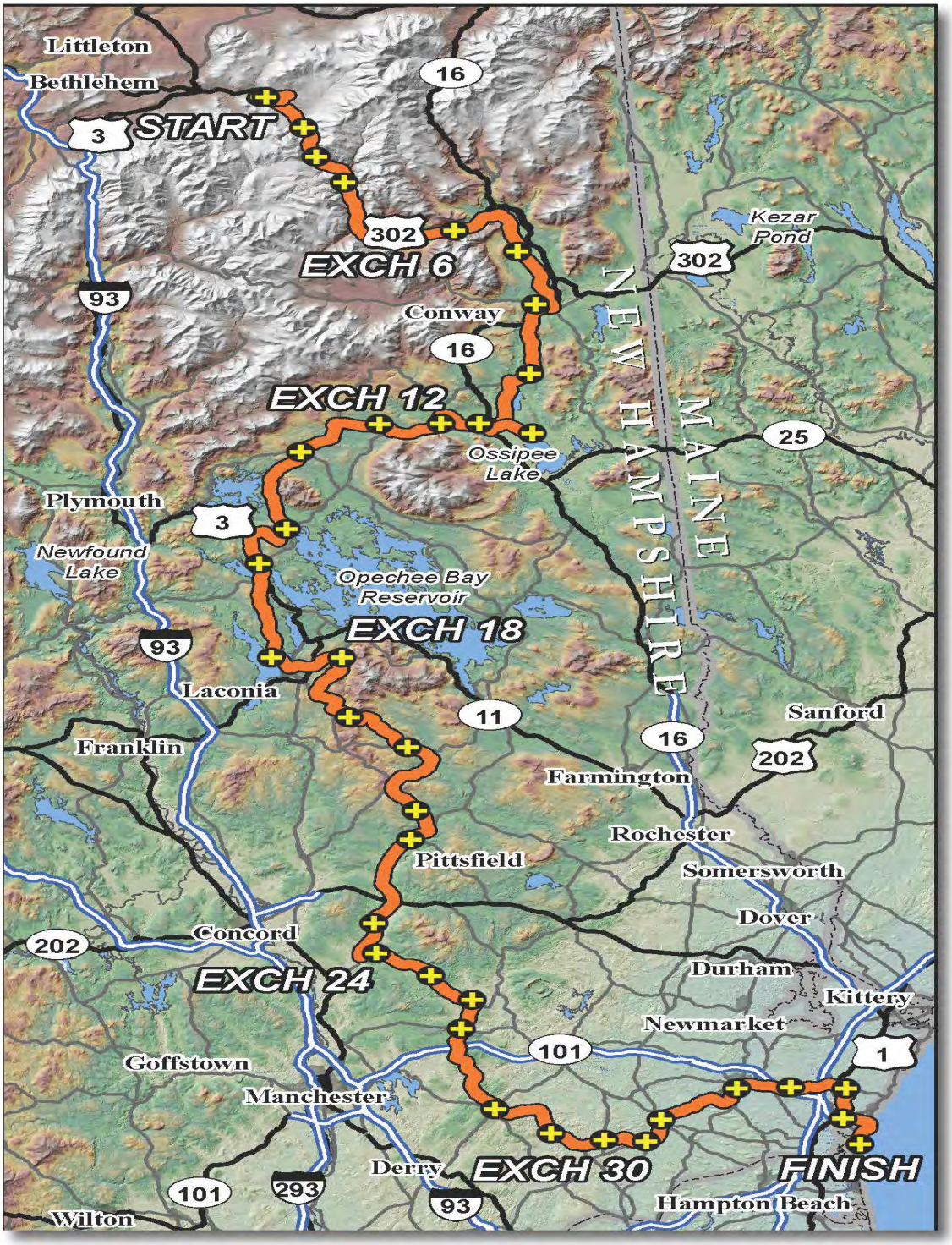
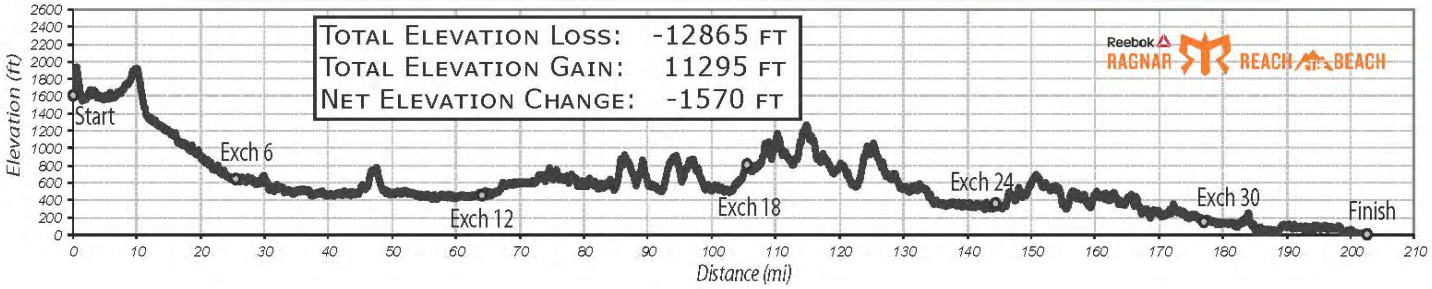
Course Overview -- 201.8 Miles





Map Symbol Legend

Exchange

Tenth-Mile Marker

Mile Marker

Runner Route

Van Route

Water Station

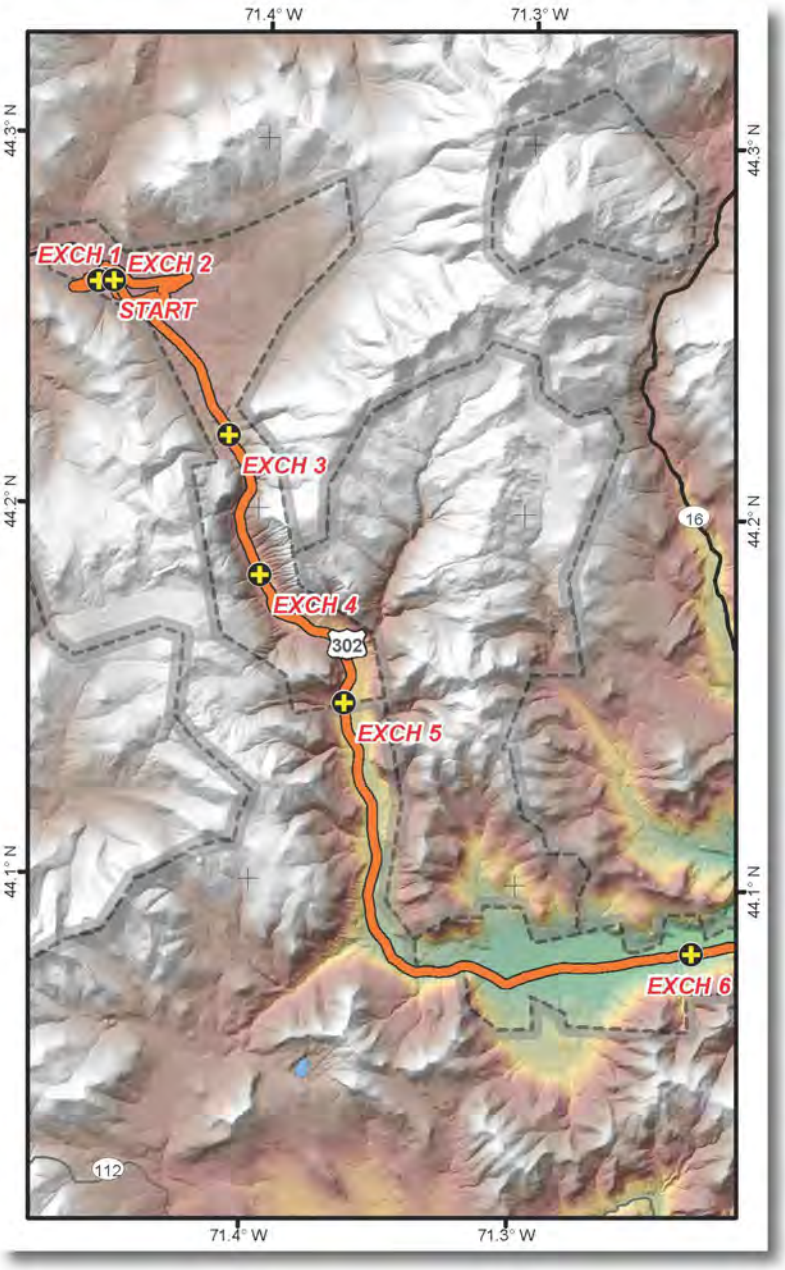
Trail Entrance and Exit

Trail Entrance

Trail Exit

No Van Support Segment

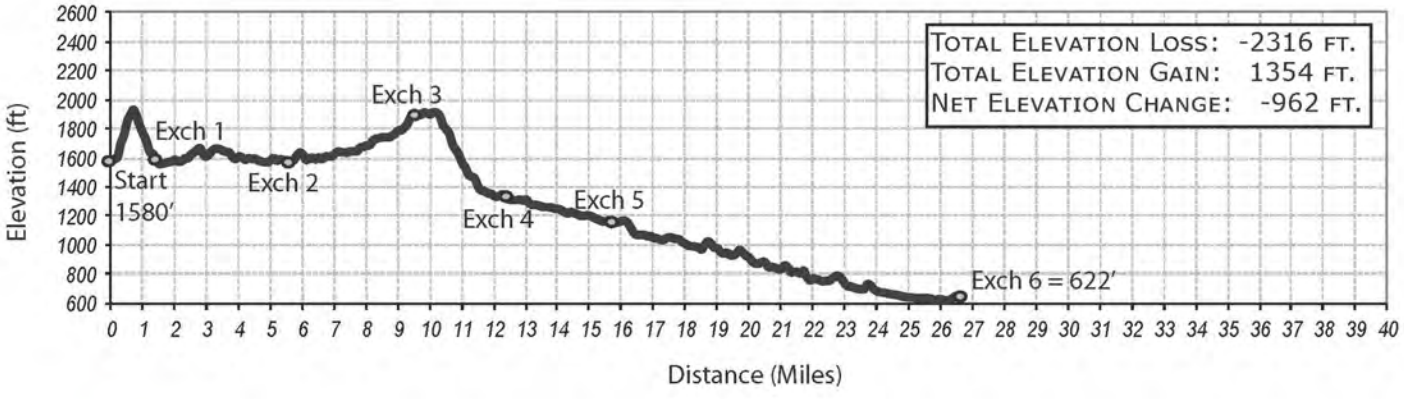
VAN 1 -- LEGS 1-6 -- 26.6 MILES



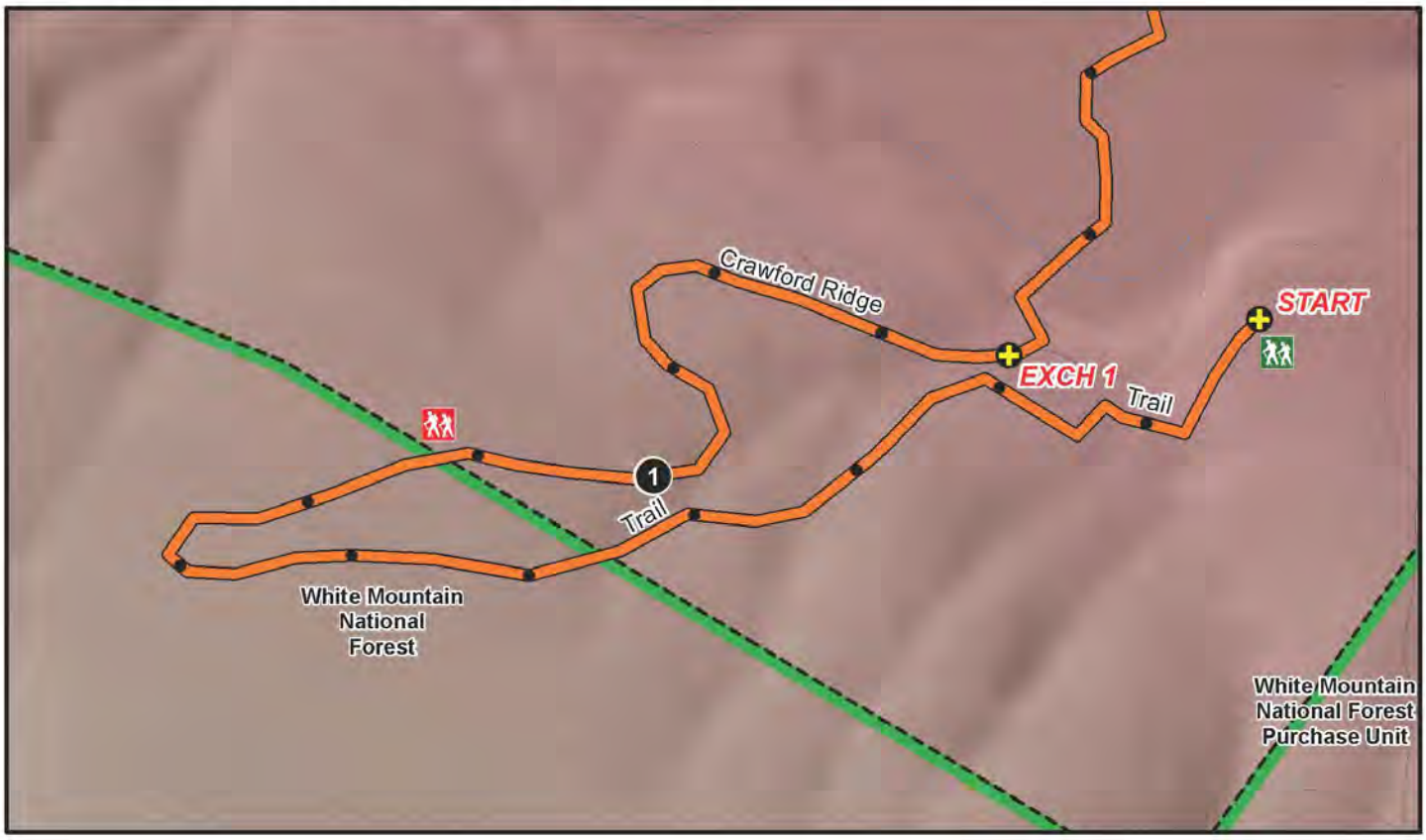
START LINE:
Bretton Woods Ski Area
Rt. 302
Bretton Woods, NH 03575

EXCHANGE 6/VTA 1 ADDRESS:
Attitash Ski Area
775 Route 302
Bartlett, NH

OVERVIEW:
The Reach the Beach Relay has often been described as one of the most scenic races in the US and we plan to show off all that New Hampshire has to offer every step of the way. The first six legs of this course will showcase stunning views of Mt. Washington and Crawford Notch State Park. They will take you to new heights on the ski slopes of Bretton Woods then through the Nordic trails that wind you around the grand, Mt. Washington Hotel and Resort before finally descending you through Crawford Notch. There is no shortage of "awesome" when describing the views. Welcome to Reach the Beach!



Leg 1 -- 1.4 Miles -- Moderate



Leg 1 – 1.4 Miles – Moderate

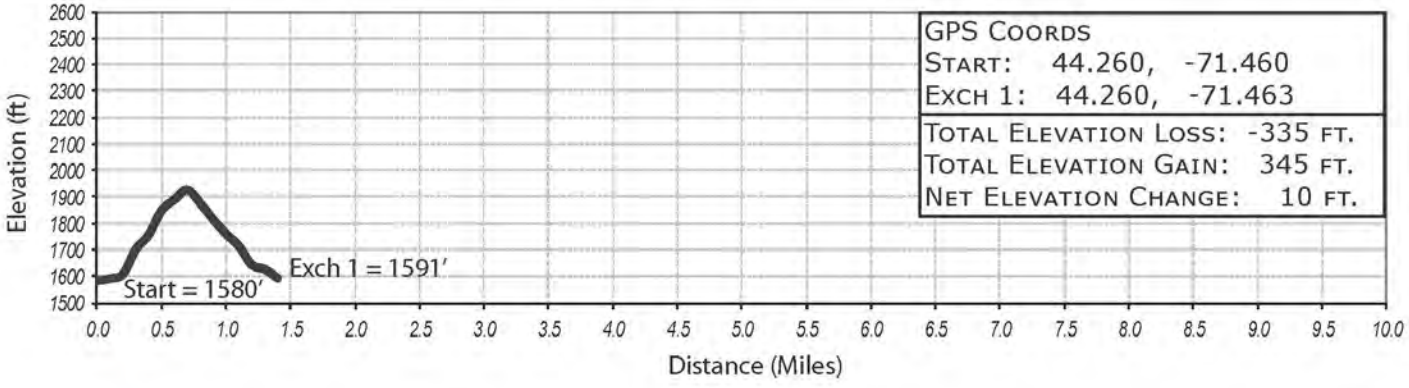
START LINE:
Bretton Woods Ski Area
99 Ski Area Rd
Bretton Woods, NH 03575

LEG DESCRIPTION
Leg 1 is sometimes called the "hero" leg because it takes you vertical in a hurry. Don't be fooled by the short distance. Runners will leave the starting chute and follow a series of ski trails upward to the Crawford Ridge trail until reaching the base of the West Mountain Chair lift. From there you will find some downward relief on Crawford Ridge Road while you pass by the many townhomes that dot the mountain landscape before arriving at Exchange 1 which is located at the First Aid building within the ski area complex.

LEG NOTES
For the mountain goats on your team. There is no support on this leg and no vehicle access.

LEG LEGEND

0.0	Depart the Start
0.2	Turn left onto Crawford Ridge Trail
0.7	West Mountain Chair left – turn right and begin decent.
0.9	Enter Crawford Ridge Road
1.4	Arrive at Exchange 1



GPS Coords
Start: 44.260, -71.460
Exch 1: 44.260, -71.463

Total Elevation Loss: -335 ft.
Total Elevation Gain: 345 ft.
Net Elevation Change: 10 ft.

Leg 2 -- 4.2 Miles -- Moderate

Leg 2 – 4.2 Miles – Moderate

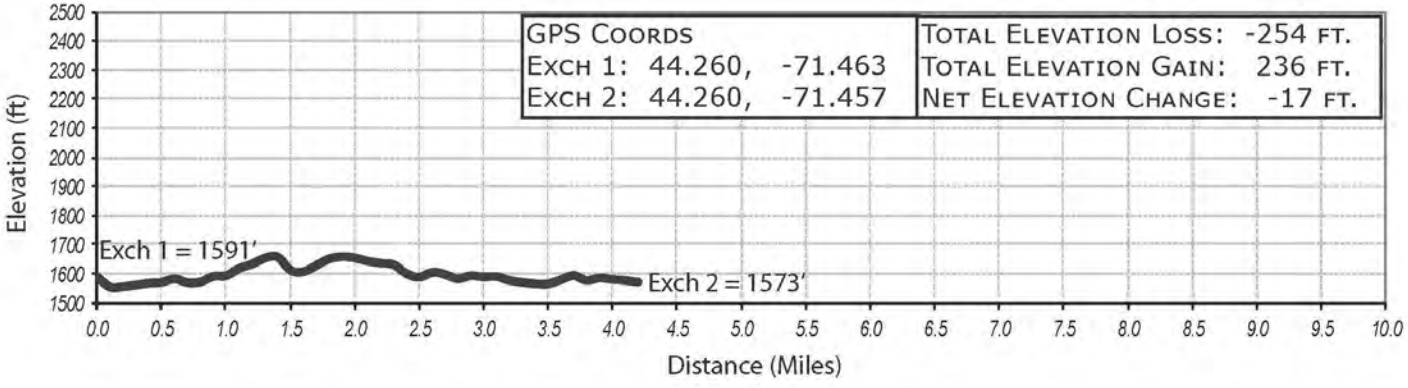
EXCHANGE 2 ADDRESS
Bretton Woods Ski Area
99 Ski Area Rd
Bretton Woods, NH 03575

LEG DESCRIPTION
Leg 2 leaves the First Aid station and jumps onto several miles of road and Nordic ski trails that will take you on a tour of the Mt. Washington Hotel and Resort. This leg is mostly flat with a few miles of trails mixed in and will eventually bring you back to Bretton Woods.

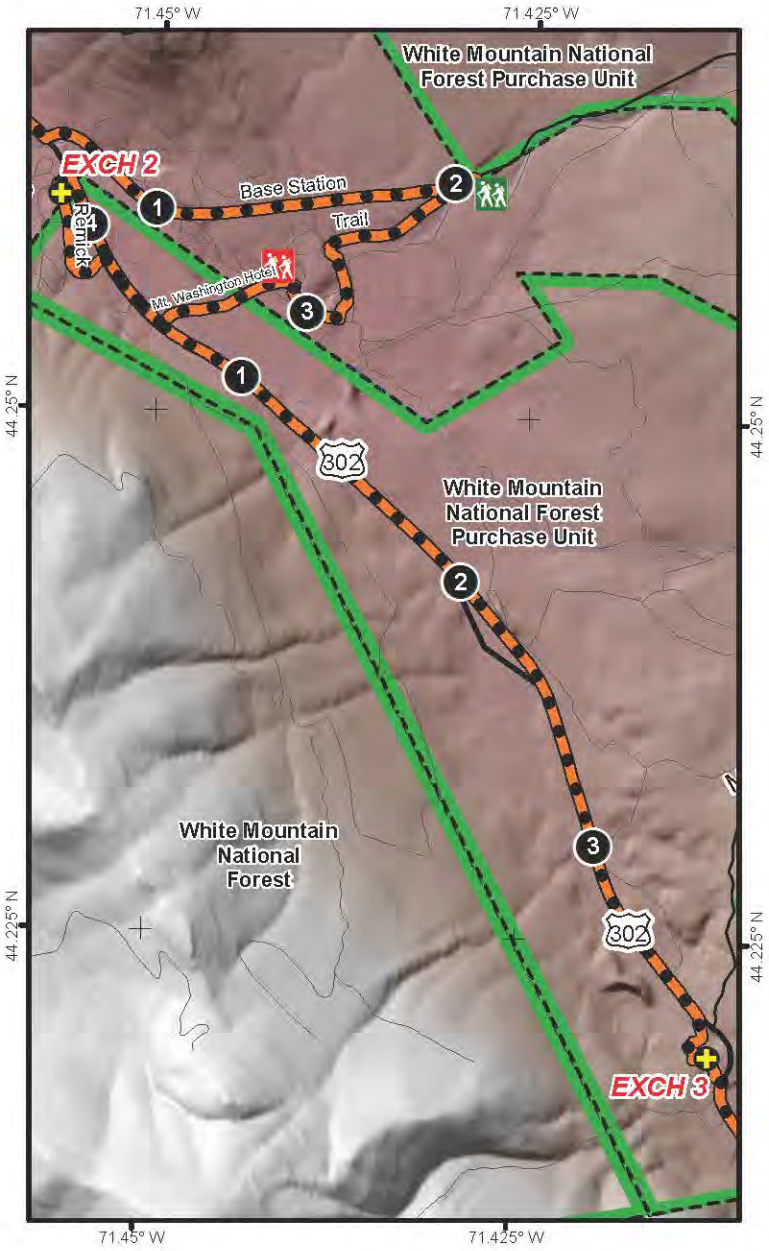
LEG NOTES
This is a No Support leg. Team Vans are asked not to shadow their runner for the small portion of this leg that is accessible on the road. There will be port-o-johns available for use at the TA.

LEG LEGEND

0.0	Depart Exchange 1
0.4	Rt. 302; turn right
0.6	Turn left onto Base Station Rd
2.1	Turn right onto Lower Honeymoon trail
3.1	Turn left onto Mt. Washington Hotel Rd
3.6	Rt. 302; turn right
4.1	Turn left into Bretton Woods
4.2	Turn left onto Remick Ln
4.2	Arrive at Exchange 2



Leg 3 -- 3.9 Miles -- Easy



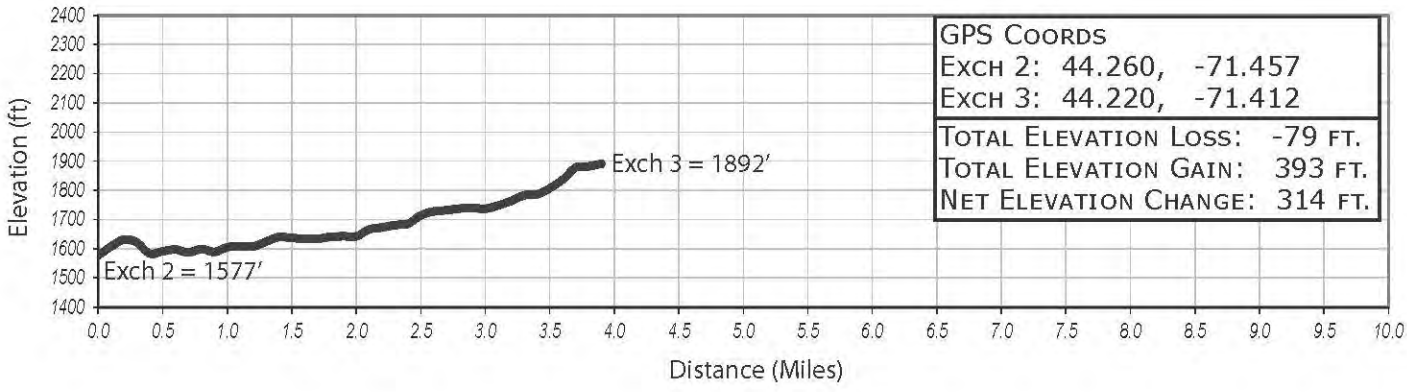
EXCHANGE 3 ADDRESS:
AMC Highland Lodge
US 302
Bretton Woods, NH 03575

LEG DESCRIPTION:
You might want to have your camera ready as you tackle leg 3. This leg will take you along Route 302 where you'll be able to take in the grandeur that is Mt Washington and appreciate some truly majestic views. Once at AMC's Highland Lodge feel free to wander around, learn more about the Appalachian Mountain Club and grab a bite to eat at the restaurant.

LEG NOTES:
Leg 3 has a good shoulder and moderate traffic. Exchange 3 will have porto-johns, water, recycling, and a restaurant available to runners.

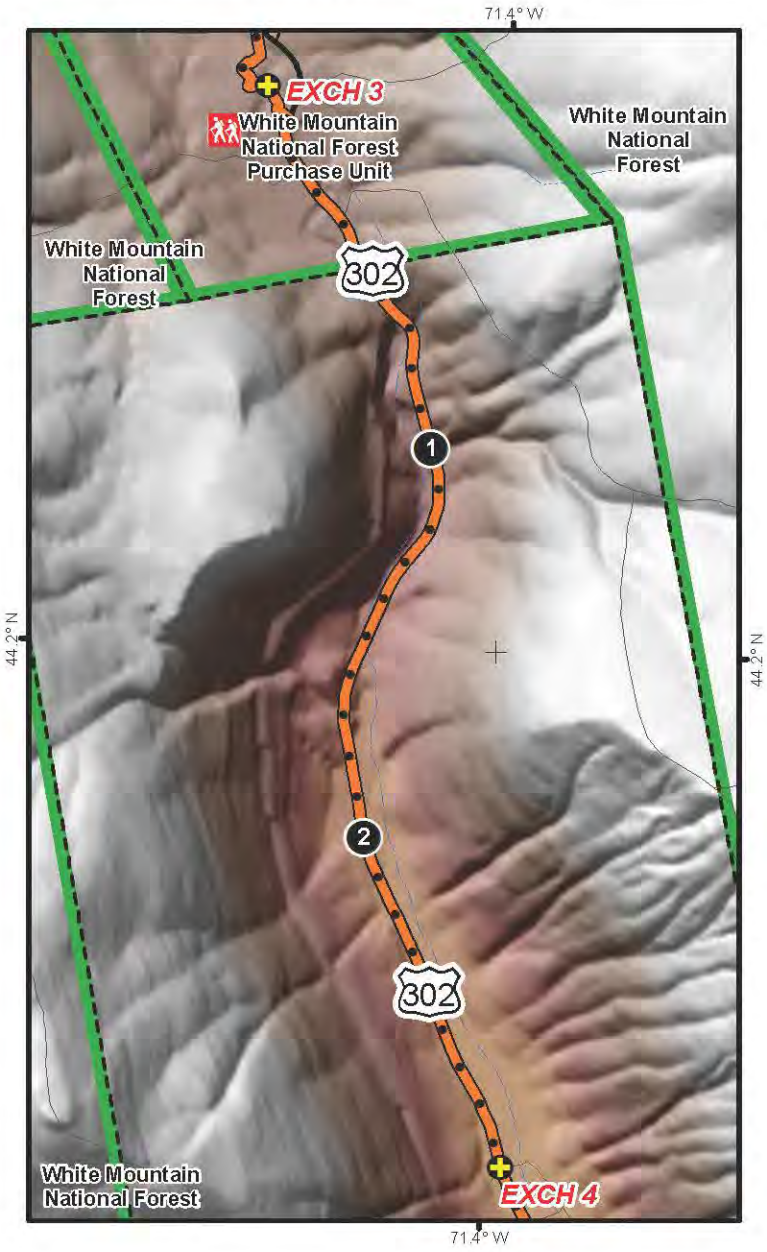
LEG LEGEND:

0.0	Depart Exchange 2 running on RHS of Remick Lane
0.2	Slight left on to Rose Brock Lane (run on RHS of road)
0.4	Turn right onto Route 302 (run on RHS of road)
3.7	Turn right to run on trail
3.9	Arrive at Exchange 3



GPS Coords	
Exch 2:	44.260, -71.457
Exch 3:	44.220, -71.412
Total Elevation Loss:	-79 ft.
Total Elevation Gain:	393 ft.
Net Elevation Change:	314 ft.

