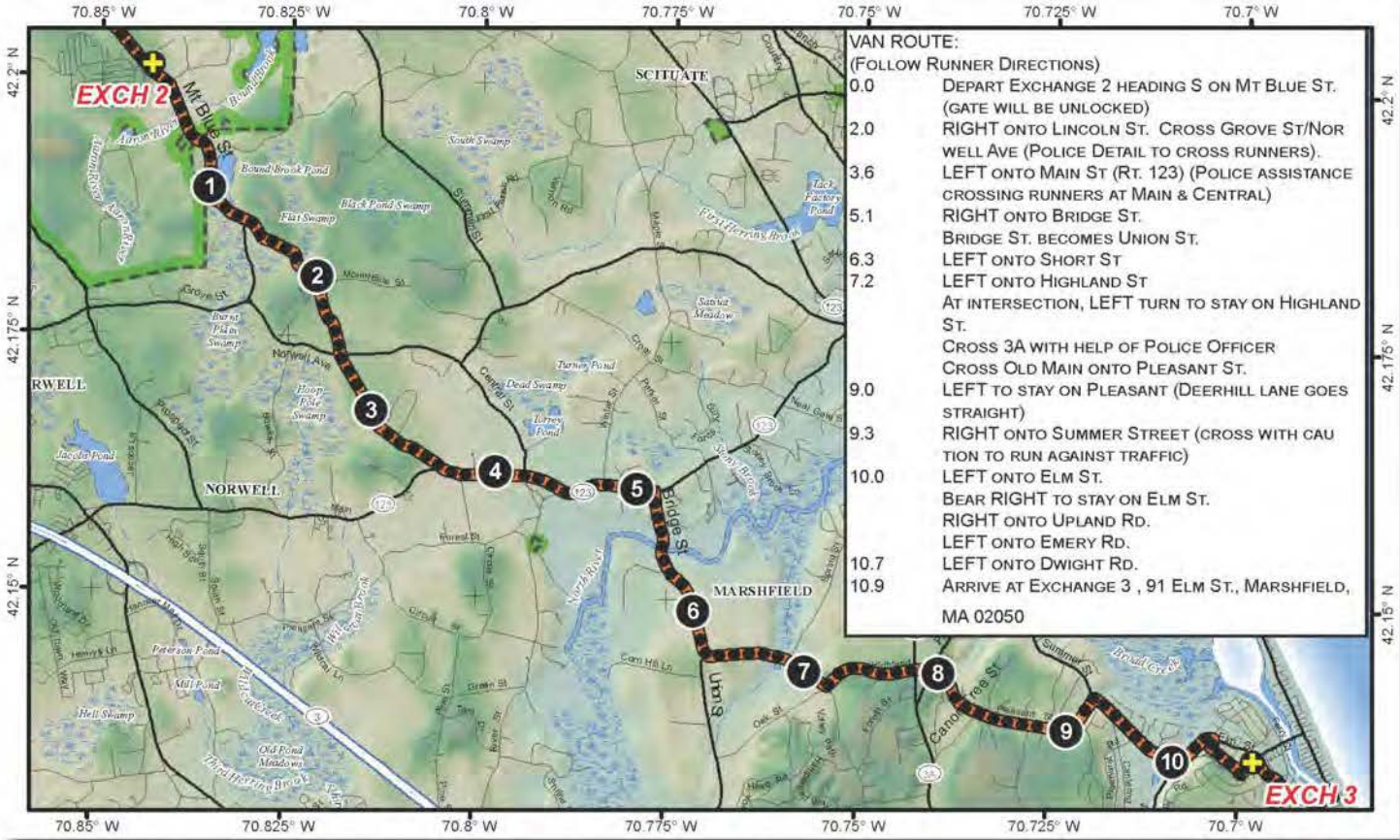
- 0.0 Depart Exchange 1 heading South on 228/Main
- 1.7 LEFT onto Prospect Street
- 2.5 LEFT onto Charles Street
- 3.3 RIGHT onto S. Pleasant., then continue through the gate to enter the park.
- 4.2 RIGHT onto Union Street
- 5.0 LEFT into Exchange 2 (Wompatuck State Park Transfer Station)

VAN ROUTE:

- 0.0 Vans take a LEFT out of the exchange onto Free Street.
- 0.8 Sharp RIGHT turn onto Union Street.
- Follow Union right into Wompatuck State Park.
- 2.7 LEFT onto Beechwood and Right into exchange 2



LEG 3 -- 10.9 MILES -- VERY HARD - 'WICKED HARD LEG' -- FULL VAN SUPPORT



LEG 3 -- 10.9 MILES -- VERY HARD - 'WICKED HARD LEG'

St Theresa's Mission Church
91 Elm St.
Marshfield, MA 02050
42° 8'7.40"N 70°41'52.13"W

7:45 AM-6:45 PM

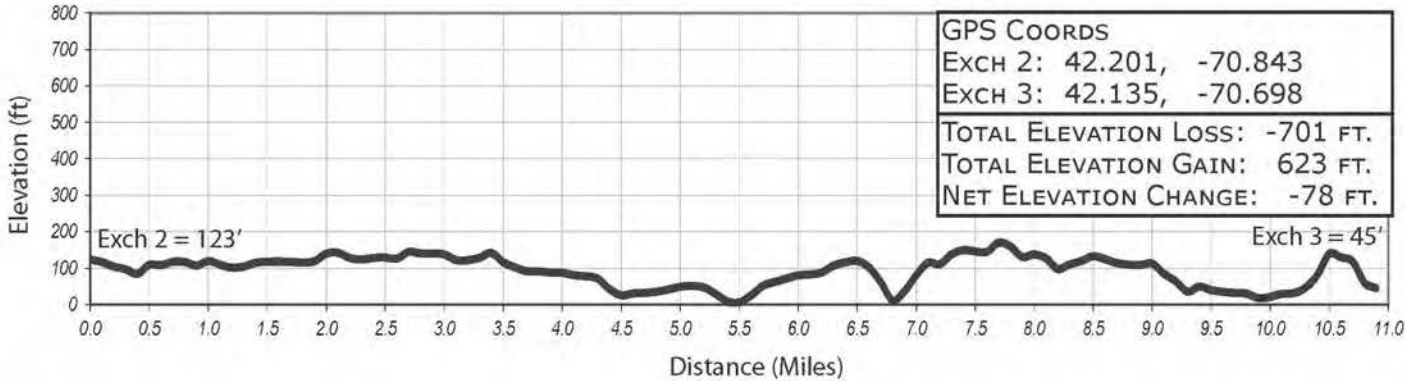
Ragnar Leg Powered by Reebok!
There are several major crossings where police will be assisting runners and vans. Please use caution.

LEG LEGEND:

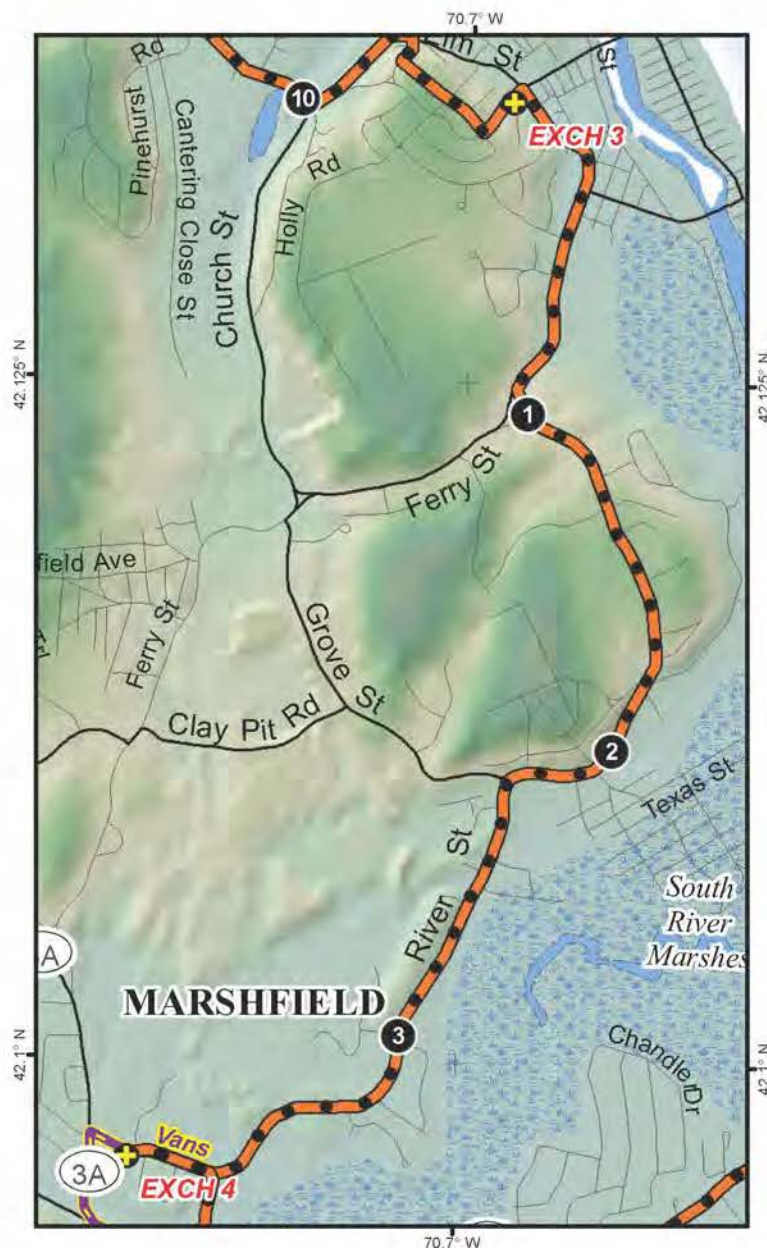
0.0 Depart Exchange 2 heading S on Mt Blue

2.0 St. (gate will be unlocked)
RIGHT onto Lincoln St. Cross Grove St/Norwell Ave (Police Detail to cross runners).
3.6 LEFT onto Main St (Rt. 123) (Police assistance crossing runners at Main & Central)
5.1 RIGHT onto Bridge St.
6.3 Bridge St. becomes Union St.
7.2 LEFT onto Short St
7.2 LEFT onto Highland St
At intersection, LEFT turn to stay on Highland St.
Cross 3A with help of Police Officer
Cross Old Main onto Pleasant St.
9.0 LEFT to stay on Pleasant (Deerhill lane

9.3 goes straight)
RIGHT onto Summer Street (cross with caution to run against traffic)
10.0 LEFT onto Elm St.
10.0 Bear RIGHT to stay on Elm St.
10.7 RIGHT onto Upland Rd.
10.7 LEFT onto Emery Rd.
10.9 LEFT onto Dwight Rd.
10.9 Arrive at Exchange 3, 91 Elm St., Marshfield, MA 02050



LEG 4 -- 3.9 MILES -- EASY -- FULL VAN SUPPORT



LEG 4 -- 3.9 MILES -- EASY

Firestation Field 50 S River St
Marshfield, MA 02050
42° 5'47.43"N 70°42'59.19"W

8:15 AM- 7:15 PM

Please be courteous in the neighborhoods as you depart exchange 3.

Exchange 4 is adjacent to the fire station. Please be aware of emergency vehicles coming and going.

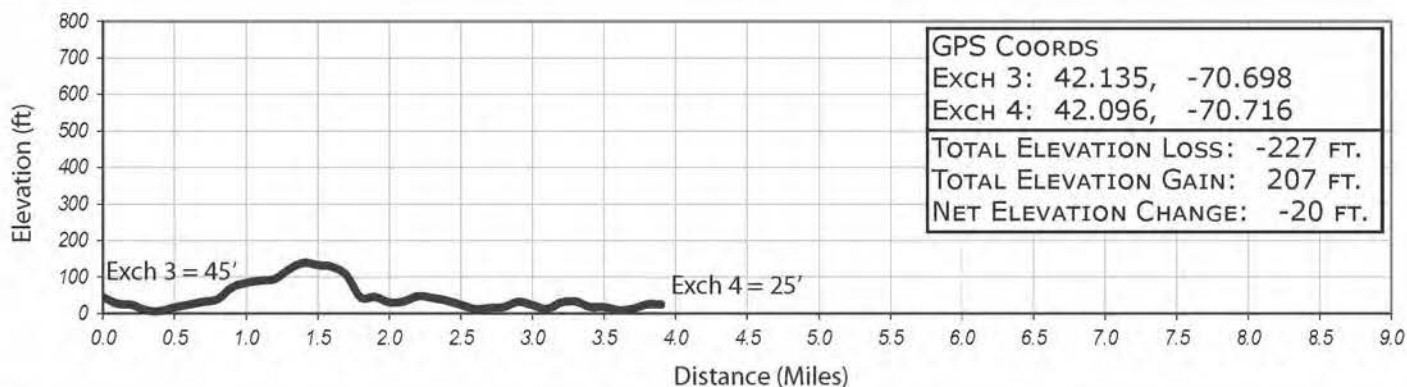
LEG LEGEND:

- 0.0 Depart Exchange 3 heading East on Dwight Rd.
- Immediate RIGHT onto Elm St.
- 0.3 RIGHT onto Ferry St. running against traffic
- 1.0 LEFT onto S River Street.
- 3.7 Continue STRAIGHT on S. River St as you pass Willow on your left.
- 3.9 Arrive at exchange 4

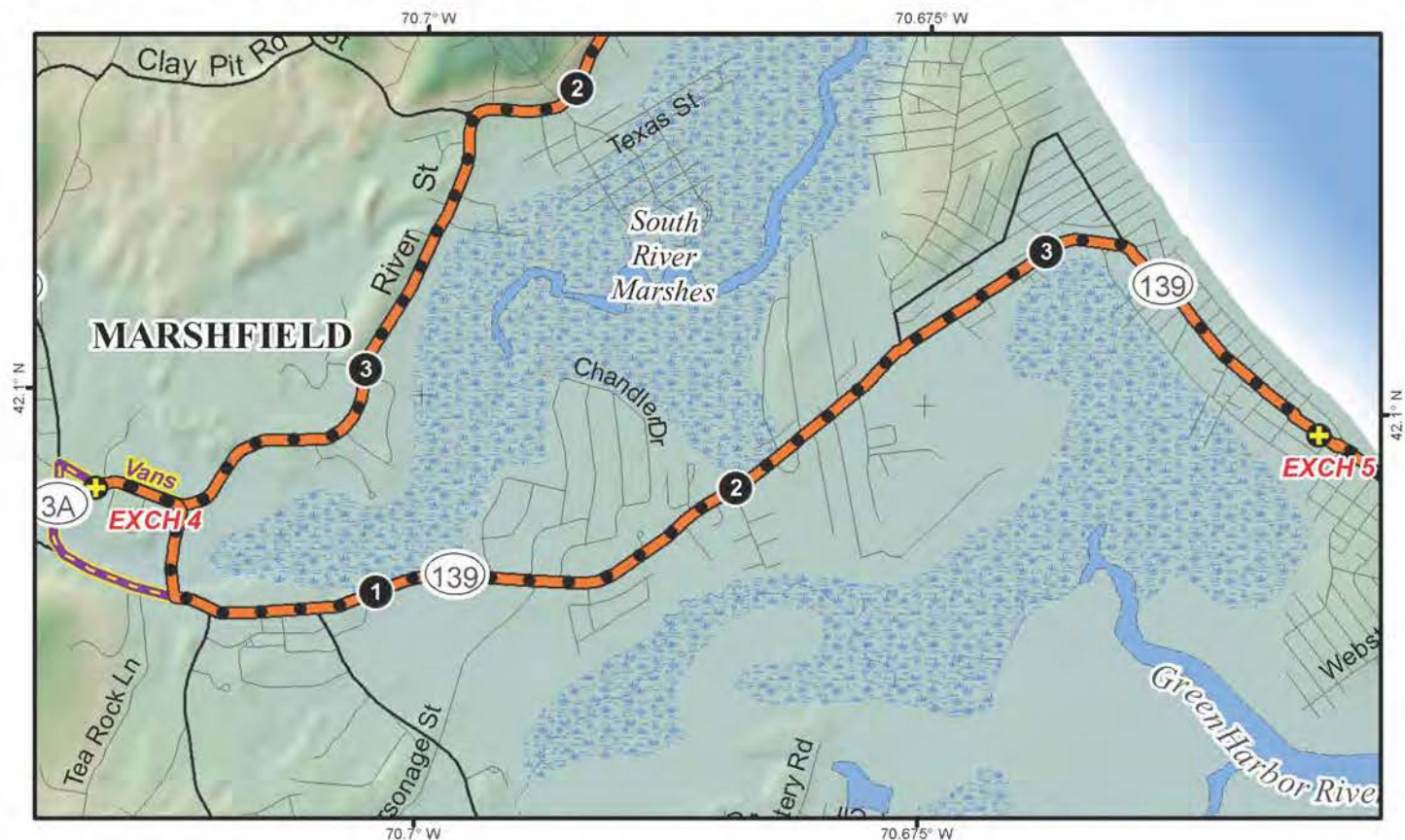
VAN ROUTE:

(Follow Runner Directions)

- 0.0 Depart Exchange 3 heading East on Dwight Rd.
- Immediate RIGHT onto Elm St.
- 0.3 RIGHT onto Ferry St. running against traffic
- 1.0 LEFT onto S River Street.
- 3.7 Continue STRAIGHT on S. River St as you pass Willow on your left.
- 3.9 Arrive at exchange 4



LEG 5 -- 3.9 MILES -- EASY -- FULL VAN SUPPORT



LEG 5 -- 3.9 MILES -- EASY

St. Ann's by the Sea
591 Ocean St.
Marshfield, MA 02050
GPS: 42° 5'57.03"N 70°39'19.32"W

9:00 AM – 8:00 PM

Willow St is a 1-way and runners will be heading against traffic.

Vans take a left out of exchange 4 and take the next available left.

SMILE MA- one of our charity groups, will have chicken salad and pasta salad along with other items available for a donation!

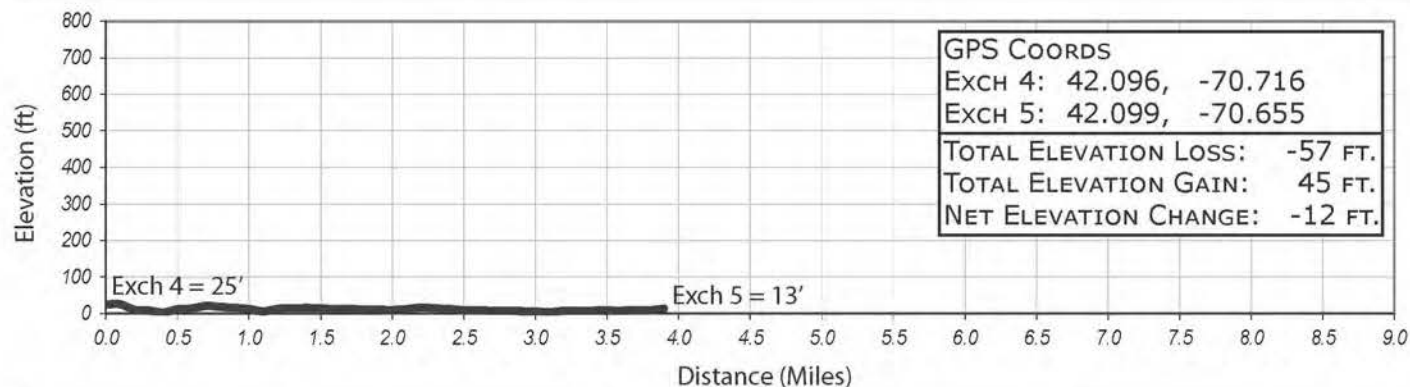
LEG LEGEND:

- 0.0 Depart Exchange 4 taking a Right (heading East) on South River (leg 4 runners will be coming at you.)
- 0.2 RIGHT onto Willow Street (Cross over w caution to run against Traffic on Willow)
- 0.5 LEFT onto 139 (Ocean St). Follow Ocean St to exchange 5, using crosswalk just before exchange to

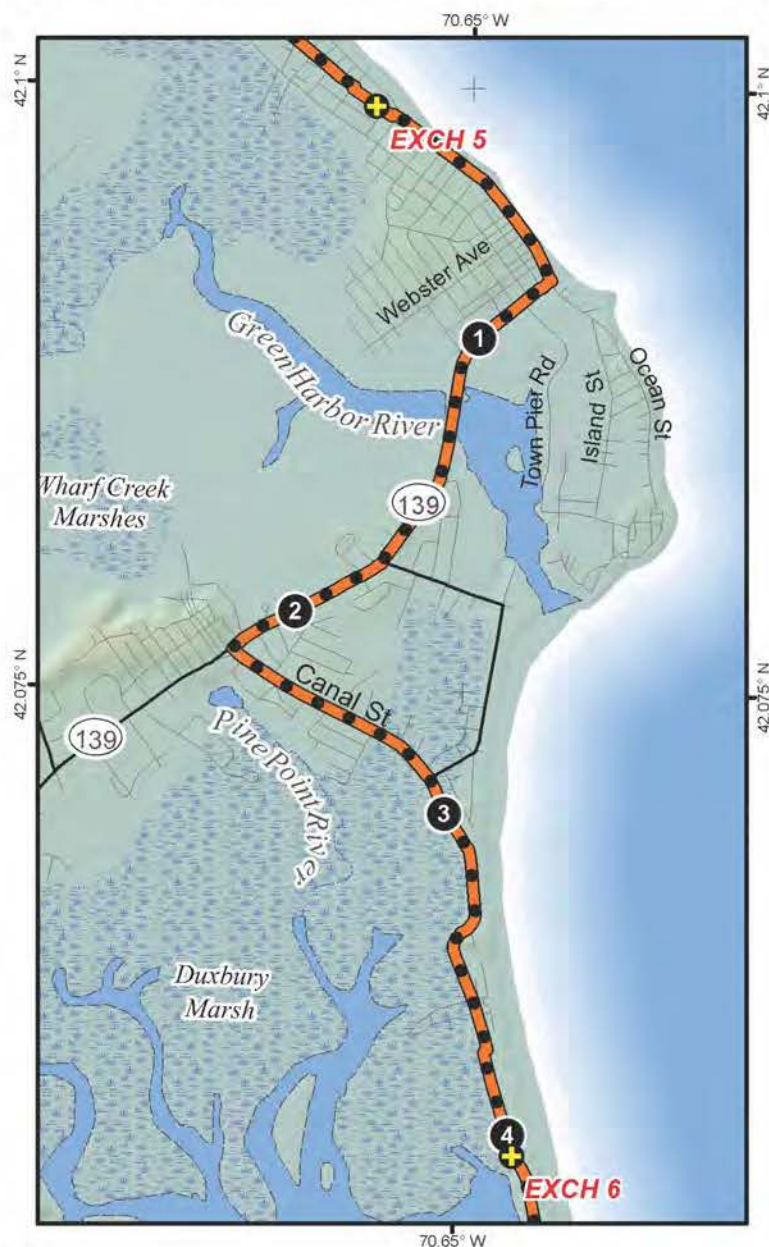
3.9 cross.
Arrive at Exchange 5: St. Ann's by the Sea 591 Ocean Str. Marshfield, MA 02050

VAN ROUTE:

- 0.0 LEFT out of the exchange heading on S. River away from Willow
- 0.1 LEFT onto Main St
- 0.4 LEFT onto 139 (Ocean St)
- 0.7 You will pick up the runners shortly as they take a left off of Willow onto 139.