Leg 4 -- 2.9 Miles -- Easy



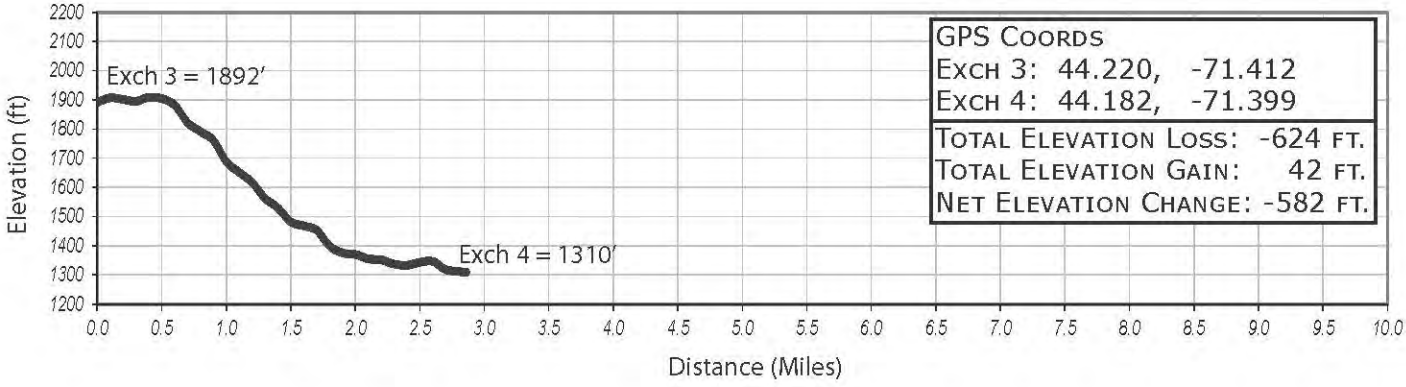
EXCHANGE 4 ADDRESS:
The Willey House
Route 302
Crawford Notch, NH

LEG DESCRIPTION:
While this leg might look easy in distance, it definitely packs a punch when it comes to elevation. Be sure to watch your footing as the elevation drop into Crawford Notch can be extreme.

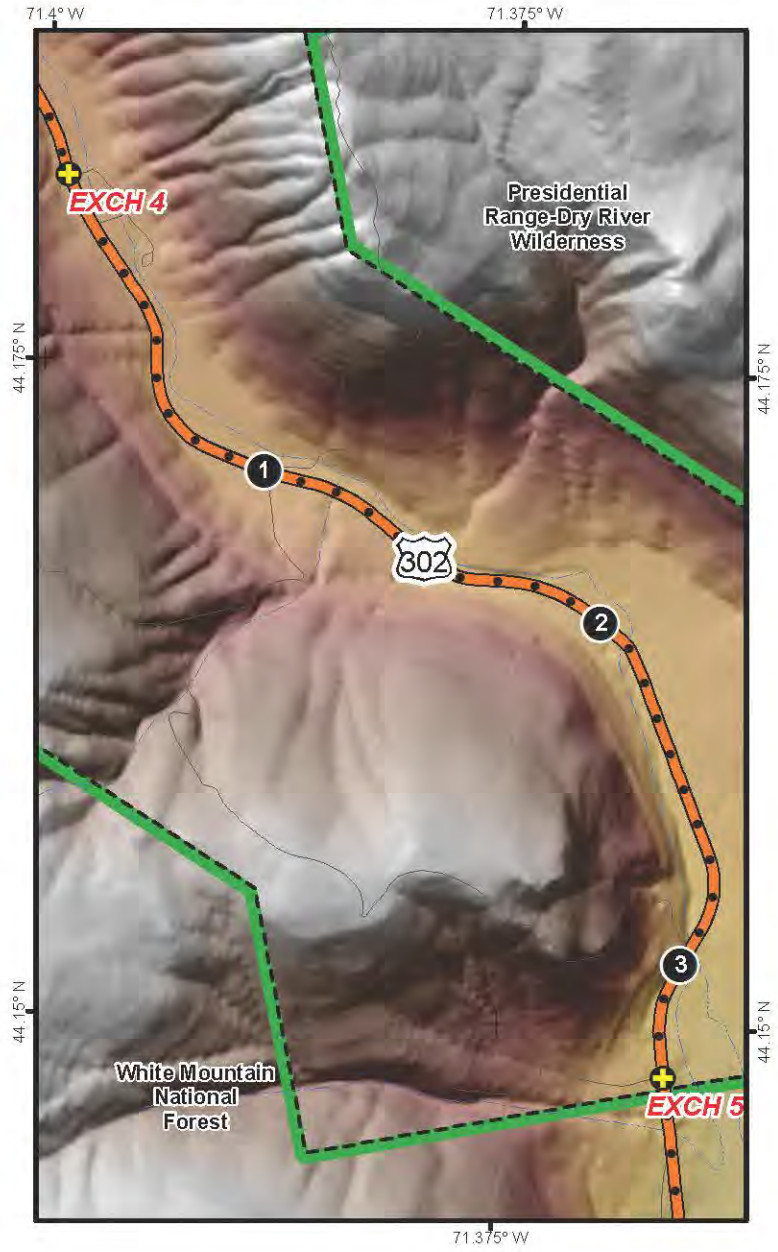
LEG NOTES:
Exchange 4 will have porto-johns available for use.

LEG LEGEND:

0.0	Depart Exchange 3 turning right on to Route 302 (run on RHS of road)
2.9	Arrive at Exchange 4



Leg 5 -- 3.3 Miles -- Easy



Leg 5 – 3.3 Miles – Easy

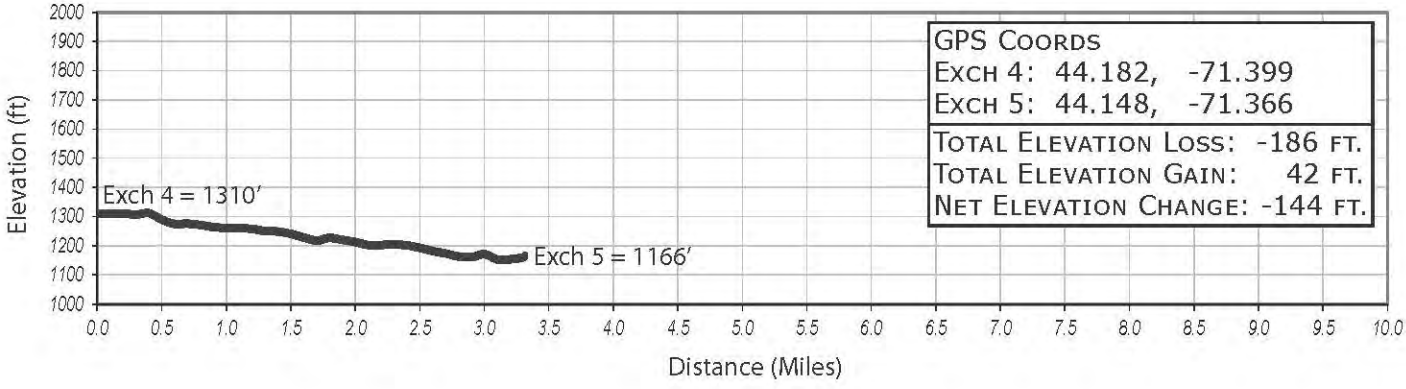
EXCHANGE 5 ADDRESS
Arethusa Falls Rd
Rt. 302
Hart's Location, NH 03812

LEG DESCRIPTION:
This leg continues the downhill climb from Leg 4. The good news is that it isn't quite as steep. Be wary of the logging trucks that travel this main thoroughfare from the north woods of New Hampshire and Maine.

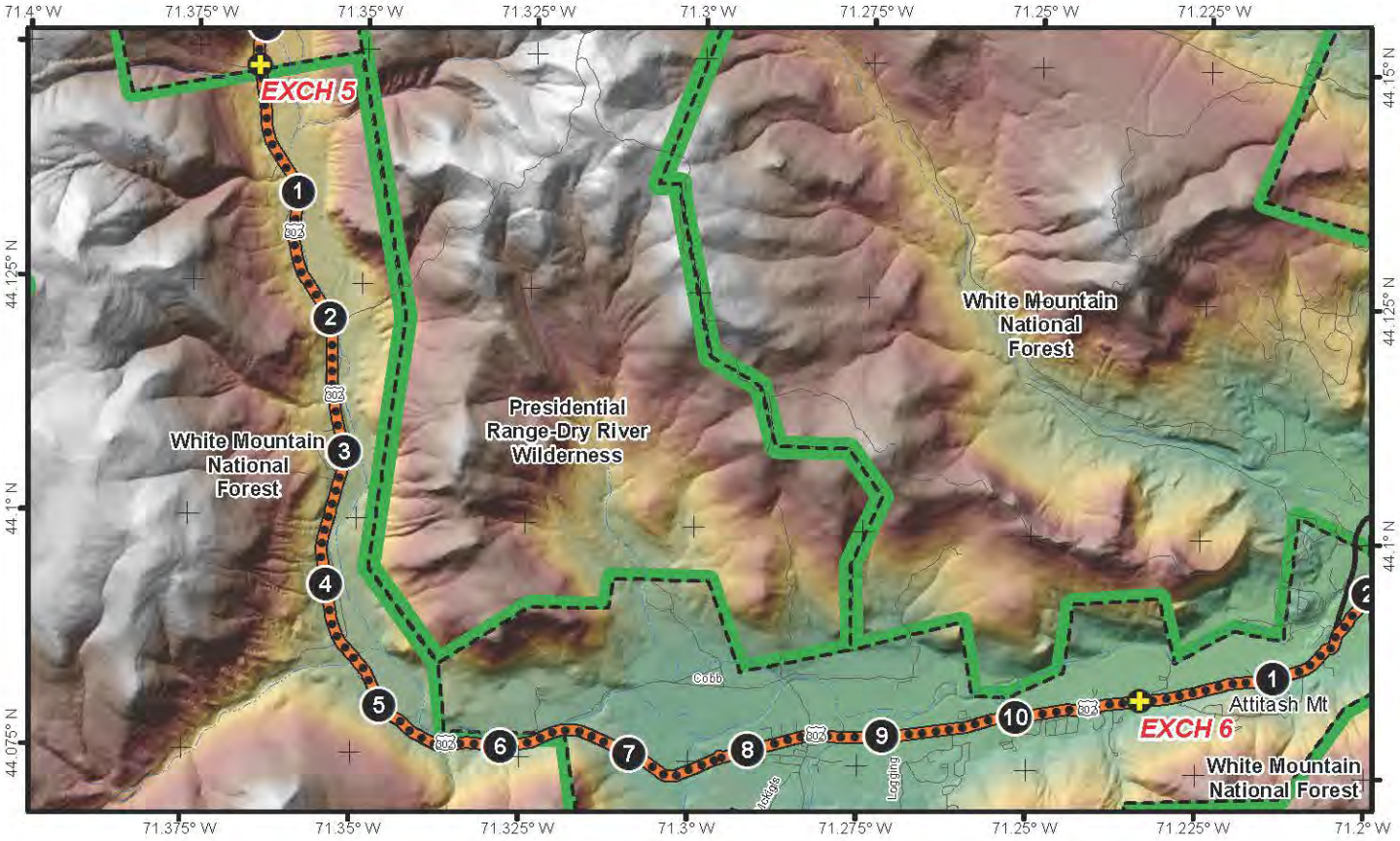
LEG NOTES:
Exchange 5 is a no trash zone. Please do not unload any garbage at this site. There will be porto-johns available for use.

LEG LEGEND

0.0	Depart Exchange 4 on Rt. 302. Run on RHS of road
3.3	Arrive at Exchange 5



Leg 6 -- 10.9 Miles -- Very Hard



Leg 6 – 10.9 Miles – Very Hard

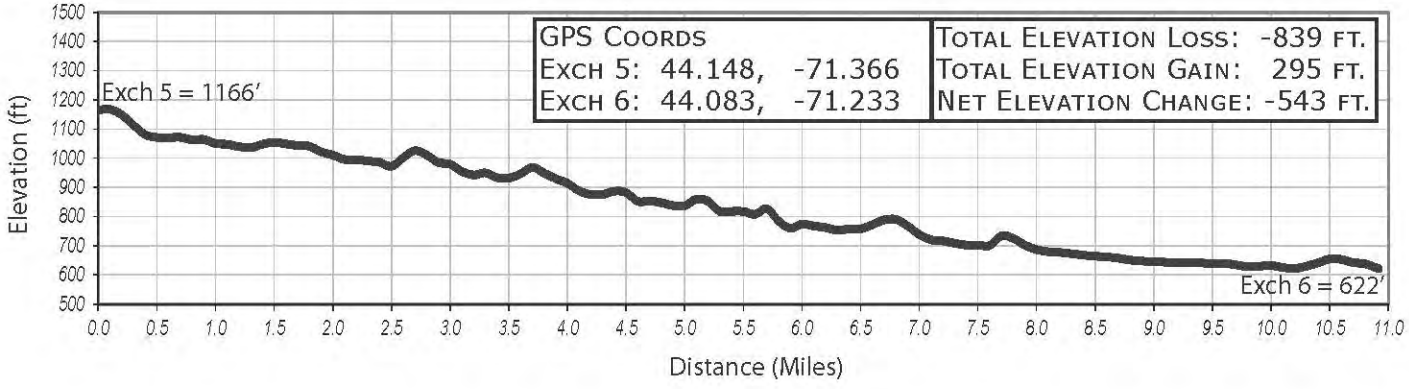
EXCHANGE 6/MAJOR EXCHANGE 1 ADDRESS:
Attitash Ski Area
775 Route 302
Bartlett, NH

LEG DESCRIPTION
Leg 6 will take you through the smallest town in New Hampshire (Harts Location; population 42) and eventually bring you to the town of Bartlett, NH and Attitash Ski Area – Transition Area 6 or MAJOR EXCHANGE 1. It is also the longest leg of the race so be sure you're well hydrated before you embark.

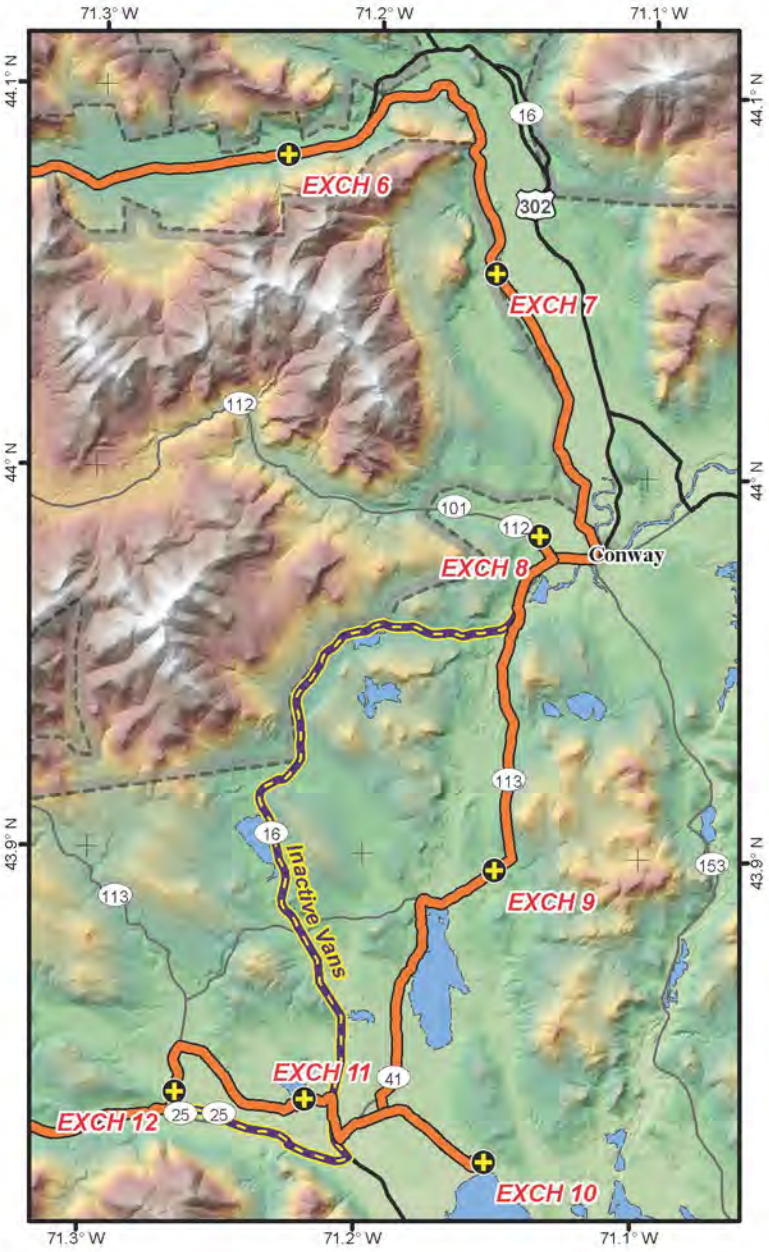
LEG NOTES
Leg 6 will lose the wide shoulder of the previous legs and turn into a dirt shoulder. Exchange 6 is the site of our first Recycling Center, so please don't forget to offload your recyclables here.

LEG LEGEND

0.0	Depart Exchange 5 on Rt. 302. Run on RHS of road
10.9	Arrive at Exchange 6; also Major Exchange 1



Van 2 -- Legs 7-12 -- 37.8 Miles



OVERVIEW:
Legs 7-12 starts your undulating journey through the White Mountains. You will find plenty of climbs to match the descents as you ramble your way through the villages of Conway, Madison, and Ossipee. Echo Lake and White Lake State Park offer swimming in their cool mountain lakes – just the perfect remedy for sore legs.

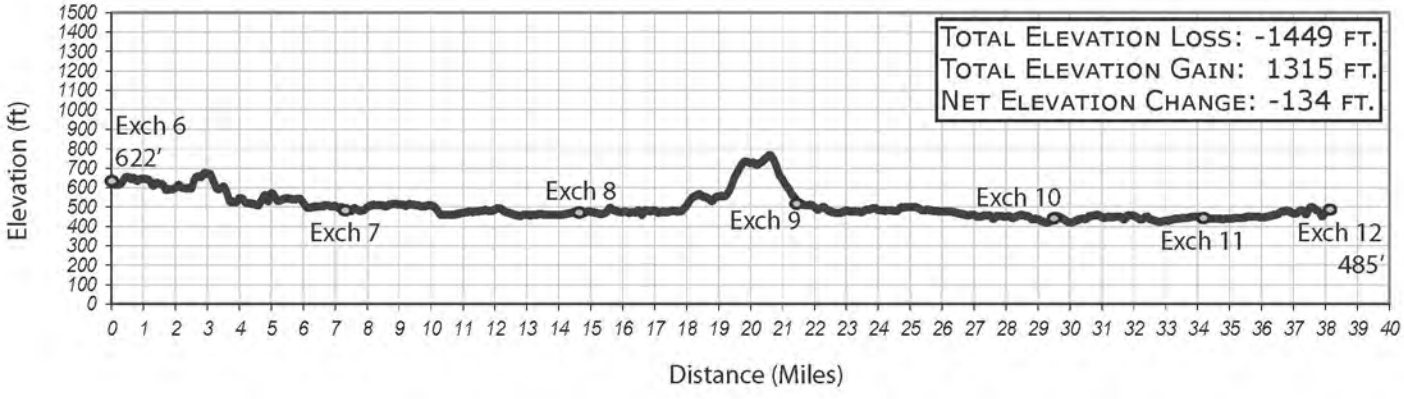
ALTERNATE WAITING AREA:
Because Vehicle Transition Area 2 is a local school, vans will not be allowed to park there until 4pm. All vans are encouraged to visit TA11 at White Lake State Park if you are looking for a place to park and rest before 4pm.

EXCHANGE 11 ADDRESS:
White Lake State Park
Route 16
Tamworth, NH 03886

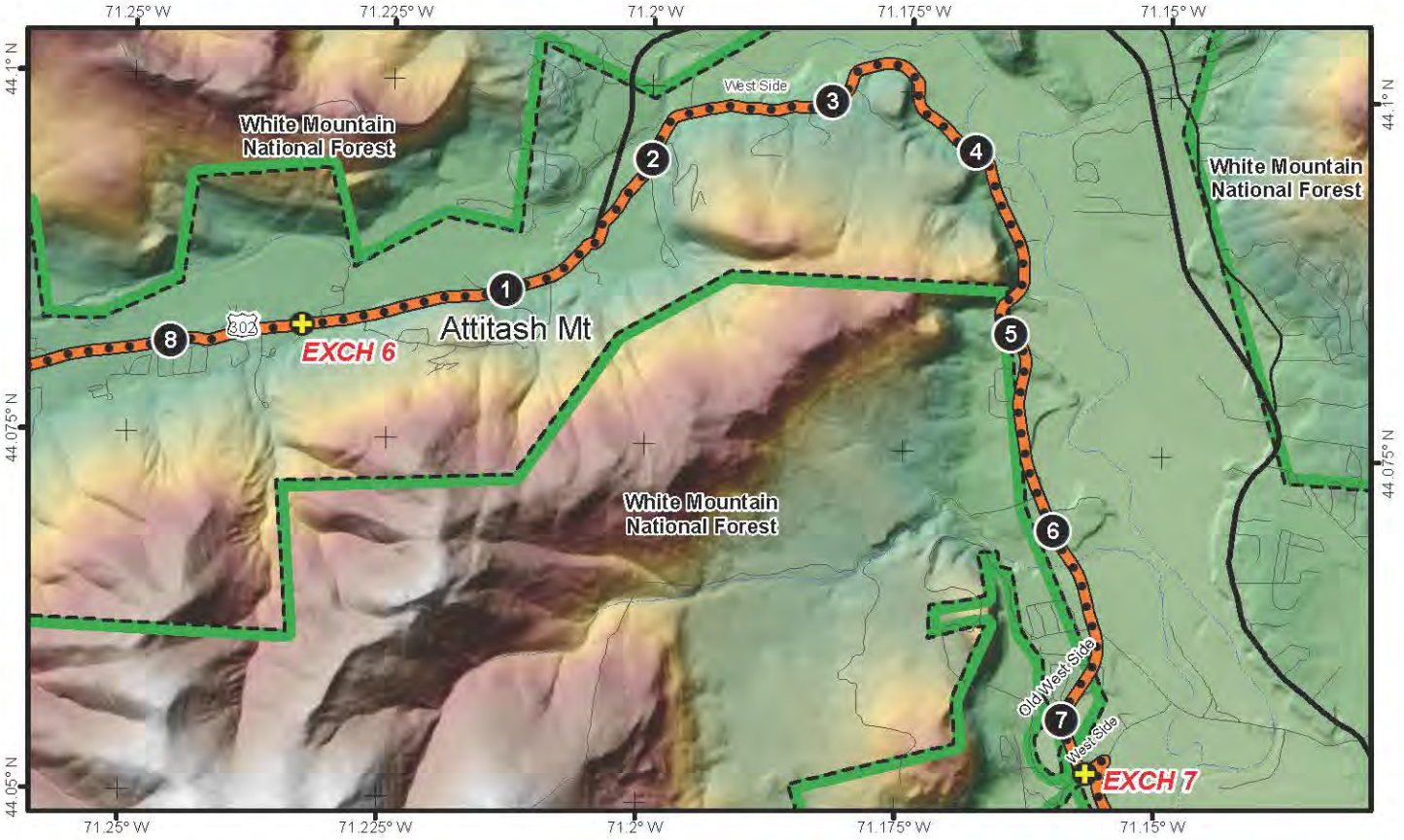
EXCHANGE 12/VTA 2 ADDRESS:
Kenneth Brett School
881 Tamworth Road
Tamworth, NH

INACTIVE VAN DIRECTIONS:

0.0	Depart VTA#1 heading East on US 302
3.5	Merge with Rt. 16; head south on Rt. 16 towards Conway
24.5	Turn right to enter White Lake State Park.
24.8	Arrive at Transition Area 11
24.9	Depart Transition Area 11 and follow course arrows to Transition Area 12/ Vehicle Transition Area #2
32.8	Arrive at Transition Area 12/ Vehicle Transition Area #2



Leg 7 -- 7.3 Miles -- Hard



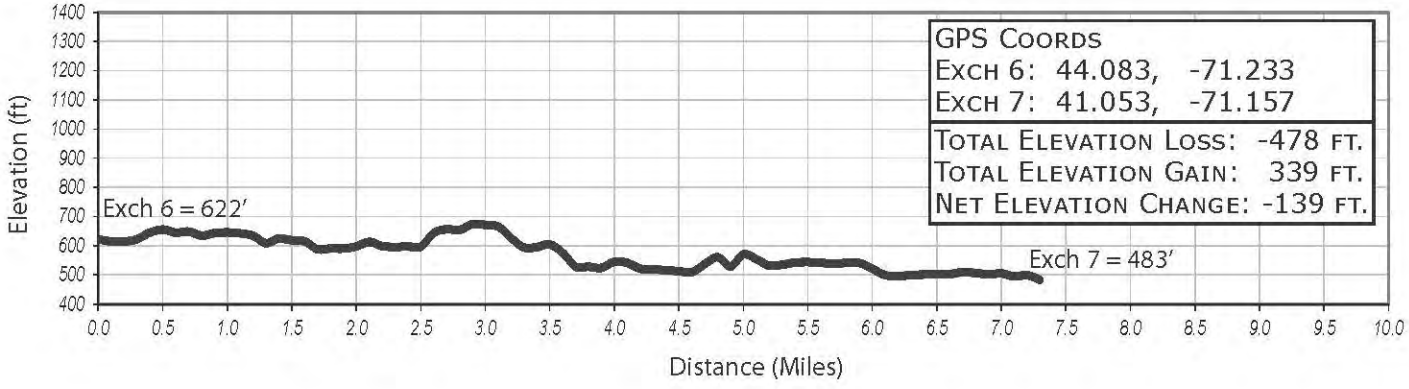
EXCHANGE 7 ADDRESS:
Echo Lake
60 Echo Lake Rd
North Conway, NH 03818

LEG DESCRIPTION:
Once you've arrived at Exchange 7, you'll be greeted by a familiar friend – Echo Lake State Park. This state park has been a part of RTB since year 1 and the route offers some stunning views of the climbing cliffs in the distance. Be sure to save some time for a dip in the lake. Let out a scream to learn why they call it Echo Lake.

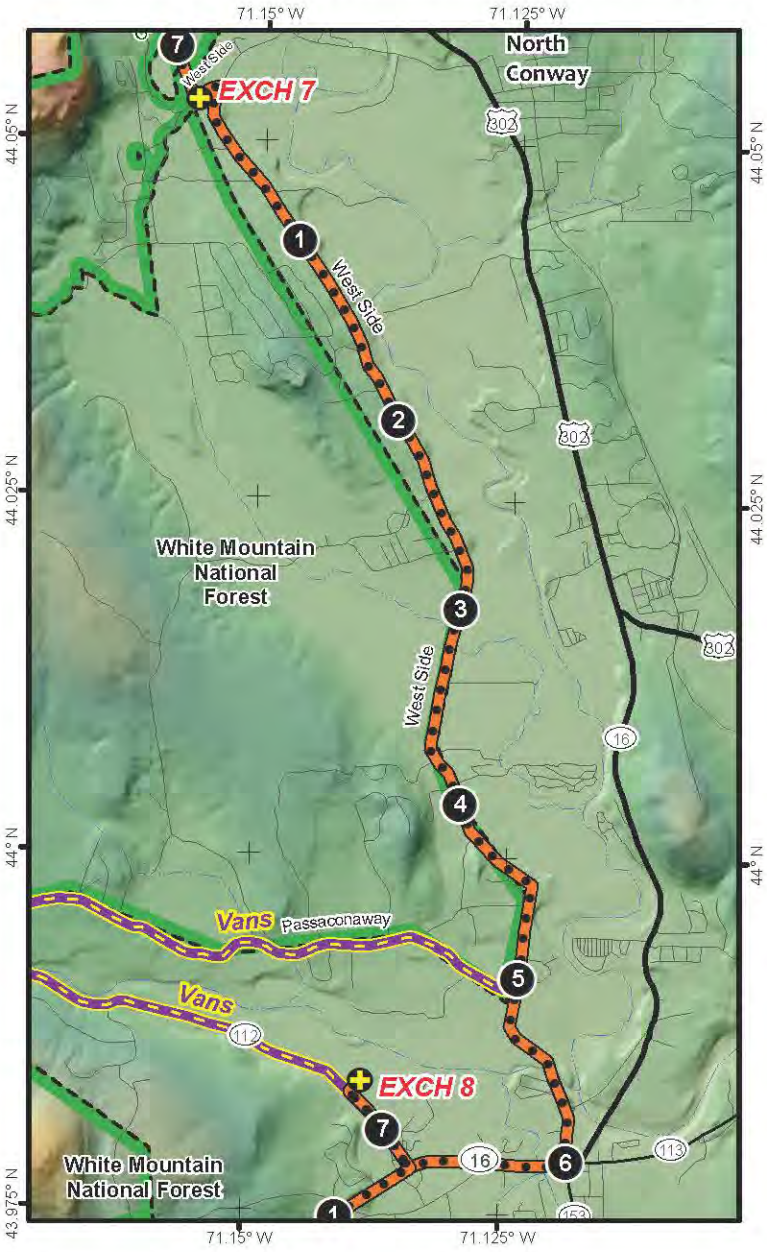
LEG NOTES:
Leg 7 has a narrow shoulder and busy traffic. Use caution and be aware of traffic on Route 16 in North Conway. Exchange 7 is a no trash zone. Please do not unload any garbage at this site.

LEG LEGEND:

0.0	Depart Exchange 6 on Route 302 (run on RHS of road)
1.5	Turn right onto West Side Road (run on RHS of road)
6.5	Bear right onto Old West Side Road (run on RHS of road)
7.3	Arrive at Exchange 7



Leg 8 -- 7.3 Miles -- Moderate



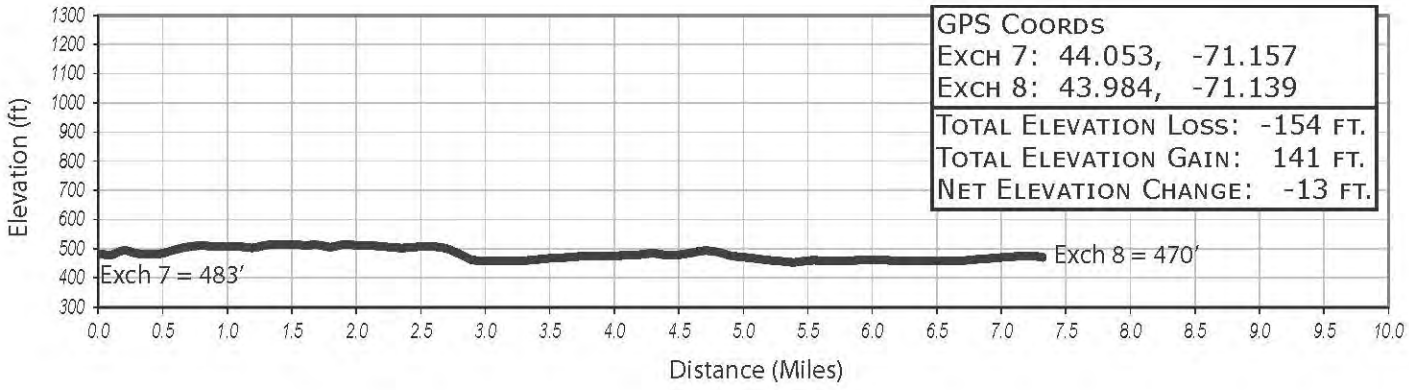
EXCHANGE 8 ADDRESS:
NH Fish and Game
118-124 Kancamagus Hwy (Rt. 112)
Conway, NH

LEG DESCRIPTION:
Finally some flat road! Leg 8 will take you past farms with hay bales and gorgeous scenery before bring you into the Town of Conway. Please be aware of the increased traffic.

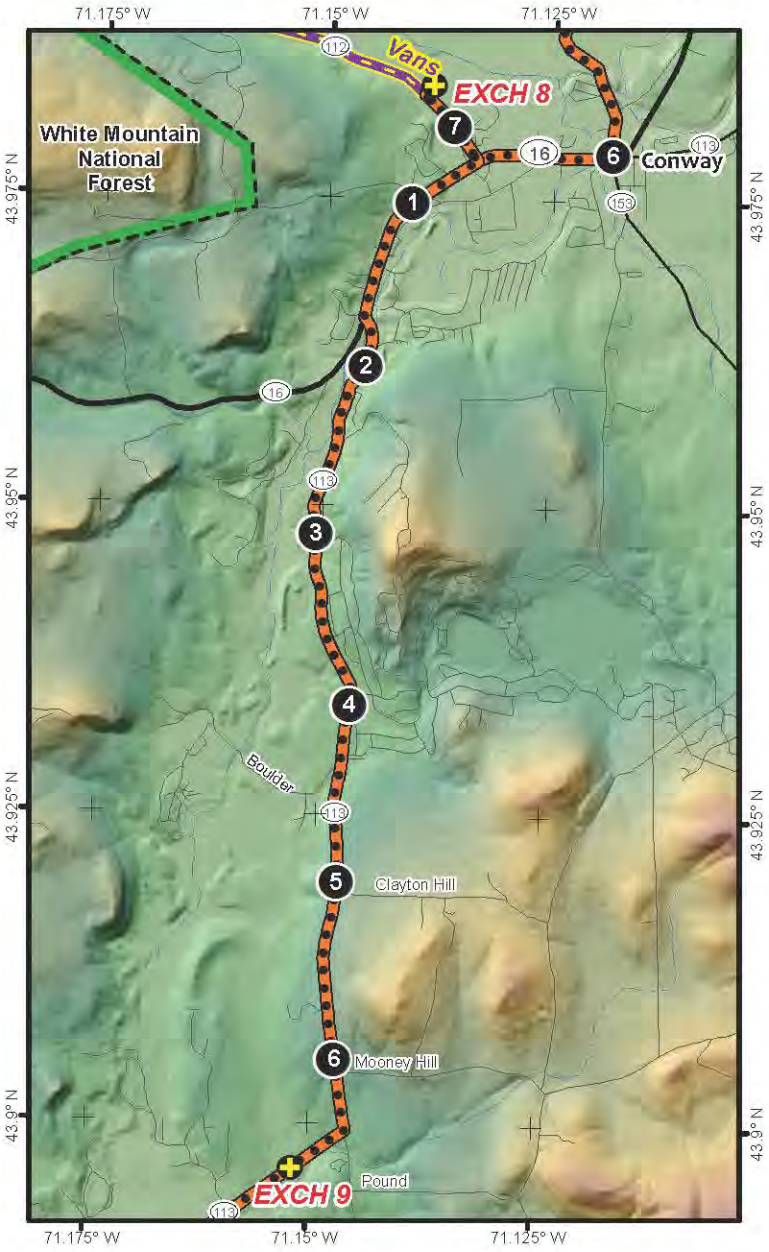
LEG NOTES:
TA8 is a No Trash zone – please do not unload any garage at this TA. There will be port-o-johns only at this Exchange.

LEG LEGEND:

0.0	Depart Exchange 7
0.1	Turn right onto West Side Road (run on RHS of road)
6.0	Turn right onto Rt. 16 (run on sidewalk)
6.8	Turn right onto Rt. 112 (run on RHS of road)
7.3	Arrive at Exchange 8



Leg 9 -- 6.8 Miles -- Moderate -- NO VAN SUPPORT



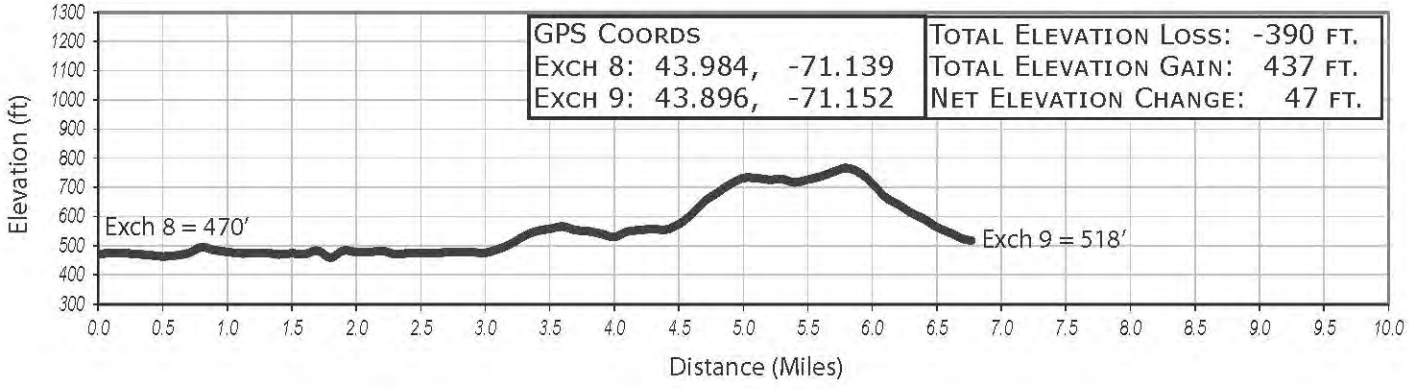
EXCHANGE 9 ADDRESS:
Madison Elementary School
2069 Village Road
Madison, NH

LEG NOTES:
Leg 9 is a NO VAN SUPPORT leg and an **AUTOMATIC DISQUALIFICATION** if your team is seen/caught pulling over along the shoulder of this route. Sorry but we're not kidding.
The Town of Madison has threatened to prevent the race from using their roads in the future if they see vans pulling over so PLEASE DO NOT do this. Drive directly to Exchange 9.

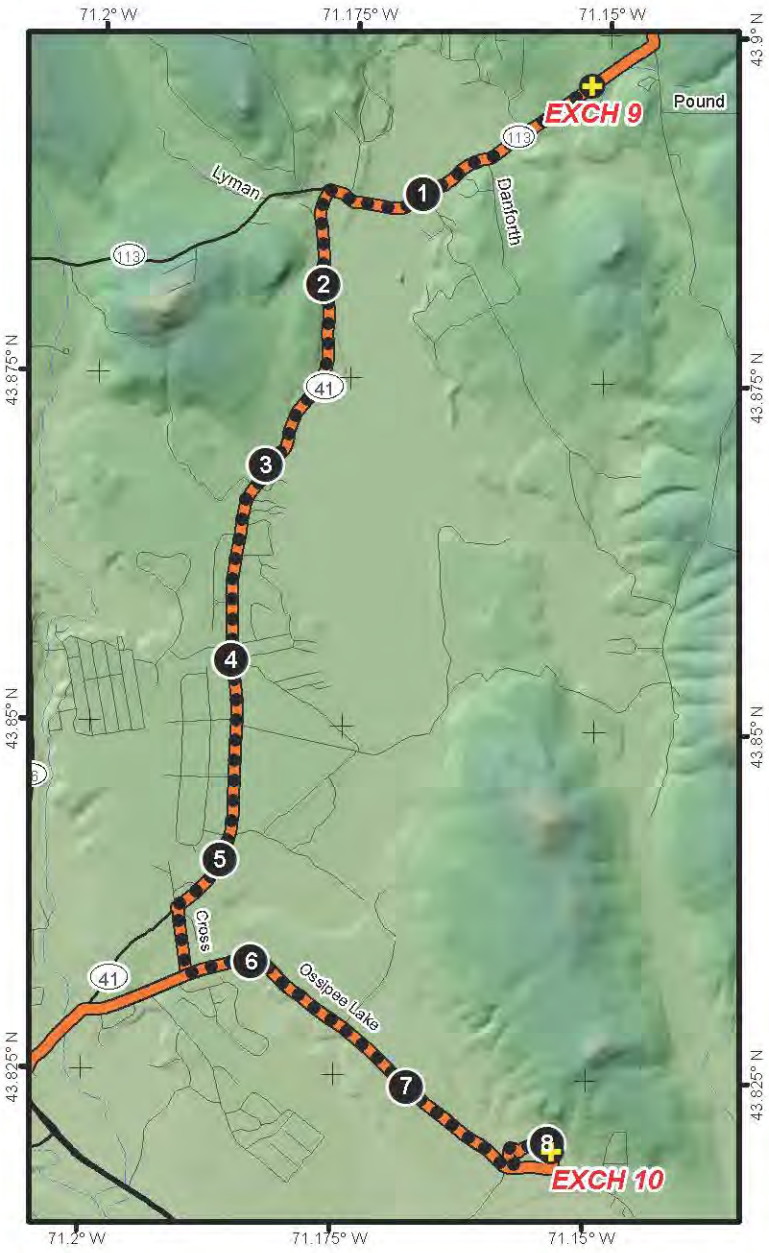
Off Vans should bypass legs 9 and 10 and head to TA11 if they would like to rest. We recommend that runners carry water. Please note that school is in session until 3:45 PM please DO NOT park at the school before this time. There will be porto-johns, restrooms, and facility water on site.

LEG LEGEND:

0.0	Depart Exchange 8 (run on RHS of road)
0.6	Cross over Rt. 16 with Police assistance and turn right onto Rt. 16 (run on LHS of road)
1.7	Turn left onto Rt. 113 (run on RHS of road)
6.4	Turn right to stay on Rt. 113 (run on RHS of road)
6.8	Arrive at Exchange 9



LEG 10 -- 8.1 MILES -- HARD -- NO VAN SUPPORT



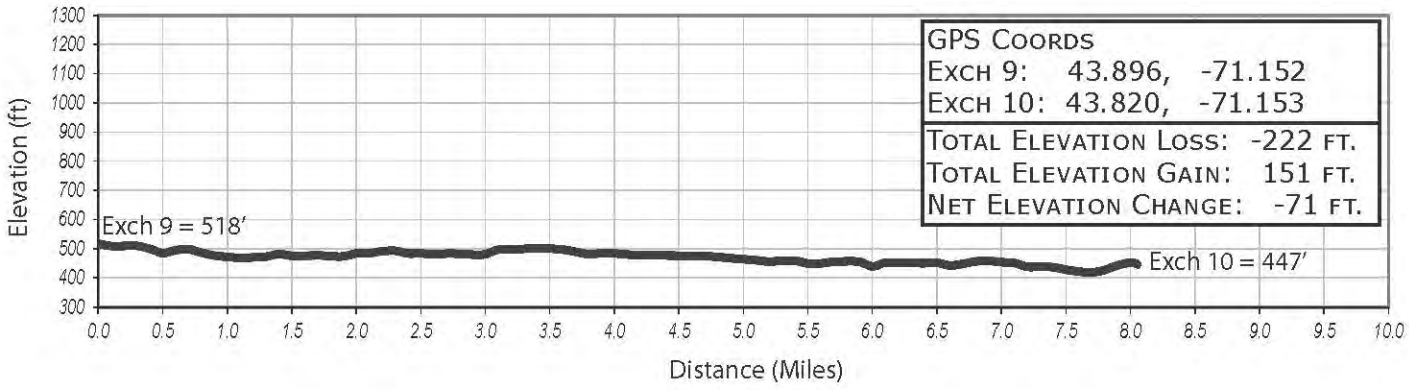
EXCHANGE 10 ADDRESS:
Camp Calumet
090 Ossipee Lake Rd
Ossipee, NH

LEG DESCRIPTION:
Leg 10 leaves the Madison Elementary School and continues heading west into the setting sun before you begin to turn south towards Silver Lake. The road hugs the lake for the first couple of miles before winding its way through a more wooded area before bringing you to Calumet Camp in the Town of Ossipee, NH.

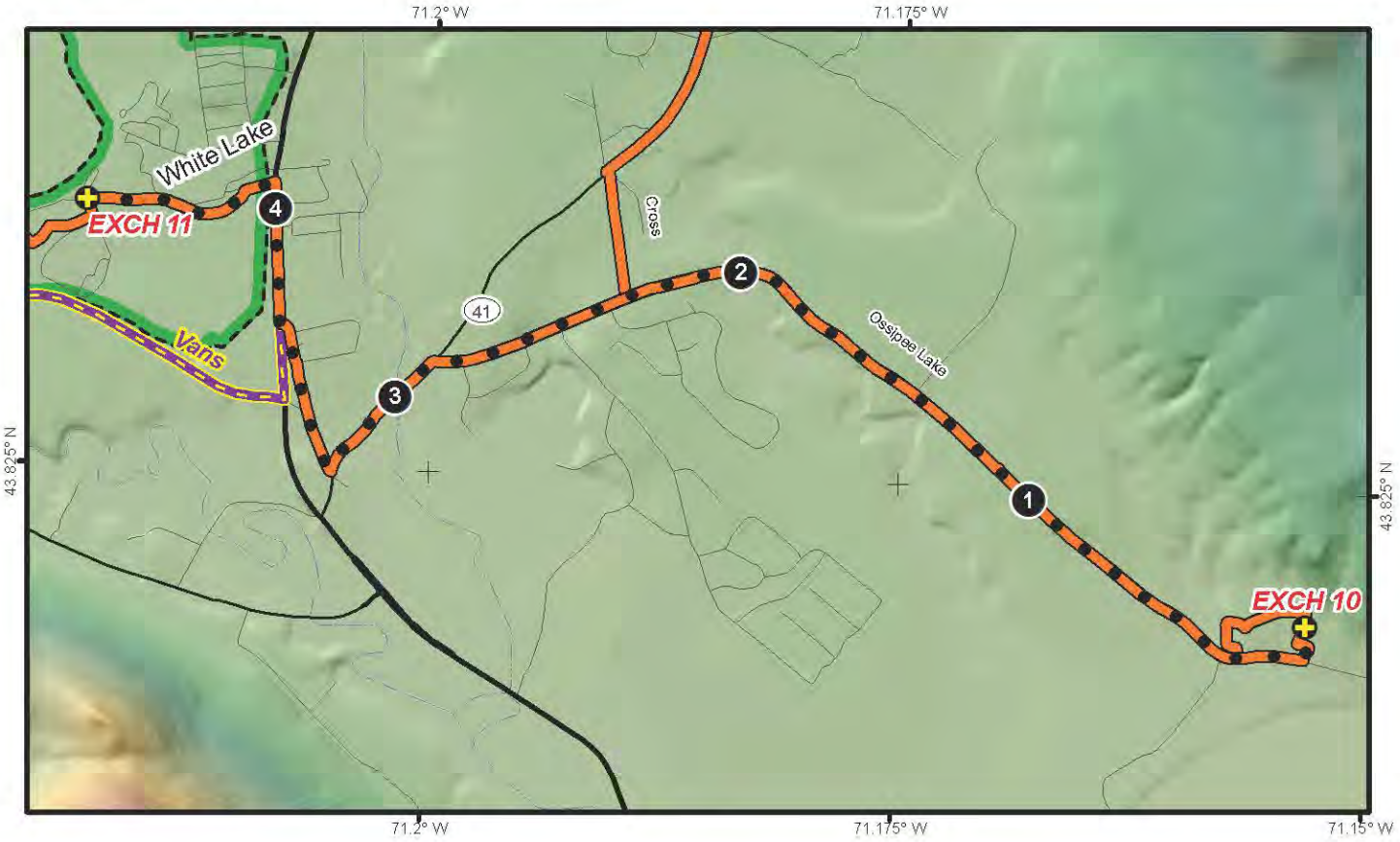
LEG NOTES:
Leg 10 is a NO VAN SUPPORT leg. Please drive directly to TA10. There will be a water stop approximately 4 miles in. There are a lot of narrow roads on this leg. Please use caution and be on alert the entire time. There will be porto-johns, restrooms, and facility water on site.

LEG LEGEND:

0.0	Depart Exchange 9 on Rt. 113. Run on RHS of road
1.5	Turn left onto Rt. 41 (run on LHS of road)
5.3	Turn left onto Cross Rd (run on LHS of road)
5.7	Turn left onto Ossipee Lake Rd (run on LHS of road)
7.7	Turn left into Calumet Camp
8.1	Arrive at Exchange 10



Leg 11 -- 4.6 Miles -- Easy

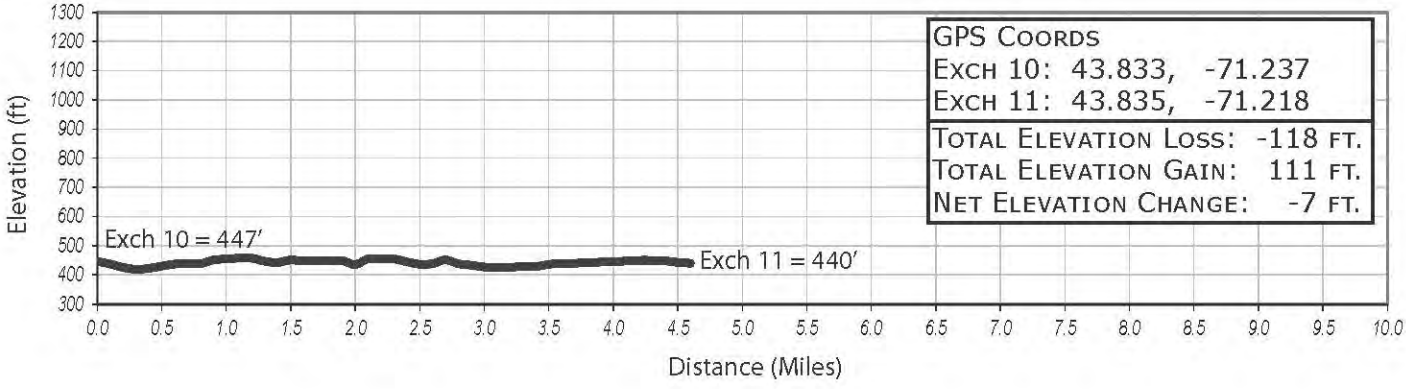


EXCHANGE 11 ADDRESS
White Lake State Park
Route 16
Tamworth, NH 03886

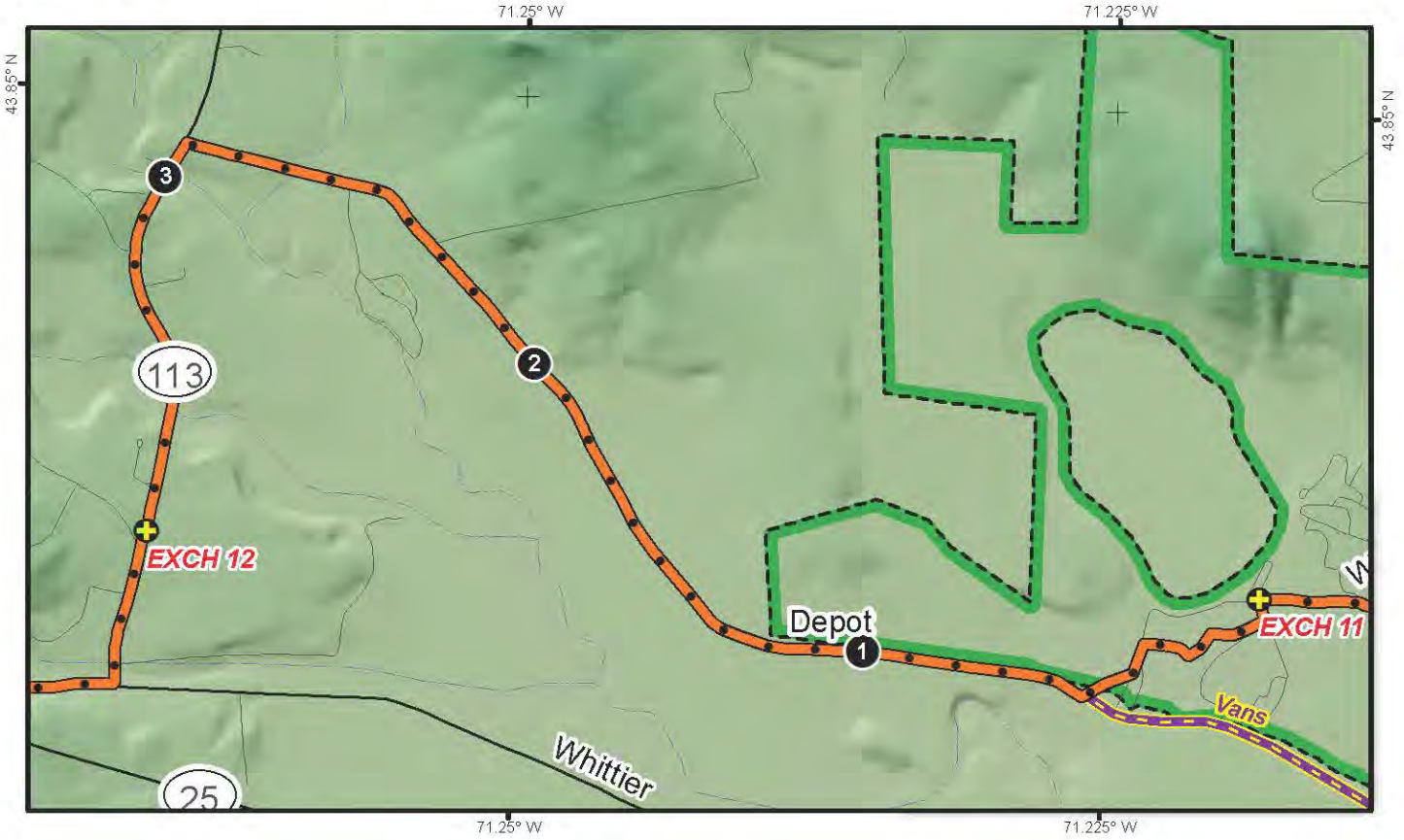
LEG NOTES:
TA 11 is a great place to rest if you're in Van 1. There will be porto-johns, facility water, and showers available for use at Exchange 11. Use caution along portions of Route 16 where the shoulder drops off.

LEG LEGEND:

0.0	Depart Exchange 11 on Ossippee Lake Road (run on LHS of road)
2.8	Turn left onto Rt. 41 (run on RHS of road)
3.2	Turn right onto Depot Square St. (run on LHS of road)
3.6	Turn right onto Rt. 16 (run on RHS of road)
4.0	Turn left onto State Park Road (cross with Police assistance only)
4.6	Arrive at Exchange 11



Leg 12 -- 3.8 Miles -- Easy



EXCHANGE 12/MAJOR EXCHANGE 2
ADDRESS:
Kenneth Brett School
881 Tamworth Road
Tamworth, NH

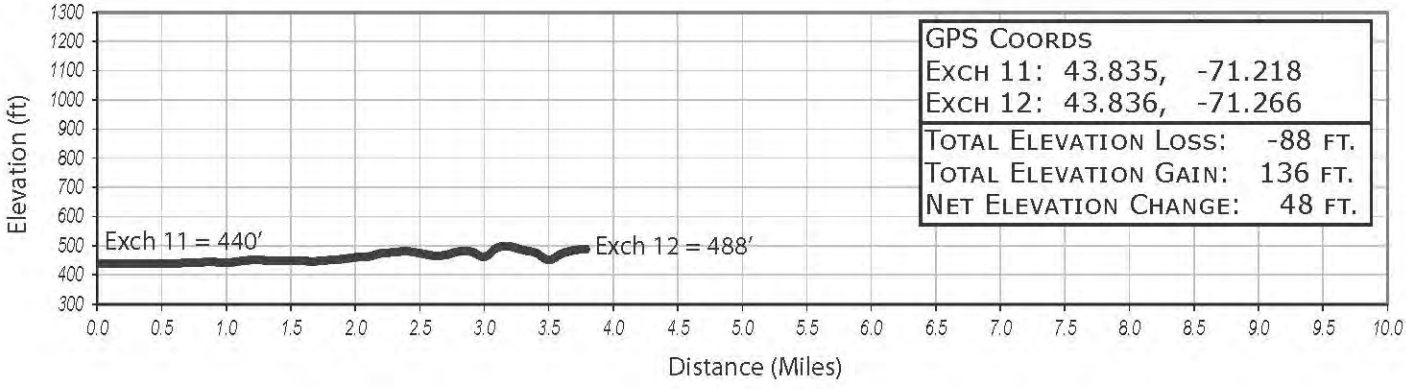
LEG NOTES:
As with Leg 9, due to school being in session, team vehicles will not be permitted at this TA until at least 4:00pm. There will be restrooms, porto-johns, and facility water available at Exchange 12. This is also a Recycling Stop, so please be sure to offload your recyclables.