LEG 6 -- 4.1 MILES -- EASY -- FULL VAN SUPPORT



LEG 6 -- 4.1 MILES -- EASY

Duxbury Beach
260 Gurnet R.
Duxbury, MA 02332
42° 3'20.99"N 70°38'48.29"W

7:30 AM – 8:00 PM

LEG NOTES:

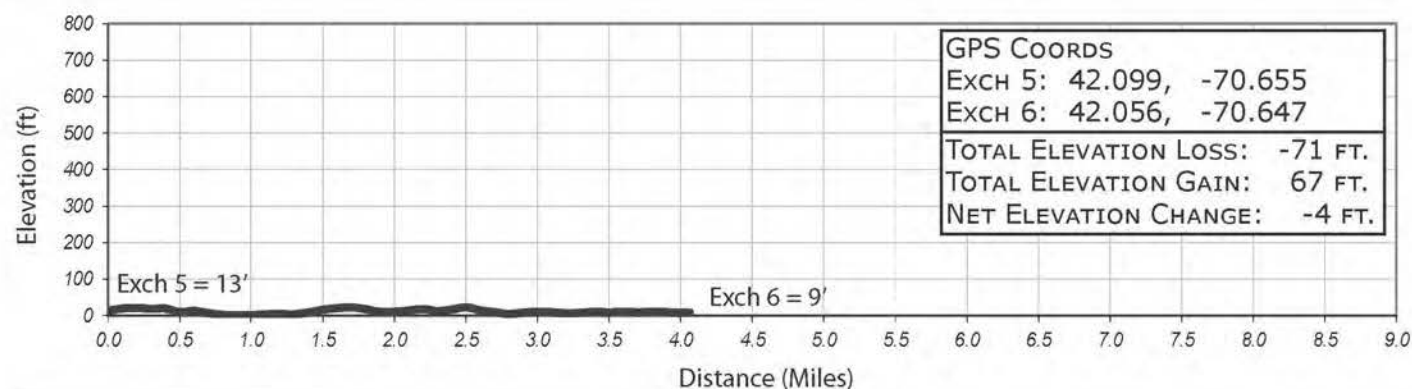
As you depart Exchange 6, please follow the van directions as absolutely no Ragnar vans are allowed on the Powder Point Bridge!

LEG LEGEND:

- 0.0 Depart Exchange 5 heading south on Ocean Street
- 0.75 RIGHT (W) onto Dyke Road/Highway 139. Road becomes Careswell Street.
- 2.2 Turn LEFT (S) onto Canal Street. Road becomes Gurnet Road.
- 4.1 Arrive at Exchange 6: 260 Gurnet R. Duxbury, MA 02332

VAN ROUTE:

Van drivers please use extra caution driving down Canal Street. You will be sharing this narrow road with runners and two-way van traffic.



VAN 2 -- LEGS 7-12 -- 37.5 MILES



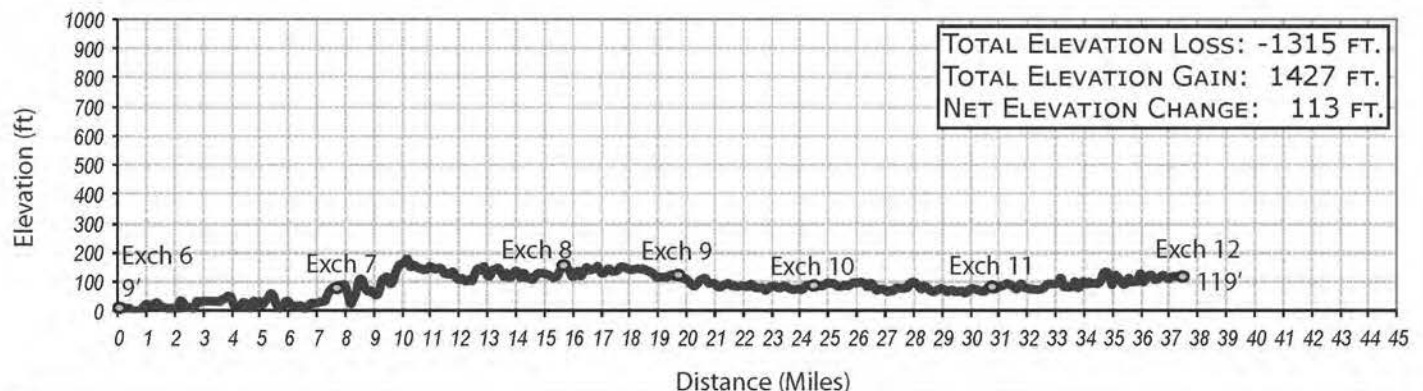
EXCHANGE 12b ADDRESS:

Forestdale School
151 MA 130
Forestdale, MA 02644

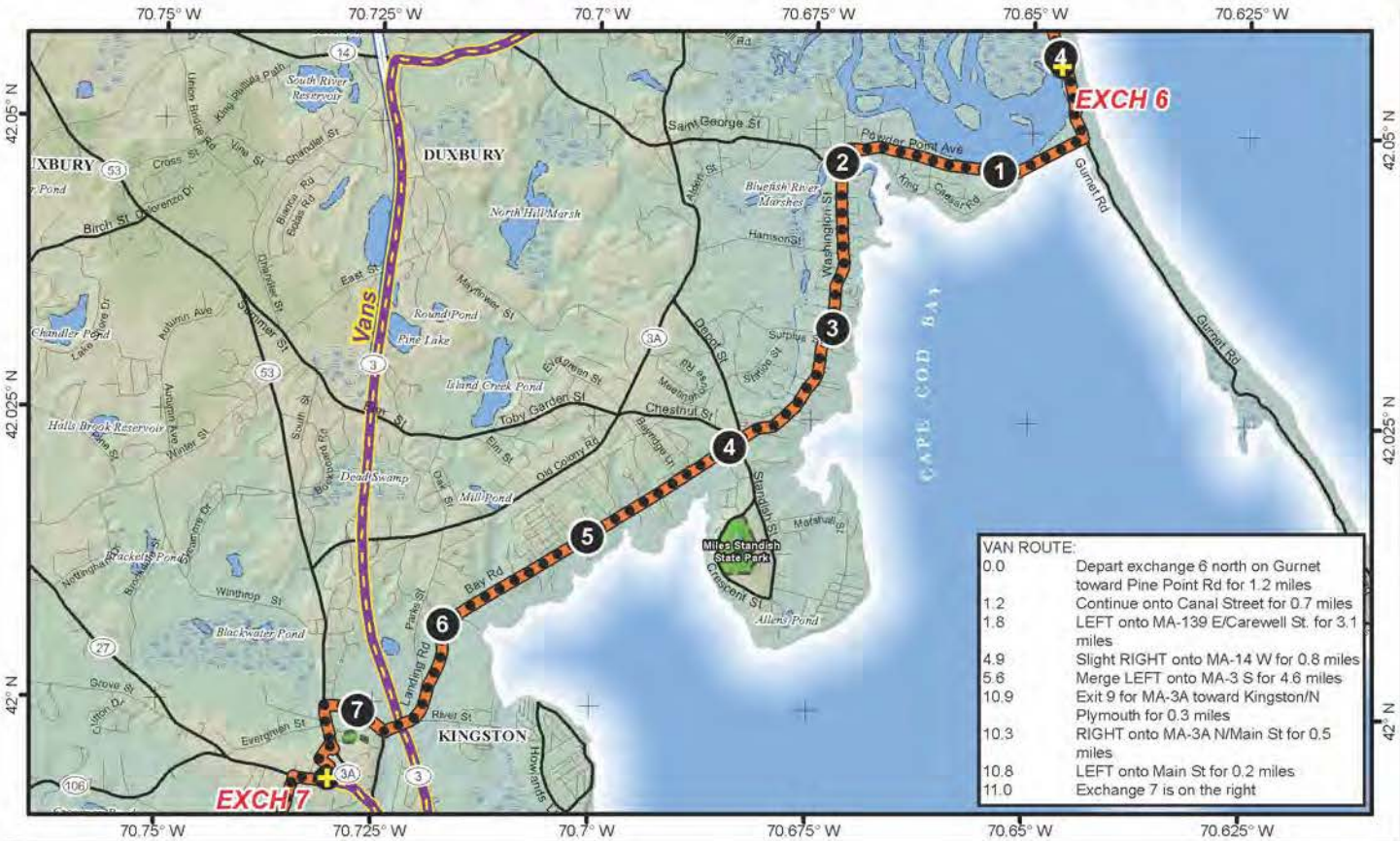
This is a VIRTUAL EXCHANGE. Let van 1 know when you arrive and their runner will depart virtual exchange 12b. Go straight to exchange 18 after you pick up your runner from exchange 12a. YOU WILL NOT MEET VAN 1 AT THIS EXCHANGE. PLEASE GO STRAIGHT TO EXCHANGE 18 TO MEET VAN ONE AND START YOUR RUNNER FROM THERE.

INACTIVE VAN DIRECTIONS TO EXCHANGE 12b:

- 0.0 Head North on Gurnet Rd toward Pine Point Road
- 1.8 LEFT onto MA-139 E/ Careswell St
- 4.9 Slight RIGHT onto MA-14 W
- 5.7 Merge onto MA-3 S and continue for 26 miles
- 32.1 Take Exit 2 for MA-130 toward Sandwich/Mashpee and continue for 3 miles
- 35.3 RIGHT onto Bill Richards drive



LEG 7 -- 7.8 MILES -- VERY HARD -- NO VAN SUPPORT



LEG 7 -- 7.8 MILES -- VERY HARD

Mayflower Church
207 Main Street
Kingston, MA 02364
41°59'36.35"N, 70°43'48.03"W

11 AM- 9:30 PM

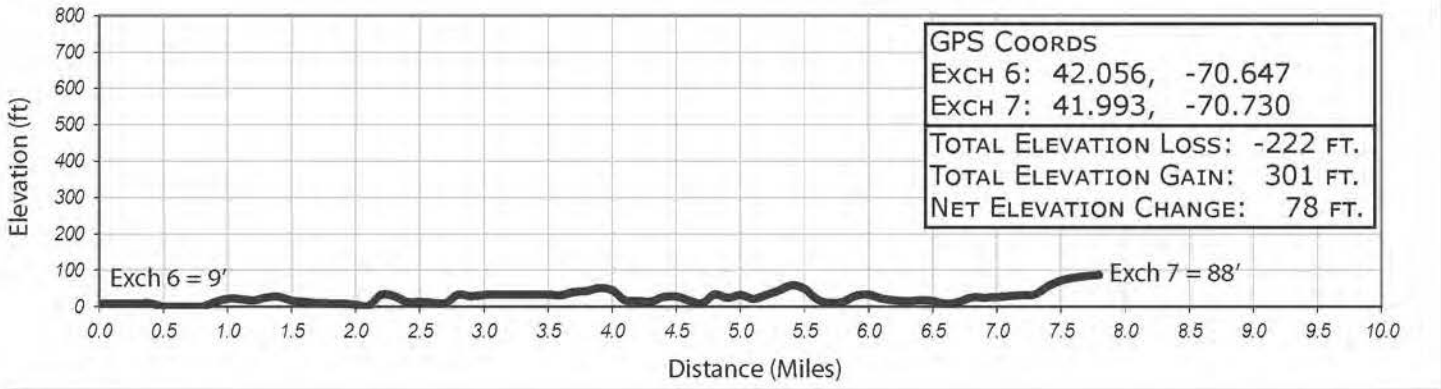
Vans are not allowed on Powder Point bridge!

SMILE MA- one of our charity groups, will have chicken salad and pasta salad along with other items available for a donation!

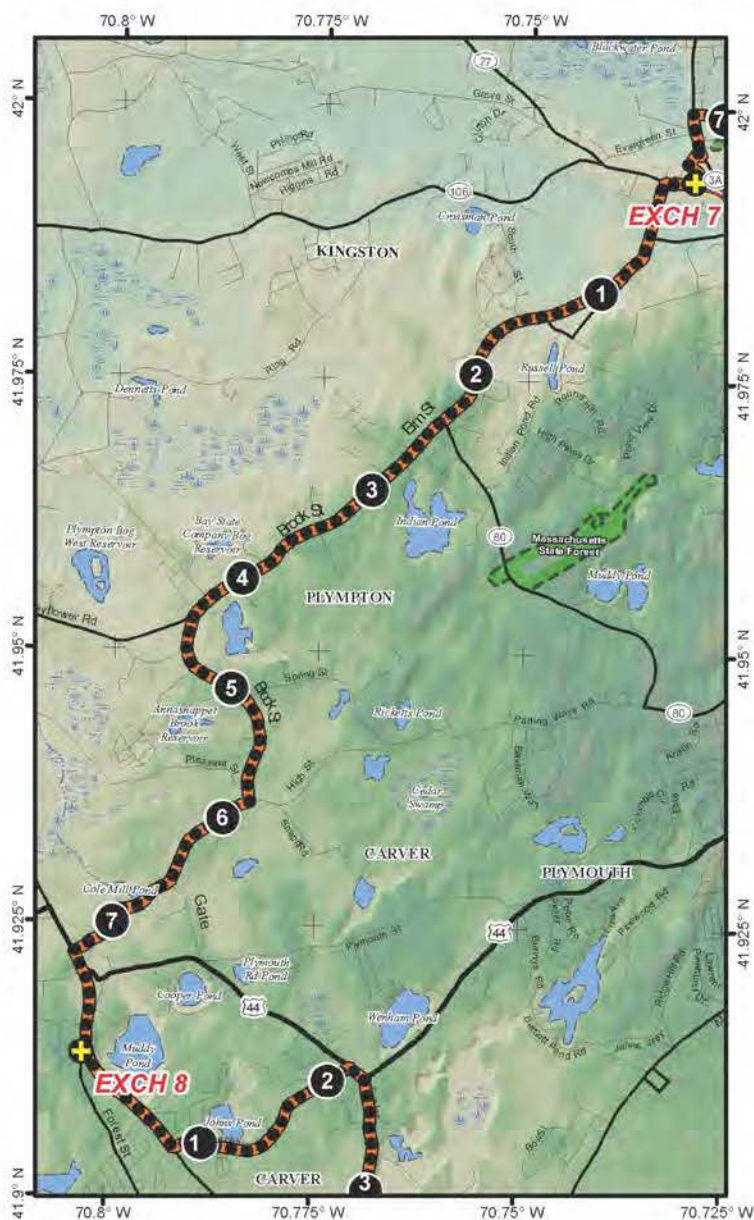
LEG LEGEND:

- 0.0 Depart Exchange 6 heading south on Gurnet Road
- 0.5 RIGHT (W) to cross Powder Point Bridge
- 0.8 RIGHT (W) to stay on Powder Point Avenue
- 1.9 LEFT (S) onto Washington Street. Road becomes Bay Road.
- 6.0 LEFT (S) onto Bay Street which becomes Landing Street
- 6.8 RIGHT (NW) onto Maple Street
- 7.2 LEFT (S) onto Summer Street/3A
- 7.5 RIGHT onto Green St (use cross walk just past Green to cross 3A and run back to Green. A Police detail will be there to

- help).
- 7.6 LEFT onto Cross Street
- 7.7 RIGHT onto Center
- 7.8 LEFT into the church exchange. Police detail to assist.



LEG 8 -- 7.9 MILES -- VERY HARD -- FULL VAN SUPPORT



LEG 8 -- 7.9 MILES -- VERY HARD

58 North Main Street, Carver MA 02366
41°55'15.45"N, 70°47'15.95"W

12:30 PM -11 PM

Please run with caution. Support vehicles please obey all traffic laws and be cautious supporting your runner along this leg.

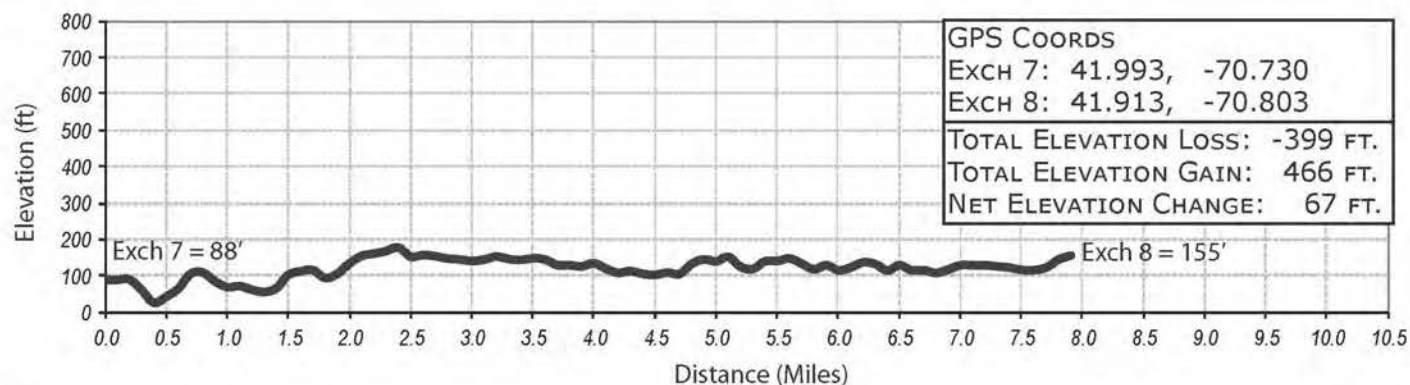
LEG LEGEND:

- 0.0 Depart exchange 7 RIGHT on Main
- 850 ft LEFT at Elm, running with traffic. Cross the road when the sidewalk ends and continue on Elm against traffic
- 0.8 RIGHT on Elm/Hwy 80 5at fork.
- 2.8 Elm Becomes Brook
- 5.0 Keep RIGHT on Brook Street
- 5.8 RIGHT on High St
- 7.3 LEFT onto Main
- 7.9 Arrive at exchange 8

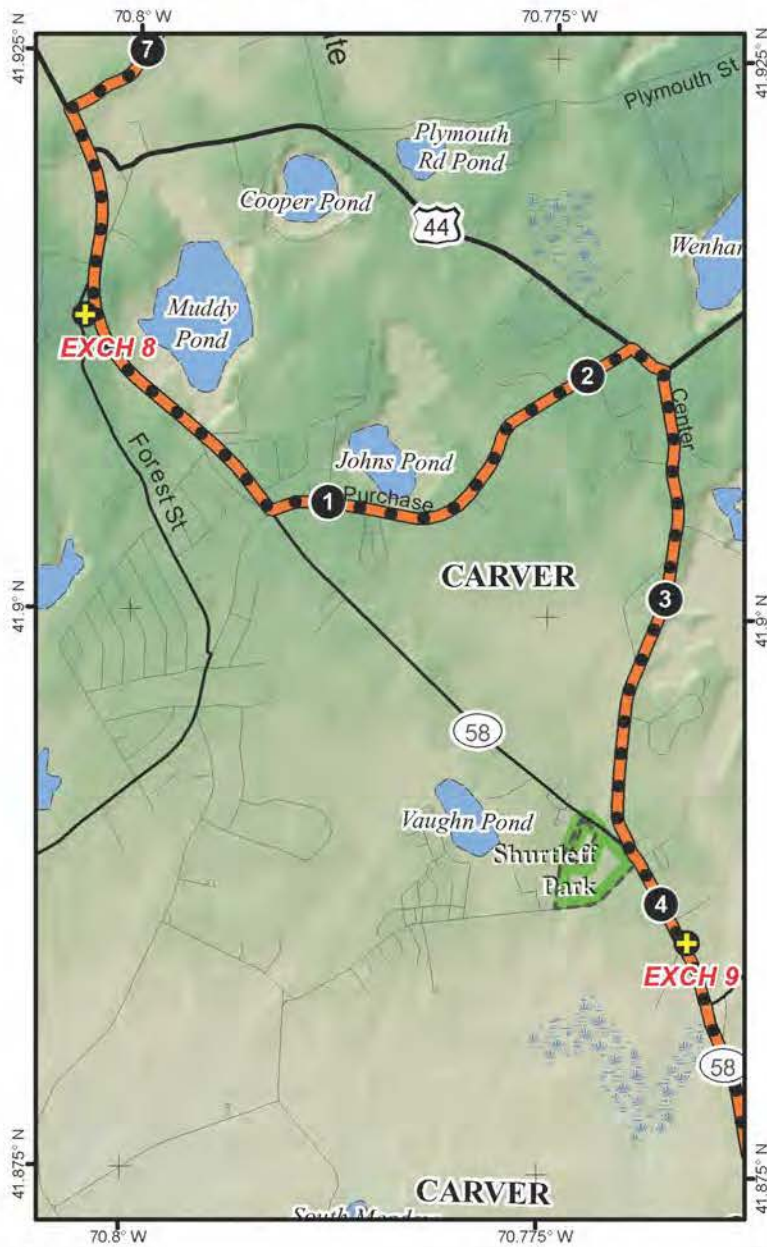
VAN ROUTE:

(Follow Runner Directions)

- 0.0 Depart exchange 7 RIGHT on Main
- 850 ft LEFT at Elm, running with traffic. Cross the road when the sidewalk ends and continue on Elm against traffic
- 0.8 RIGHT on Elm/Hwy 80 5at fork.
- 2.8 Elm Becomes Brook
- 5.0 Keep RIGHT on Brook Street
- 5.8 RIGHT on High St
- 7.3 LEFT onto Main
- 7.9 Arrive at exchange 8



LEG 9 -- 4.1 MILES -- EASY -- FULL VAN SUPPORT



LEG 9 -- 4.1 MILES -- EASY

Our Lady of Lourdes
130 Main St, Carver, MA 02330
41°53'7.88"N 70°45'58.21"W

1:15 PM -11:45 PM

Cub Scout Pack 63 will have their Food Truck selling Burgers, Dogs and drinks to raise money for their pack. Cash only.