LEG LEGEND:

0.0	Depart Exchange 11 running on the trail leading out of the back of the park
0.9	Turn right onto Depot Road (run on LHS of road)
3.3	Turn left onto Route 113 (run on LHS of road)
3.8	Arrive at Exchange 12/MAJOR EXCHANGE 2

VAN ROUTE:

0.0	Depart Transition Area 11 turning right onto Rt 16
0.8	Turn right onto Depot Road
4.1	Turn left onto Route 113
5.0	Arrive at Exchange 12/MAJOR EXCHANGE 2



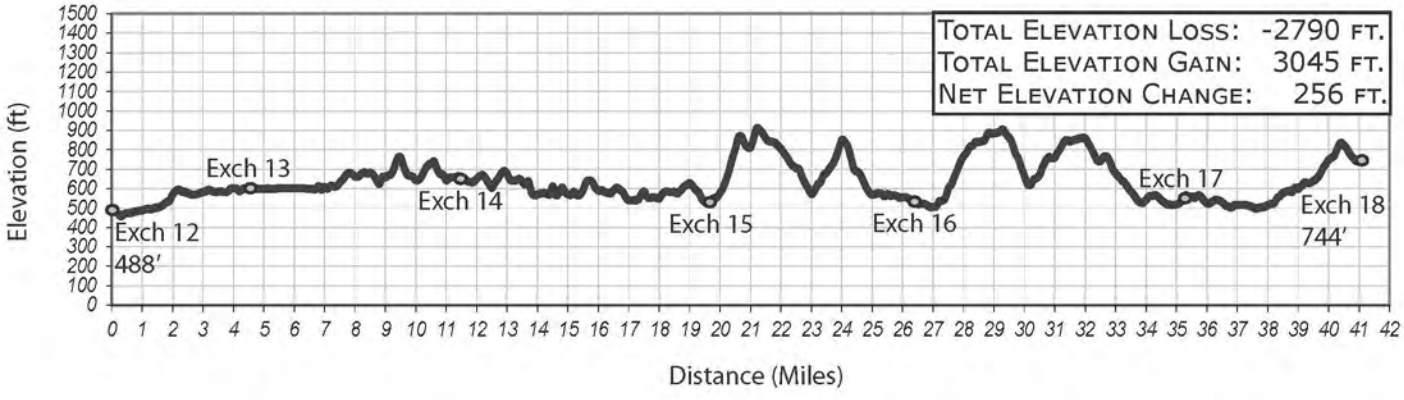
GPS Coords	
Exch 11:	43.835, -71.218
Exch 12:	43.836, -71.266
Total Elevation Loss:	-88 ft.
Total Elevation Gain:	136 ft.
Net Elevation Change:	48 ft.

Van 1 -- Legs 13-18 -- 41.1 Miles

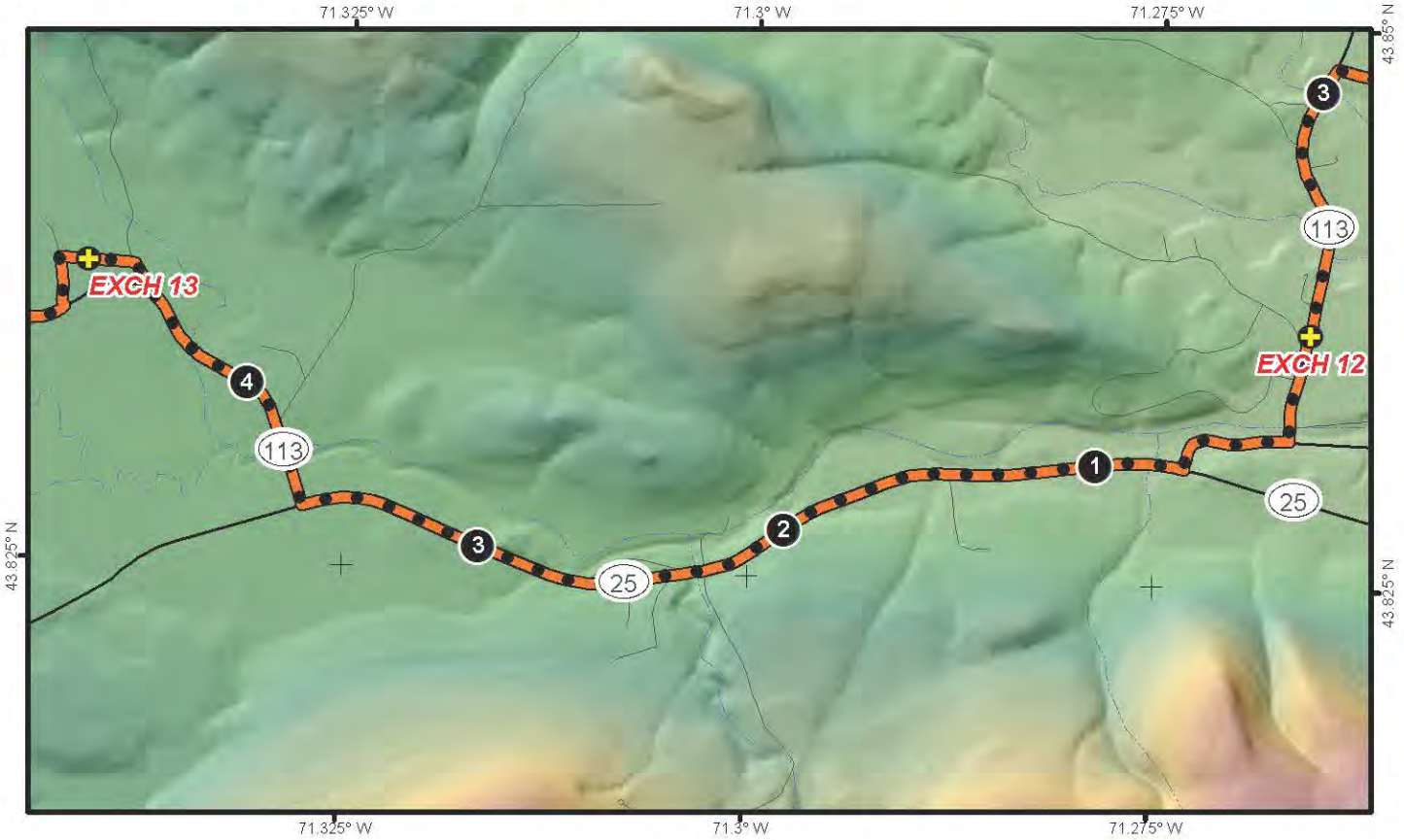
Exchange 18/MAJOR EXCHANGE 3
ADDRESS:
Gilford High School
88 Alvah Wilson Road
Gilford, NH

INACTIVE VAN DIRECTIONS:

0.0	Depart MAJOR EXCHANGE 2 heading south on Tamworth Road
0.3	Turn right onto Whittier Road
0.7	Turn right onto NH-113 W
22.8	Turn left onto US-3 S
32.0	Turn right onto NH-106/Main Street
40.2	Turn left onto Church Street
40.6	Turn left at Union Avenue/Rt 107
40.7	Bear right onto Gilford Ave/Rt 11A
43.7	Turn right onto Alvah Wilson Road
44.0	Arrive at Exchange 18/MAJOR EXCHANGE 3



Leg 13 -- 4.6 Miles -- Easy

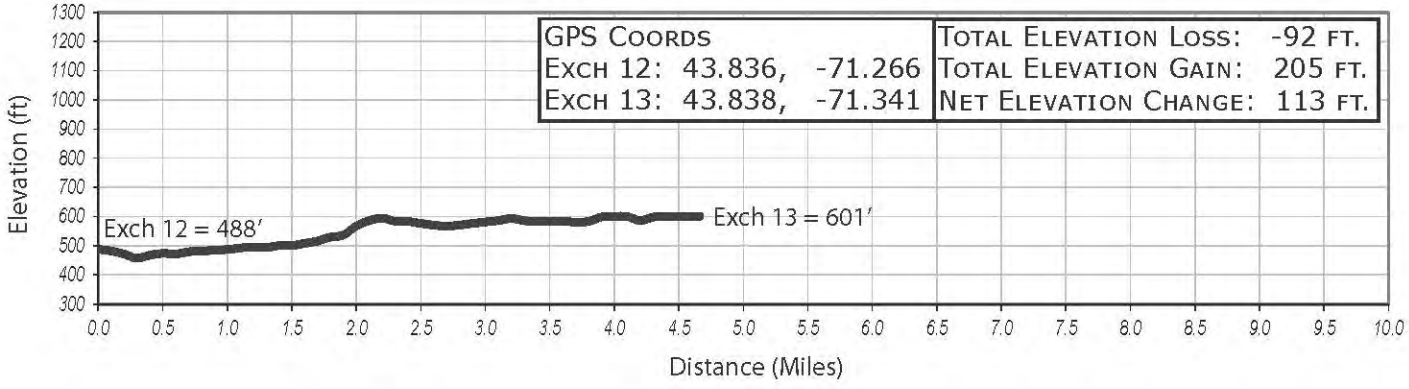


EXCHANGE 13 ADDRESS
Ambrose Bros. Inc.
Beede Flats Rd
South Tamworth, NH 03883
GPS: 43°50'10.7"N 71°20'33.0"W

LEG NOTES:
This leg has flat, wide shoulders with medium traffic. Porto-johns will be available at this Exchange.

LEG LEGEND:

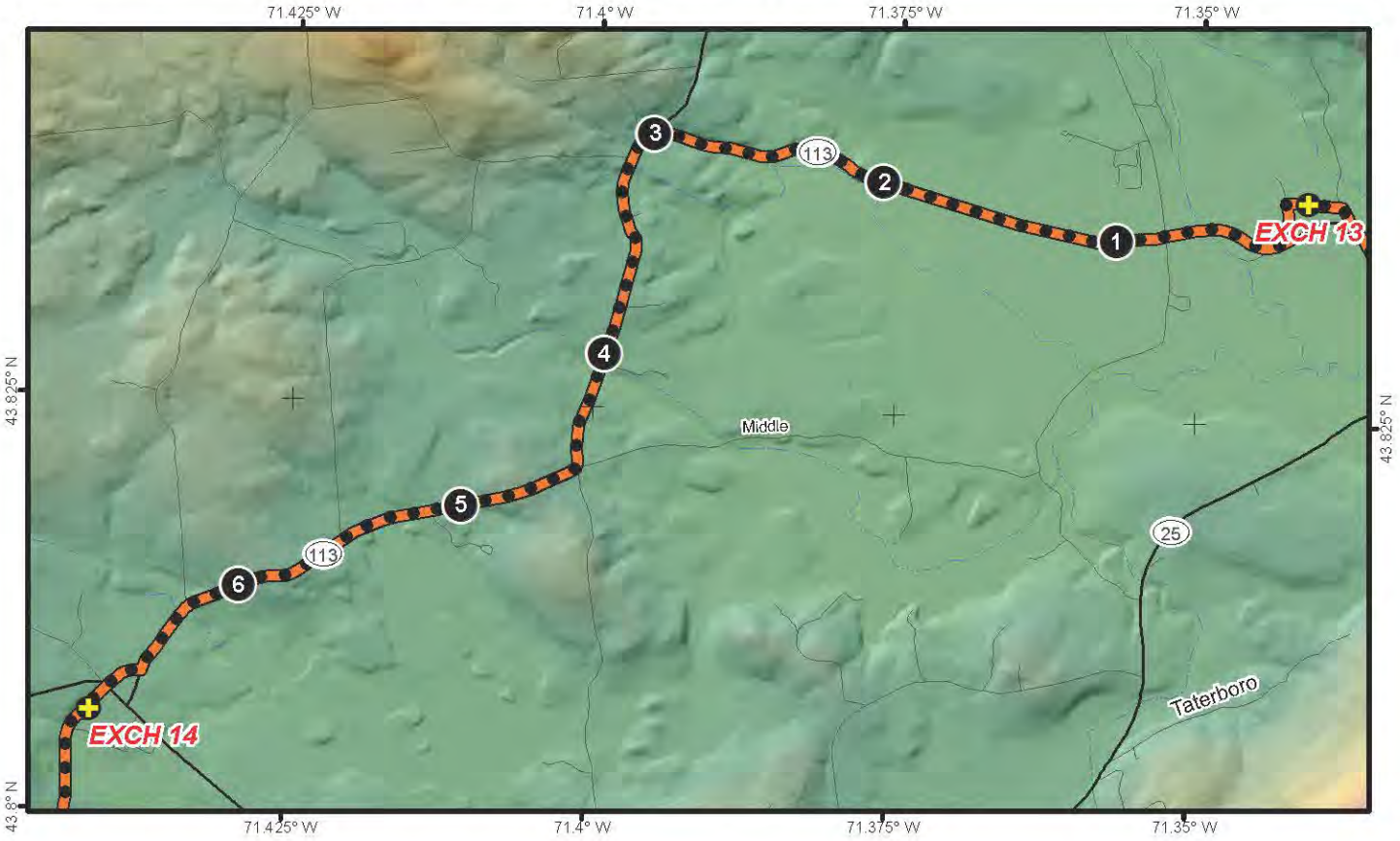
0.0	Depart Exchange 12 (run on LHS of road)
0.3	Turn right to stay on Route 113 (run on RHS of road)
0.7	Turn right onto Route 25 (run on RHS of road)
3.5	Turn right onto Rt. 113
4.4	Turn right onto Pine Hill Rd
4.5	Turn left
4.6	Arrive at Exchange 13



GPS Coords		
Exch 12:	43.836,	-71.266
Exch 13:	43.838,	-71.341

Total Elevation Loss:	-92 ft.
Total Elevation Gain:	205 ft.
Net Elevation Change:	113 ft.

Leg 14 -- 6.8 -- Miles -- Moderate



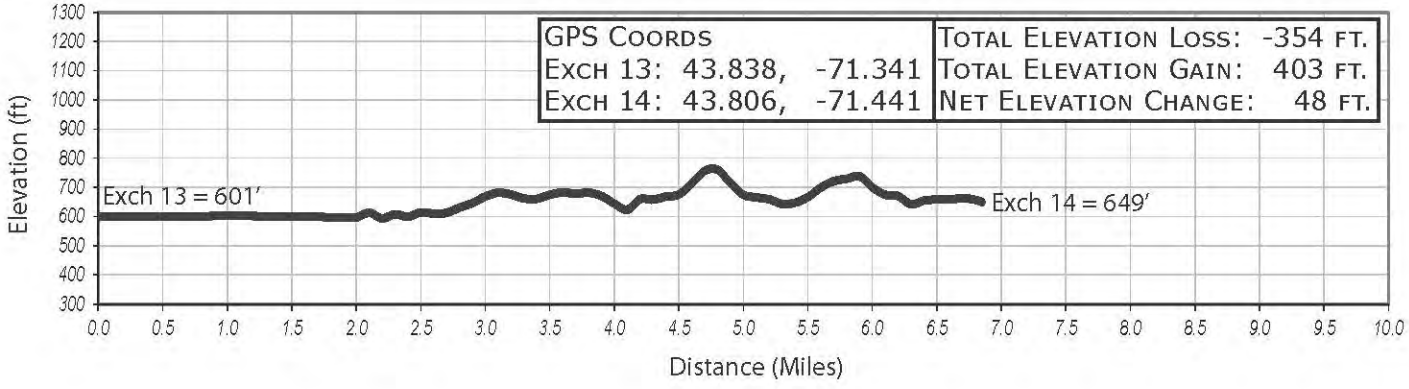
EXCHANGE 14 ADDRESS:
Sandwich Central School
28 Squam Lake Rd,
Center Sandwich, NH 03227

LEG DESCRIPTION:
Leg 14 leaves the transition and will take you on a new route down picturesque, New England back roads all the way to one of our oldest Exchanges that is making a return – the Sandwich Central School.

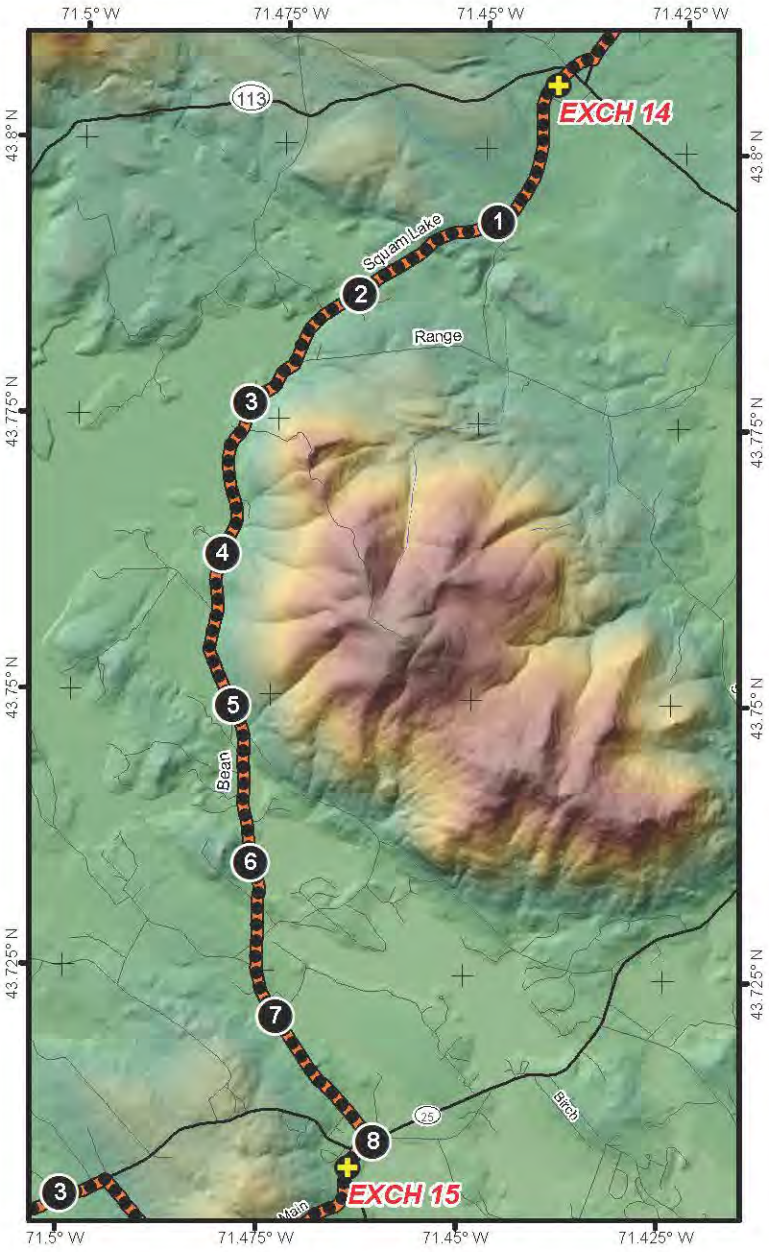
LEG NOTES:
There will be porto-johns available at this Exchange.

LEG LEGEND:

0.0	Depart Exchange 13
0.2	Turn right onto Route 113 West (run on LHS of road)
3.0	Turn left onto N Sandwich Rd/Rt. 113A (run on LHS of road)
4.5	Turn right and continue on Rt. 113
6.5	Turn right onto Church Street (run on LHS of road)
6.8	Arrive at Exchange 14



Leg 15 -- 8.3 Miles -- Hard



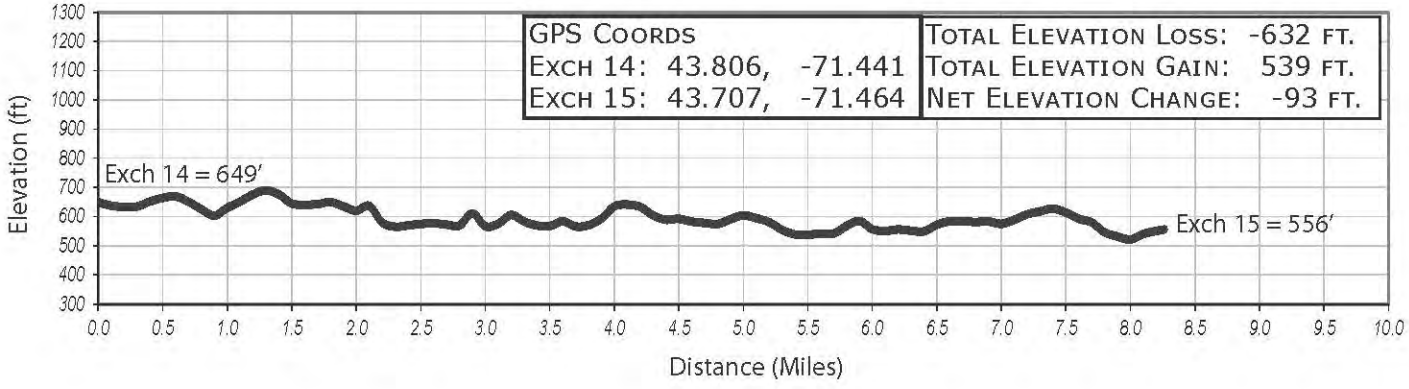
EXCHANGE 15 ADDRESS:
Center Harbor Congregational Church
52 Main Street
Center Harbor, NH

LEG DESCRIPTION:
Leg 15 exits the school and takes you along the edge of Squam Lake – one of New Hampshire's most picturesque areas.

LEG NOTES:
Porto-johns and facility water will be available at this Exchange.

LEG LEGEND:

0.0	Depart Exchange 14 running on LHS of Squam Lake Road
8.0	Turn rightonto Route 25 (run on LHS of road) Immiediate Turn right onto 25B (run on RHS of road)
8.1	Turn left onto Main Street (run on RHS of road)
8.3	Arrive at Exchange 15



Leg 16 -- 6.5 Miles -- Hard

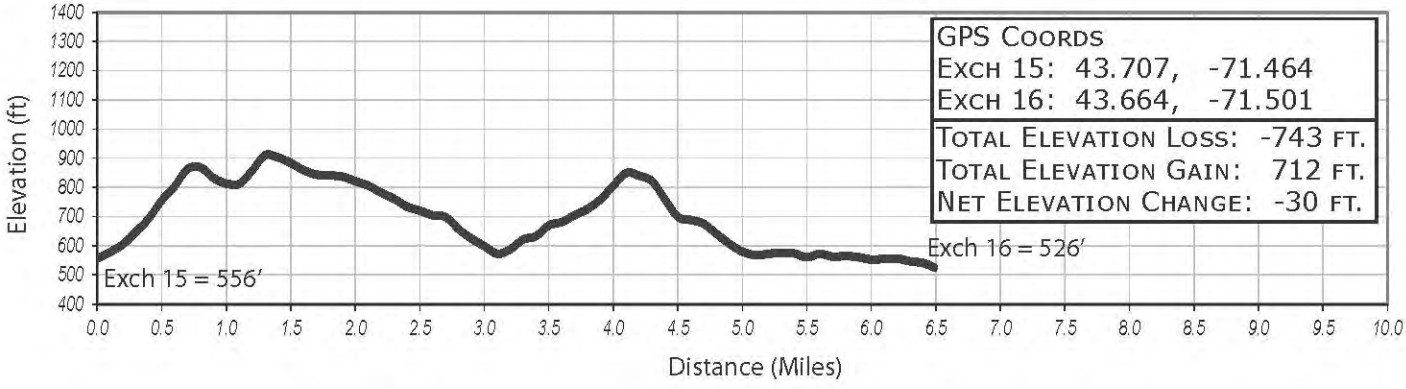
EXCHANGE 16 ADDRESS:
Prescott Park
Route 3N
Meredith, NH

LEG DESCRIPTION:
Leg 16 leaves the transition and goes straight up onto Old Center Harbor Rd. Pace yourself as this road turns from paved to gravel as it climbs into the hillside. Those who hit this leg before sunset will be treated to spectacular views on the left overlooking Lake Winnipesaukee.

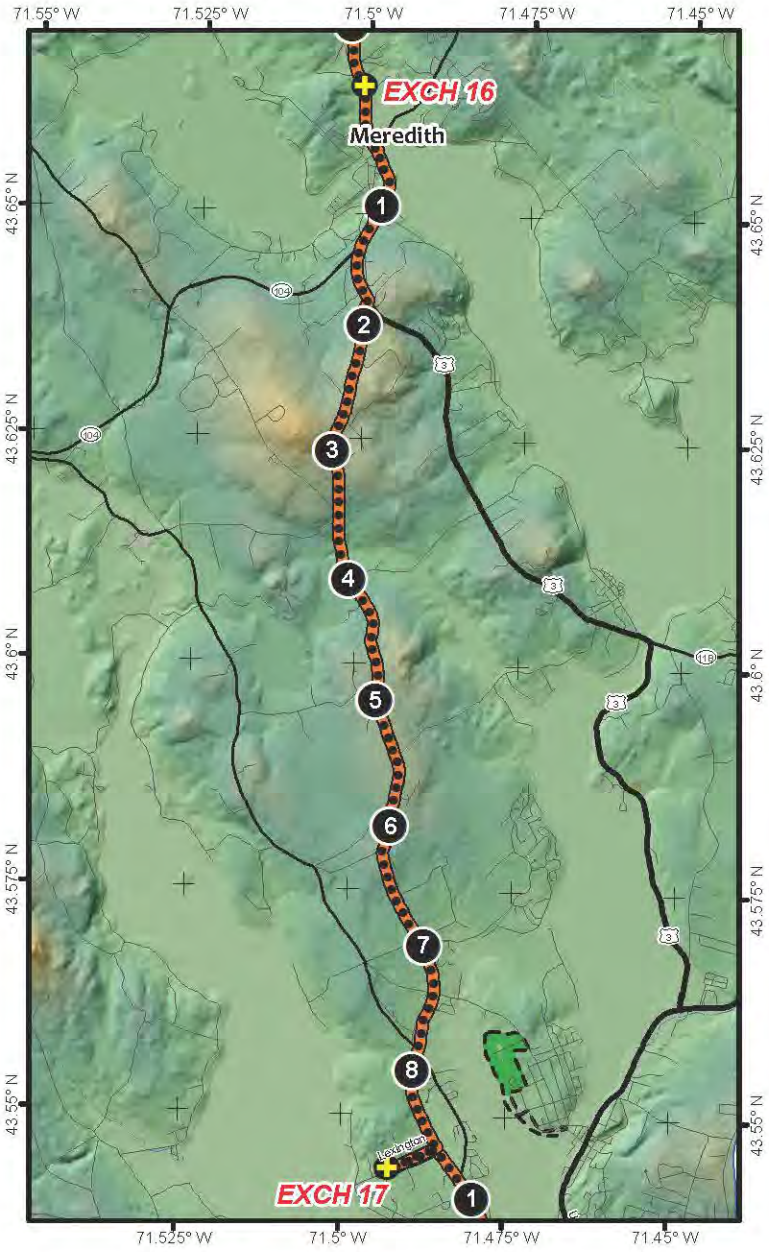
LEG NOTES:
QUIET ZONE AFTER 9PM. There will be porto-johns available at this Exchange.