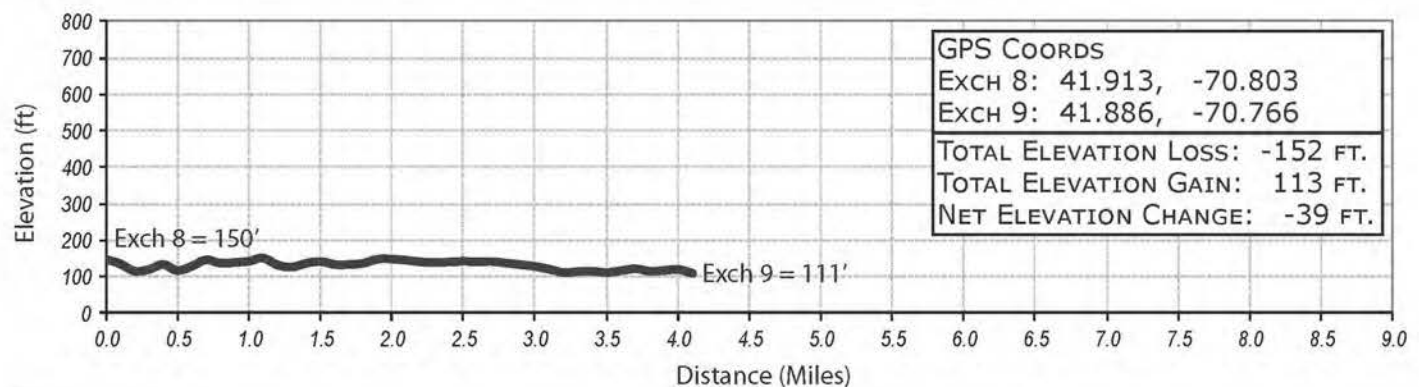
LEG LEGEND:

- 0.0 Depart exchange heading south on Main Street
- 0.8 LEFT on Silva Street
- 2.15 RIGHT onto Center
- 2.3 Keep RIGHT on Center
- 3.8 LEFT onto Main/Hwy 58
- 4.1 Arrive at exchange

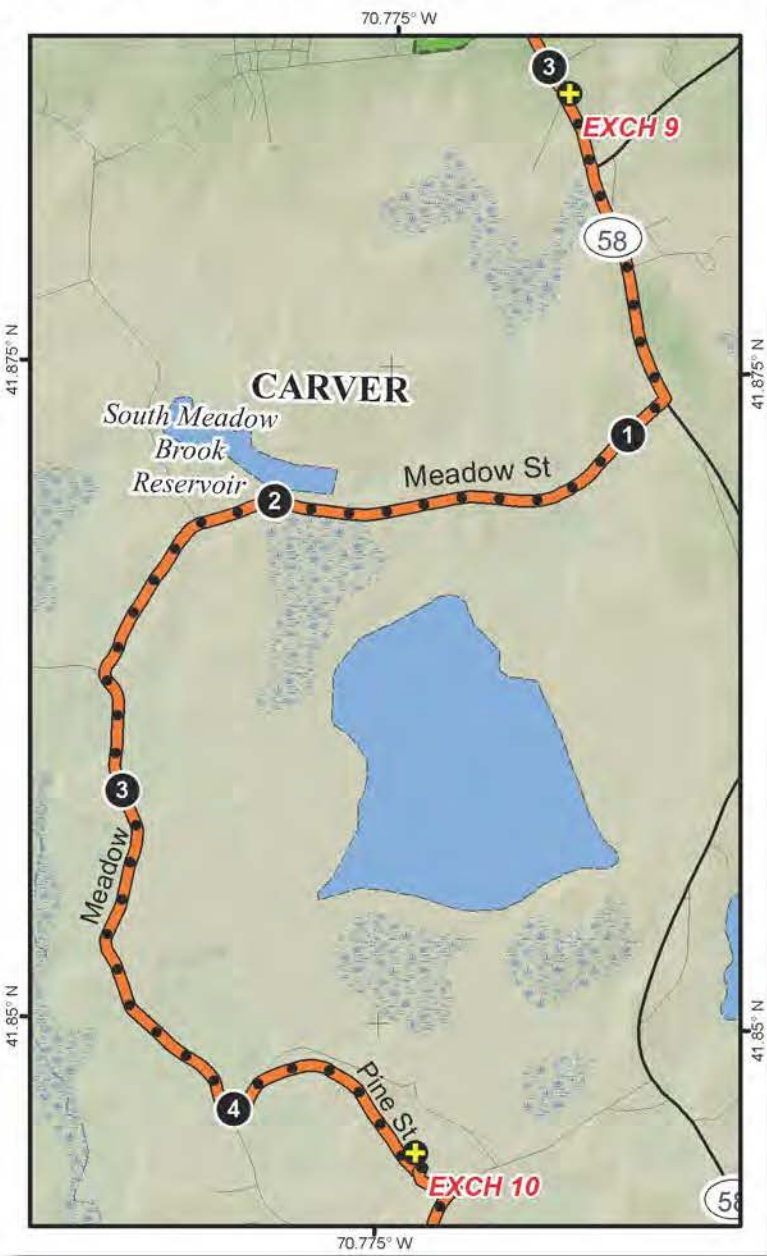
VAN ROUTE:

(Follow Runner Directions)

- 0.0 Depart exchange heading south on Main Street
- 0.8 LEFT on Silva Street
- 2.15 RIGHT onto Center
- 2.3 Keep RIGHT on Center
- 3.8 LEFT onto Main/Hwy 58
- 4.1 Arrive at exchange



LEG 10 - 4.7 MILES - MODERATE - FULL VAN SUPPORT



LEG 10 – 4.7 MILES – MODERATE

Edaville Family Theme Park
5 Pine St, Carver, MA 02330
41°50'42.28"N 70°46'22.49"W

1:45 PM-12:15 AM

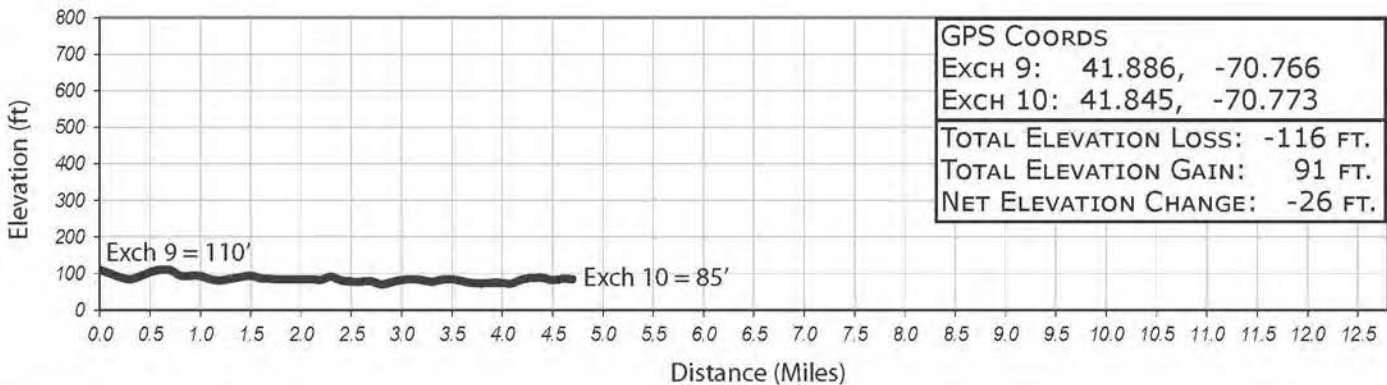
The 'Frozen Chosen' will be selling food items at this exchange. Cash only.

LEG LEGEND:

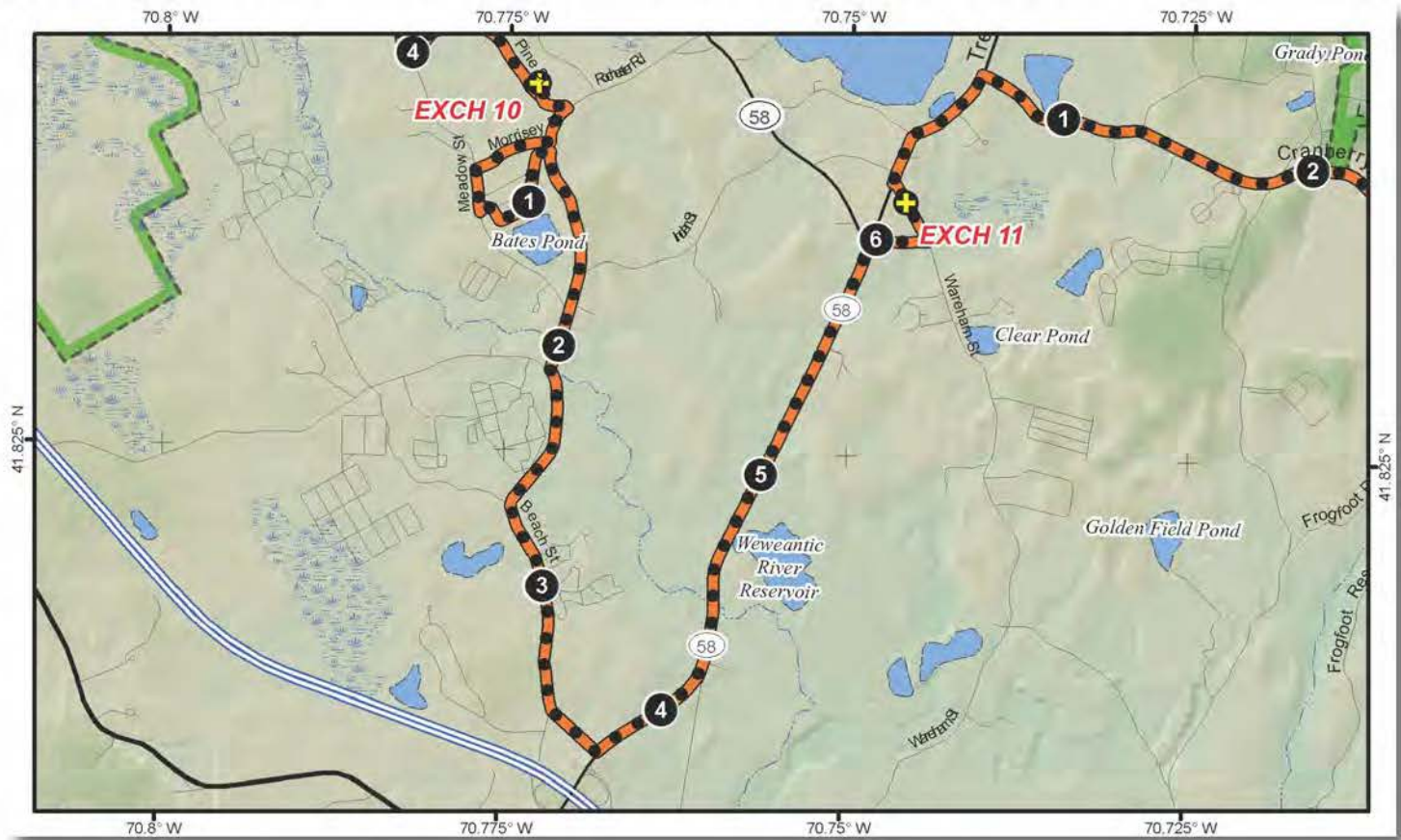
- 0.0 Depart exchange LEFT onto Main
- 0.8 LEFT onto Meadow St
- 4.0 LEFT onto Pine
- 4.7 Exchange is on the LEFT

VAN ROUTE:

- (Follow Runner Directions)
- 0.0 Depart exchange LEFT onto Main
 - 0.8 LEFT onto Meadow St
 - 4.0 LEFT onto Pine
 - 4.7 LEFT into exchange 10



LEG 11 -- 6.4 MILES -- HARD -- PARTIAL VAN SUPPORT



LEG 11 -- 6.4 MILES -- HARD

Church of the Vine
5 Wareham St. Carver, MA 02330
41°50'20.28"N 70°44'45.23"W

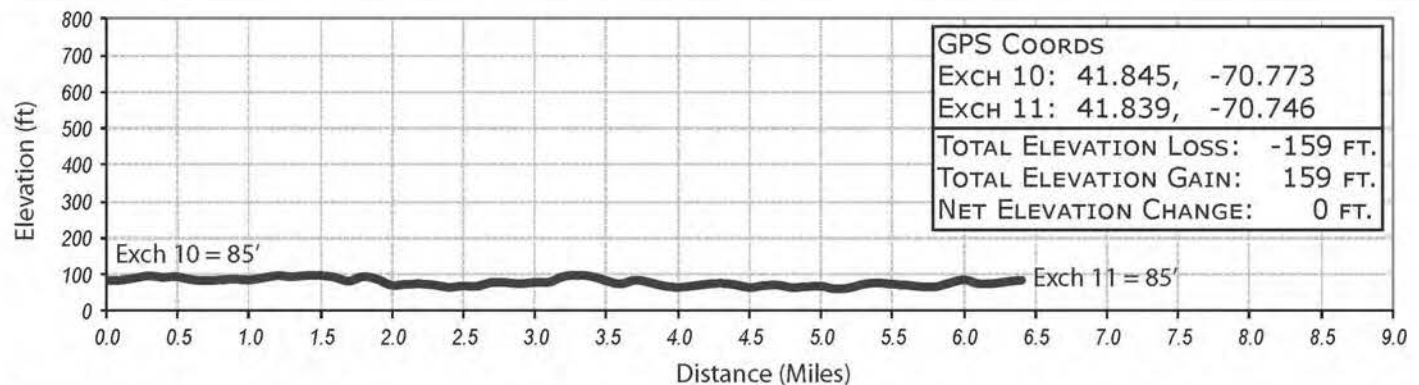
2:15 PM – 12:45 AM

Please follow signs and directions of the police details carefully. This leg has a few segments where you will be running with traffic.

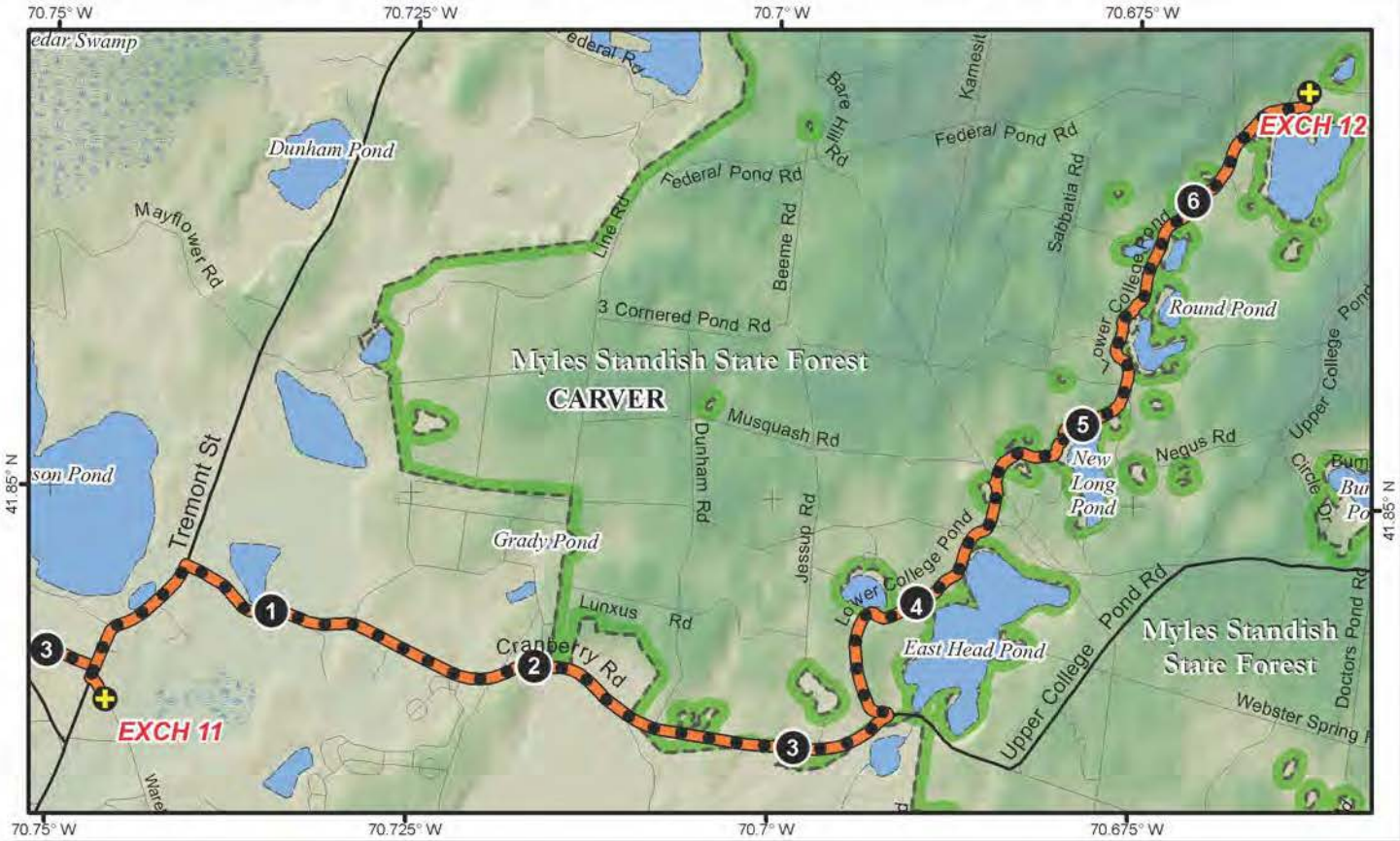
Continue straight on Rochester when runners turn right onto Morrissey.

LEG LEGEND:

- 0.0 Depart exchange LEFT on Pine St
- RIGHT onto Rochester
- 0.25 RIGHT onto Morrissey Dr
- 0.6 LEFT onto Meadow
- 0.75 LEFT onto Bates Pond Road
- 1.2 RIGHT onto Rochester
- 2.1 LEFT onto East St.
- 2.7 LEFT on Beach St.
- 3.7 LEFT onto Main/Hwy 58
- 6.0 RIGHT onto Seipet St.
- 6.2 LEFT onto Wareham St.
- 6.4 Arrive at exchange on the LEFT



LEG 12 -- 6.6 MILES -- HARD -- FULL VAN SUPPORT



LEG 12 -- 6.6 MILES -- HARD

College Pond Lot
(See GPS Coordinates)
41°52'17.79"N 70°39'47.96"W

10:45 AM – 1:30 AM

This is a VIRTUAL EXCHANGE. Let van 1 know when you arrive and their runner will depart virtual exchange 12b. Go straight to exchange 18 after you pick up your runner from exchange 12a. YOU WILL NOT MEET VAN 1 AT THIS EXCHANGE. PLEASE GO STRAIGHT

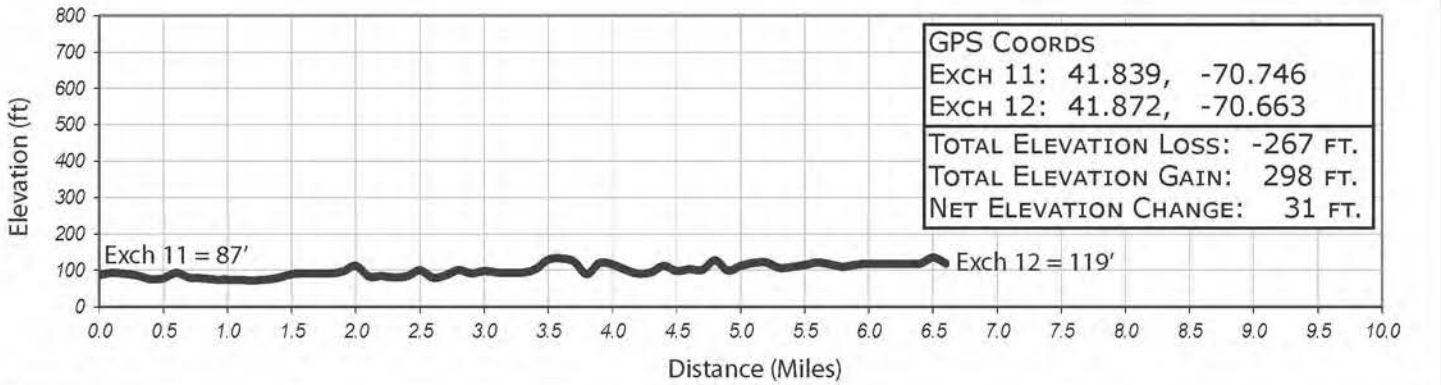
TO EXCHANGE 18 TO MEET VAN ONE AND START YOUR RUNNER FROM THERE.

LEG LEGEND:

- 0.0 Depart exchange LEFT onto Wareham, running with traffic
- Right onto Tremont and stay right at the fork to stay on Tremont
- 0.6 RIGHT on Cranberry Road
- 3.35 LEFT onto College Pond Road.
- Follow runner signs to continue onto Lower College Pond Road
- 6.6 Arrive at exchange 12a

VAN ROUTE:

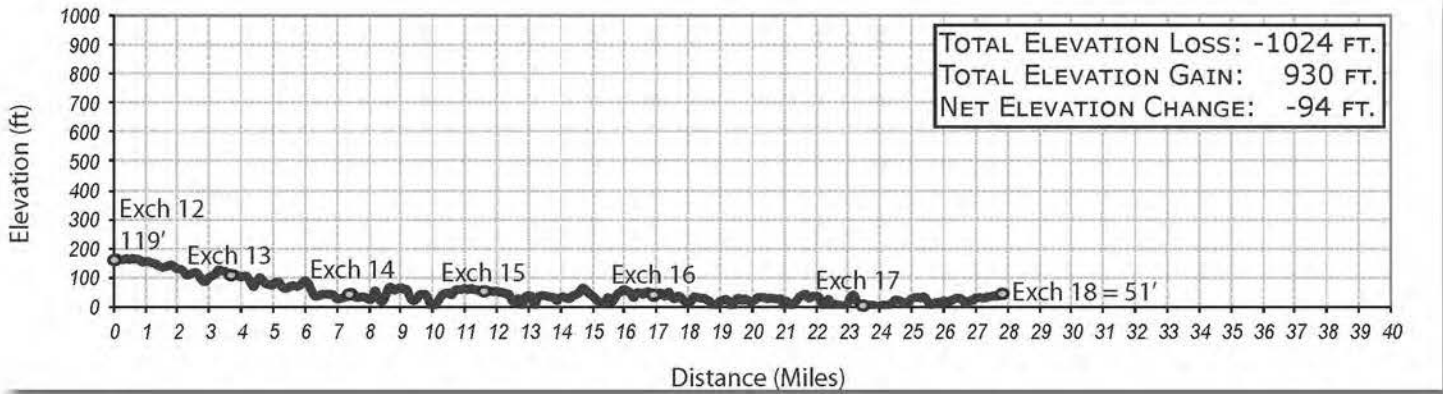
- (Follow Runner Directions)
- 0.0 Depart exchange LEFT onto Wareham, running with traffic
 - Right onto Tremont and stay right at the fork to stay on Tremont
 - 0.6 RIGHT on Cranberry Road
 - 3.35 LEFT onto College Pond Road.
 - Follow runner signs to continue onto Lower College Pond Road
 - 6.6 Arrive at exchange 12a



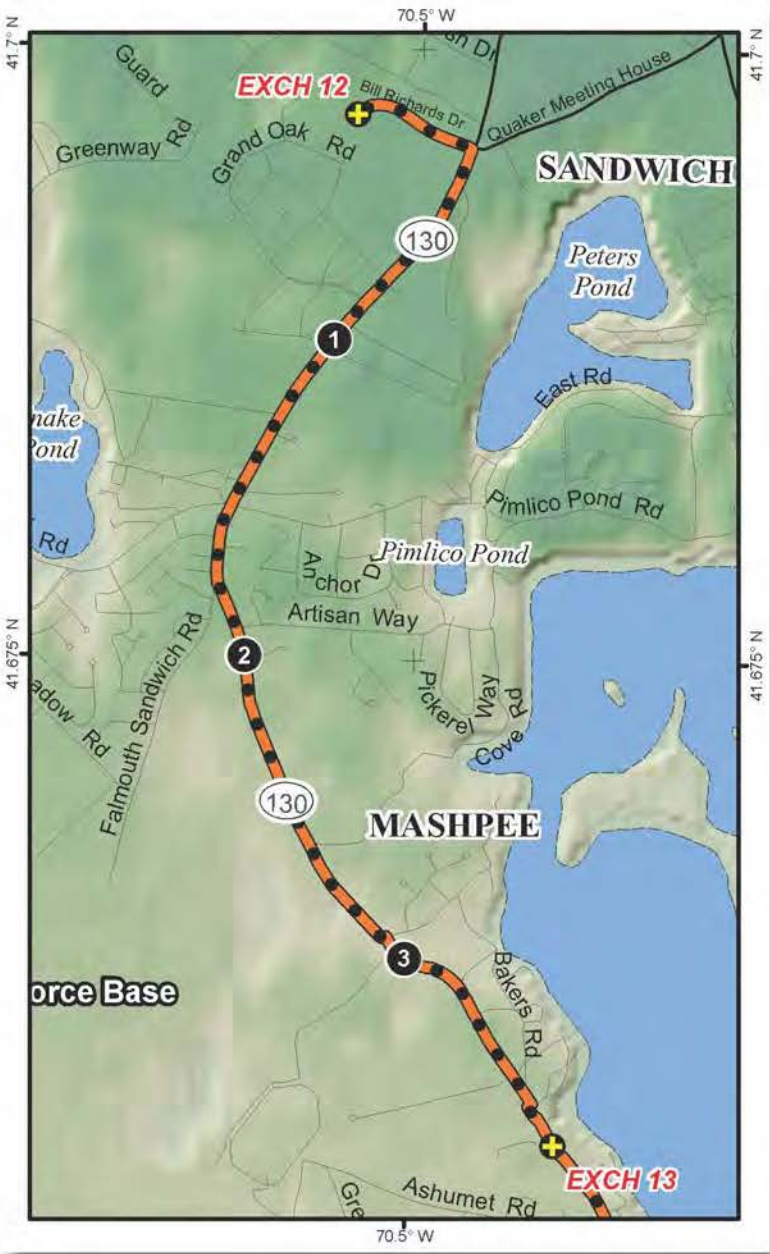
VAN 1 -- LEGS 13-18 -- 27.9 MILES



| | | |
|--|---|--|
| OVERVIEW: Welcome to the Cape! This section of the course will show you the legendary towns of Bourne, Sandwich, Mashpee, and Barnstable. Oh, and of course plenty of beach. We don't know about you, but we're beginning to sense a beachy theme here. | EXCHANGE 18 ADDRESS: Barnstable High School 744 W Main Street Hyannis, MA 02601 GPS: 41°39'12.19"N 70°19'15.01"W | |
| | 4:45 PM- 6:15 AM | |
| EXCHANGE NOTES: The Cape Cod YMCA will be holding a sleeping fundraiser in the fieldhouse. For \$3 per person, runners will be able to sleep in the fieldhouse. They will also have FREE hot coffee and cocoa at their table just inside the fieldhouse for all runners. Don't forget your hotcup! | INACTIVE VAN DIRECTIONS TO EXCHANGE 18: | |
| | 0.0 Depart exchange LEFT Head EAST on Lower College Pond Road | |
| | 0.4 Lower College Pond Road will become Upper College Pond Road and then Alden Road | |
| | 2.1 RIGHT onto Long Pond Road | |
| | 4.1 LEFT onto Clark | |
| | 4.4 LEFT to Merge onto MA-3 S toward US 6/Cape Cod | |
| | 11.9 Continue onto US 6 E | |
| | 22.5 Take exit 5 for MA 149 and at the rotary, take the second exit for Service Road | |
| | 23.2 RIGHT onto Old Stage Road | |
| | 24.3 LEFT to stay on Old Stage Road | |
| | 26.3 LEFT onto Falmouth Rd | |
| | 27.2 RIGHT onto Main St. | |
| | 28 Exchange is on the RIGHT | |