LEG LEGEND:

0.0	Depart Exchange 15 on Main Street (run on RHS of road)
1.3	Turn right onto Follett Road (run on LHS of road)
2.7	Turn left onto Route 25B (run on LHS of road)
3.7	Turn left onto College Road (run on LHS of road)
4.6	Continue straight onto Route 3 (run on LHS of road)
6.5	Arrive at Exchange 16



Leg 17 -- 9.1 Miles -- Very Hard

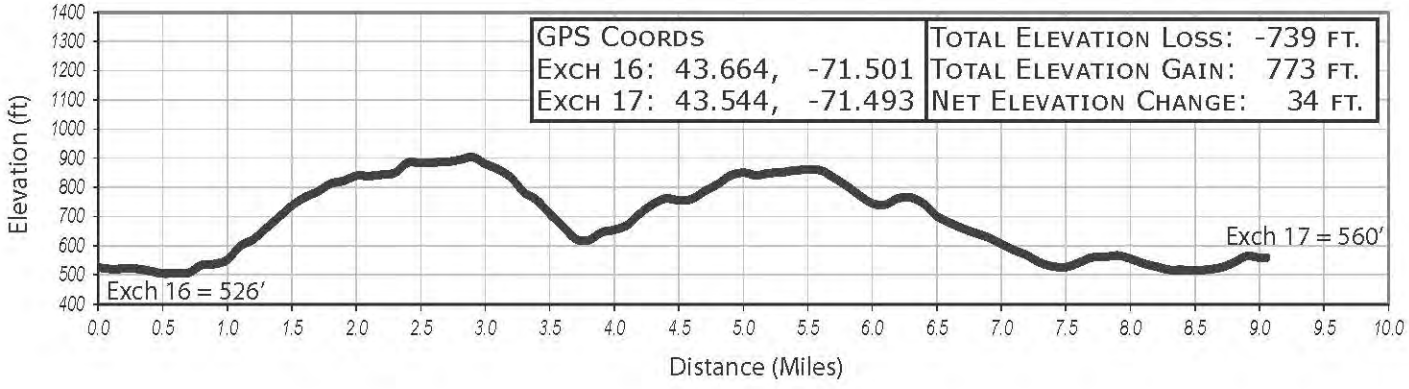


EXCHANGE 17 ADDRESS
NH Ball Bearing
155 Lexington Road
Laconia, NH

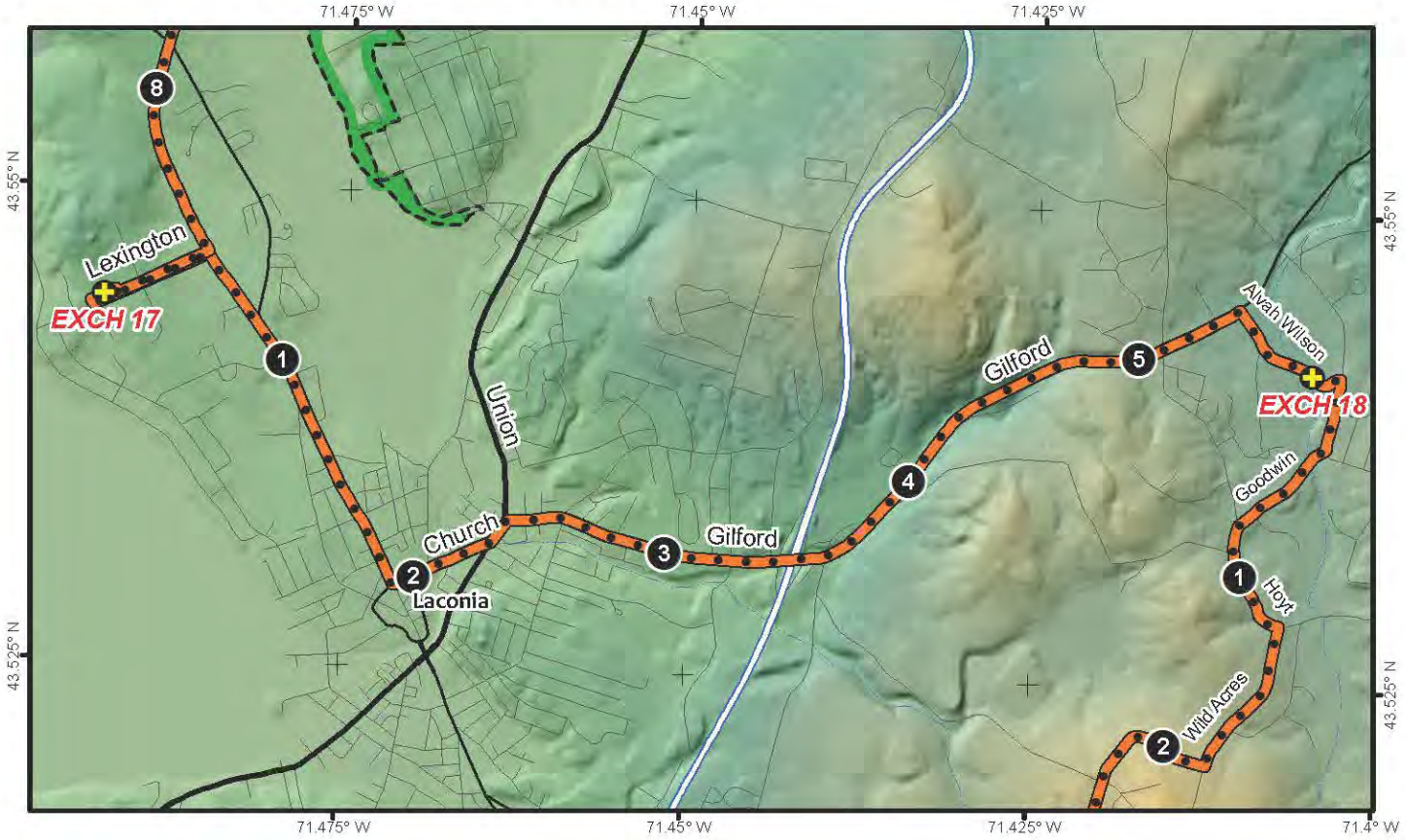
LEG NOTES:
QUIET ZONE AFTER 9PM Please use extra caution on narrow shoulders and busy intersections. There a lot of busy roads on this leg. There will be porto-johns available for use at this Exchange.

LEG LEGEND:

0.0	Depart Exchange 16 on Route 3 (run on LHS of road)
0.4	Continue straight on Route 3 (run on LHS of road)
1.8	Turn right at traffic rotary onto Route 106 (run on LHS of road)
8.6	Turn right onto Lexington Drive (run on RHS of road)
9.1	Arrive at Exchange 17



Leg 18 -- 5.8 Miles -- Moderate

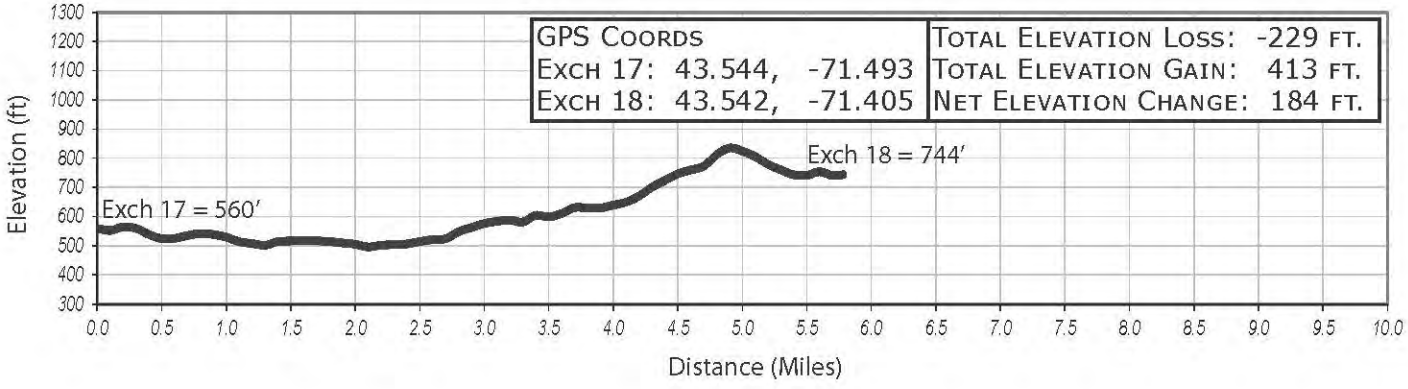


EXCHANGE 18/MAJOR EXCHANGE 3 ADDRESS:
Gilford High School
88 Alvah Wilson Road
Gilford, NH

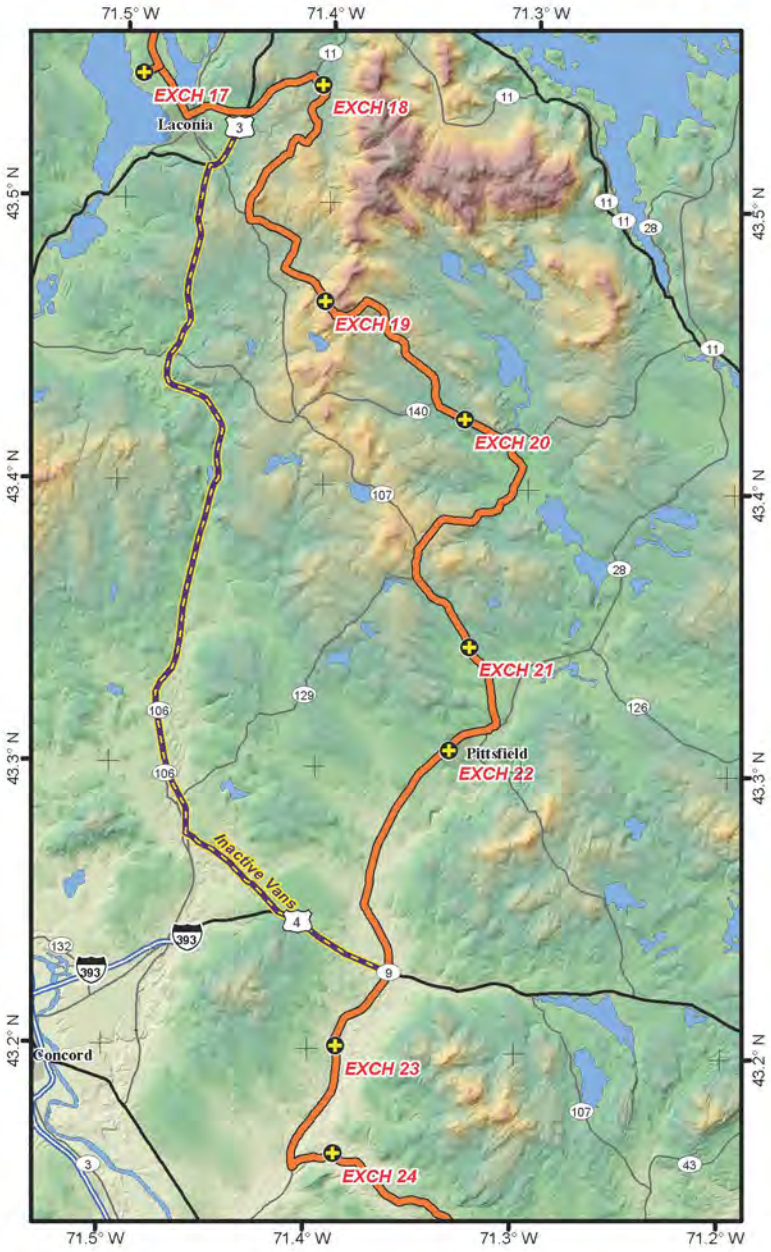
LEG NOTES:
QUIET ZONE AFTER 9PM. There are a lot of busy roads on this leg. Please use caution. There will be restrooms, porto-johns, and facility water at this Exchange.

LEG LEGEND:

0.0	Depart Exchange 17 onto Lexington Drive (run on RHS of road)
0.5	Turn right onto Route 106 (run on RHS of road)
1.9	Turn left onto Church Street (run on RHS of road after crossing)
2.3	Turn left at Union Avenue/Rt 107 (run on RHS of road)
2.4	Bear right onto Gilford Ave/Rt 11A (run on RHS of road)
5.4	Turn right onto Alvah Wilson Road (run on LHS of road)
5.8	Arrive at Exchange 18/ MAJOR EXCHANGE 3



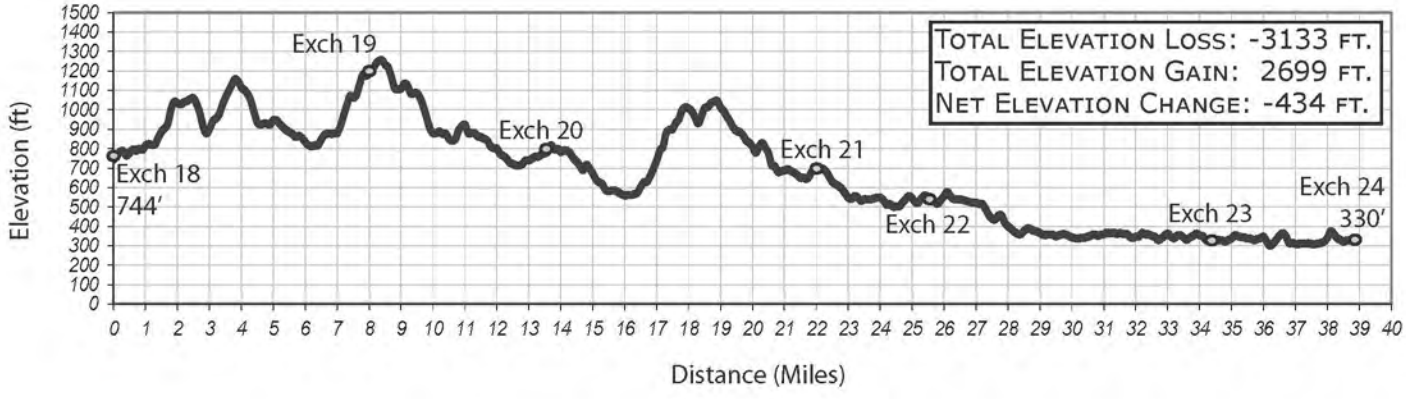
VAN 2 -- LEGS 19-24 -- 38.8 MILES



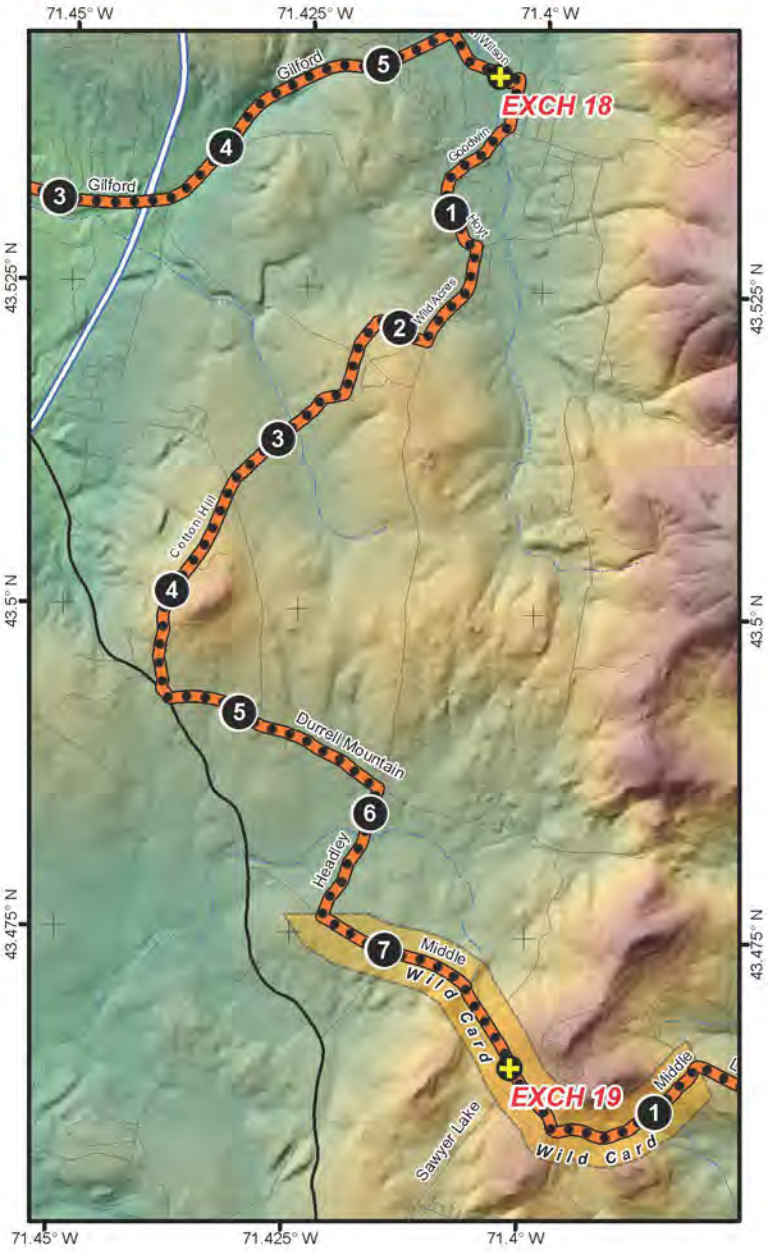
EXCHANGE 24/MAJOR EXCHANGE 4
ADDRESS:
Bear Brook State Park
Deerfield Road
Allenstown, NH

INACTIVE VAN DIRECTIONS:

0.0	Depart Exchange 18 turning left onto Alvah Wilson Road
2.3	Turn left to merge on to Highway 3 heading south
4.0	Take the exit onto Belmont Road/Route 106
21.7	Turn left onto Chichester Road
24.7	Turn left onto Route 202
27.8	Turn right onto Route 28
33.5	Turn left onto Deerfield Road
34.6	Arrive at TA 24/MAJOR EXCHANGE 4



Leg 19 -- 7.1 to 9.3 Miles -- Hard/Very Hard -- WILD CARD

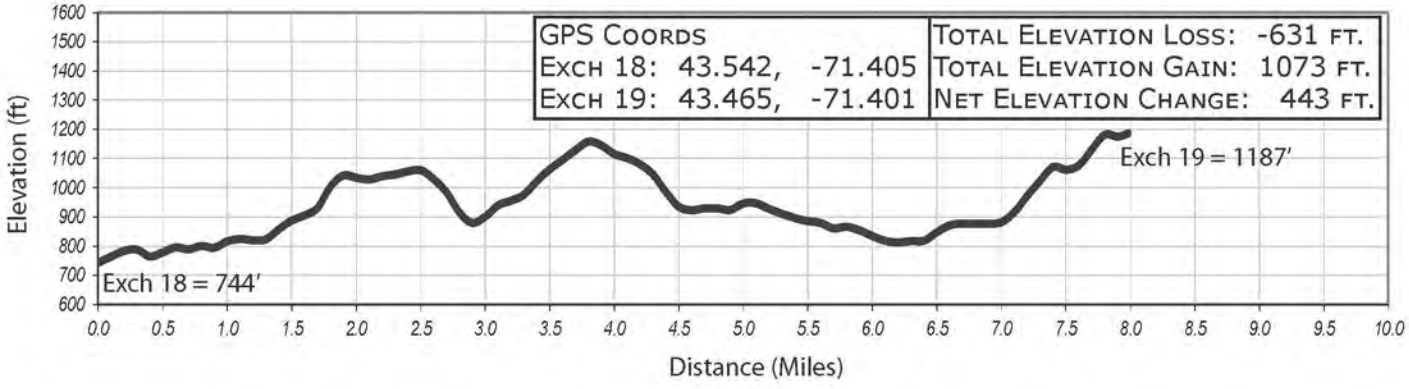


ABOUT WILD CARD TRANSITIONS:
Leg 19 introduces the first of two "Wild Card" Transitions. You will see signs at mile 6.6 declaring the "Wild Card Transition Starts Here" and signs at mile 9.3 indicating where it ends. The challenge is to have the runner for this leg and the runner for the next leg agree how far each one wishes to run. The runner for Leg 20 simply drives in the team van to the agreed upon distance from TA19 and waits for their teammate to hand off the baton.

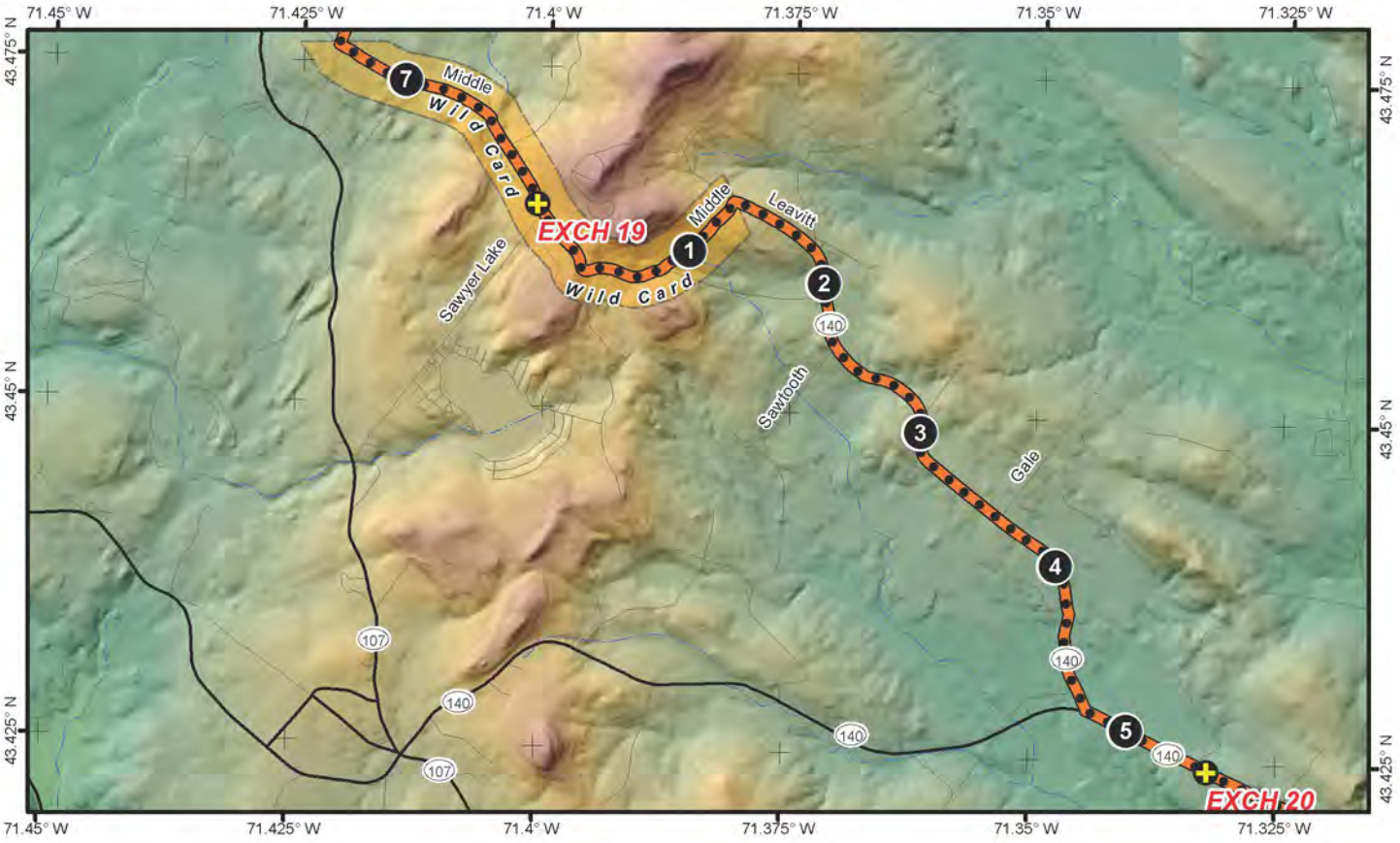
LEG NOTES:
QUIET ZONE AFTER 9PM. Please DO NOT park in front of private residences when handing off the baton or supporting your runner.

LEG LEGEND:

0.0	Depart Exchange 18 running on LHS of Alvah Wilson Road
0.1	Turn right onto Belknap Mountain Road (run on RHS of road)
0.4	Turn right onto Goodwin Road (run on RHS of road)
0.8	Turn left onto Hoyt Road (run on LHS of road)
1.2	Turn right onto Wild Acres Road (run on LHS of road)
4.5	Turn left onto Rt 107 (run on LHS of road)
4.6	Turn left onto Durrell Mountain Road (run on LHS of road)
5.8	Turn right onto Headley Road (run on LHS of road)
6.6	Turn left onto Middle Route (run on LHS of road)
6.6	Begin Wild Card Transition – look for the signs
9.3	End Wild Card Transition



Leg 20 -- 4.1 to 6.4 Miles -- Moderate -- WILD CARD



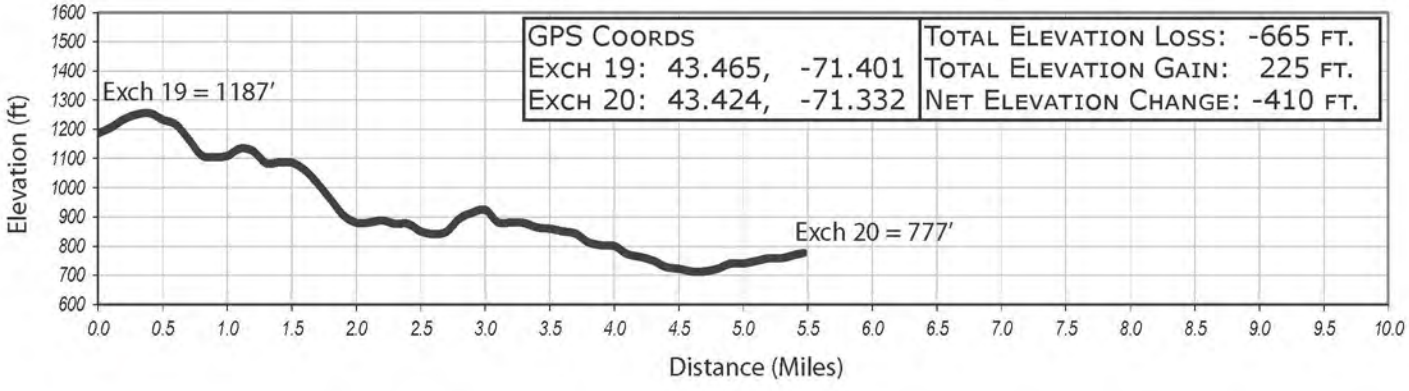
EXCHANGE 20 ADDRESS:
Gilmanton Elementary School
1386 New Hampshire 140
Gilmanton, NH

LEG DESCRIPTION:
Leg 20 continues from the Wild Card Transition and runs on quintessential New England back roads taking you past farms and fields on your way to TA20.

LEG NOTES:
QUIET ZONE AFTER 9PM. There will be porto-johns available for use at this Exchange.

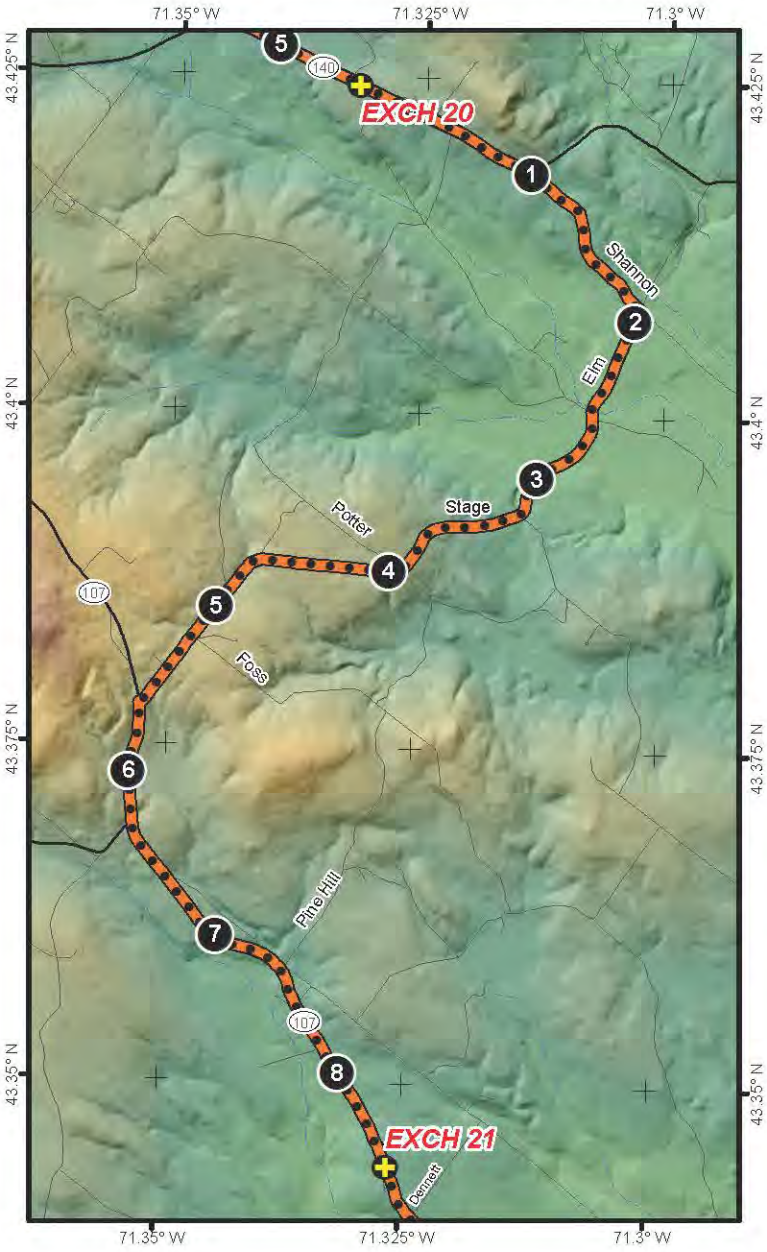
LEG LEGEND:

0.0	Begin Wild Card Transition
2.3	End Wild Transition
2.3	Turn right onto Leavitt Road (run on RHS of road)
5.7	Turn left onto Route 140 (run on LHS of road)
6.4	Arrive at Exchange 20 (cross over to RHS before exchange)



GPS Coords			Total Elevation Loss: -665 ft.
Exch 19:	43.465,	-71.401	Total Elevation Gain: 225 ft.
Exch 20:	43.424,	-71.332	Net Elevation Change: -410 ft.