LEG 13 -- 3.7 MILES -- EASY -- FULL VAN SUPPORT



LEG 13 -- 3.7 MILES -- EASY

Heritage Park
520 Main Street
Mashpee, MA 02649
41°39'18.84"N 70°29'31.00"W

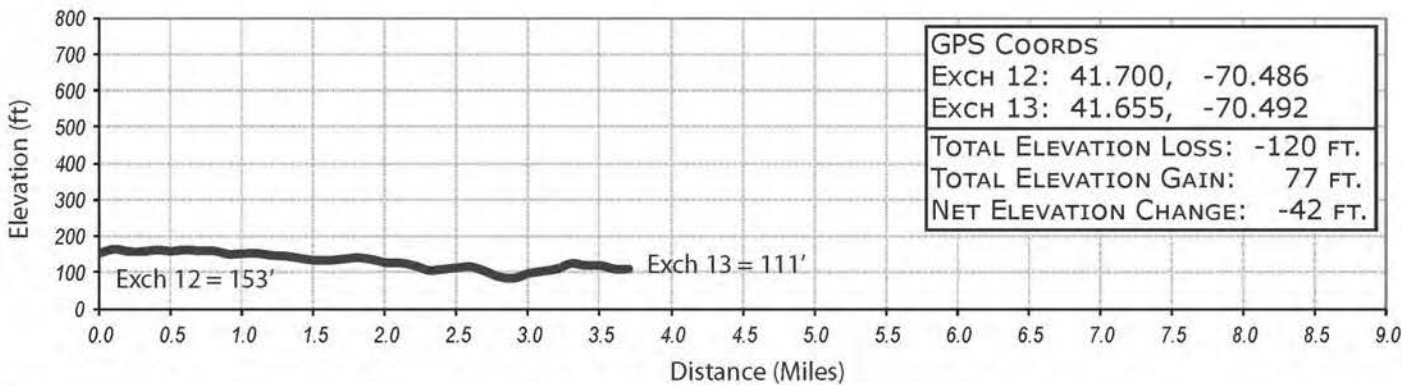
6:00 PM-4:00 AM

LEG LEGEND:

- 0.0 Depart Exchange East onto Bill Richards Drive
- 0.3 RIGHT onto Route 30
- 3.7 Right into exchange 13

VAN ROUTE:

- (Follow Runner Directions)
- 0.0 Depart Exchange East onto Bill Richards Drive
 - 0.3 RIGHT onto Route 30
 - 3.7 Right into exchange 13



LEG 14 -- 3.6 MILES -- EASY -- FULL VAN SUPPORT



LEG 14 -- 3.6 MILES -- EASY

KC Coombs School
150 Old Barnstable Rd, Mashpee, MA 02649
41°37'14.66"N 70°29'33.26"W

5:30 PM-3:30 AM

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

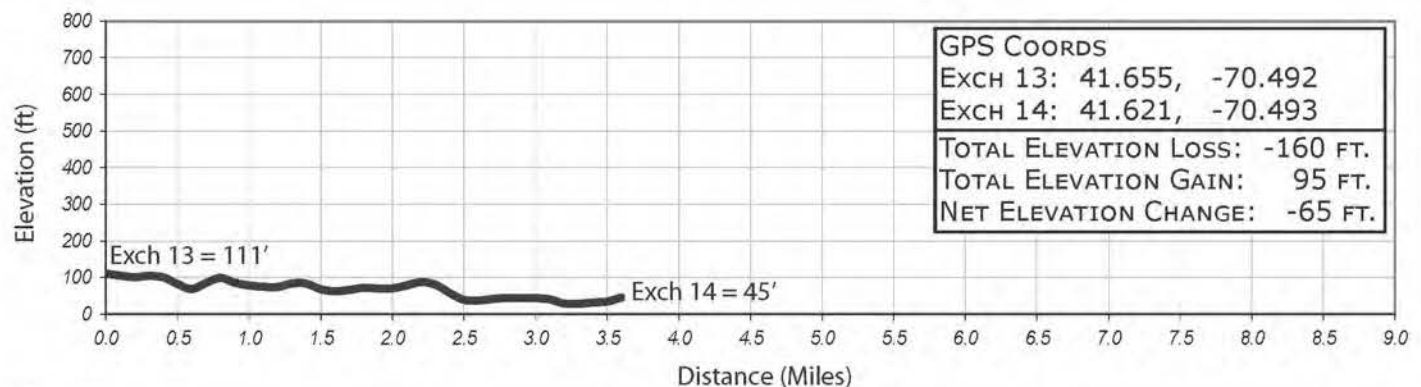
LEG LEGEND:

- 0.0 Depart exchange headed south on Main St/130
- 0.5 RIGHT onto Lovell's Ln
- 1.1 RIGHT onto Quashnet Rd
- 1.6 RIGHT onto Great Neck Way
- 2.2 LEFT onto Lowell Rd
- 3.0 LEFT onto Old Barnstable Rd
- 3.3 RIGHT onto Great Hay Rd
- 3.6 Arrive at exchange 14

VAN DIRECTIONS:

(Follow Runner Directions)

- 0.0 Depart exchange headed south on Main St/130
- 0.5 RIGHT onto Lovell's Ln
- 1.1 RIGHT onto Quashnet Rd
- 1.6 RIGHT onto Great Neck Way
- 2.2 LEFT onto Lowell Rd
- 3.0 LEFT onto Old Barnstable Rd
- 3.3 RIGHT onto Great Hay Rd
- 3.6 Arrive at exchange 14



LEG 15 -- 4.3 MILES -- MODERATE -- FULL VAN SUPPORT



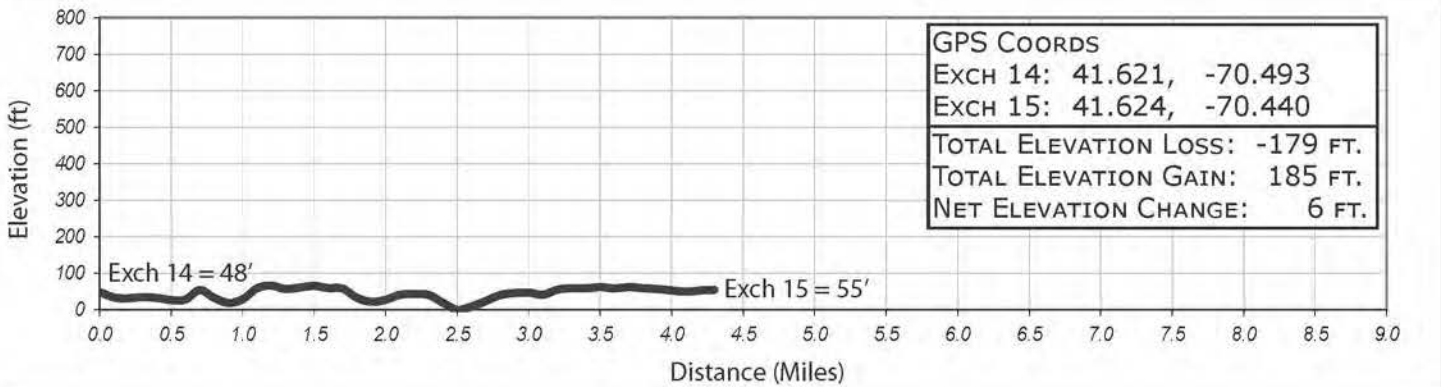
LEG 15 -- 4.3 MILES -- MODERATE

Waldorf school
14 Old Oyster Road
Cotuit, MA 02635
41°37'27.48"N 70°26'23.40"W

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

LEG LEGEND:

- 0.0 Depart exchange RIGHT onto
North on Great Hay Road
- 0.3 RIGHT onto Old Barnstable Road
- 0.8 LEFT onto Falmouth Rd
- 0.9 RIGHT onto Quinaquisset Ave
- 2.6 LEFT onto Santuit
- 3.75 RIGHT onto Lowell St
- 4.2 LEFT into exchange
- 4.3 Arrive at exchange



LEG 16 -- 5.3 MILES -- MODERATE -- FULL VAN SUPPORT



LEG 16 -- 5.3 MILES -- MODERATE

Cape Cod Academy
50 Osterville-West Barnstable Road
Osterville, MA 02655
41°38'30.74"N 70°23'28.15"W
6:45 PM-4:30 AM

Please enter/exit the school via Old Oyster Road.
Runners only will enter via Main Street. Please be
courteous and respect neighborhood residents and be
Extra quiet after 10PM.

This exchange will have the following Food available
for donation/purchase:
Chocolate chunk cookies

Yogurt granola
Chicken Rice soup
Turkey wraps
Hummus wraps
Juice and water

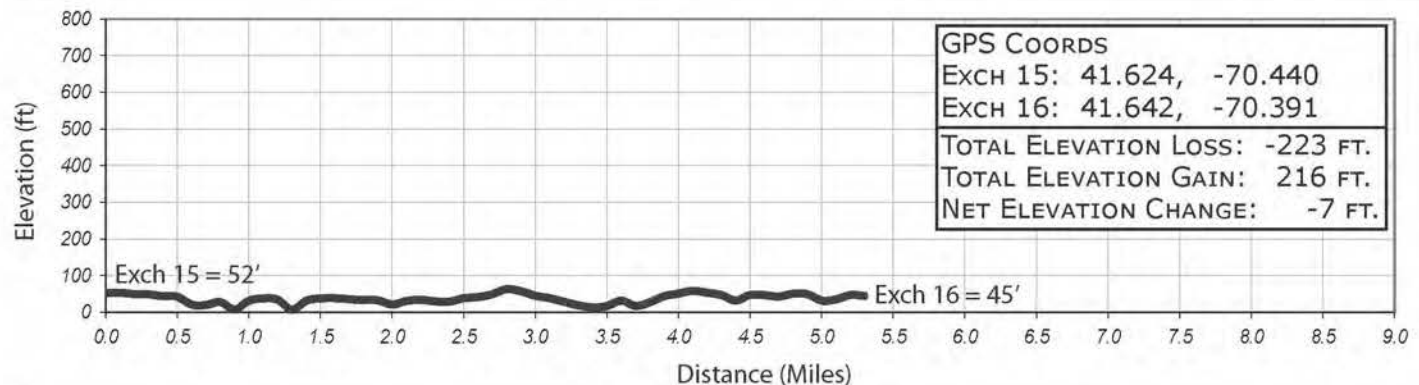
LEG LEGEND:

0.0 Depart exchange and take a RIGHT
onto Main St
0.25 LEFT onto Lowell
0.4 LEFT onto Putnam
0.6 RIGHT onto Old Post Road
2.65 RIGHT onto Rigging Way
2.7 RIGHT onto Winding Cove Rd
2.9 LEFT onto Little Neck Way
3.1 LEFT onto Cedar Tree Neck Rd

3.3 Cedar Tree Neck Road becomes Prince
3.6 RIGHT onto Falmouth Rd/28
4.2 RIGHT onto Main St
5.2 LEFT into exchange 16

VAN ROUTE:

0.0 Exit exchange 14 South and take a LEFT
onto Old Oyster Rd
0.25 LEFT onto Coolidge St
0.4 LEFT
0.5 RIGHT onto Putnam
0.6 RIGHT onto Lowell Ave
0.9 RIGHT onto Old Post Road
3.2 RIGHT onto Falmouth Rd
4.0 LEFT onto Main St
4.3 Arrive at exchange



LEG 17 -- 6.55 MILES -- HARD -- PARTIAL NO VAN SUPPORT



LEG 17 -- 6.55 MILES -- HARD

Craigville Beach
997 Craigville Beach Road
Centerville, MA 02632
41°38'13.24"N 70°20'21.49"W

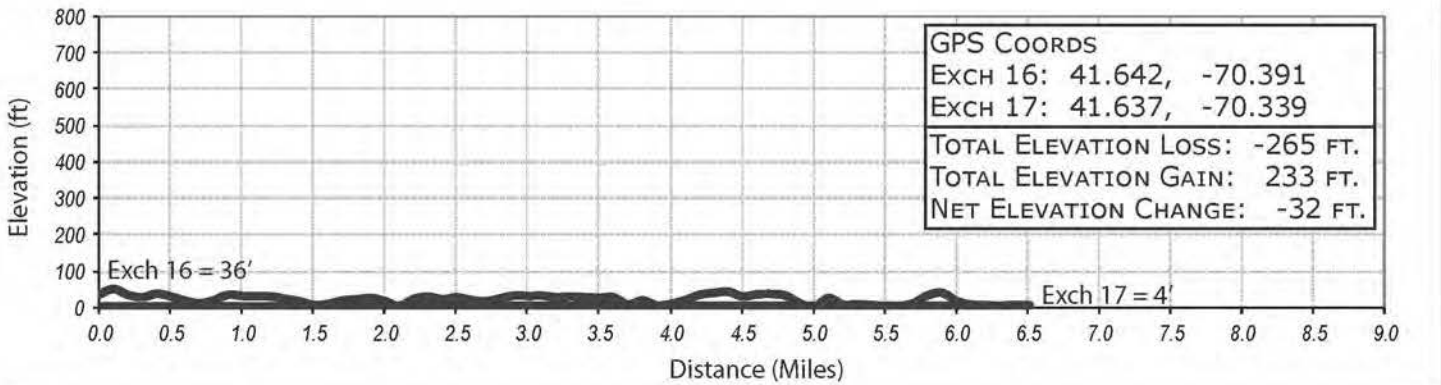
Please keep noise to a minimum. No support in Osterville. Headphones not allowed. Runners will cross main street several times on this leg. Please be cautious and aware of traffic around you.

LEG LEGEND:

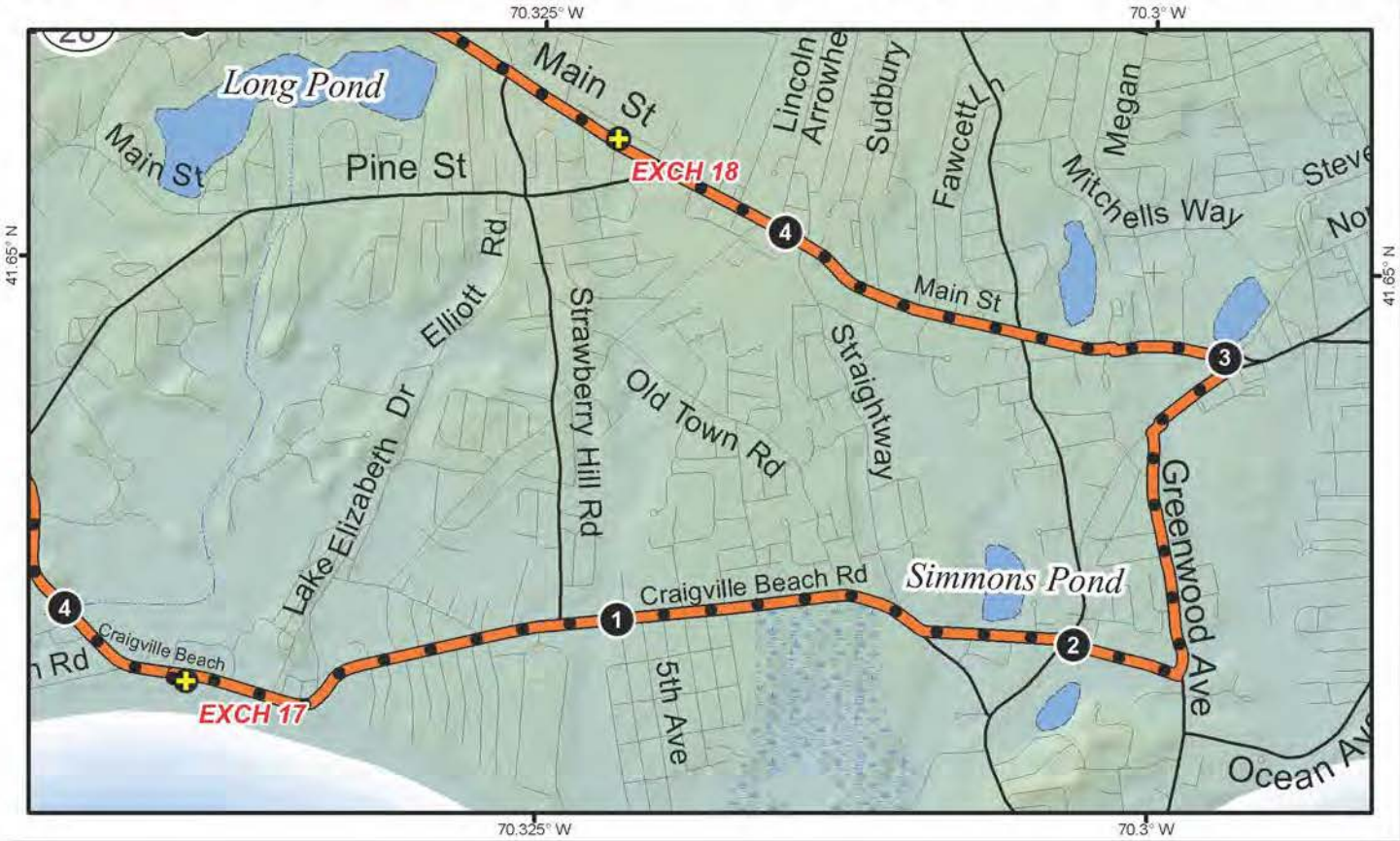
- 0.0 Depart exchange LEFT onto Main St.
- 1.1 RIGHT onto Parker Road
- 1.3 RIGHT onto W Bay Road
- 1.5 LEFT onto Hathaway Road
- 2.3 Keep LEFT on Hathaway Road
- 2.5 LEFT onto Parker Rd
- 3.1 RIGHT onto 1st Ave
- 3.3 RIGHT onto W Bay Road
- 3.5 RIGHT onto Main St/Craigville Beach Road
- 6.5 Arrive at exchange 17

VAN DIRECTIONS:

- (Follow Runner Directions)
- 0.0 Depart exchange LEFT onto Main St.
 - 1.1 RIGHT onto Parker Road
 - 1.3 RIGHT onto W Bay Road
 - 1.5 LEFT onto Hathaway Road
 - 2.5 LEFT onto Parker Rd
 - 3.1 RIGHT onto 1st Ave
 - 3.5 RIGHT onto W Bay Road
 - 3.5 RIGHT onto Craigville Beach Road
 - 6.5 Arrive at exchange 17



LEG 18 -- 4.4 MILES -- MODERATE -- FULL VAN SUPPORT



LEG 18 – 4.4 MILES – MODERATE

Barnstable High School
744 Main Street
Hyannis, MA 02601
41°39'13.87"N 70°19'19.04"W

4:45 PM- 6:15 AM

The Cape Cod YMCA will be doing a sleeping fundraiser in the school for \$3pp. They will also be giving away FREE Hot Cocoa and Coffee. Don't forget to bring

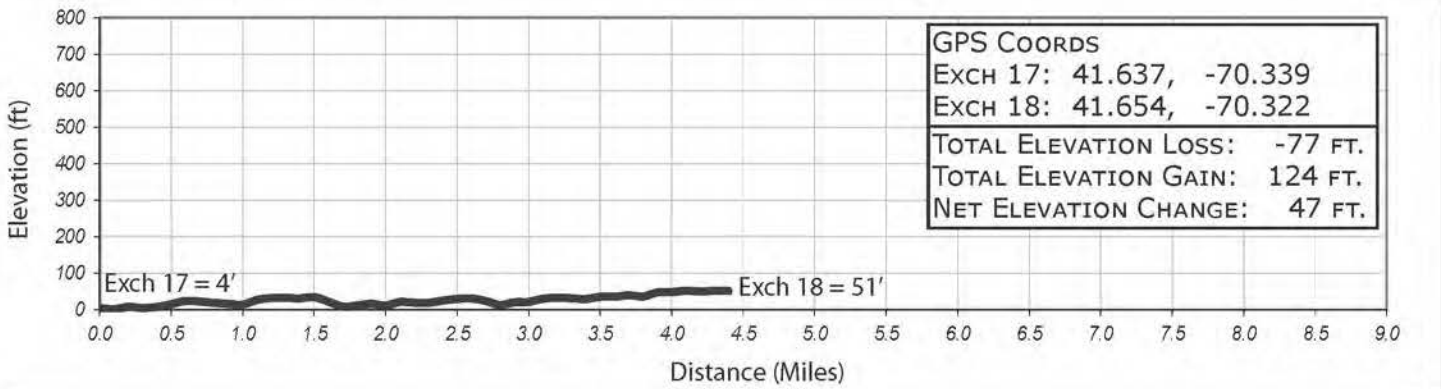
your own Hotcup!