Leg 21 -- 8.5 Miles -- Very Hard

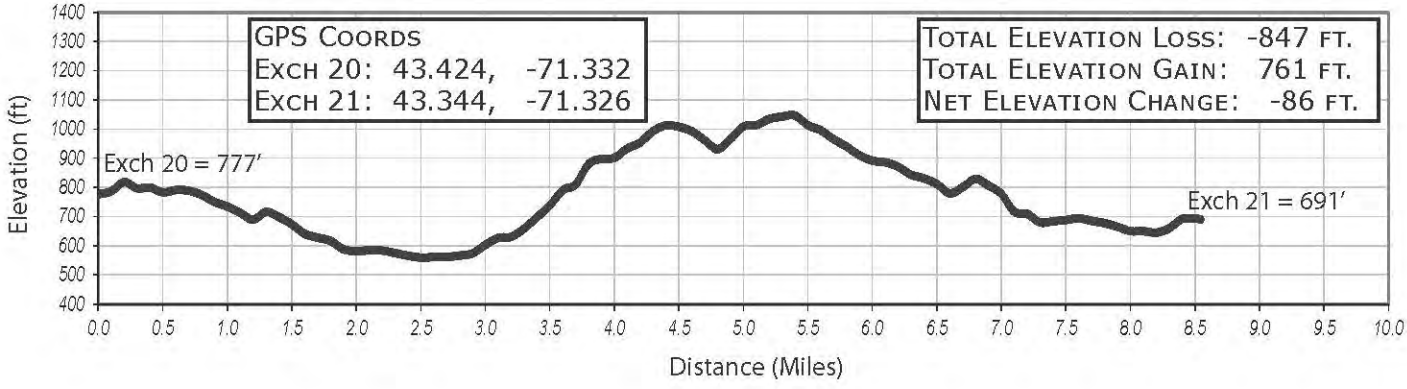


EXCHANGE 21 ADDRESS:
Barton Lumber
245 Province Road
Barnstead, NH 03225

LEG NOTES:
QUIET ZONE AFTER 9PM. TA21 is a NO TRASH zone. Please do not unload any garbage at this site. There will be porto-johns available for use.

LEG LEGEND:

0.0	Depart Exchange 20 onto Route 140 (run on RHS of road)
0.9	Turn right onto Shannon Road (run on RHS of road)
1.9	Turn right onto Elm Street (run on RHS of road)
4.7	Continue straight onto Stage Road (run on RHS of road)
5.6	Turn left onto Route 107 (run on RHS of road)
8.5	Arrive at Exchange 21



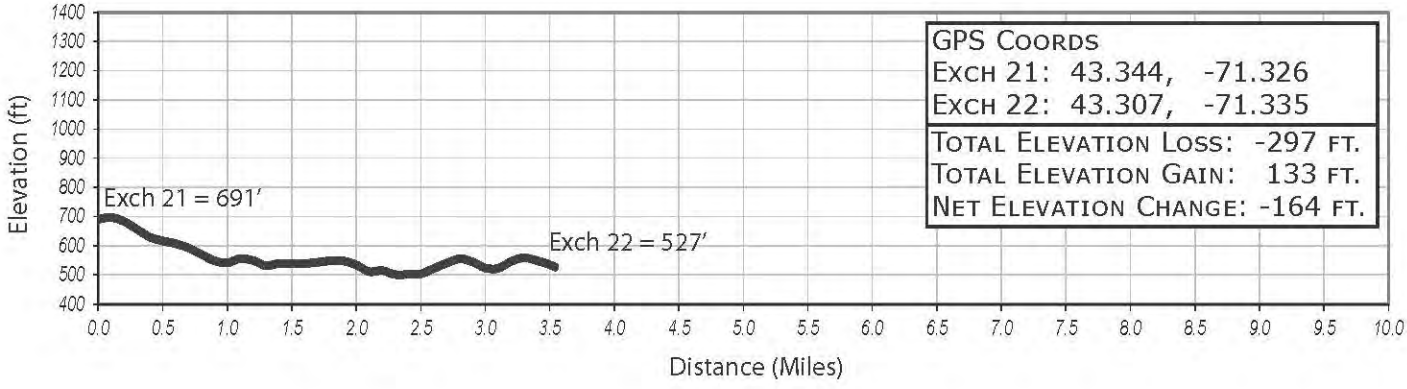
Leg 22 -- 3.5 Miles -- Easy

EXCHANGE 22 ADDRESS:
Globe Manufacturing
37 Loudon Road
Pittsfield, NH

LEG NOTES:
QUIET ZONE AFTER 9PM. There will be porto-johns available for use at this Exchange.

LEG LEGEND:

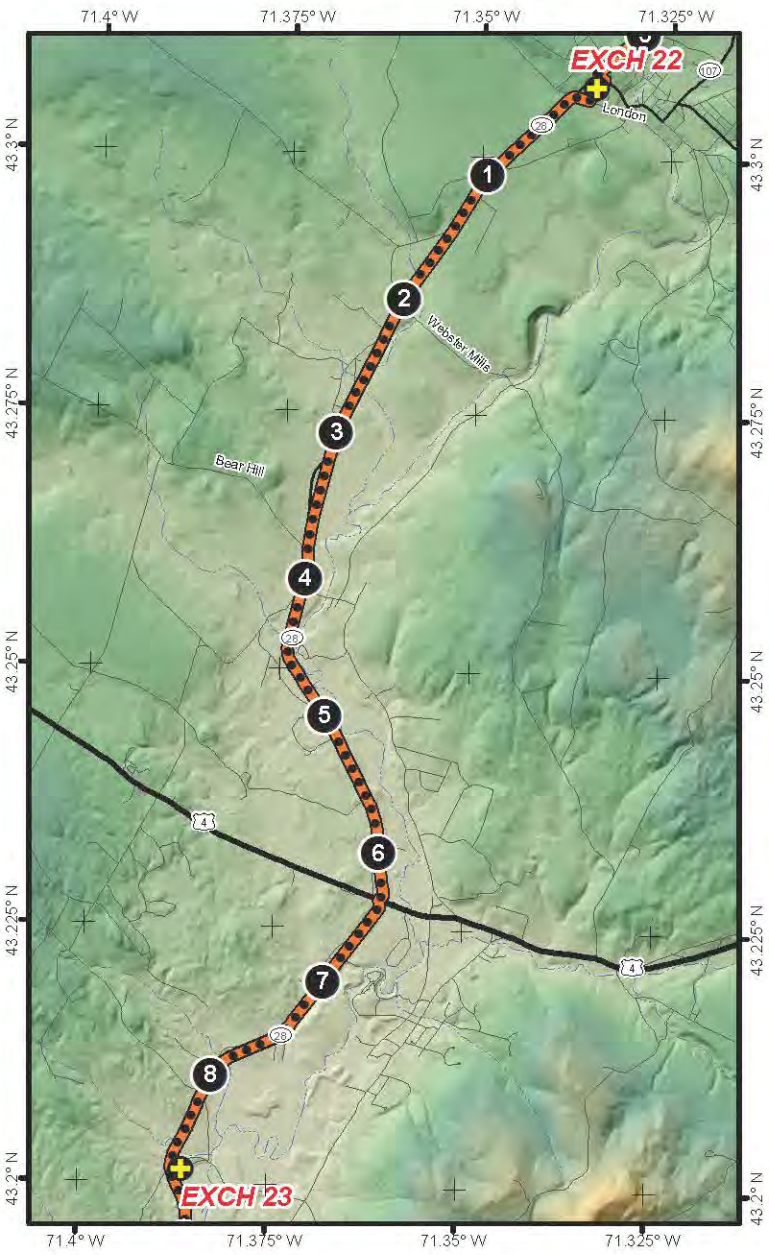
0.0	Depart Exchange 21 onto Route 107 (run on RHS of road)
2.3	Cross Intersection at Route 28 with Police assistance then turn right (run on LHS of road)
3.4	Turn left onto Lyford Hill Road (run on RHS of road)
3.5	Turn right onto trail
3.5	Arrive at Exchange 22



GPS Coords
Exch 21: 43.344, -71.326
Exch 22: 43.307, -71.335

Total Elevation Loss: -297 ft.
Total Elevation Gain: 133 ft.
Net Elevation Change: -164 ft.

Leg 23 -- 8.8 Miles -- Hard

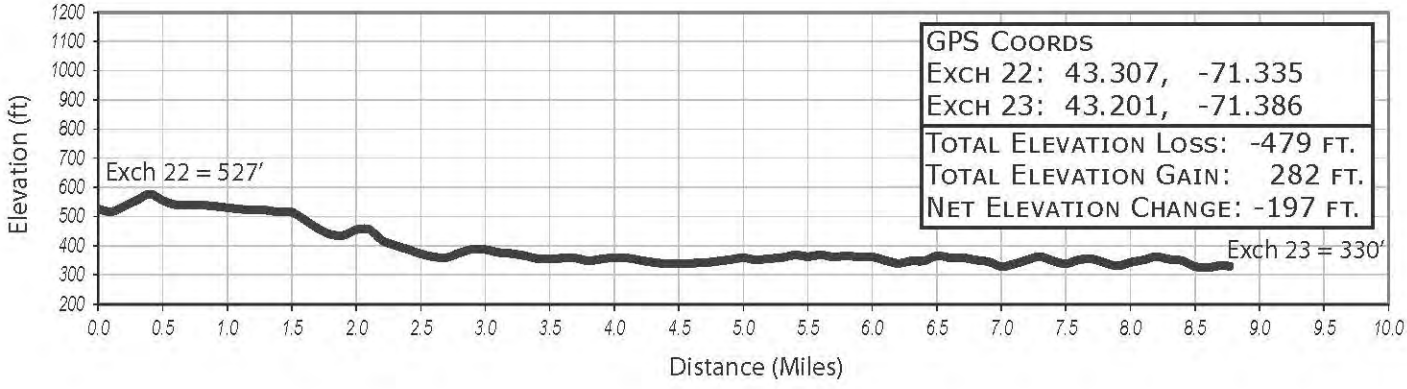


EXCHANGE 23 ADDRESS
Webster Park
GPS: 43.2013691289, -71.3862366908
Epsom, NH 03234

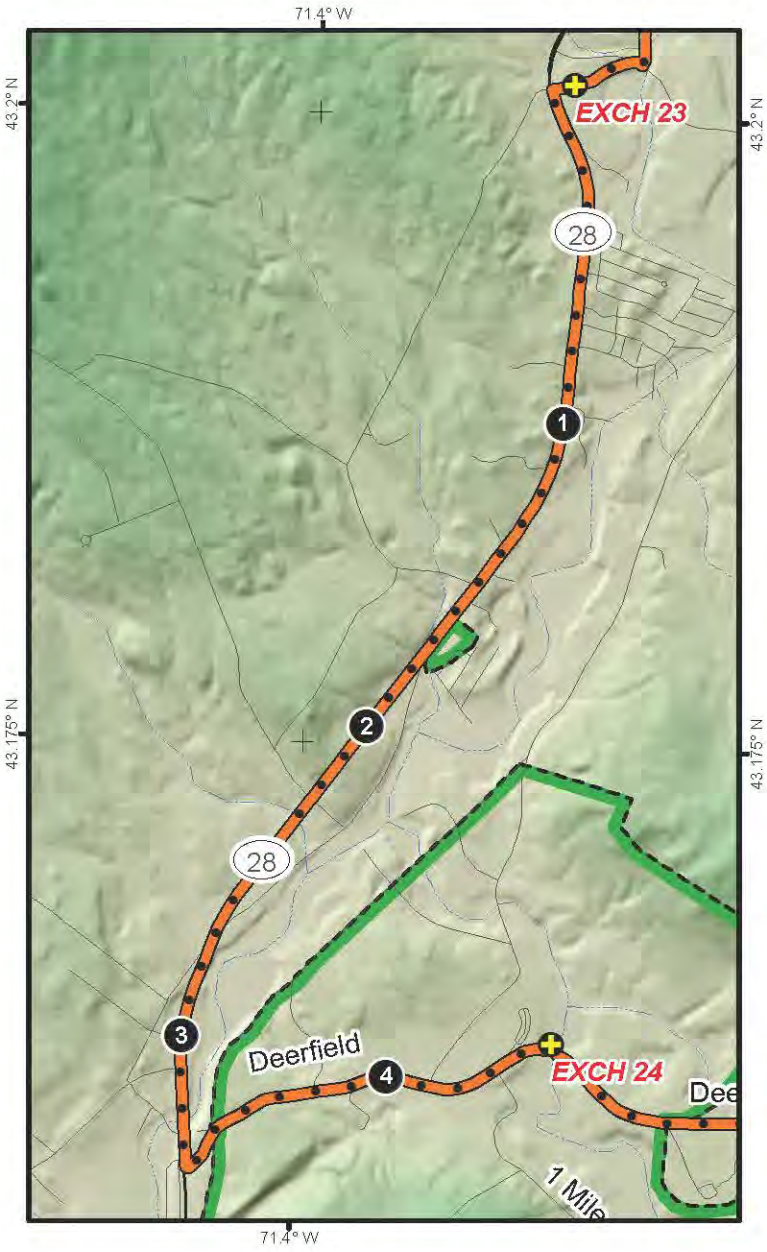
LEG NOTES:
QUIET ZONE AFTER 9PM. There's a Dunkin Donuts open 24 hours just around the traffic rotary before the transition. There will be porto-johns available for use at this Exchange.

LEG LEGEND:

0.0	Depart Exchange 22 turning right onto London Road (run on RHS of road)
0.2	Turn left onto Route 28 (run on RHS of road)
6.3	Continue around rotary to stay on Rt. 28 (cross over to LHS of road)
8.8	Arrive at Exchange 23



LEG 24 -- 4.5 MILES -- MODERATE



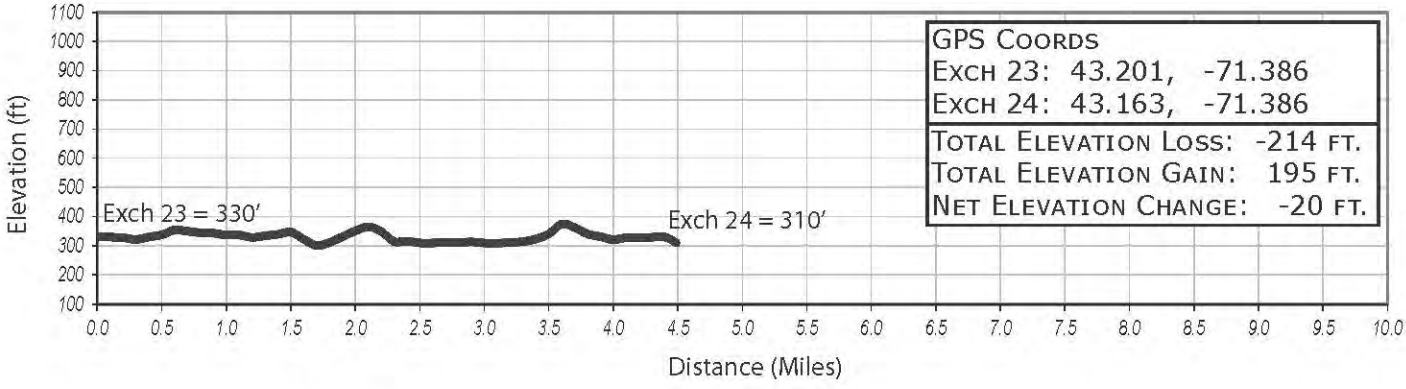
EXCHANGE 24/MAJOR EXCHANGE 4
ADDRESS:
Bear Brook State Park
Deerfield Road
Allenstown, NH

LEG DESCRIPTION:
Leg 24 leaves Webster Park on the LHS of Route 28 and continues west. This leg offers wide shoulders and gentile terrain as you amble your way to our next MAJOR EXCHANGE. There's just one short hill to tackle before you arrive at your destination.

LEG NOTES:
Exchange 24 is a great place to camp. Look for the New Balance Tent City between the parking lot and pavilion. There will be restrooms, porto-johns, and facility water available for use. The Allentown Volunteer Fire Department will be serving hot food. They have been with us since Year 1, so be sure to pay them a visit!

LEG LEGEND:

0.0	Depart Exchange 23 onto Route 28 (run on LHS of road)
3.4	Left onto Deerfield Road (run on LHS of road)
4.5	Arrive at Exchange 24/MAJOR EXCHANGE Area 4



GPS COORDS
EXCH 23: 43.201, -71.386
EXCH 24: 43.163, -71.386

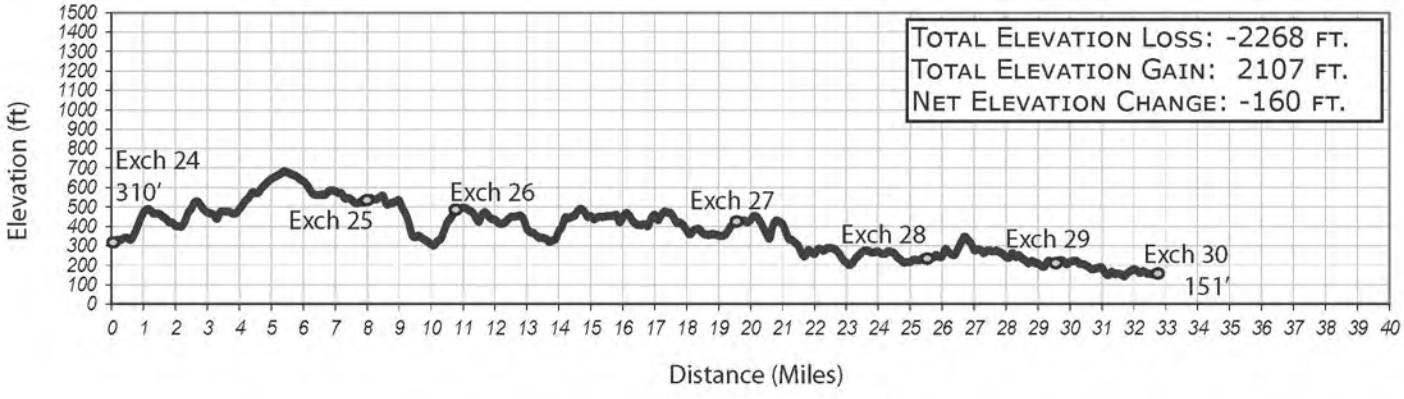
TOTAL ELEVATION LOSS: -214 FT.
TOTAL ELEVATION GAIN: 195 FT.
NET ELEVATION CHANGE: -20 FT.

VAN 1 -- LEGS 25-30 -- 32.7 MILES

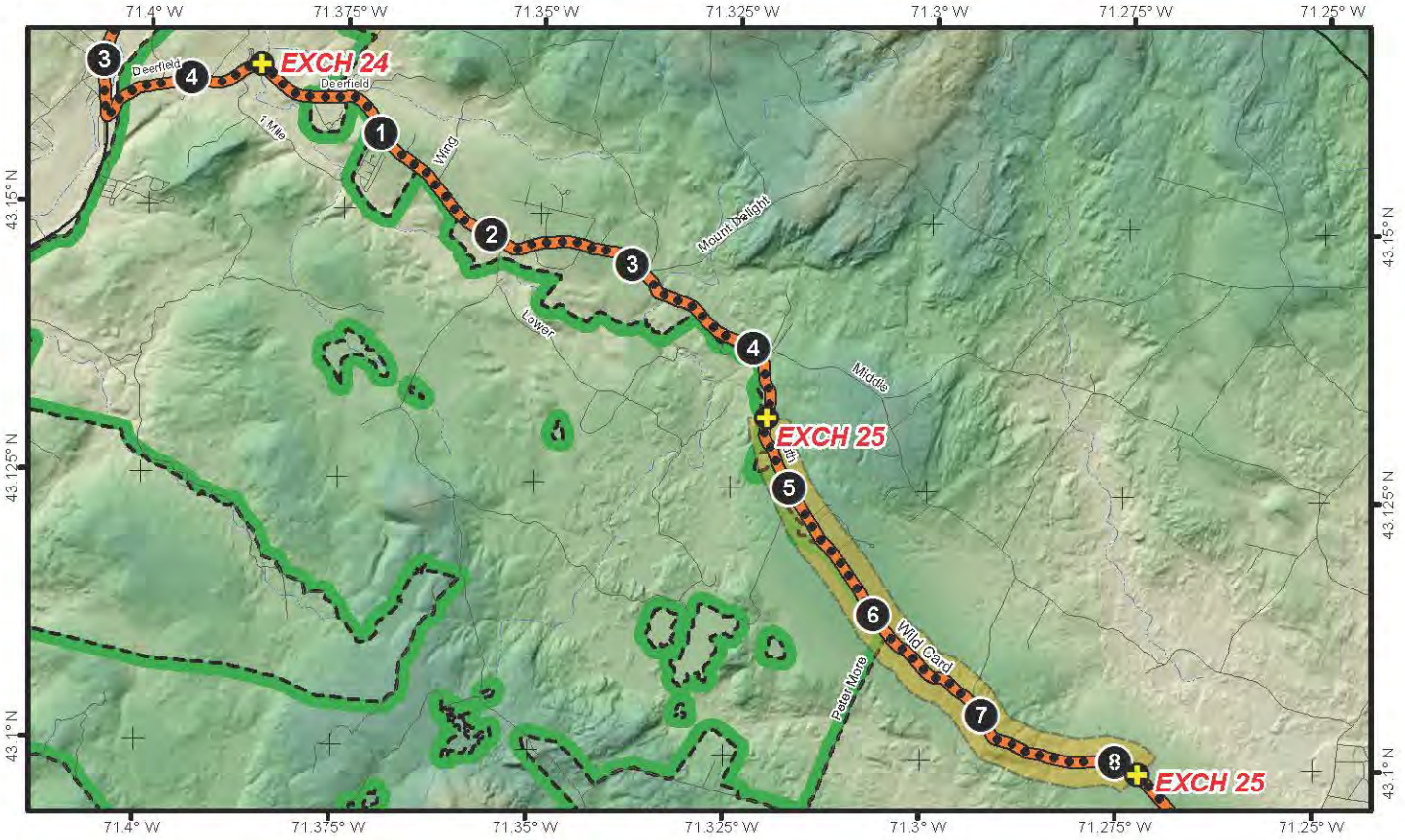
EXCHANGE 30/MAJOR EXCHANGE 5
ADDRESS:
Sanborn Regional High School
17 Danville Road
Kingston, NH

INACTIVE VAN DIRECTIONS:

0.0	Depart TA24/MAJOR EXCHANGE 5 heading southeast on Deerfield Road
3.9	Turn right on to South Road
8.3	Turn right onto NH-43 S
12.5	Turn left to take ramp onto NH-101 E
24.3	Take exit 7and turn right onto NH-125 S
30.5	Turn right onto Main Street
33.0	Turn right onto NH-111/Danville Road
33.3	Arrive at Exchange 30/MAJOR EXCHANGE 5



Leg 25 -- 4.5 to 8.0 Miles -- Hard -- WILD CARD

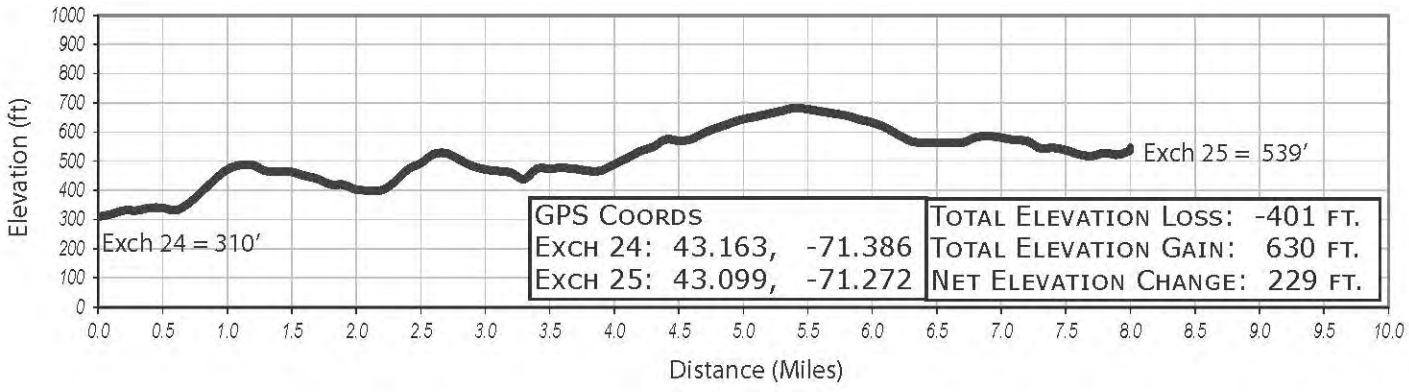


LEG DESCRIPTION:
The hills are mostly behind you – mostly. Leg 25 winds its way past the rest of Bear Brook State Park and climbs steadily into the town of Deerfield. You will pass long stone walls of some truly picturesque farms. Look for High Acre Farms along the way.

ABOUT WILD CARD TRANSITIONS:
Leg 25 is the second Wild Card Transition. You will see signs at mile 4.5 declaring the "Wild Card Transition Starts Here" and signs at mile 8.0 indicating where it ends. The challenge is to have the runner for this leg and the runner for the next leg agree how far each one wishes to run. The runner for Leg 26 simply drives in the team van to the agreed upon distance from TA24 and waits for their teammate in order to handoff the baton.

LEG LEGEND:

0.0	Depart Exchange 24 onto Deerfield Road (run on LHS of road)
3.9	Turn right onto South Road (run on RHS of road)
4.5	Begin Wild Card Transition – look for the signs
8.0	End Wild Card Transition



LEG 26 -- 2.9 TO 6.4 MILES -- MODERATE -- WILD CARD

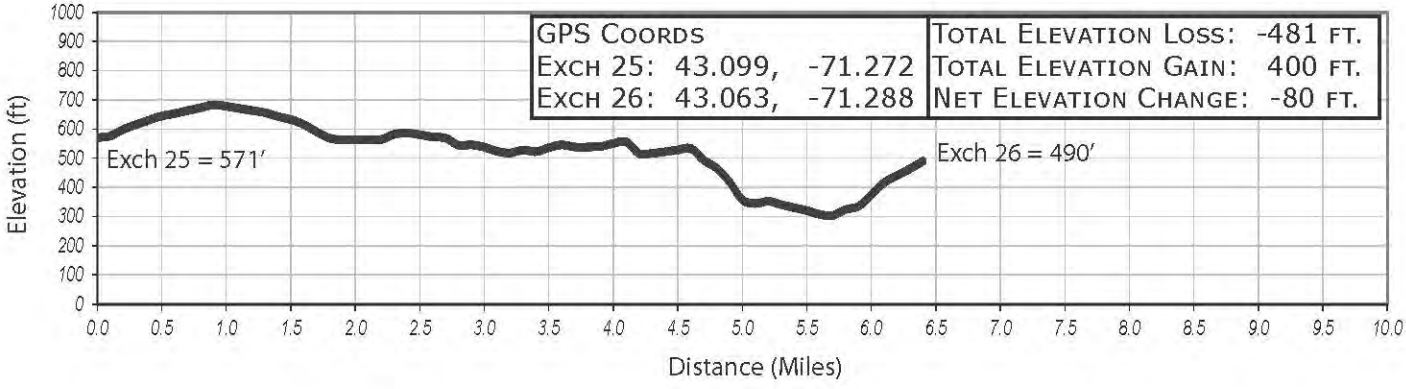
EXCHANGE 26 ADDRESS:
Henry W. Moore School/Candia VFD
11 Deerfield Road
Candia, NH

LEG DESCRIPTION:
Everything that goes up must come down and so will you as you confront a long stretch of downhill along Route 43. Farmland abounds as you make your way out of Deerfield and into Candia. Don't get too comfortable, there will be a long, gradual hill waiting for you just as you make your way to one of our oldest TAs.

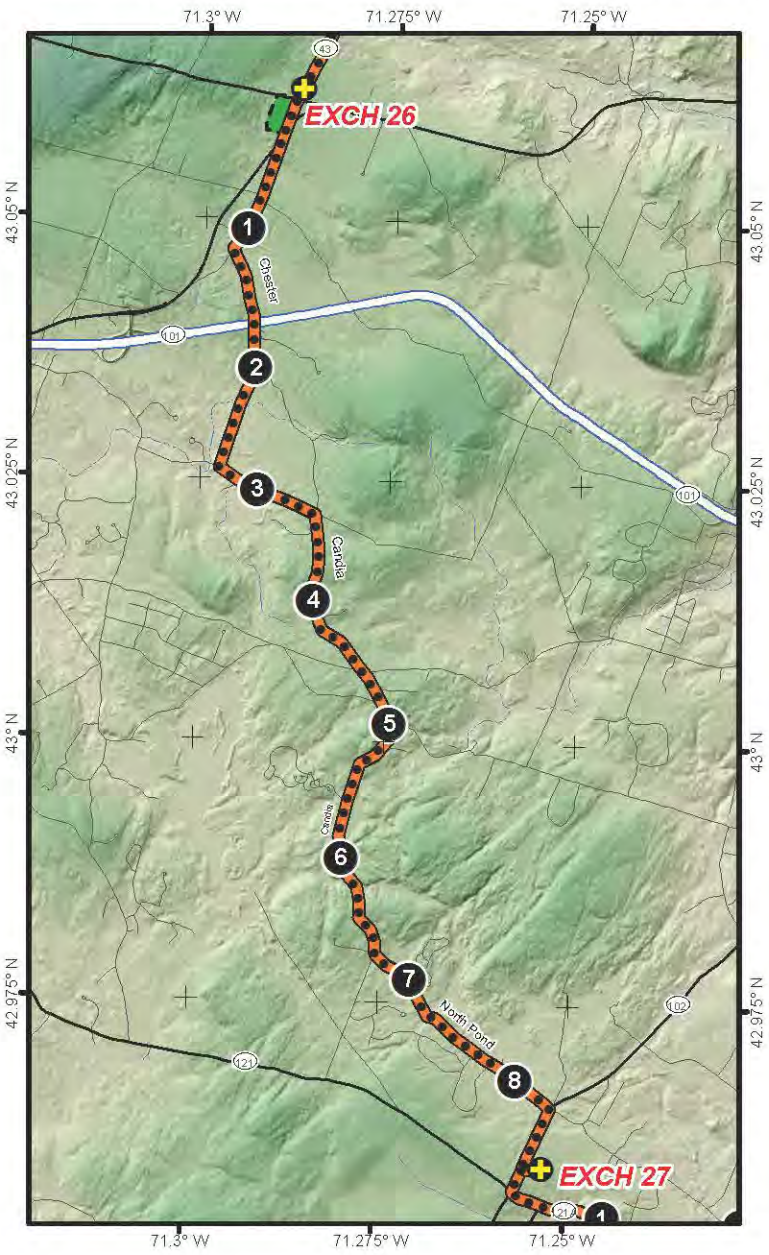
LEG NOTES:
QUIET ZONE until 8:00am. Leg 26 continues the Wild Card transition. There will be restrooms, porto-johns, and facility water at the school. The Candia Volunteer Fire Department have been cooking up a delicious breakfast since the early years of the race. Don't forget to stop in and grab a bite on your way!