LEG LEGEND:

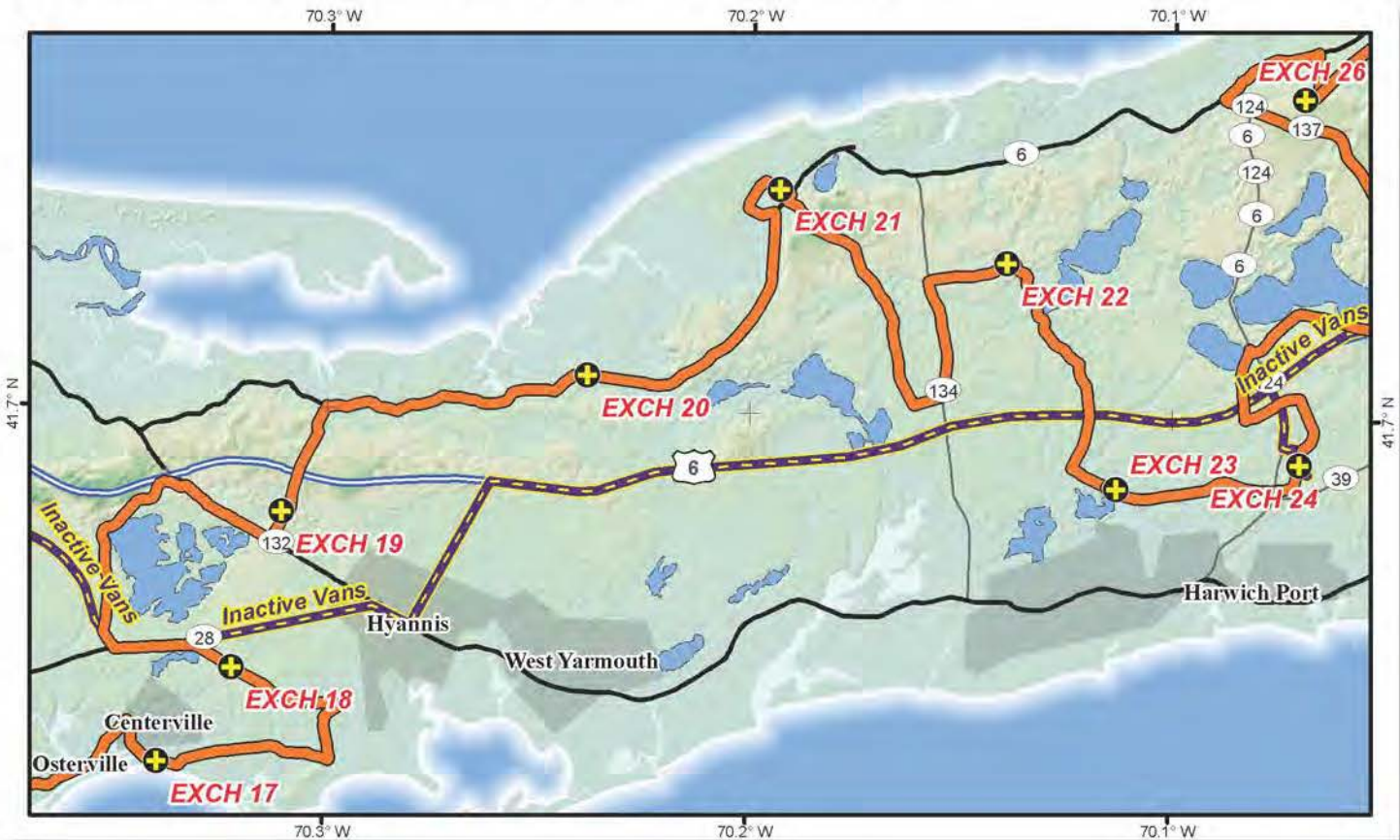
- 0.0 Depart exchange headed east on Craigville Beach Road
- 1.65 LEFT on Smith St. Smith St becomes Marston
- 2.25 LEFT on Greenwood Ave
- 2.75 RIGHT on Scudder Ave
- 3.0 LEFT at the rotary onto Main St.
- 4.4 Arrive at exchange 18 on the RIGHT

VAN DIRECTIONS:

- (Follow Runner Directions)
- 0.0 Depart exchange headed east on Craigville Beach Road
 - 1.65 LEFT on Smith St. Smith St becomes Marston
 - 2.25 LEFT on Greenwood Ave
 - 2.75 RIGHT on Scudder Ave
 - 3.0 LEFT at the rotary onto Main St.
 - 4.4 Arrive at exchange 18 on the RIGHT



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:

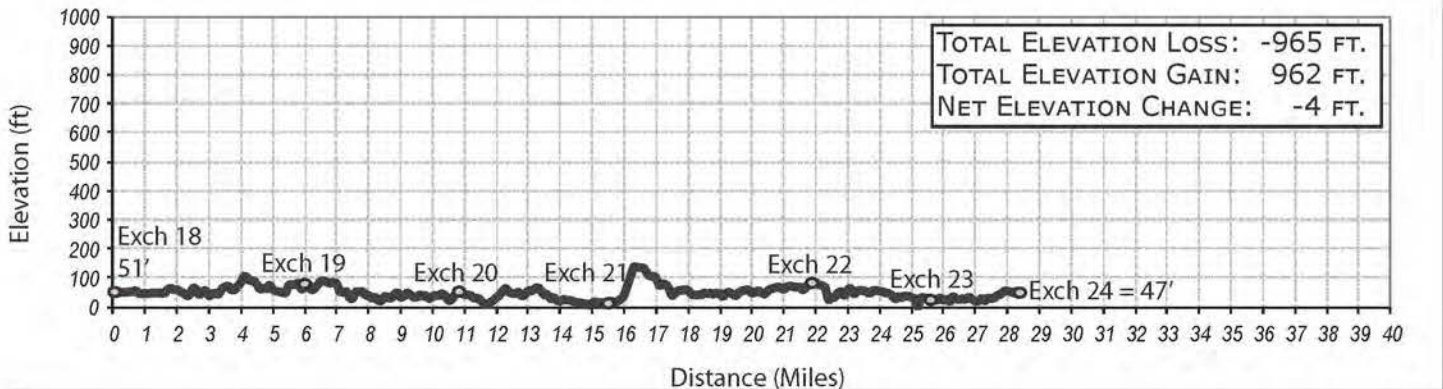
The Monomoy Boys Soccer Team will be asking for a small donation for inside sleeping in the gym. There are 4 mens and 4 womens showers and stalls off the gym that will be available (bring your own towel). There will be no access to other parts of the

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

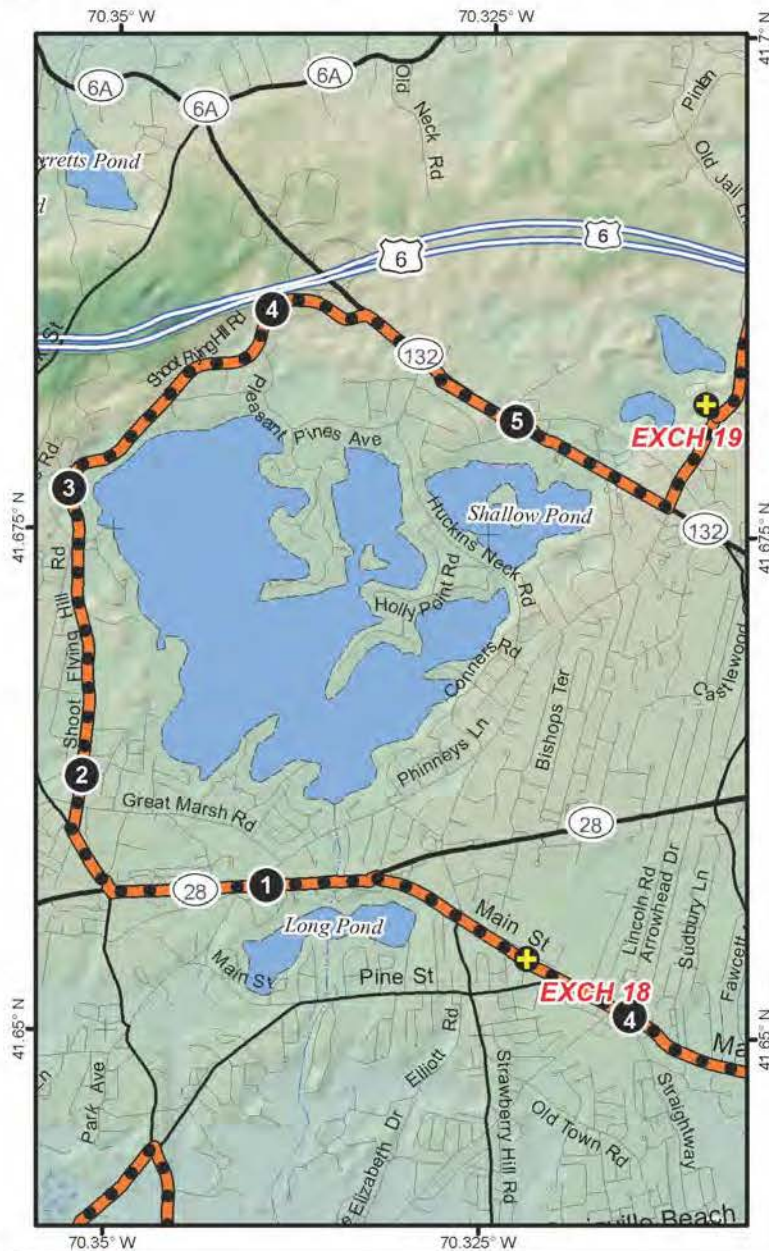
INACTIVE VAN DIRECTIONS TO EXCHANGE 24:

- 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

- 5.1 Street 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:

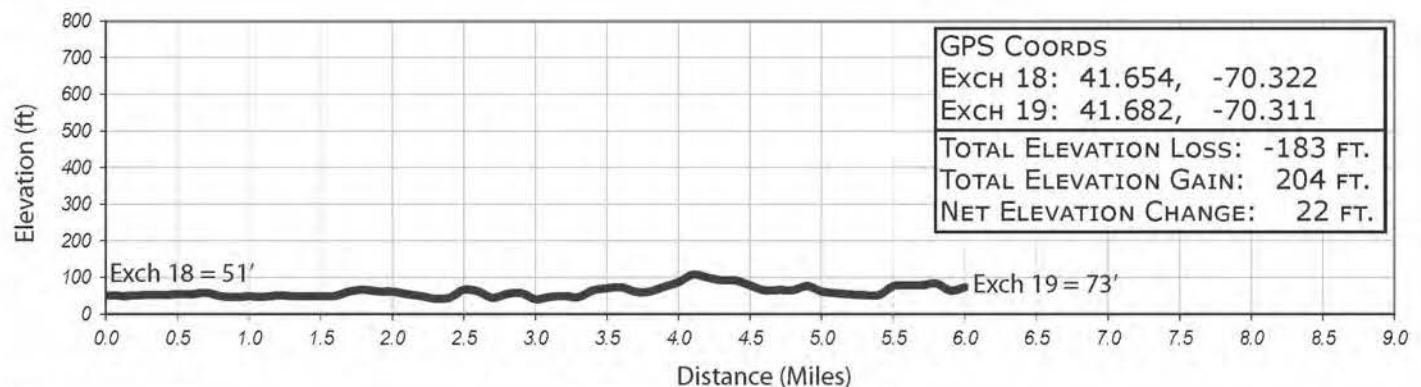
Please respect residents. Minimize noise in neighborhoods. No cheering or honking during night time hours.

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.

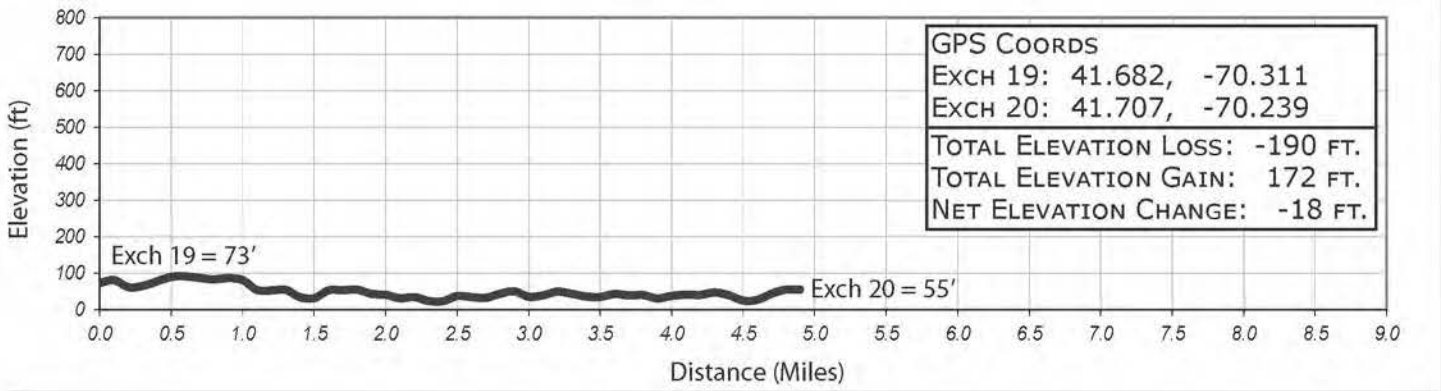
LEG LEGEND:

- 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

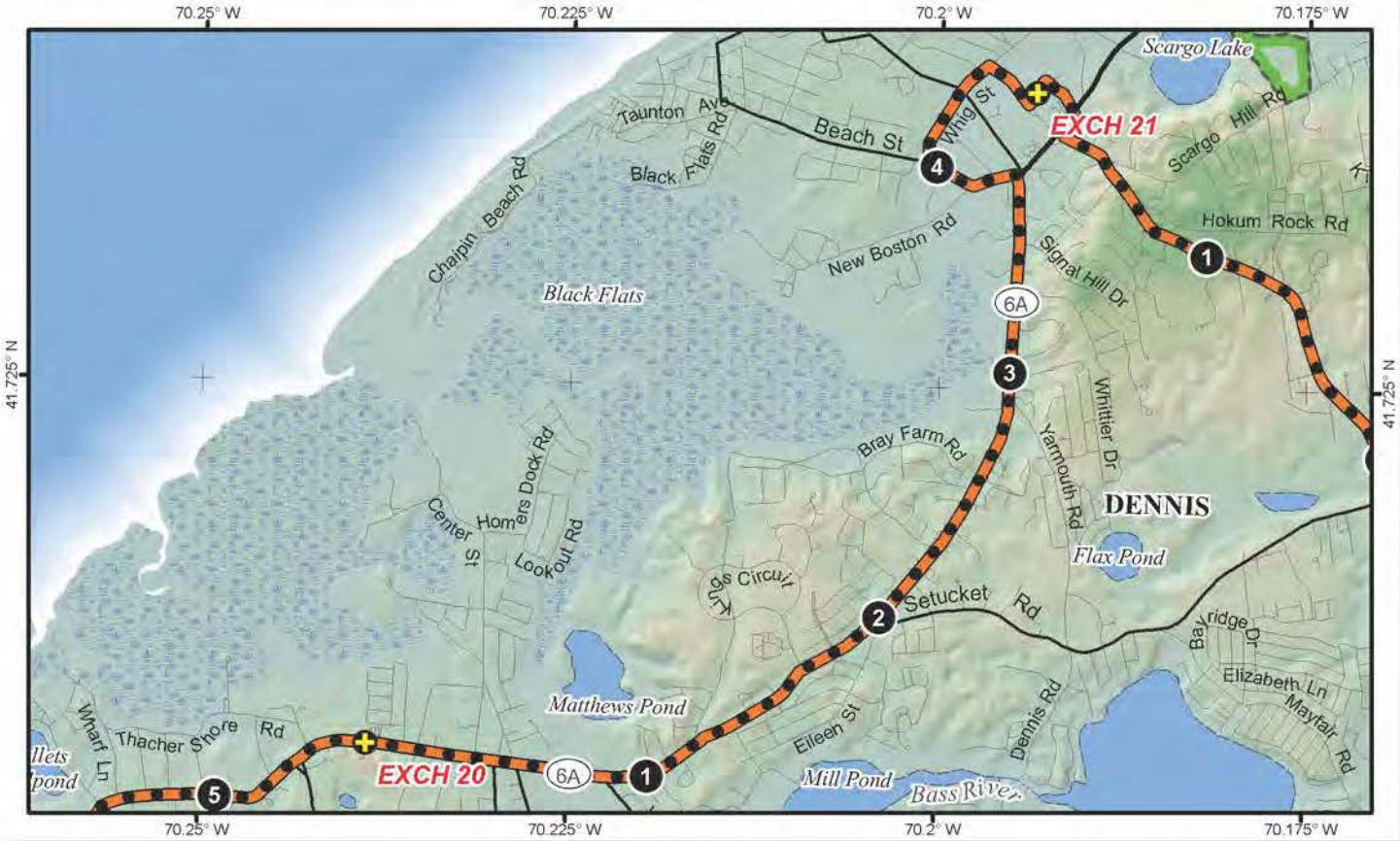
4.9 Arrive at exchange 20

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



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

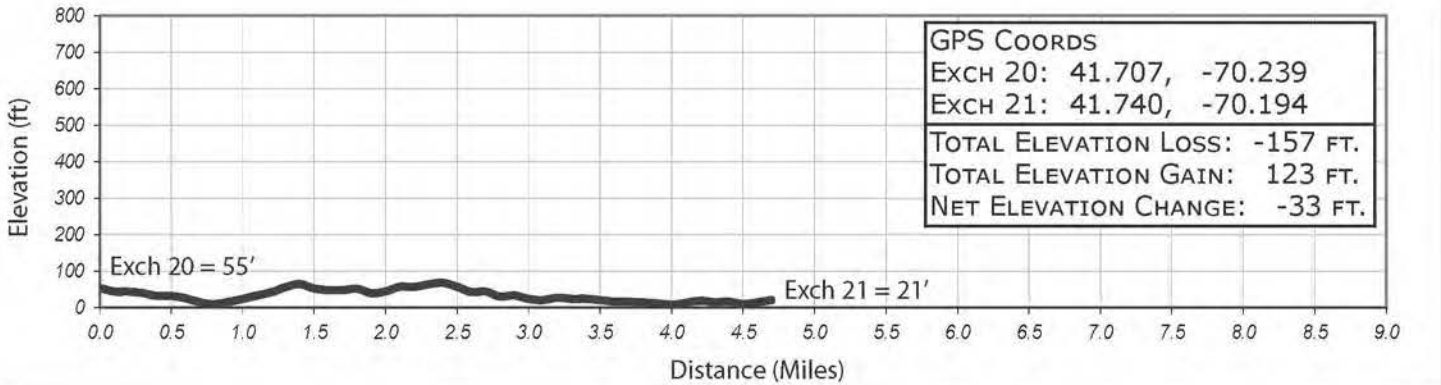
Boy Scouts Troop 1026 is fundraising and planning to sell breakfast sandwiches, egg rolls, soup, chocolate milk, juice, fruit, and hot chocolate. Credit cards accepted!

LEG LEGEND:

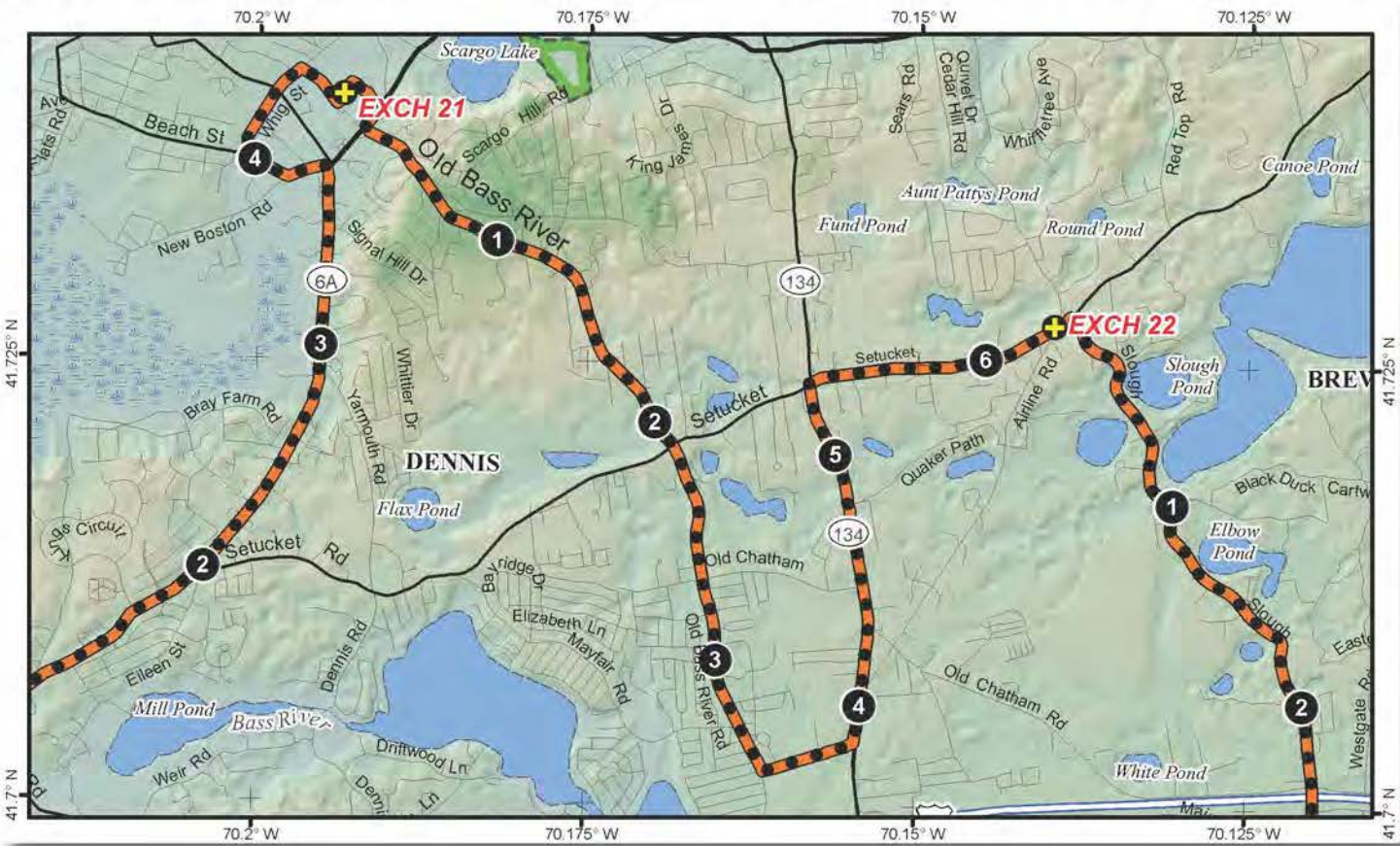
- 0.0 Depart Exchange 20 heading east on Main Street/Highway 6A
- 3.7 LEFT onto New Boston Road.
- 4.0 RIGHT onto Beach Street running against Traffic
- 4.5 RIGHT onto Whig St, running with traffic
- 4.65 RIGHT onto Hope Lane, running against traffic
- 4.7 Arrive at Exchange 21

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

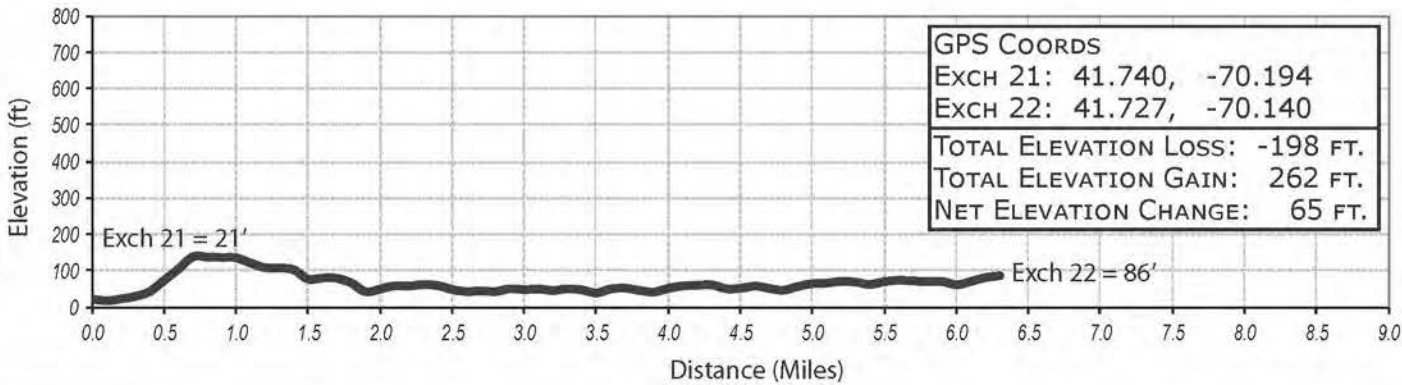
Please respect residents and be aware of
nighttime hours.