LEG LEGEND:

0.0	Begin Wild Card Transition
3.5	End Wild Card Transition
3.7	Turn right onto Route 43 (run on LHS of road)
6.4	Arrive at Exchange 26



Leg 27 -- 8.9 Miles -- Very Hard



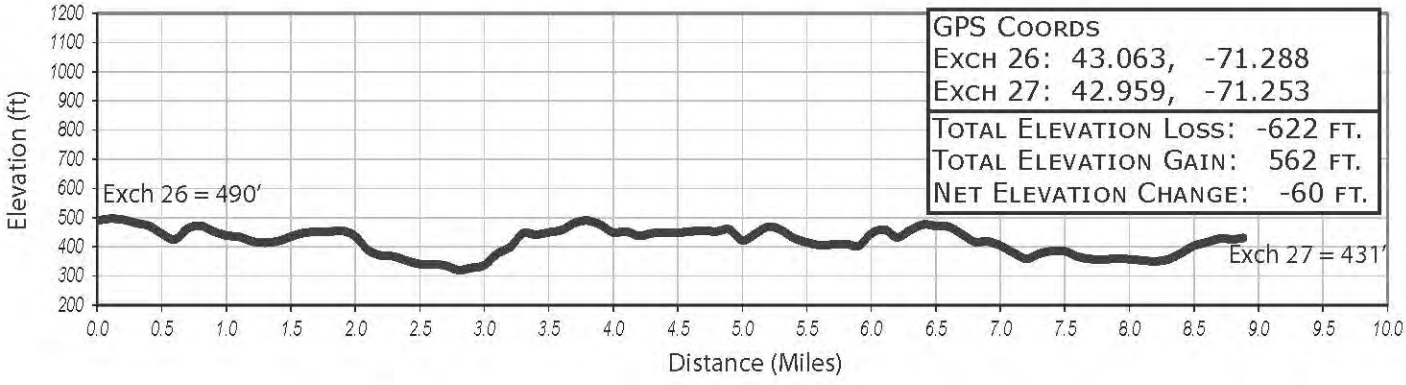
EXCHANGE 27 ADDRESS:
Chester Academy
22 Murphy Drive
Chester, NH

LEG DESCRIPTION:
Leg 27 leaves the Henry W. Moore School on Route 43 and crosses Route 27. Runners will then cross onto Main Street and turn left onto Chester Road where they will wind past farms, fields, and picturesque homes with gardens. Some very enthusiastic volunteers will be cheering you on as you arrive at the Chester Academy.

LEG NOTES:
QUIET ZONE until 8:00am. Please obey the local speed limits and drive with extreme caution down these roads. There will be porto-johns available for use at this Exchange.

LEG LEGEND:

0.0	Depart Exchange 26 onto Route 43 (run on LHS of road)
0.2	Bear left onto Main Street (run on LHS of road)
2.0	Turn right onto Palmer Road (run on LHS of road)
2.7	Turn left onto Brown Rd (run on LHS of road)
3.5	Turn right onto Chester Rd (run on LHS of road)
3.6	Continue onto Candia Rd
6.8	Turn left onto North Pond Rd (run on LHS of road)
8.4	Turn right onto Route 102 (run on LHS of road)
8.8	Turn left onto Murphy Drive (run on LHS of road)
8.9	Arrive at Exchange 27



Leg 28 -- 5.7 Miles -- Hard

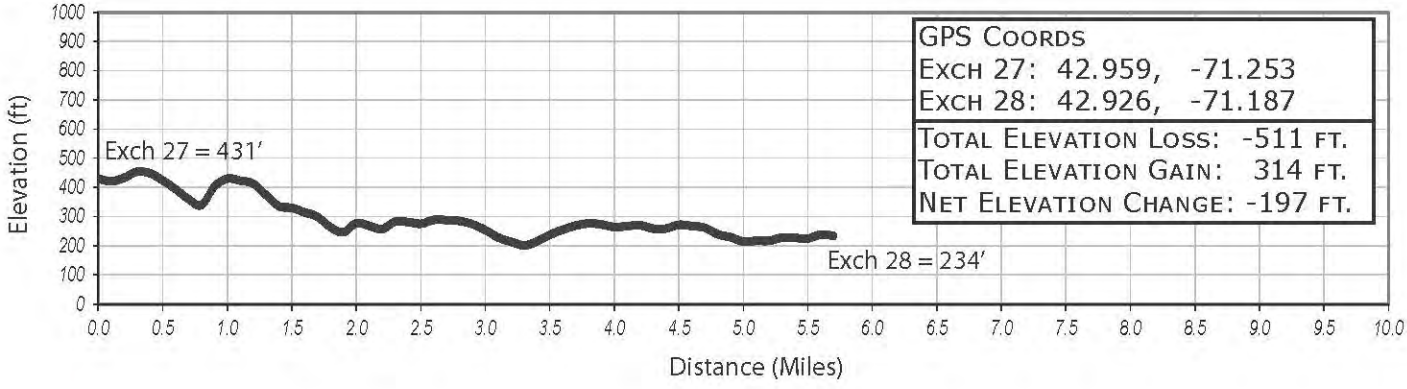
EXCHANGE 28 ADDRESS
Sandown Town Hall
320 Main Street
Sandown, NH

LEG DESCRIPTION:
Leg 28 continues on Route 102 for a short distance before turning left and following Route 121 to the town of Sandown – home to one of the most exciting TAs on the course. Grab a picture with Santa, listen to the brass band, and cheer on your fellow runners as they transition at Sandown Town Hall.

LEG NOTES:
QUIET ZONE until 8:00am. Please obey the local speed limits and drive with extreme caution down these roads. Restrooms, porto-johns, and facility water available for use at this Exchange.

LEG LEGEND:

0.0	Depart Exchange 27 turning left onto Route 102 (run on LHS of road)
0.3	Turn left onto Route 121 (run on LHS of road)
3.4	Continue straight onto Route 121A (run on LHS of road)
5.7	Arrive at Exchange 28



Leg 29 -- 4.1 Miles -- Moderate

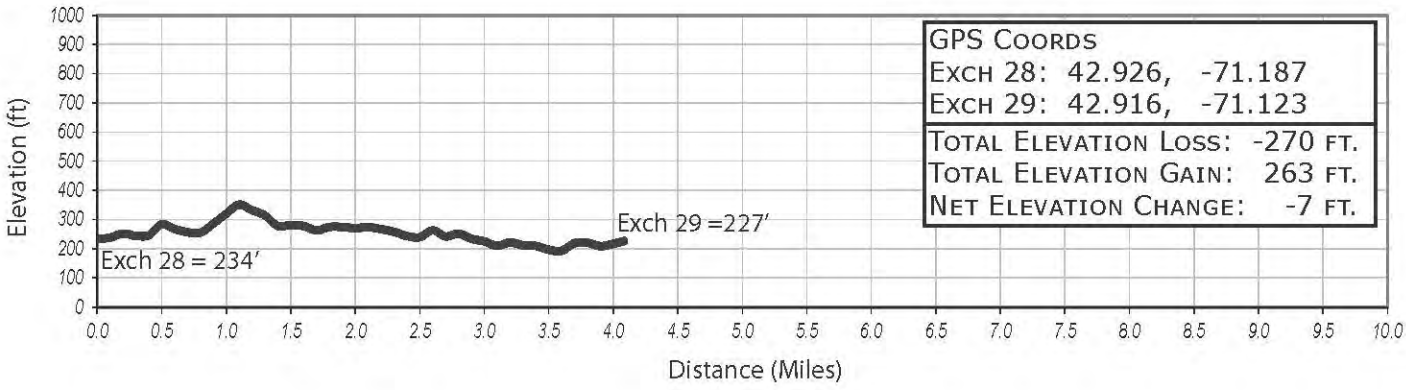
EXCHANGE 29 ADDRESS
Danville Baptist Church
226 Main Street
Danville, NH

LEG DESCRIPTION:
You'll be winding your way through tree-lined streets and neighborhoods on your way to the Town of Danville. The roads can be a bit narrow and windy so take care to stay close to the shoulder as you go.

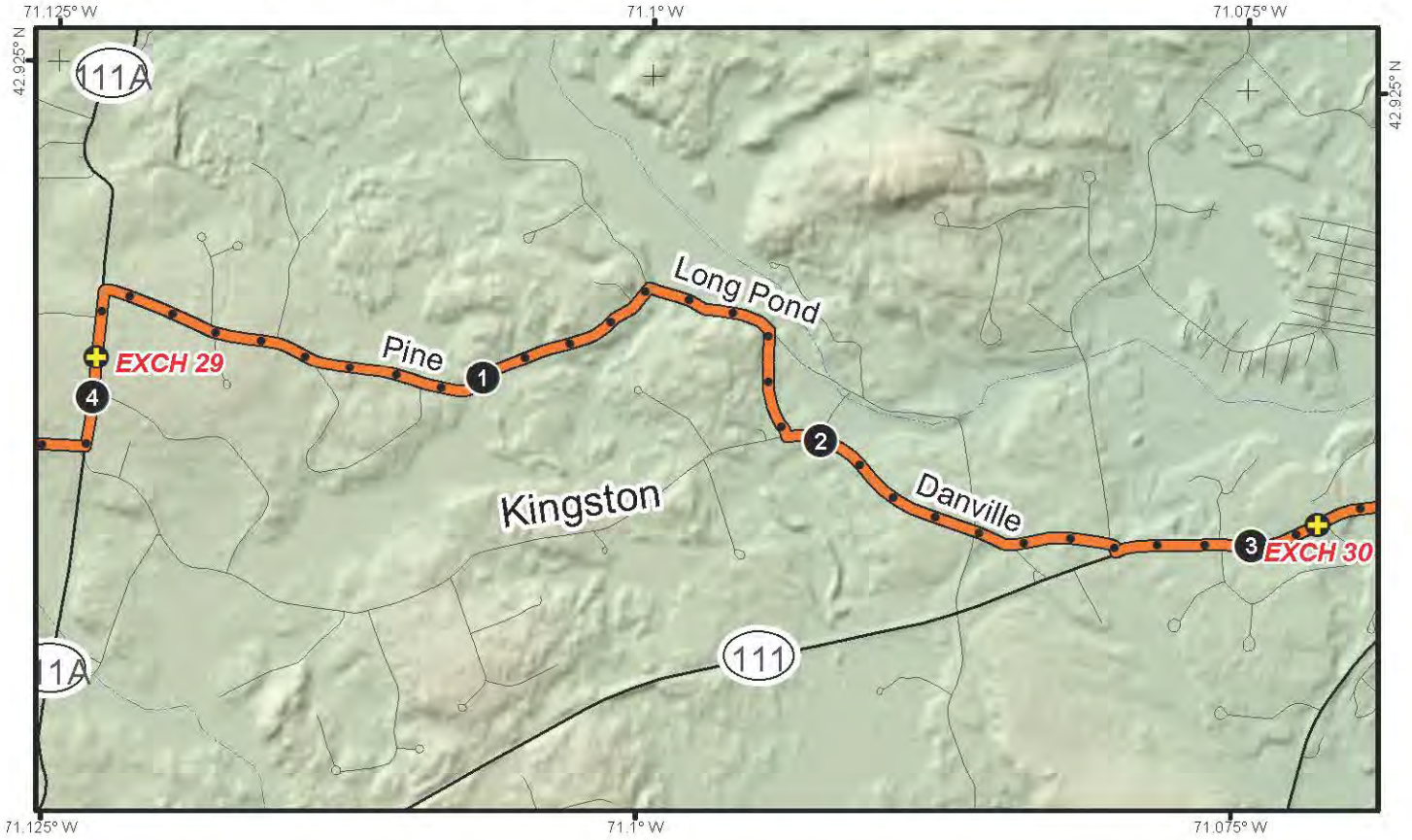
LEG NOTES:
Please obey the local speed limits and drive with extreme caution down these roads.

LEG LEGEND:

0.0	Depart Exchange 28 onto Route 121A (run on LHS of road)
1.9	Turn left onto Hawkewood Road (run on LHS of road)
2.6	Continue straight onto Colby Road (run on LHS of road)
3.9	Turn left Route 111A (run on RHS of road)
4.1	Arrive at Exchange 29



Leg 30 -- 3.1 Miles -- Easy



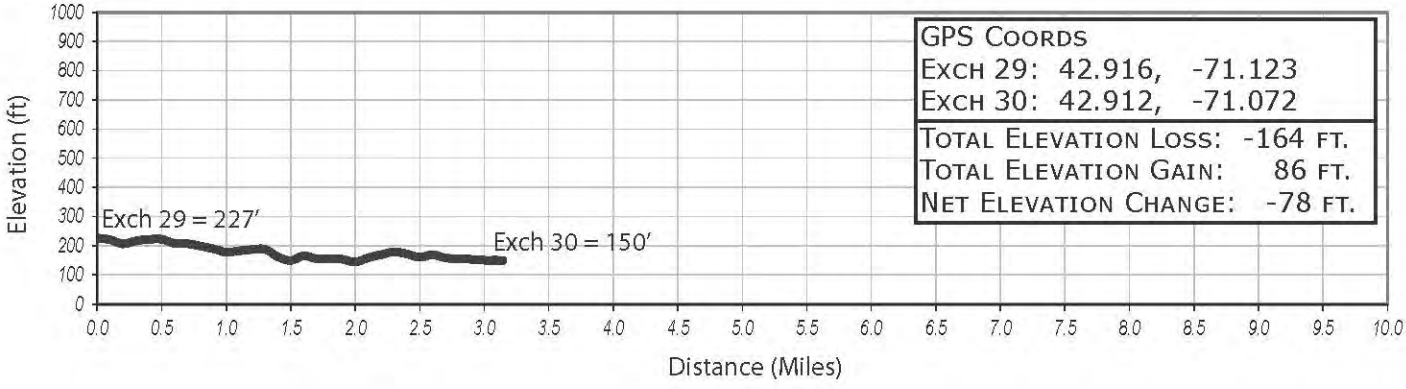
EXCHANGE 30/MAJOR EXCHANGE 5
ADDRESS:
Sanborn Regional High School
17 Danville Road
Kingston, NH

LEG DESCRIPTION:
Short and sweet describes leg 30. There are a few twists and turns in store for you as you wind your way from the church, down Pine Street and past Long Pond before arriving at MAJOR EXCHANGE 5/ EXCHANGE 30 where hot showers are available for those who wish to indulge.

LEG NOTES:
Please obey the local speed limits and drive with extreme caution down these roads.

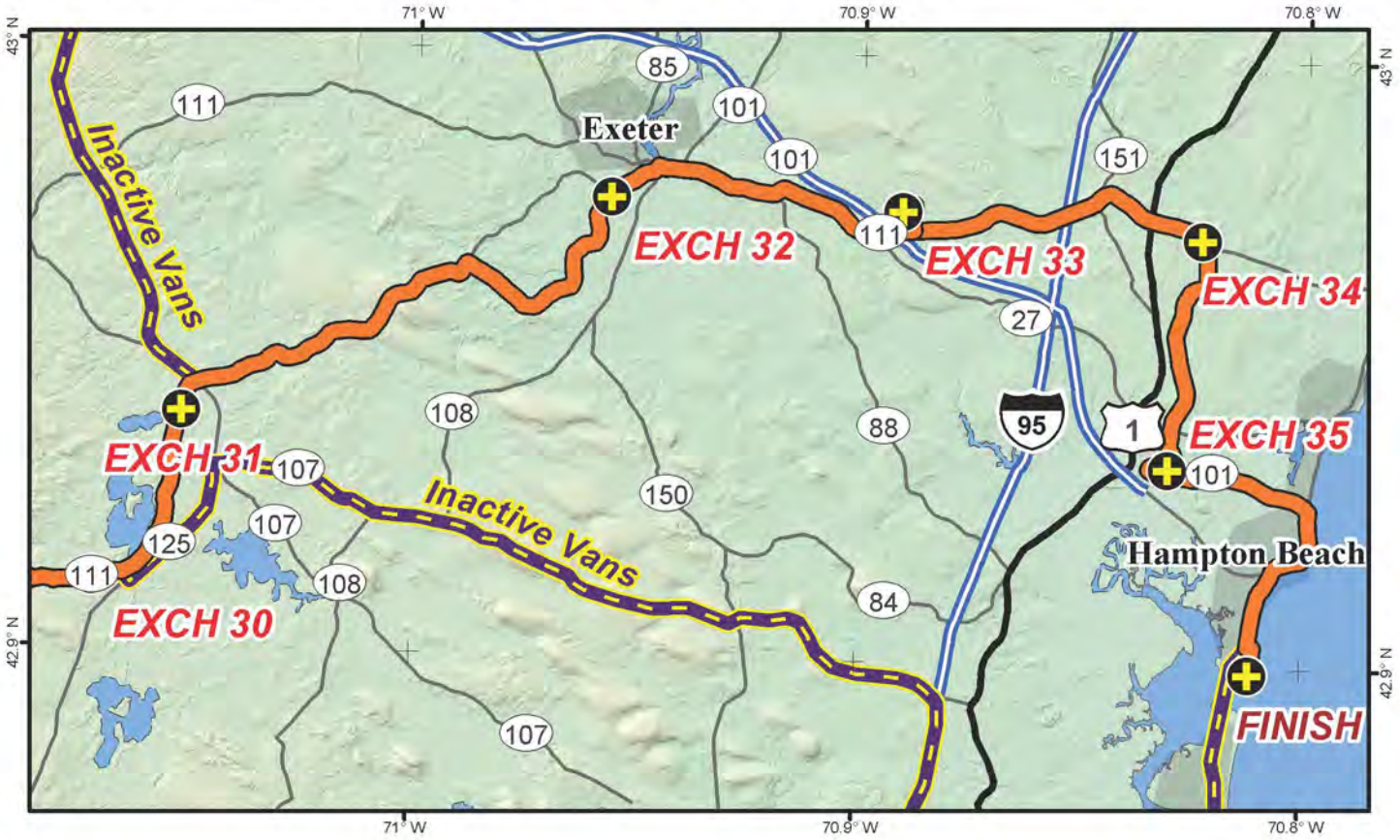
LEGEND:

0.0	Depart Exchange 29 onto Route 111A (run on RHS of road)
0.1	Turn right onto Pine Street (run on RHS of road)
1.4	Turn right onto Long Pond Road (run on RHS of road)
1.9	Turn left onto Danville Road (run on LHS of road)
2.7	Turn left onto Route 111 (run on LHS of road)
3.1	Arrive at Exchange 30/MAJOR EXCHANGE 5



GPS Coords	
Exch 29:	42.916, -71.123
Exch 30:	42.912, -71.072
Total Elevation Loss:	-164 ft.
Total Elevation Gain:	86 ft.
Net Elevation Change:	-78 ft.

Van 2 -- Legs 31-36 -- 24.8 Miles

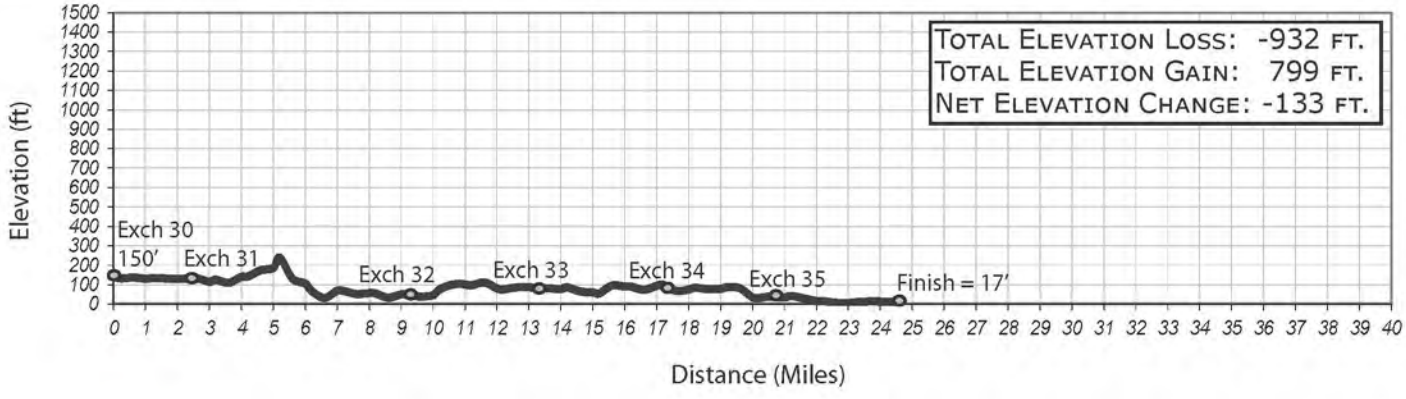


EXCHANGE 36/VTA 6 ADDRESS:
Hampton Beach State Park

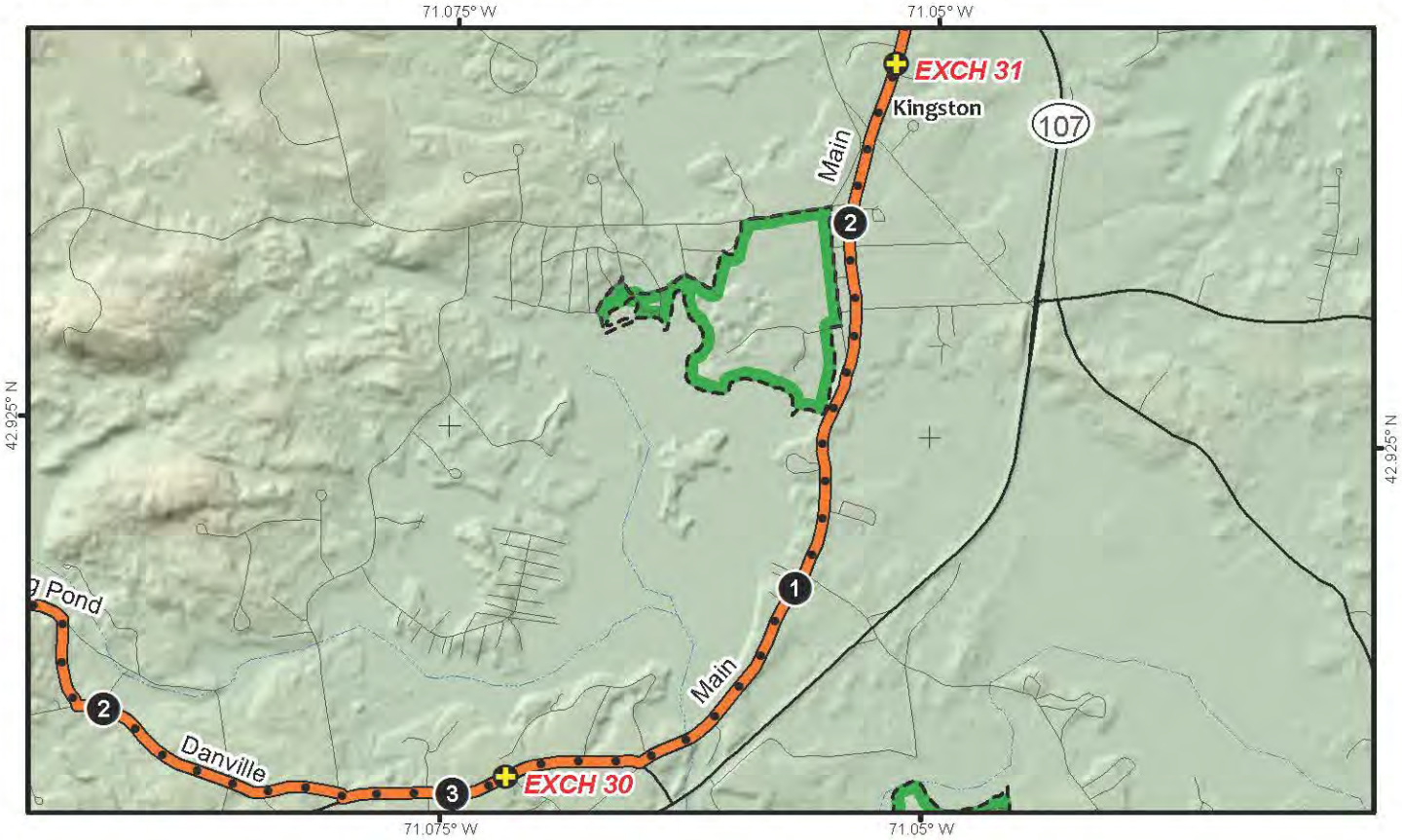
OVERVIEW:
The final legs of your adventure offer a combination of quaint New England farmlands and suburban communities before putting you right on the coast. Parts of the route are more congested so please plan your support accordingly. Be sure to make time to grab some coffee and a cinnamon roll at Ollie's in Exeter – one of the staff's favorites.

INACTIVE VAN DIRECTIONS:

0.0	Depart TA30/MAJOR EXCHANGE 5 heading northeast on NH-111
0.5	Turn left onto NH-111/NH-125 N
2.2	Turn right onto NH-107 S
11.3	Take the ramp onto I-95 S
12.1	Take exit 60 for MA-286 E toward Beaches
12.7	Merge onto Toll Road
13.3	Turn left onto MA-286 E
14.1	Continue onto NH-286 E
16.5	Turn left onto NH-1A N
19.1	Arrive at the Finish Line!



Leg 31 -- 2.4 Miles -- Easy



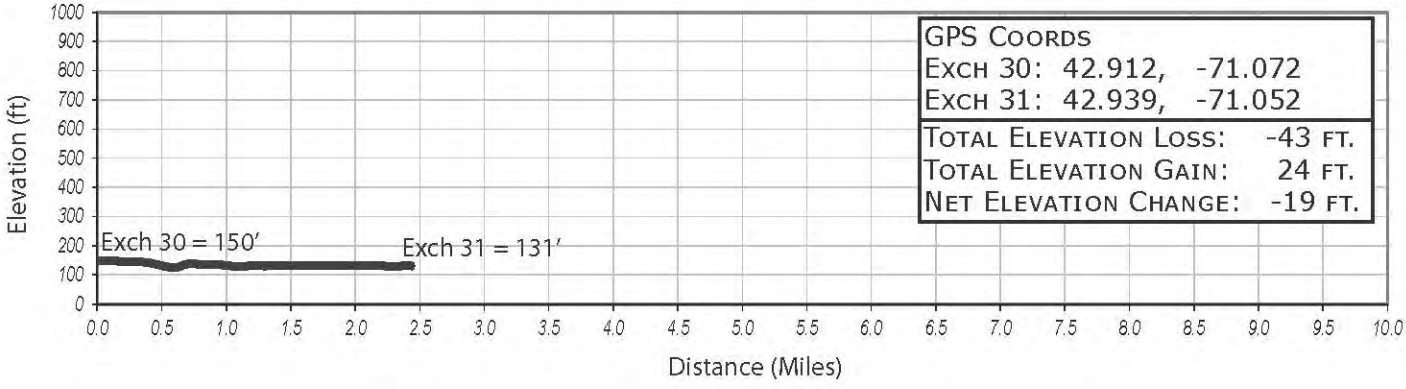
EXCHANGE 31 ADDRESS
Daniel J Bakie School
179 Main Street
Kingston, NH

LEG DESCRIPTION:
As you head toward the center of Kingston, you will pass by Great Pond on your left. Don't stop now, this is one of the shortest legs of the entire race!

LEG NOTES:
QUIET ZONE until 8:00am. Porto-johns will be available for use at this Exchange.

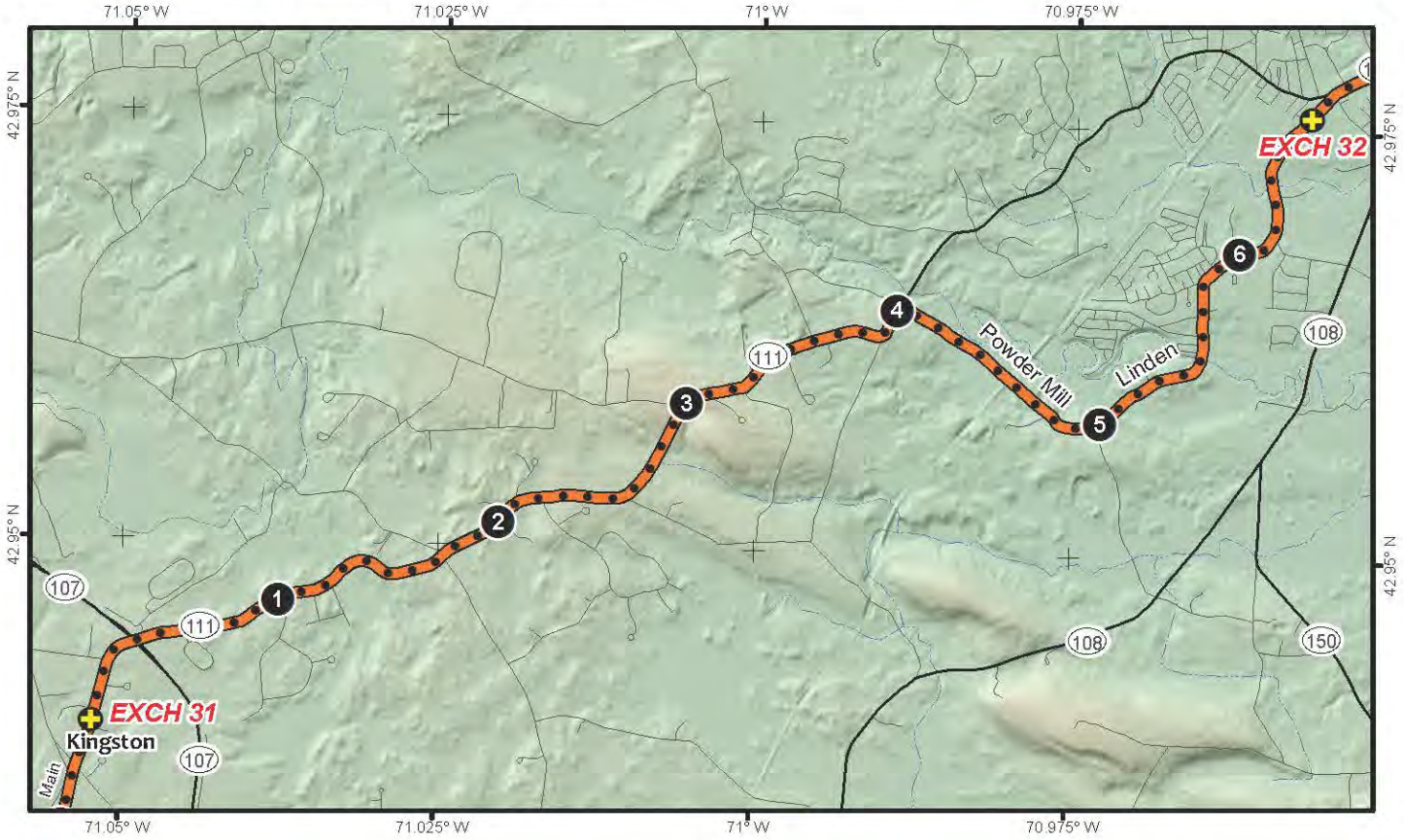
LEG LEGEND:

0.0	Depart Exchange 30 onto Route 111 (run on LHS of road)
0.4	Turn left onto Main Street (run on LHS of road)
2.3	Bear right to stay on Main Street (run on RHS of road)
2.4	Arrive at Exchange 31



GPS Coords	
Exch 30:	42.912, -71.072
Exch 31:	42.939, -71.052
Total Elevation Loss:	-43 ft.
Total Elevation Gain:	24 ft.
Net Elevation Change:	-19 ft.

Leg 32 -- 6.7 Miles -- Hard



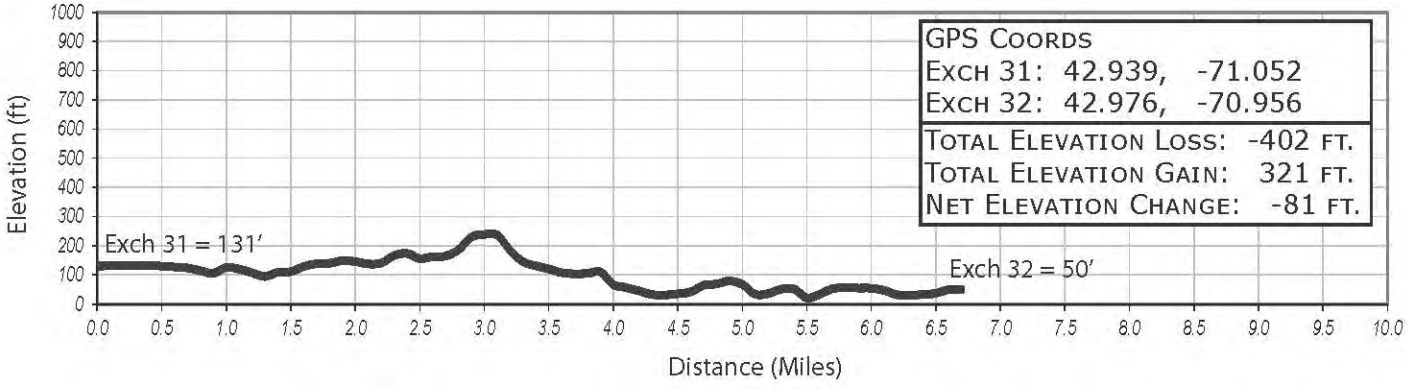
EXCHANGE 32 ADDRESS
Tuck Learning Campus
30 Linden Street
Exeter, NH

LEG DESCRIPTION:
Like a dream, you will run through quaint farms and classic-styled New England homes. You will eventually turn right on to Powder Mill Road. Be sure to stay on the right hand side of the road or you might miss the turn into TA 32!

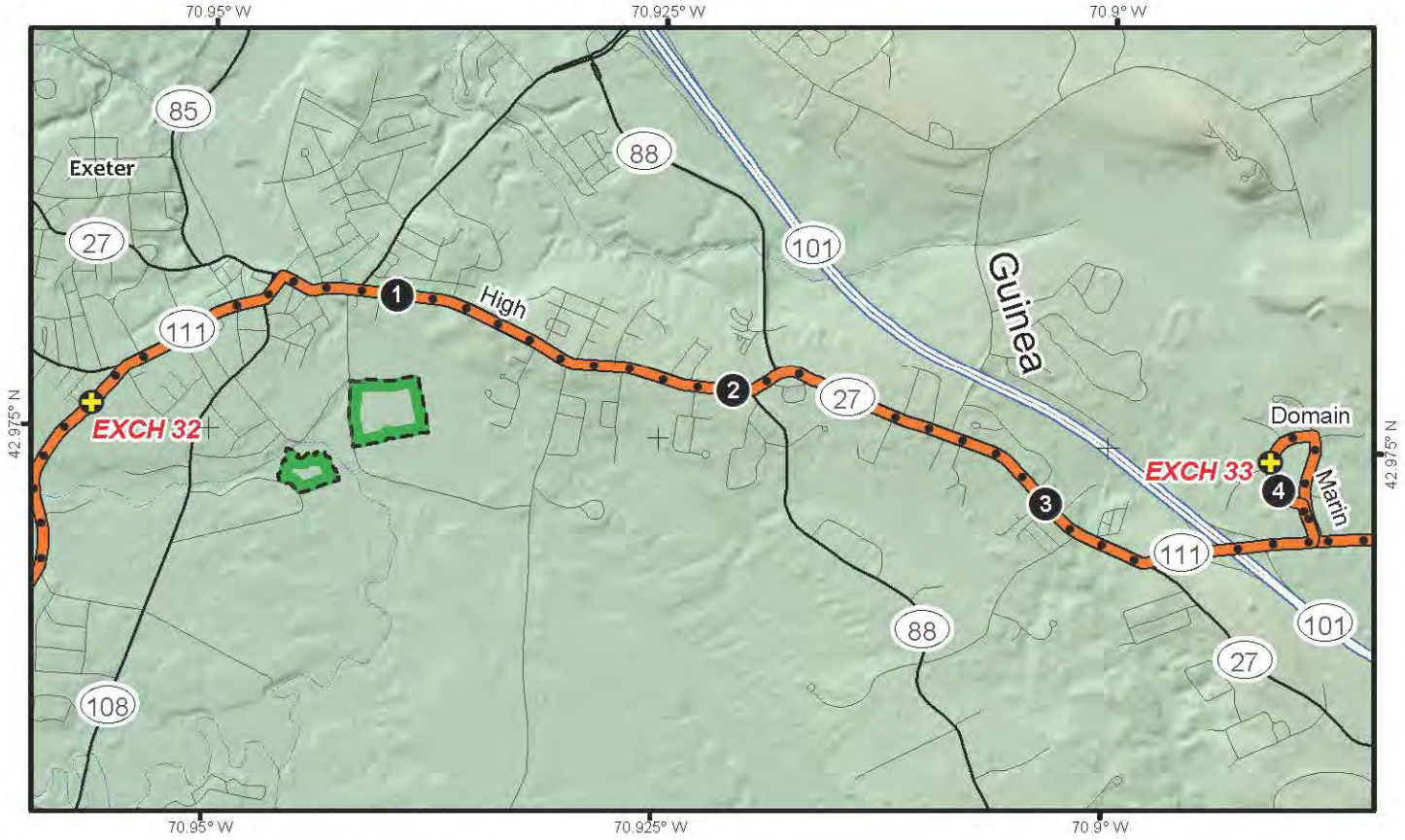
LEG NOTES:
QUIET ZONE until 8:00am. This leg has a lot of narrow shoulders, so please use caution. There will be porto-johns available for use at this TA.

LEG LEGEND:

0.0	Depart Exchange 31 onto Main Street (run on RHS of road)
0.4	Continue straight onto Route 111 (run on RHS of road)
4.0	Turn right onto Powder Mill Road (run on RHS of road)
5.1	Continue straight onto Linden Street (run on RHS of road)
5.9	Bear right to stay on Linden Street (run on RHS of road)
6.7	Arrive at Exchange 32



Leg 33 -- 4.1 Miles -- Moderate



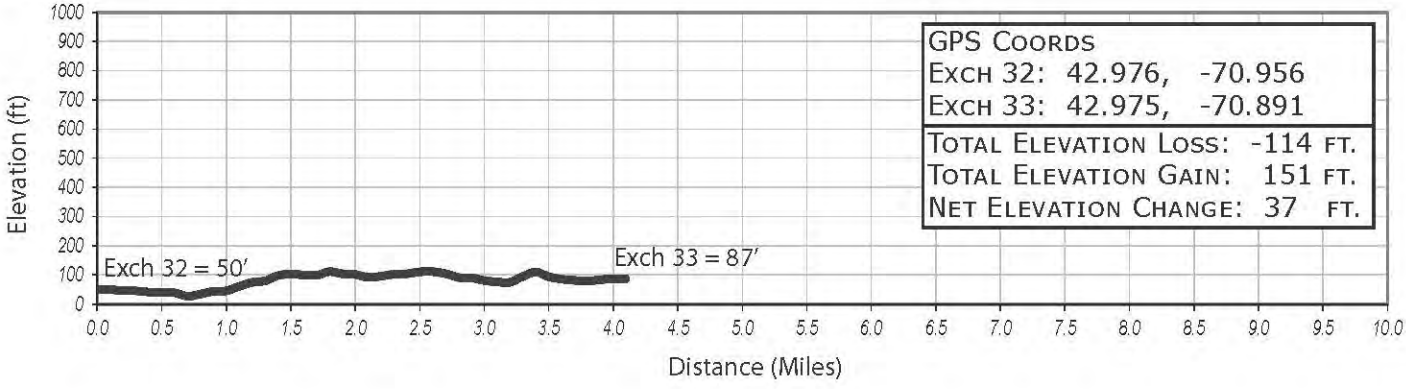
EXCHANGE 33 ADDRESS
Timberland Corporate Offices
200 Domain Drive
Stratham, NH

LEG DESCRIPTION:
Leg 33 will take you through downtown Exeter. A gorgeous New England town, Exeter is also home to a lot of pedestrian traffic. Please use caution while crossing.

LEG NOTES:
This leg has a lot of narrow shoulders..
There will be porto-johns available for use at this TA.

LEG LEGEND:

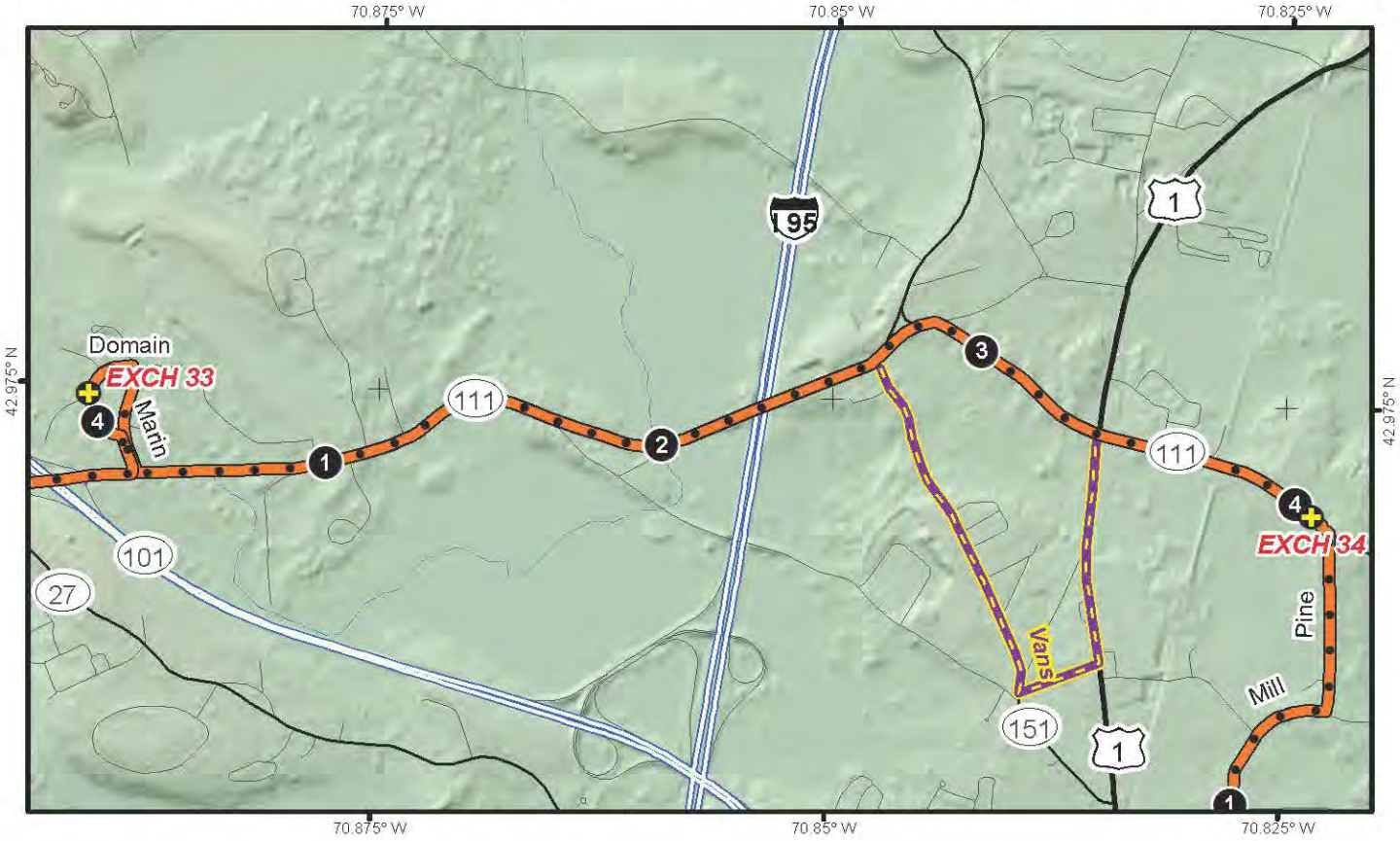
0.0	Depart Exchange 32 onto Linden Street (run on RHS of road)
0.1	Turn right onto Route 111 (run on RHS of road)
0.7	Turn right onto High Street (run on RHS of road)
3.3	Turn left onto Route 111 (run on LHS of road)
3.8	Turn left onto Marin Way (run on LHS of road)
4.1	Turn left onto Domain Drive (run on RHS of road)
4.1	Arrive at Exchange 33



GPS Coords
Exch 32: 42.976, -70.956
Exch 33: 42.975, -70.891

Total Elevation Loss: -114 ft.
Total Elevation Gain: 151 ft.
Net Elevation Change: 37 ft.

LEG 34 -- 4.1 MILES -- EASY -- NO VAN SUPPORT



EXCHANGE 34 ADDRESS
North Hampton School
201 Atlantic Avenue
North Hampton, NH

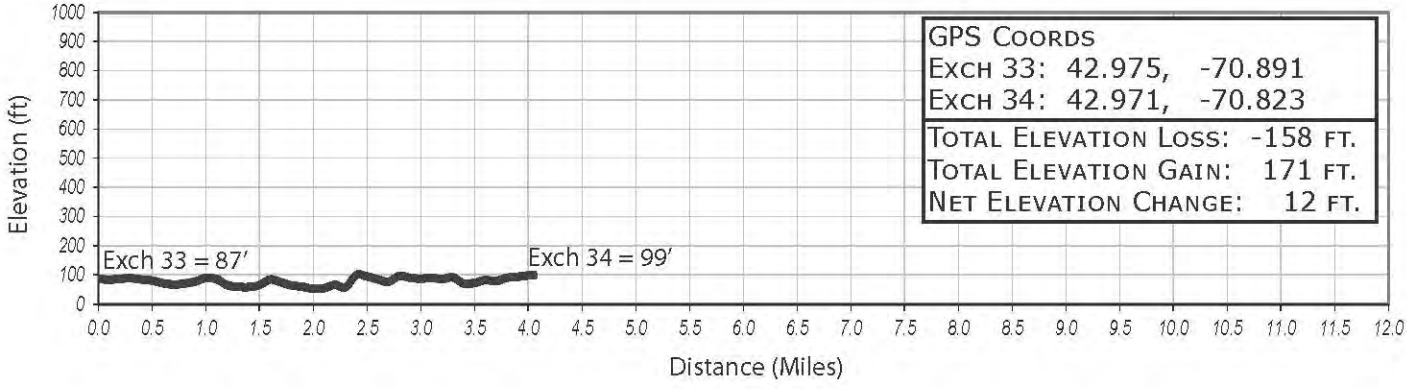
LEG NOTES:
This is a NO VAN SUPPORT leg. Vans are not permitted to support or stop for their runners along Route 111 in the Town of North Hampton. Please follow the alternate van directions below to TA 34. Runners must wait to cross at Route 11 and Route 1 until directed to do so by the North Hampton police – NO EXCEPTIONS.

LEG LEGEND:

0.0	Depart Exchange 33 onto Domain Drive (run on RHS of road)
0.2	Turn right onto Marin Way (run on LHS of road)
0.5	Turn left onto Route 111 (run on LHS of road)
2.7	Slight right to stay on Route 111 (run on RHS of road)
2.9	Turn right to stay on Route 111 (run on RHS of road)
4.0	Cross to LHS of Route 111
4.1	Arrive at Exchange 34

VAN DIRECTIONS:

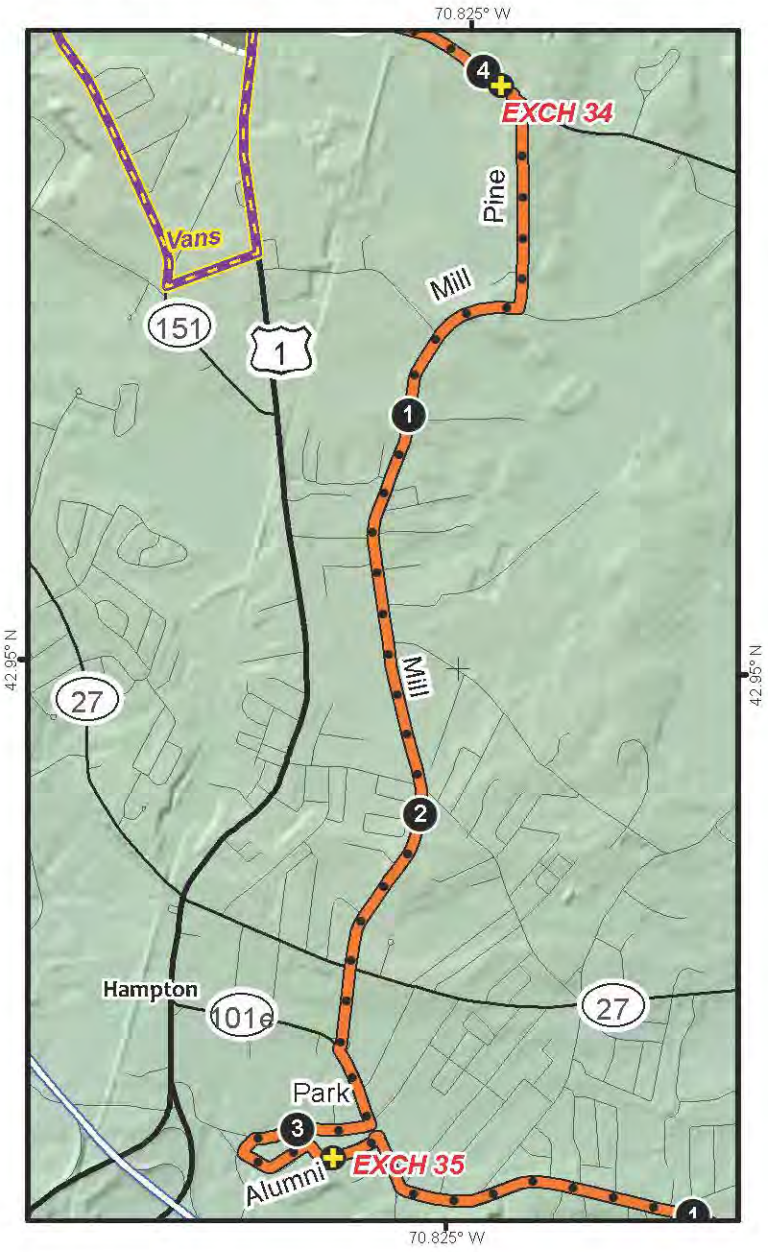
0.0	Depart Exchange 33 onto Domain Drive
0.1	Turn right onto Marin Way
0.5	Turn left onto Route 111
2.6	Turn right onto Route 151
3.6	Turn left onto South Road
3.9	Turn left onto Route 1
4.5	Turn right onto Route 111
5.2	Arrive at Exchange 34



GPS COORDS
EXCH 33: 42.975, -70.891
EXCH 34: 42.971, -70.823

TOTAL ELEVATION LOSS: -158 FT.
TOTAL ELEVATION GAIN: 171 FT.
NET ELEVATION CHANGE: 12 FT.

Leg 35 -- 3.4 Miles -- Easy



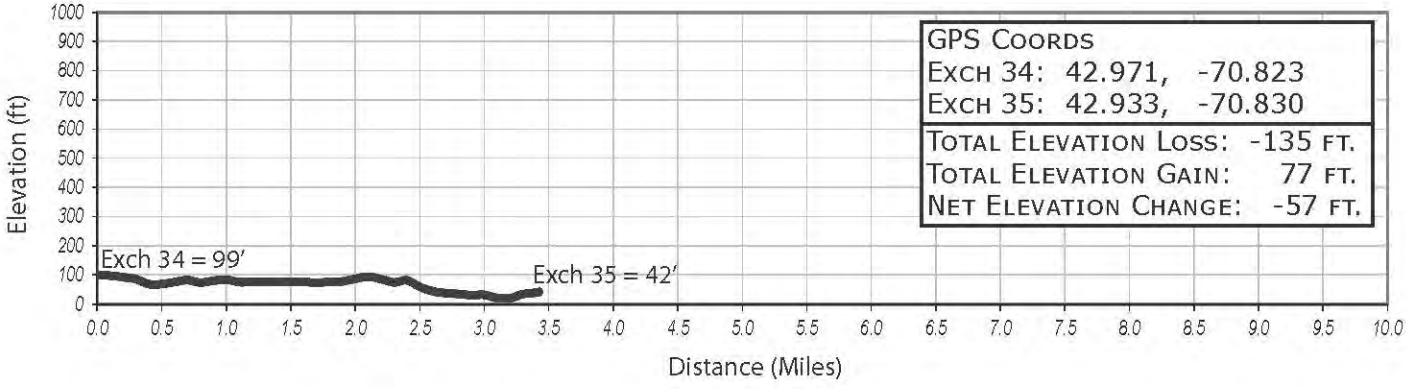
EXCHANGE 35 ADDRESS
Winnacunnet High School
1 Alumni Drive
Hampton, NH

LEG DESCRIPTION:
Can you smell that glorious sea breeze yet? Leg 35 will inch you even closer to the coast as you run along Route 111 before making a sharp turn on to Pine Road. From her you will wind your way through the back roads and neighborhoods of North Hampton before arriving at your final Exchange – Winnacunnet High School.

LEG NOTES:
There are narrow shoulders and busy intersections on this leg, please use caution and follow police direction when crossing. There will be porto-johns available for use at this TA.

LEG LEGEND:

0.0	Depart Exchange 34 onto Route 111 (run on LHS of road)
0.0	Cross to RHS of Route 111with police assistance
0.1	Turn right onto Pine Road (run on RHS of road)
0.6	Turn right onto Mill Road (run on RHS of road)
2.6	Turn left (with police assistance) onto Route 101E/Winnacunnet Rd (run on RHS of road)
2.8	Turn right onto Park Avenue (run on LHS of road)
3.1	Turn left onto Cuss Lane (run on LHS of road)
3.1	Turn left onto Alumni Drive (run on LHS of road)
3.4	Arrive at Exchange 35



GPS Coords	
Exch 34:	42.971, -70.823
Exch 35:	42.933, -70.830
Total Elevation Loss:	-135 ft.
Total Elevation Gain:	77 ft.
Net Elevation Change:	-57 ft.

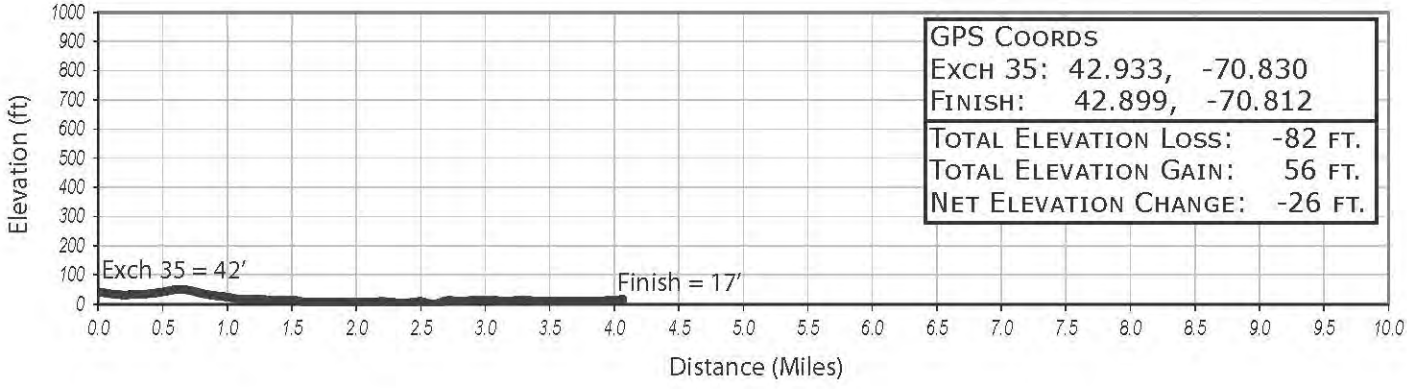
Leg 36 -- 4.1 Miles -- Moderate

LEG DESCRIPTION:
You are on the home stretch! Follow Winnacunnet Road and turn right to the coast and fresh salty air. From there you will head south along Route 1A and finally Reach the Beach!

LEG NOTES:
Use caution when crossing over to the left side of Route 1A and follow police direction.

LEG LEGEND:

0.0	Depart Exchange 35 onto Alumni Drive (run on LHS of road)
0.1	Turn right onto Route 101E (run on LHS of road)
0.3	Turn left to stay on Route 101E (run on LHS of road)
1.8	Turn right onto Route 1A (run on LHS of road)
3.7	Turn left onto Haverhill Avenue
4.1	Turn right to run on the beach and to the finish line!



GPS Coords	
Exch 35:	42.933, -70.830
Finish:	42.899, -70.812
Total Elevation Loss:	-82 ft.
Total Elevation Gain:	56 ft.
Net Elevation Change:	-26 ft.