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.

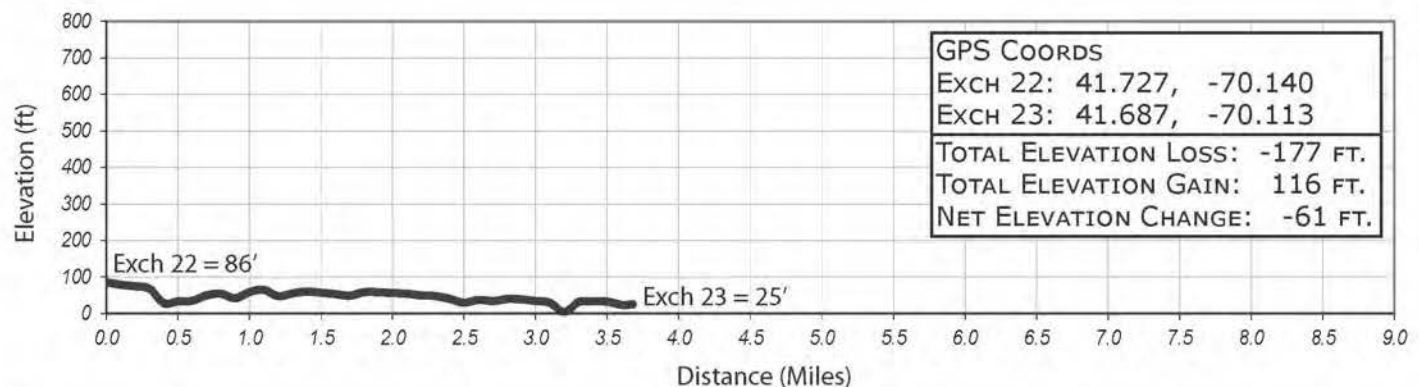
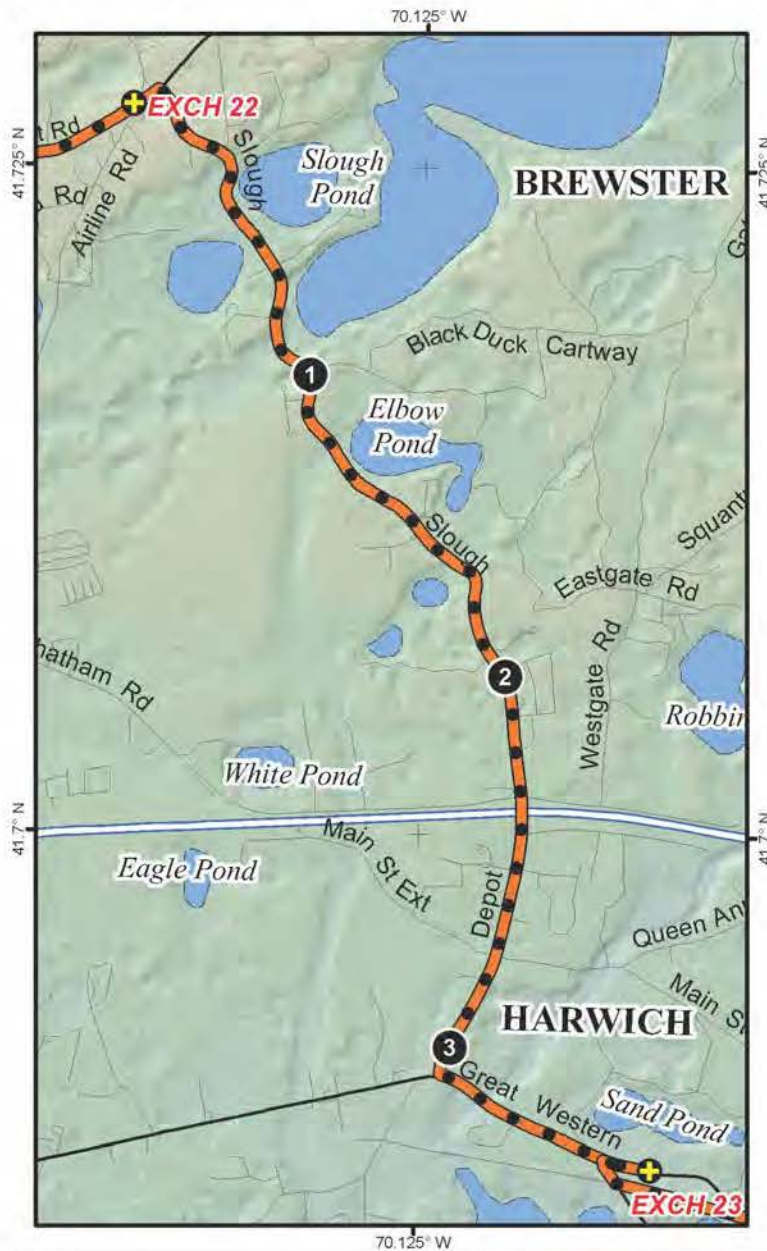
LEG LEGEND:

- 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

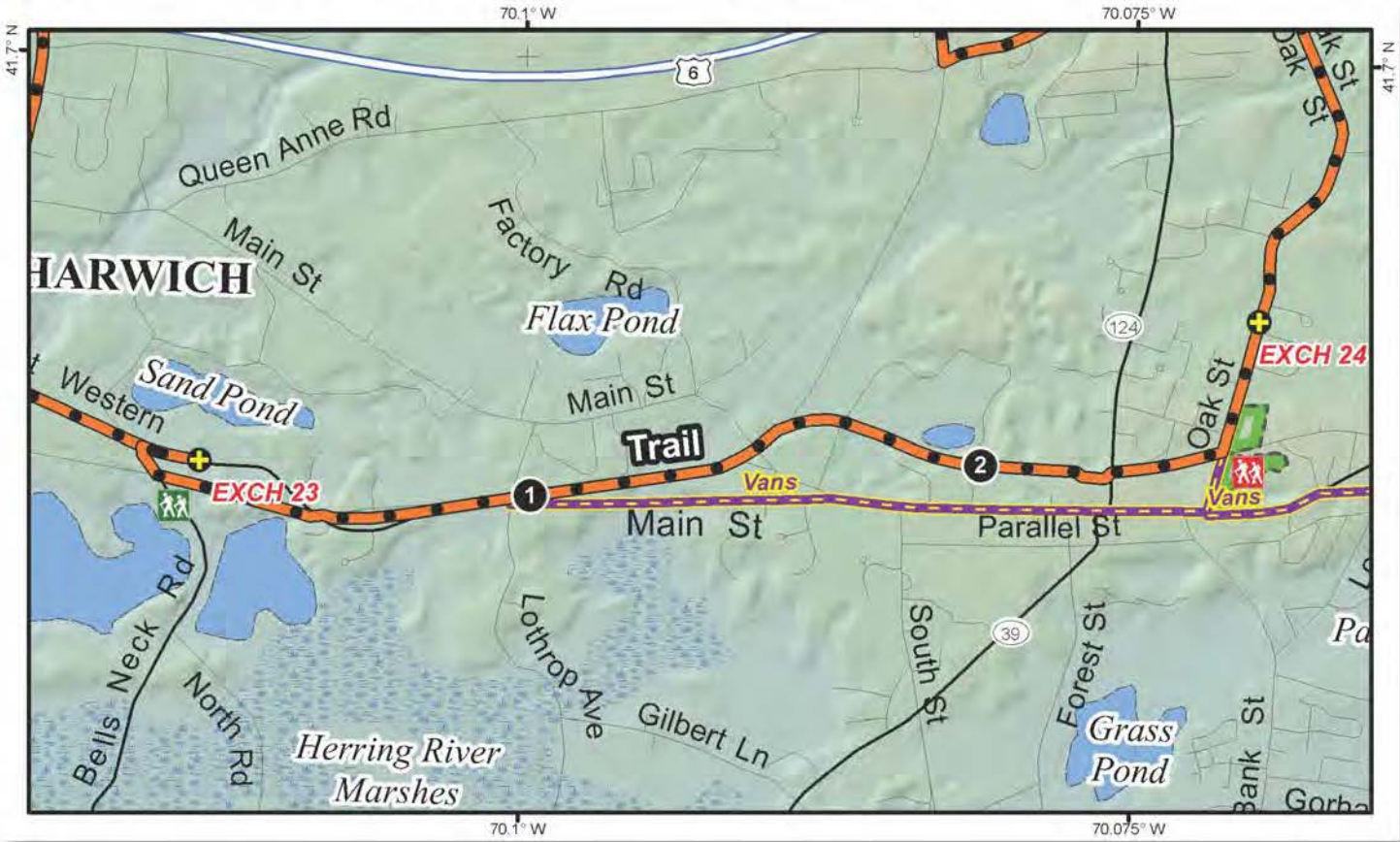
VAN DIRECTIONS:

(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

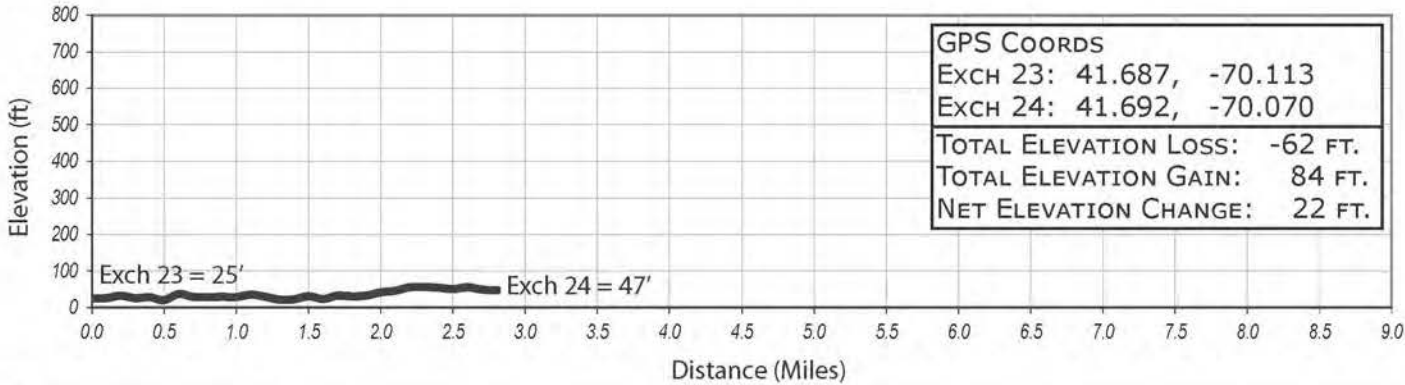
of this leg as it is on the rail trail. Runners use caution when the trail crosses roads.

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

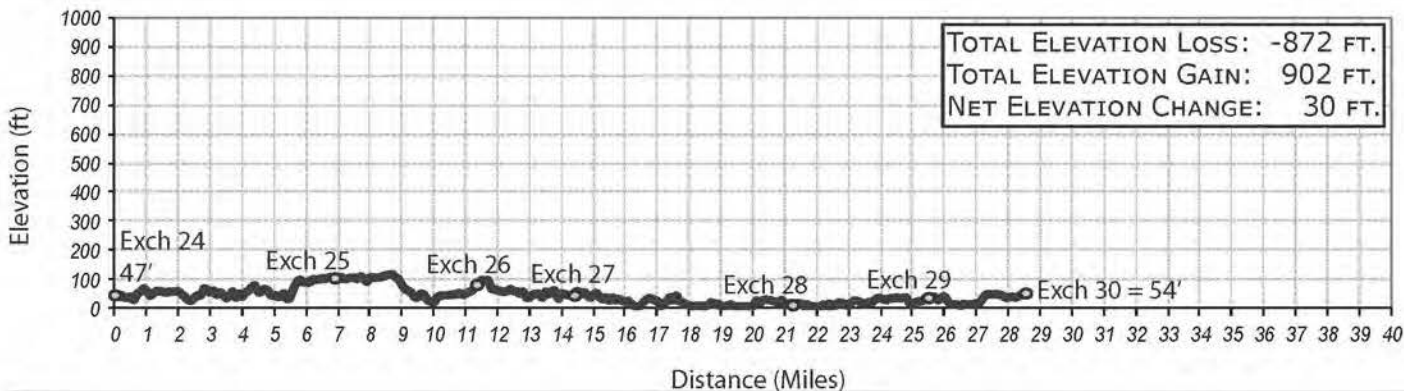
Nauset Regional High School
100 Cable Road
Eastham, MA 02642
41°51'30.37"N 69°58'2.57"W

1:30 AM-3:00 PM

INACTIVE VAN DIRECTIONS TO EXCHANGE

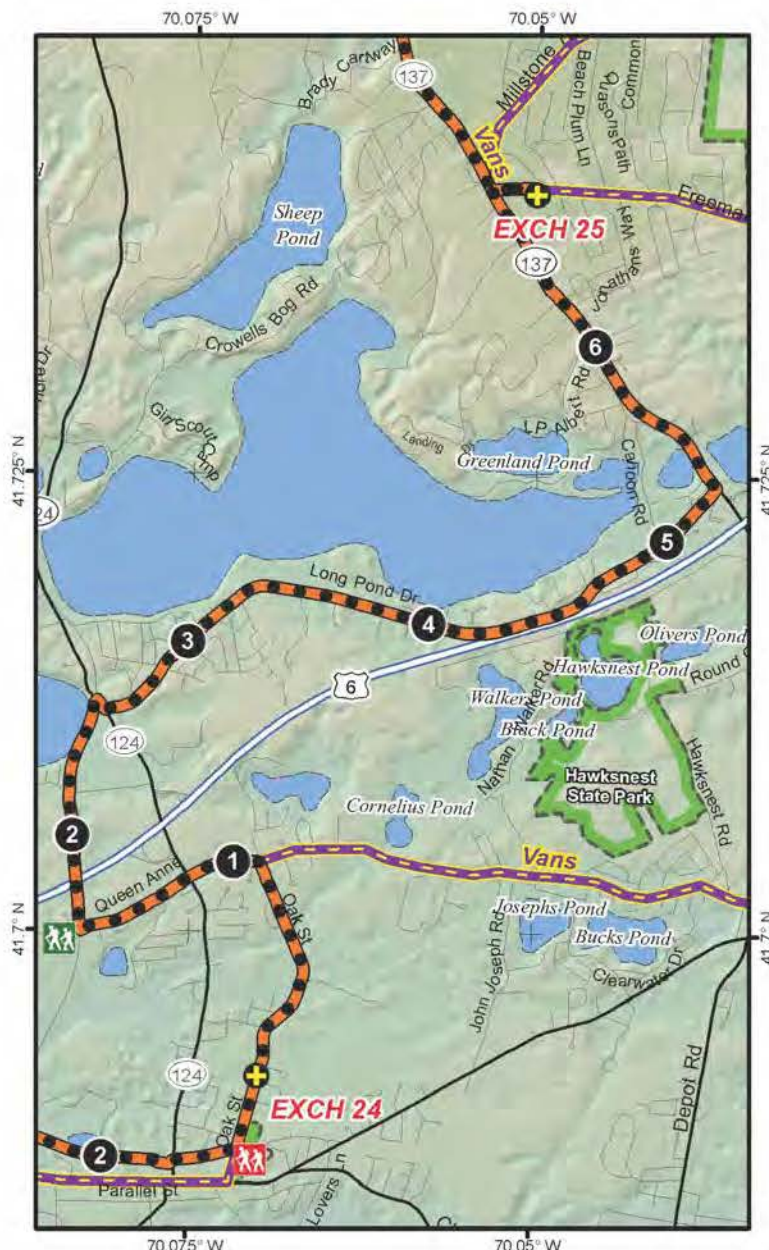
- 30:
0.0 Depart Exchange 24 north on Oak Street
0.4 LEFT (W) onto Har-Wood Avenue
0.7 RIGHT (N) onto Pleasant Lake Avenue

- 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.

LEG 25 -- 6.9 MILES -- HARD -- NO VAN SUPPORT



LEG 25 -- 6.9 MILES -- HARD

Church of Jesus Christ of Latter Day Saints
94 Freemans Way
Brewster, MA 02631
41°44'25.15"N 70° 3'0.12"W

1:30 AM- 11:15 AM

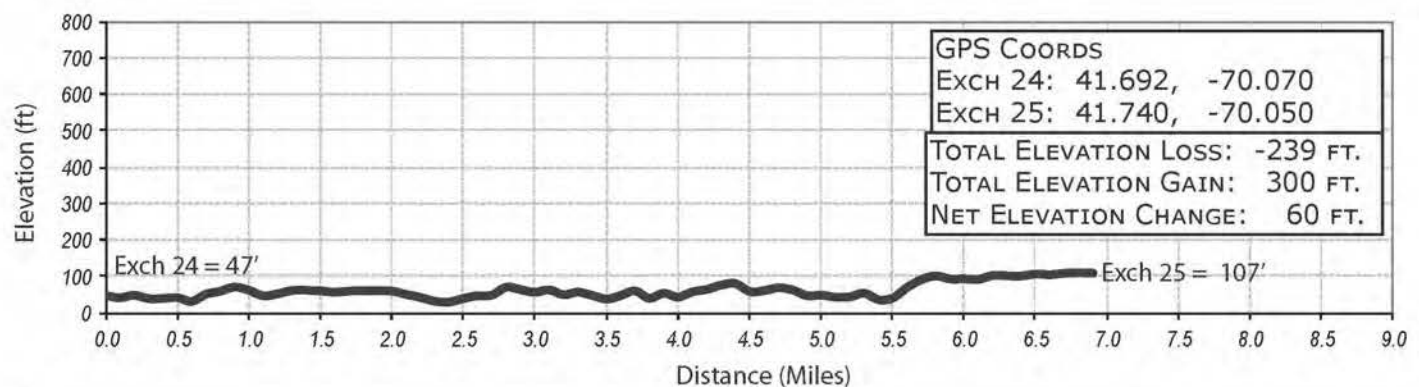
Runners and vans will be separated for part of this leg while runners are on the Cape Cod Rail Trail. Please respect residents. Minimize noise in neighborhoods. No cheering or honking during night time hours.

LEG LEGEND:

- 0.0 Depart exchange LEFT onto Oak St.
- 0.9 LEFT onto Queen Anne Road.
- 1.6 RIGHT onto Cape Cod Rail Trail.
- 2.5 Exit trail RIGHT onto Harwich
- 2.6 LEFT onto Long Pond
- 5.3 LEFT onto Chatham/Long Pond
- 6.7 RIGHT onto Freeman's way
- 6.9 Arrive at exchange 25

VAN ROUTE:

- 0.0 Depart Exchange 24 heading north on Oak Street
- 0.9 RIGHT onto Queen Anne Road
- 3.0 Take the third exit from the rotary onto Orleans Harwich Rd
- 4.5 Bear left to stay on Orleans Harwich Rd
- 6.0 Left onto Freemans Way
- 9.0 Arrive at exchange 25



LEG 26 -- 4.5 MILES -- MODERATE -- NO VAN SUPPORT



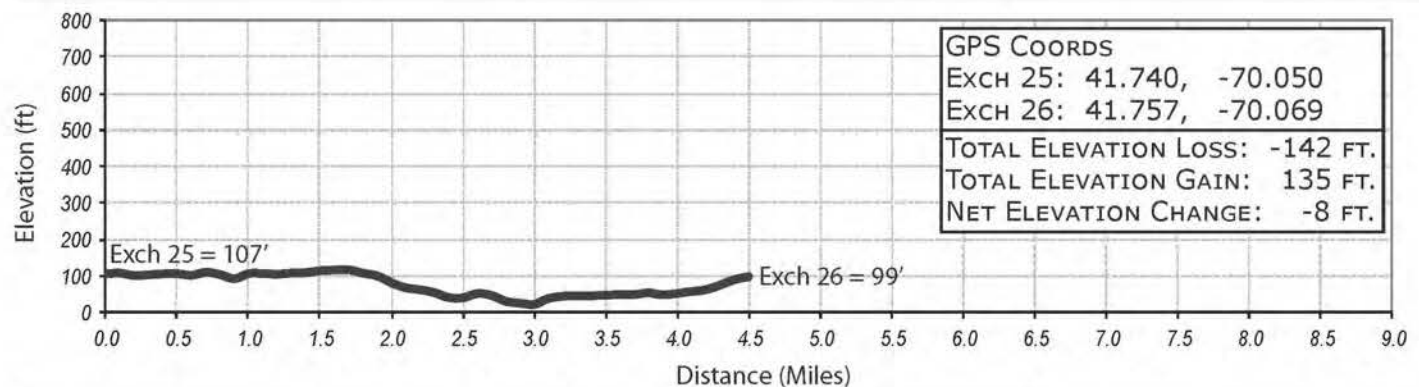
LEG 26 -- 4.5 MILES -- MODERATE

Stony Brook Elementary
384 Underpass Rd
Brewster, MA 02631
41°45'26.84"N, 70° 4'10.11"W

You will pass runners from legs 25 and 26
on Freeman's Way as you head out of the
exchange.

LEG LEGEND:

- 0.0 Depart exchange headed west on
Freemans Way
- 0.25 RIGHT onto Long Pond Road
- 2.45 RIGHT onto Main St.
- 3.8 RIGHT onto Underpass Rd.
- 4.3 RIGHT onto Cape Cod Rail Trail
- 4.45 RIGHT into Stonybrook School
- 4.5 Arrive at exchange 26



LEG 27 -- 2.9 MILES -- EASY -- NO VAN SUPPORT



LEG 27 -- 2.9 MILES -- EASY

Cape Cod Bible Alliance
3600 Main St.,
Brewster, Mass. 02631
41°46'30.73"N, 70° 1'34.27"W

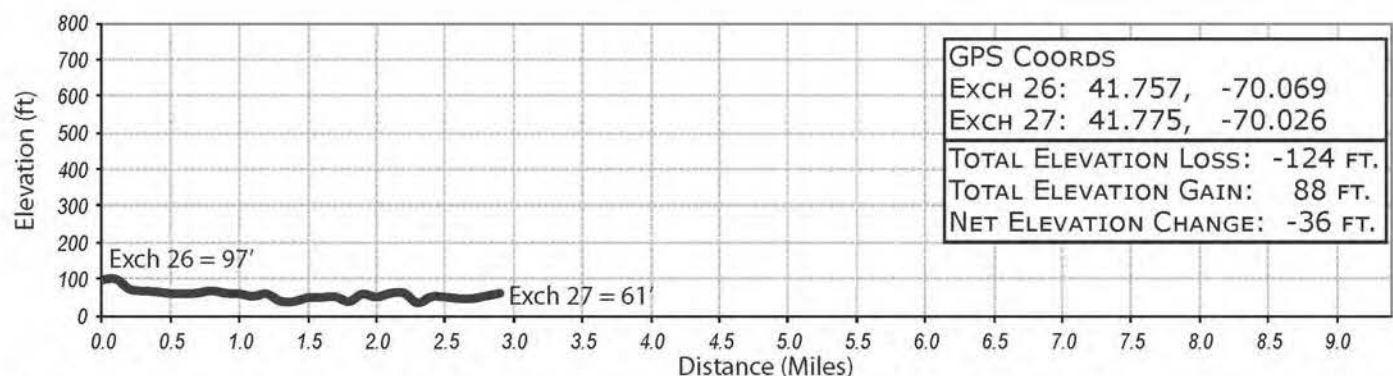
Vans will be on the same road as runners for leg 26. Do not let this confuse you and be aware of runners crossing the road.

LEG LEGEND:

- 0.0 Depart exchange heading East on the Cape Cod Rail Trail
- 2.0 RIGHT onto Deer Rd Trail
- 2.35 RIGHT onto trail
- 2.4 LEFT toward Deer Park Road
- 2.5 RIGHT onto Deer Park Road
- 2.7 LEFT onto Powerline Trail
- 2.9 LEFT into exchange

VAN ROUTE

- 0.0 Left onto Underpass Road
- 0.5 RIGHT onto Long Pond Road
- 1.4 RIGHT onto Main Street/Hwy 124
- 5.0 RIGHT into exchange 27



LEG 28 -- 7.4 MILES -- HARD -- PARTIAL VAN SUPPORT



LEG 28 -- 7.4 MILES -- HARD

First Encounter Beach
Samoset Road
Eastham, MA 02642
41°49'18.02"N 70° 0'10.81"W

4:15 AM- 1:45 PM

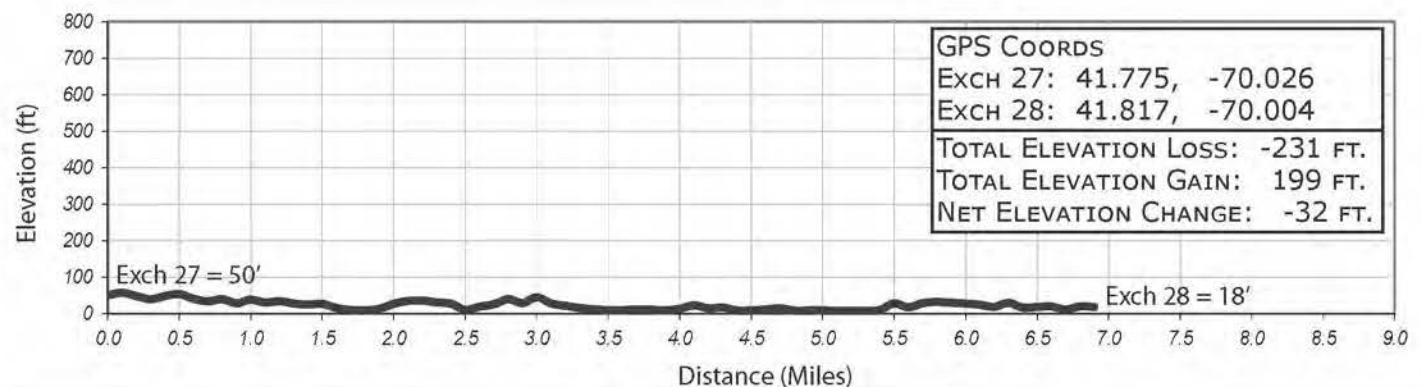
Vans are not allowed on Skaket Beach Road or Rockharbor Road. There will be police monitoring the area. If you would like to support your runner, at the rotary, head toward the court house and take a right onto Bridge and catch up with your runner there.

LEG LEGEND:

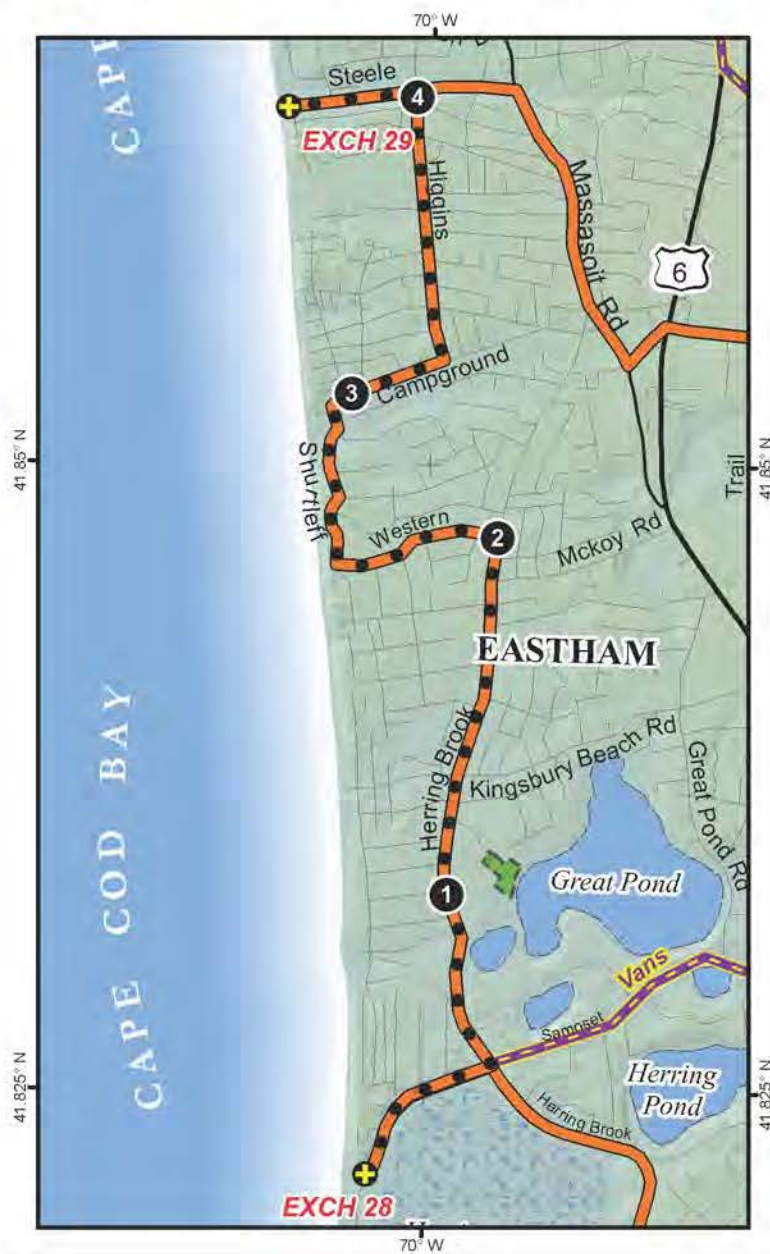
- 0.0 Depart exchange LEFT onto Main St
- 0.2 Cross with police assistance at Mitchell Ln
- 0.25 RIGHT Onto Deer Park Rd
- 0.5 RIGHT onto Cape Cod Rail Trail
- 2.3 LEFT off Rail Trail onto West Road
- 2.5 RIGHT onto Skaket Beach Road
- 2.9 LEFT onto Rock Harbor Road.
- 3.45 RIGHT at Youngs Fish Market/wharf to continue on Rock Harbor
- 4.35 LEFT onto Bridge Road.
- 5.1 RIGHT at Bayview to stay on Bridge Road.
- 5.9 LEFT onto Herring Brook Road
- 6.9 LEFT onto Samoset Road running with traffic. (runners on next leg coming at you)
- 7.4 Arrive at Exchange 28

VAN ROUTE:

- 0.1 Exit exchange RIGHT on MA-6A E/Main
- 1.6 Merge onto MA-6A E/Mid Cape Highway
- 3.8 At the traffic circle, take the 3rd exit onto Rock Harbor Road ramp
- 3.9 LEFT onto Rock Harbor Road
- 4.2 RIGHT onto Bridge Rd
- 5.0 RIGHT to Stay on Bridge Rd
- 5.8 LEFT onto Herring Brook Rd
- 6.8 LEFT onto Samoset Rd



LEG 29 -- 4.4 MILES -- MODERATE -- FULL VAN SUPPORT



LEG 29 -- 4.4 MILES -- MODERATE

Cooks Brook Beach
Steele Rd, Eastham, MA 02642
41°51'51.12"N 70° 0'27.87"W

5:00 AM-2:30 PM

Please be respectful in this neighborhood.

Nauset Cullinary will be offering the following items for sale-cash only:

PB-Cacao-Superseed balls - 2pk - \$2 • Large Cranberry-Oatmeal-Choc-Almond Super Cookies \$1 • Andean Breakfast Bars (ancient grains, seeds, etc) \$2 • Slice of The Farm! Thick Slice of Super-Moist Delicious Apple-Carrot-Zucchini Bread \$2 HOT: • Hot Oatmeal-Quinoa Bowls w/FRESH Fruit \$3 • MultiGrain Mini-Pita Pockets w/Egg, Slice of Cheese & Mesclun Greens \$4.50 • Coffee, Teas, Hot Chocolate \$1 • Assorted Mini (muffin cup size) Veggie & Cheese Frittatas \$2 COLD: • Pre-Packaged NF Greek Yogurt- w/hm Dried Berries & Almond Granola \$3.50 • Assorted Bottled Cold Drinks (incl. water, coconut water, watermelon water and more) \$2 - \$4 • Mint-Green Iced Tea w/Honey \$2 • Cucumber-Lime-Agua Fresca \$2

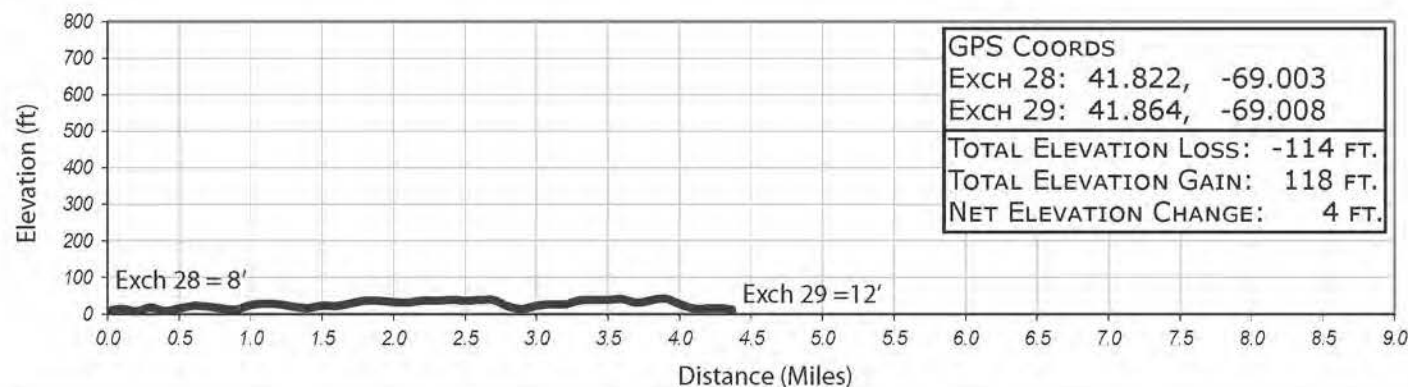
LEG LEGEND:

- 0.0 Depart Exchange 28 on Samoset Road running against traffic (leg 28 runners will be coming at you).
- 0.5 LEFT onto Herring Brook Road.
- 2.0 LEFT onto Western Ave
- 2.5 RIGHT onto Shurtleff Road
- 3.0 RIGHT onto Campground Road
- 3.3 LEFT onto Higgins Road
- 4.0 LEFT onto Steele Road
- 4.4 Arrive at Exchange 29

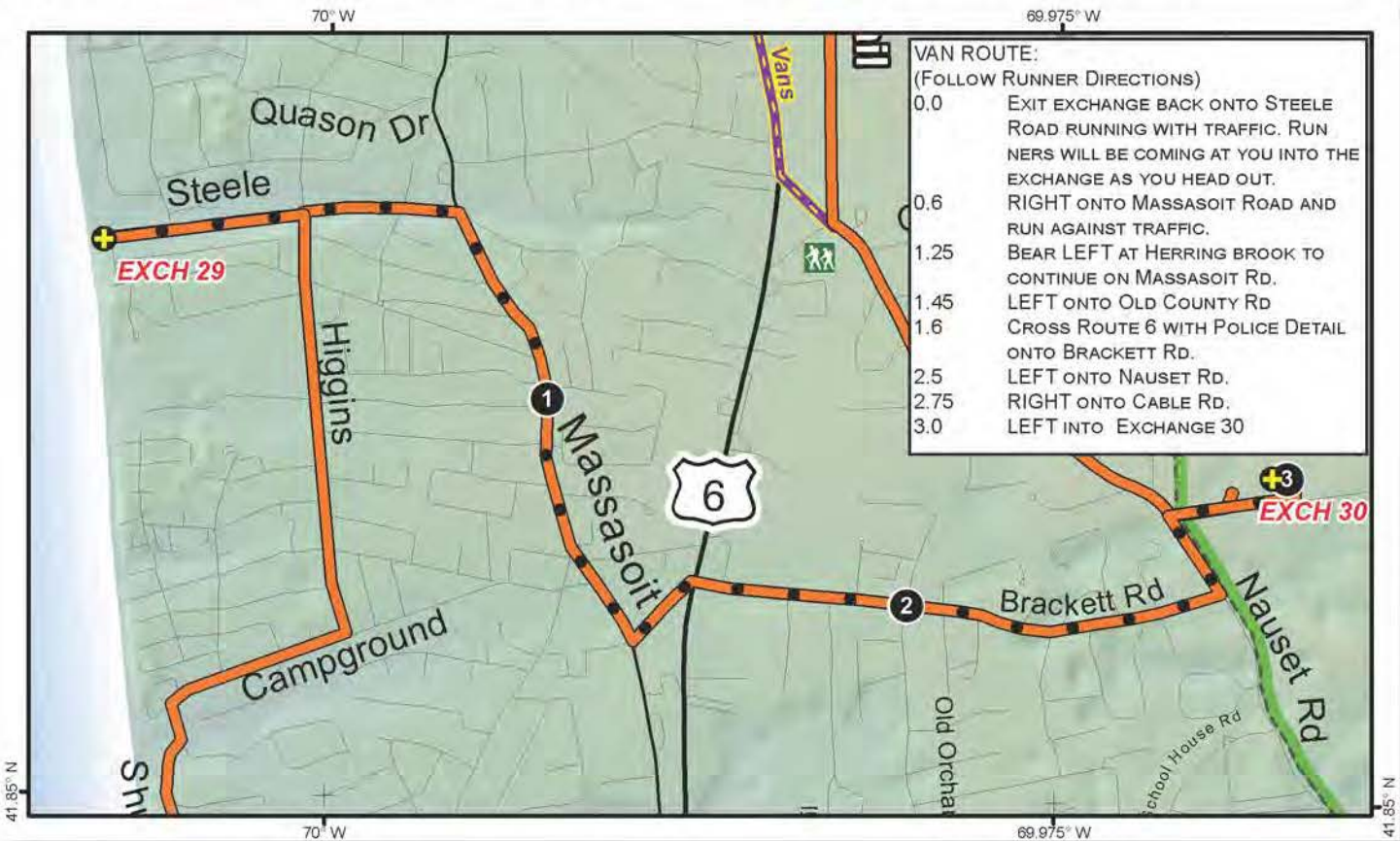
VAN ROUTE:

(Follow Runner Directions)

- 0.0 Depart Exchange 28 on Samoset Road running against traffic (leg 28 runners will be coming at you).
- 0.5 LEFT onto Herring Brook Road
- 2.0 LEFT onto Western Ave
- 2.5 RIGHT onto Shurtleff Road
- 3.0 RIGHT onto Campground Road
- 3.3 LEFT onto Higgins Road
- 4.0 LEFT onto Steele Road
- 4.4 Arrive at Exchange 29



LEG 30 -- 3.0 MILES -- EASY -- FULL VAN SUPPORT



LEG 30 -- 3.0 MILES -- EASY

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

Cross with caution at route 6. Police will be there to assist. Please wait for their direction. Extra Mile Charity Village featuring The Hole in the Wall Gang Camp, Dylan's Wings of Change, Ben's Light House, REACH Newtown,

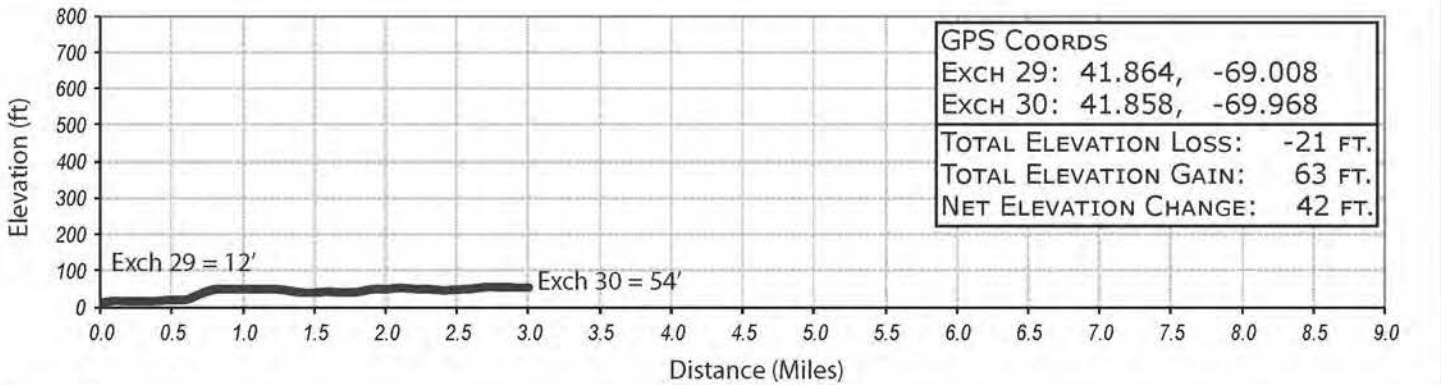
Smilemass, The Avielle Foundation, and Stupid Cancer: Games, music and fun!

The Nauset High School Cafeteria will be selling food items starting at 5:30am. See the Sweet Happenings for a full list. Cash only.

LEG LEGEND:

- 0.0 Exit exchange back onto Steele Road running with traffic. Runners will be coming at you into the exchange as you head out.
- 0.6 RIGHT onto Massasoit Road and run against traffic.

- 1.25 Bear LEFT at Herring brook to continue on Massasoit Rd.
- 1.45 LEFT onto Old County Rd
- 1.6 Cross Route 6 with Police Detail onto Brackett Rd.
- 2.5 LEFT onto Nauset Rd.
- 2.75 RIGHT onto Cable Rd.
- 3.0 LEFT into Exchange 30



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:

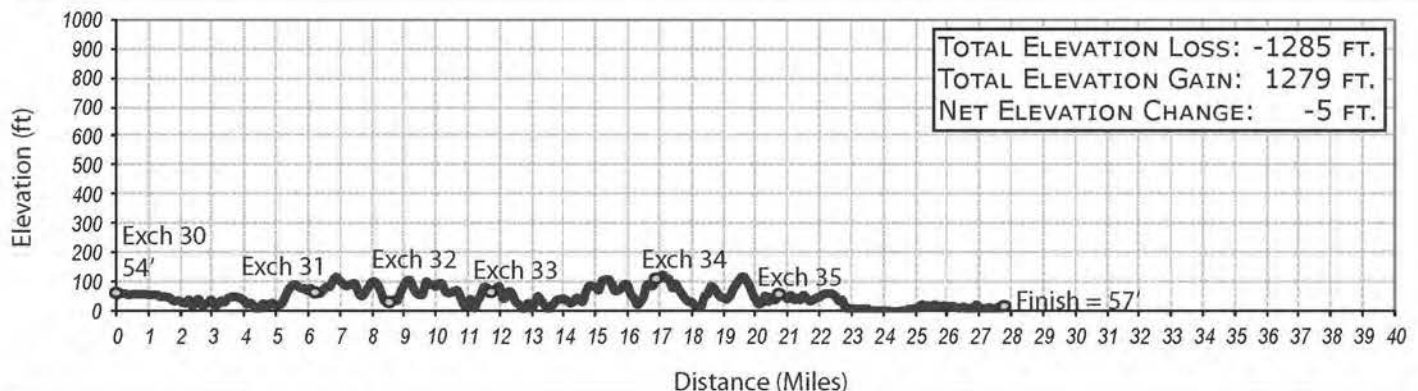
Herring Cove Beach
Province Lands Road
Provincetown, MA 02657
42° 3'10.77"N 70°11'21.20"W
8:30 AM- 8:30 PM

Van 1 is highly encouraged to park at the Herring Cove Beach parking lot and take the

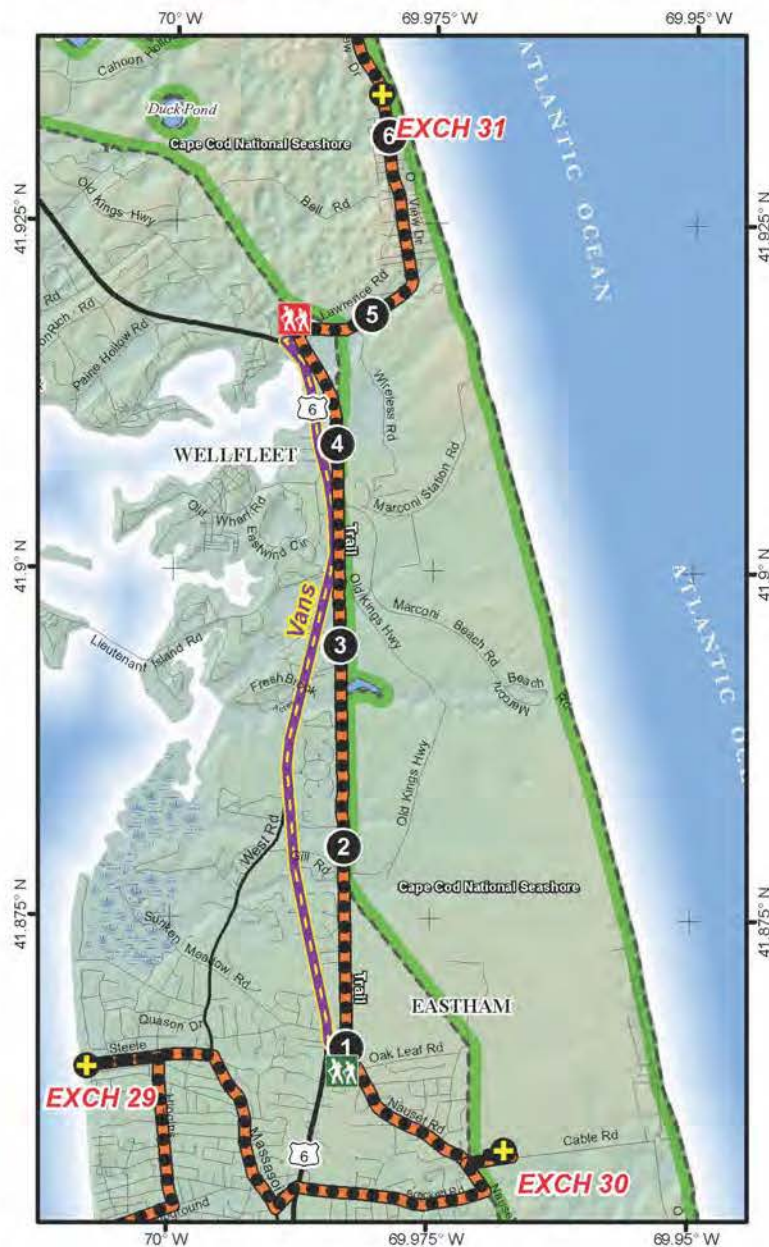
free shuttle to the finish line.

INACTIVE VAN DIRECTIONS:

- 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



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.

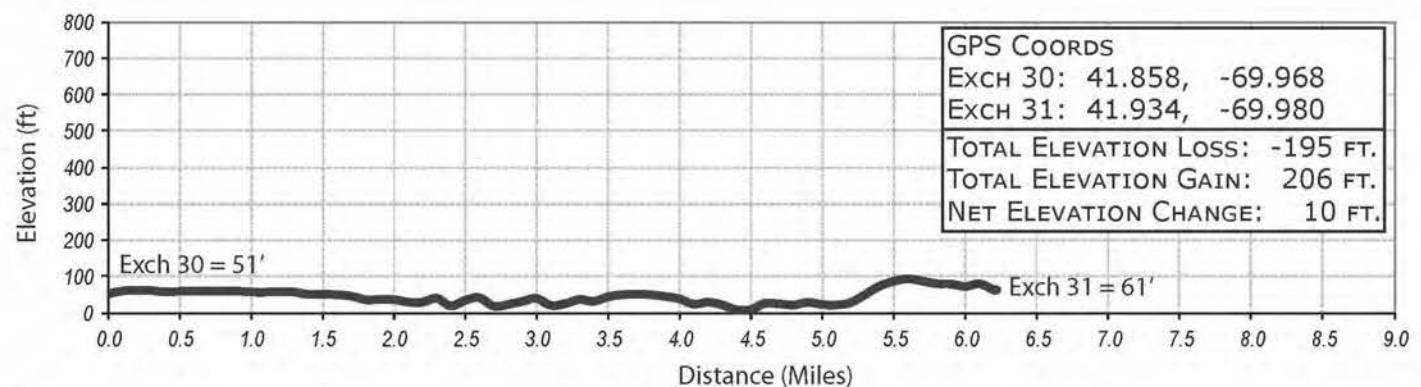
Ragnar Vehicles are not allowed to pull in to Marconi Beach Road. The NPS will have a Ranger asking you to leave. Please cooperate and do not pull in so we can continue to use NPS property in the future.

LEG LEGEND:

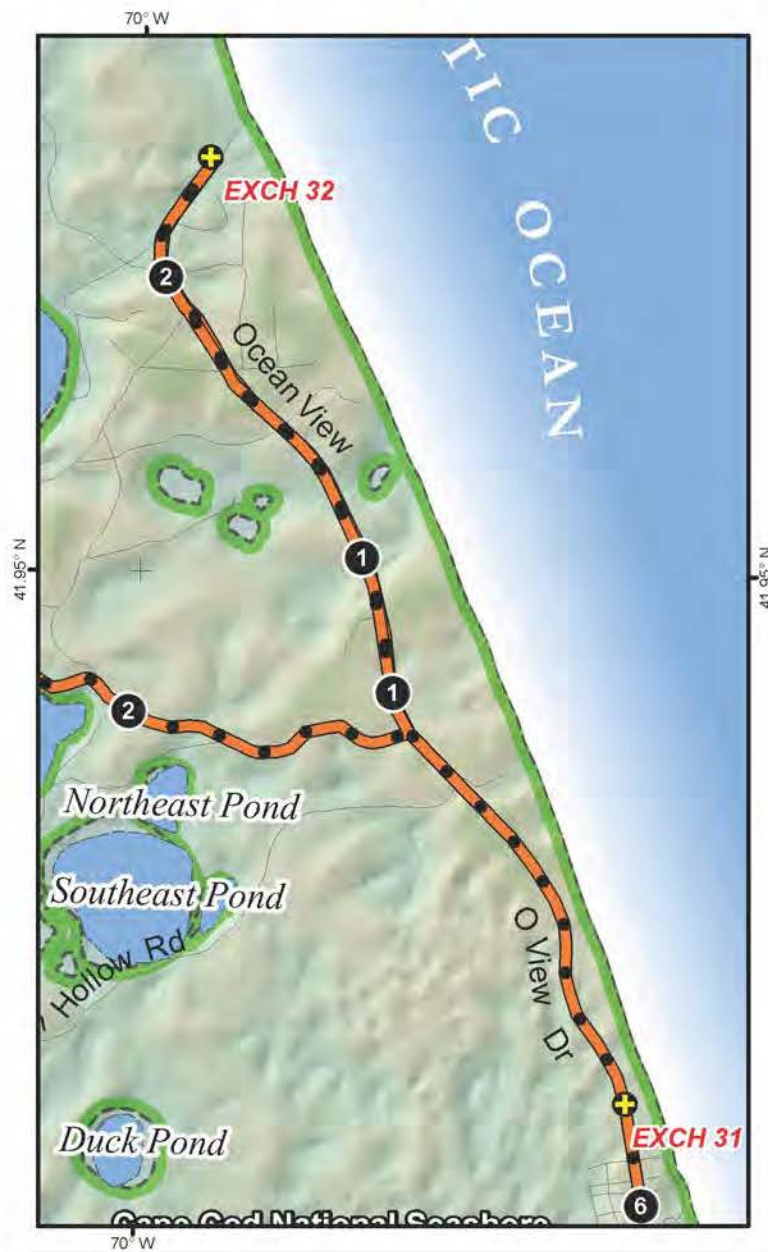
- 0.0 Depart Exchange 30 heading west on Cable Road
- 0.10 RIGHT (N) onto Nauset Road running with traffic
- 0.95 RIGHT (N) to enter the Cape Cod Rail Trail
- 4.6 RIGHT (E) onto Lecount Hollow Road
- 5.25 LEFT (N) onto Ocean View Drive
- 6.2 Arrive at Exchange 31

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 vehicles on Marconi Beach Rd)
- 4.9 RIGHT (E) onto Lecount Hollow Road
- 5.6 LEFT (N) onto Ocean View Drive
- 6.5 Arrive at Exchange 31



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



LEG 32 -- 2.3 MILES -- EASY

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

6:45 AM-4:15PM

Straight shot down Ocean View Drive!

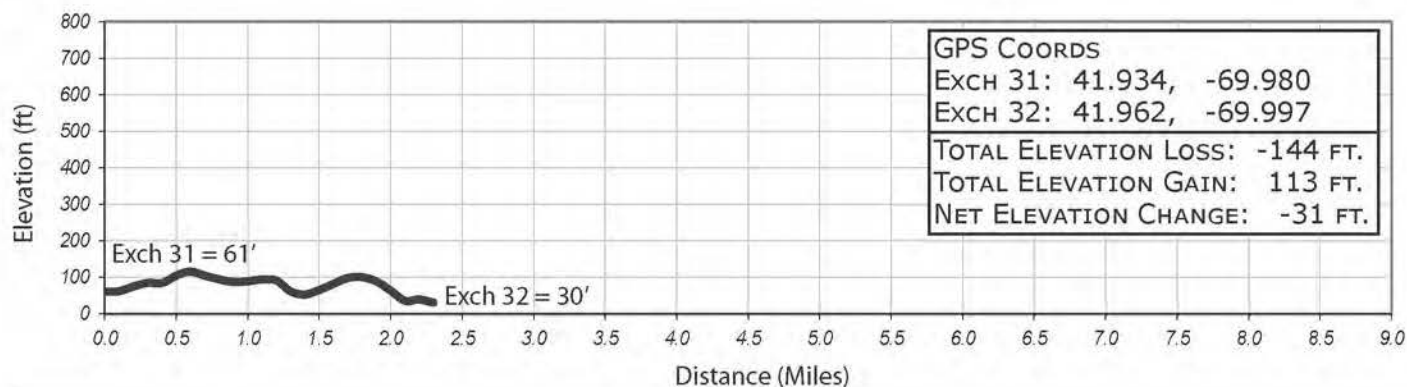
LEG LEGEND:

- 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

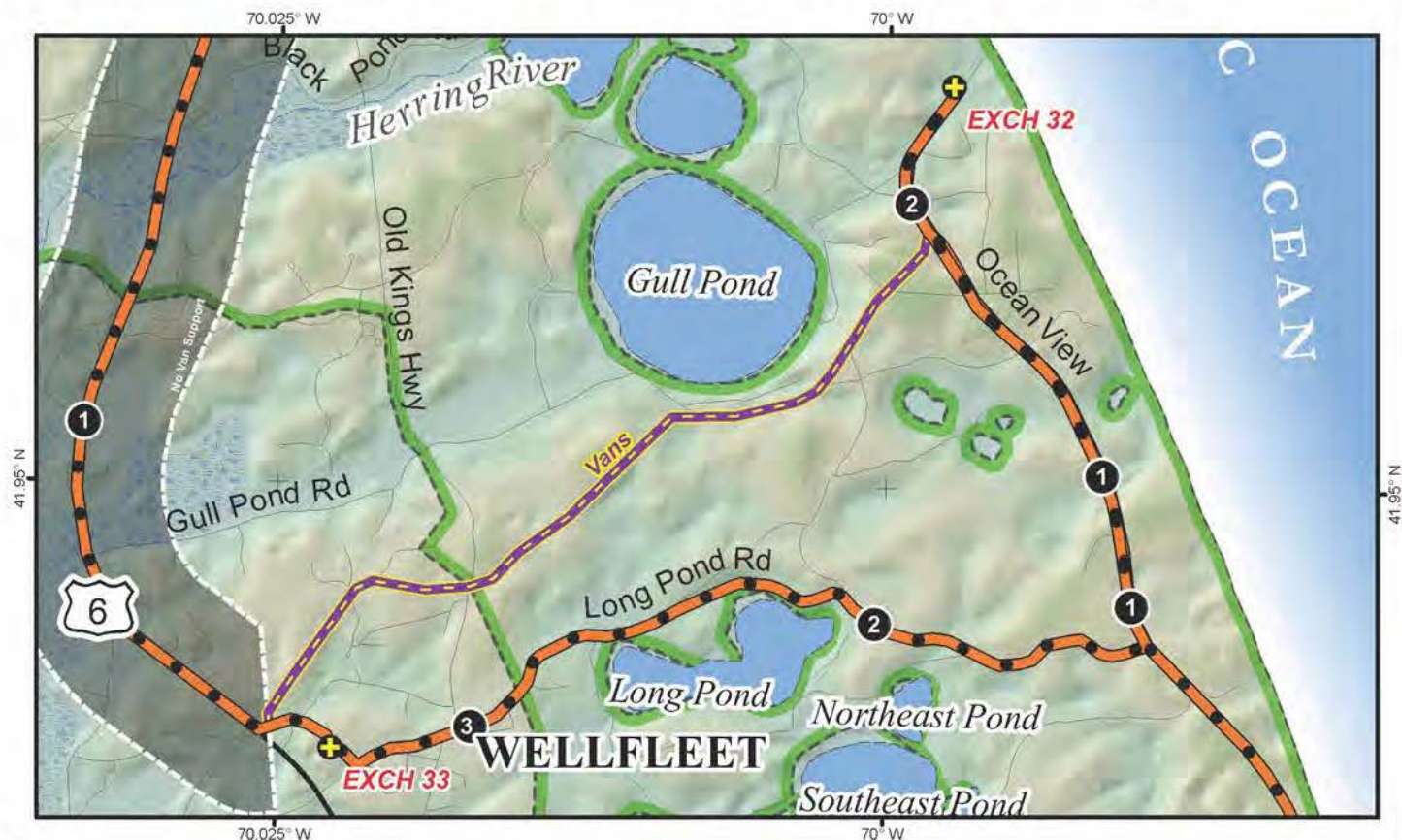
VAN ROUTE:

(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



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



LEG 33 -- 3.3 MILES -- EASY

Wellfleet Elementary
100 Lawrence Road Wellfleet, MA 02667
41°56'31.10"N, 70°1'22.40"W

7:15 AM-4:45 PM

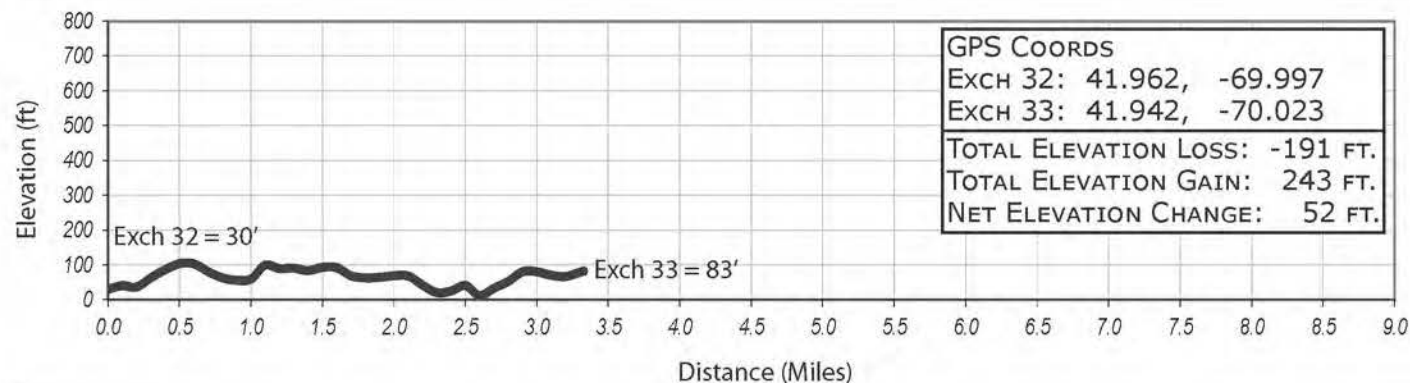
Leg 32 runners will be running into the leg 33 runner so expect to see runners heading in both directions on Gross Hill Road and Ocean View Drive.

LEG LEGEND:

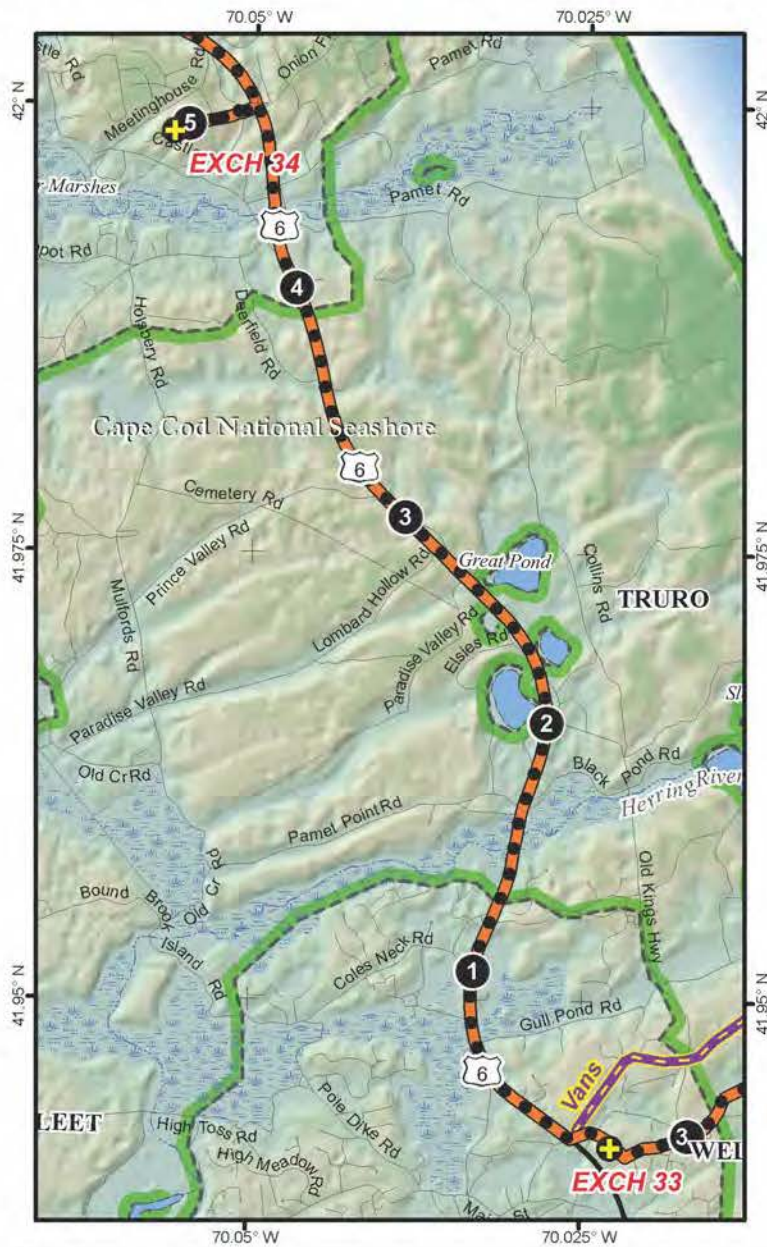
- 0.0 Depart Exchange 32 heading South on Gross Hill Road running with traffic. Runners will be coming at you on leg 32.
- 0.30 Gross Hill Road becomes Ocean View Drive
- 1.35 RIGHT onto Long Pond Road and run with traffic.
- 3.2 RIGHT onto Lawrence Road running against traffic.
- 3.3 Arrive at Exchange 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
 - 2.3 RIGHT into Exchange 33.
- Vans are NOT allowed to support runners on leg 33. Proceed down Gross Hill Road to the exchange.



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

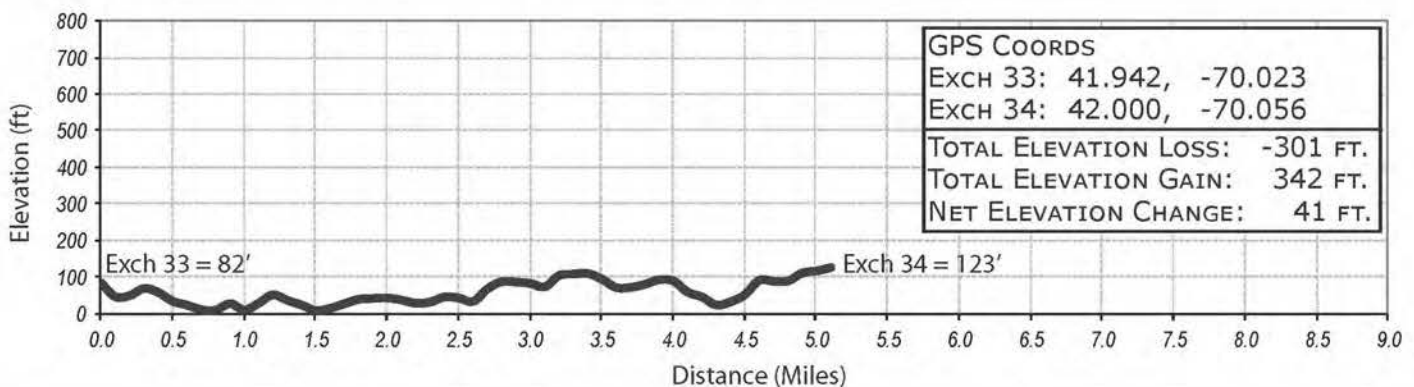
Van drivers There is NO SUPPORT on Route 6. Runners will be running with traffic inside a cone lane.

LEG LEGEND:

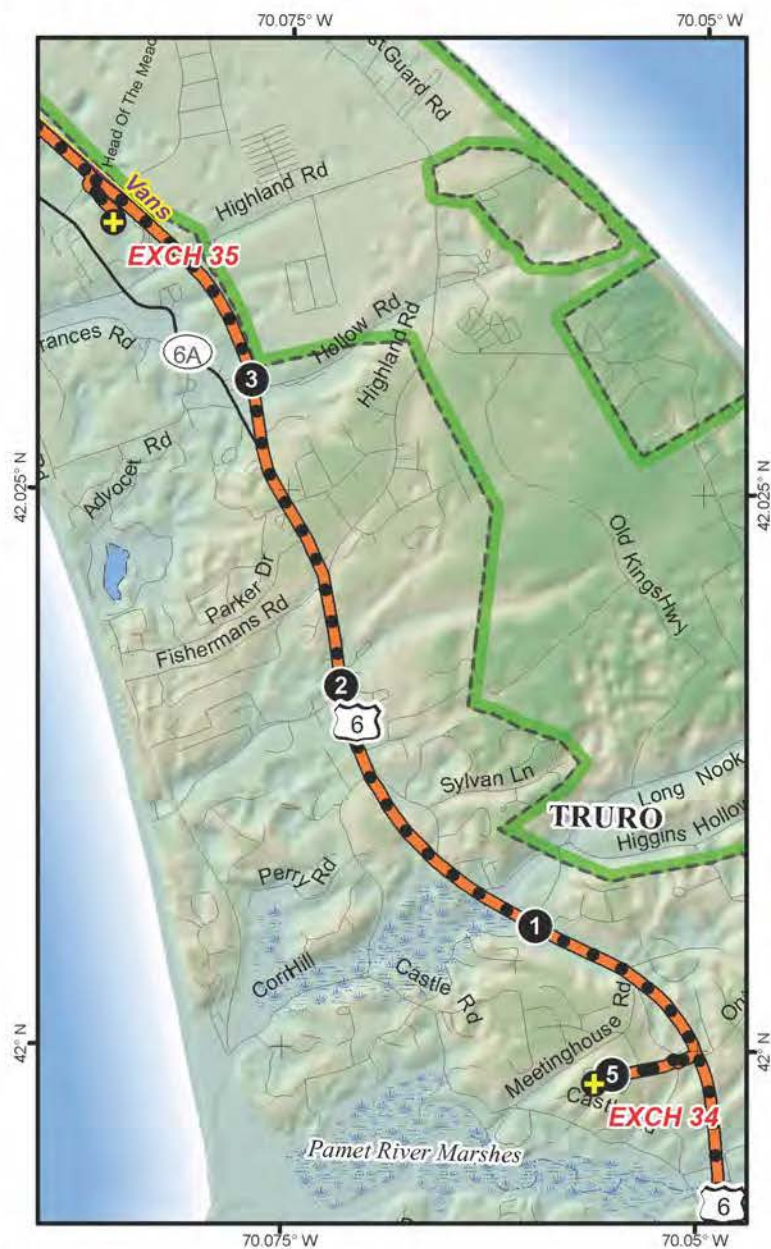
- 0.0 Depart exchange 33 heading South on Lawrence Rd.
- 0.3 RIGHT onto Route 6.
- 4.7 LEFT on Town Hall Road
- 5.1 Arrive at exchange 34 on the LEFT

VAN ROUTE:

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



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

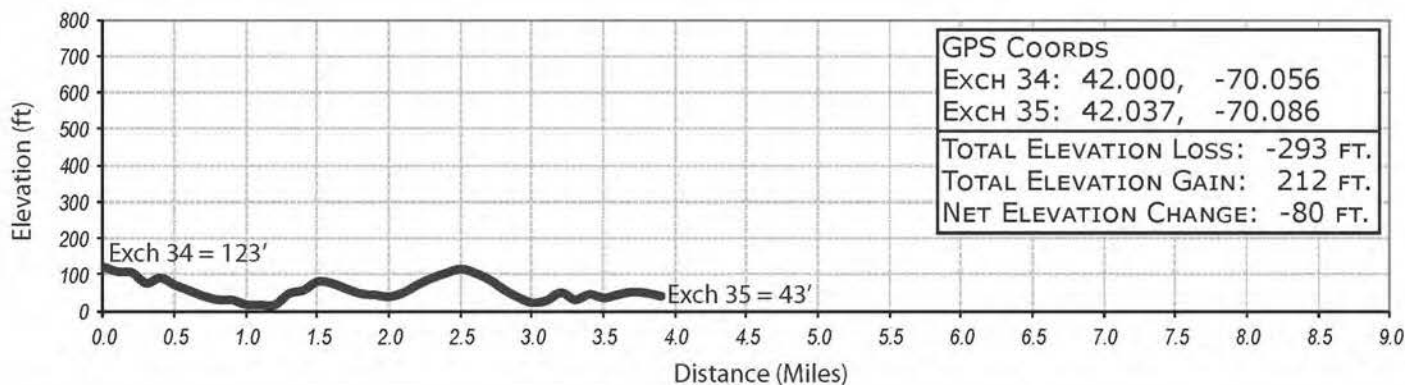
Van drivers There is NO SUPPORT on Route 6. Runners will be running with traffic inside a cone lane.

LEG LEGEND:

- 0.0 Depart exchange East on Town Hall Road
- 0.6 LEFT on Hwy 6
- 3.8 LEFT onto Standish Way
- 3.9 LEFT into Exchange 35

VAN ROUTE

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



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
- 6.9 LEFT into Pilgrim Monument

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.

