OFFICIAL 2015 RACE BIBLE

Official Ragnar Relay Series Website
Official Ragnar Relay Series Facebook Fan Page

ITEMS IN THIS RACE BIBLE ARE SUBJECT TO CHANGE

Race Specific Details are found on Page 6

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INTRODUCTION

This packet contains important team information for the Ragnar Relay Series. Team captains are responsible to be familiar with everything contained in this packet and to educate all team members on significant information. It is recommended that all runners read through the Race Bible. All information is this document is subject to change.

UPDATES

ITEMS IN THIS RACE BIBLE ARE SUBJECT TO CHANGE. It is important that all teams make sure that they have an updated version of the Official Race Bible. Use the following list of updates to determine if the Race Bible you have downloaded is current with the one online.

6.9.14 – Team Check-in updated
6.16.14 – Race dates added
10.21.14 – Volunteer requirements updated
11.4.14 – Race Director, charity, Facebook event info updated
12.18.14

RACE INFORMATION

Race Name: Ragnar Relay Cape Cod
Race Director: Tian CK Luu | tian@ragnarrelay.com | 801.635.8209
Facebook Event: https://www.facebook.com/events/663078003784185/
Race Charity: The Hole In the Wall Gang Camp | **http://www.teamholeinthewall.org/**

IMPORTANT DATES & INFORMATION

REGISTER YOUR TEAM ONLINE AT:	https://my.ragnarrelay.com/register.php?race=ragnar-relay-2015-cape-cod	
Start Time Requests	March 16, 2015 – April 10, 2015	
Volunteer Registration	March 27, 2015 – April 24, 2015	
Pay for Volunteers Deadline	Friday April 24, 2015	$120/vol
Team Member Substitution Deadline	Friday April 10, 2015	Free
Late Substitution Deadline	Friday April 24, 2015	$10.00
Final Substitutions	April 25 – May 5, 2015	$20.00
Final Team Name Change Deadline	Monday April 6, 2015	
Team Captain's Meeting	4.23.2015	New Balance Brighton, MA
OFFICIAL NIGHT TIME RUNNING HOURS	6:30 PM – 6 AM	
AWARD CEREMONY	NONE	

OFFICIAL HOLDING TIMES

Exchange	Hold teams arriving before:	Allow held teams back onto the course at:	Course Takedown
6	Friday May 8th 9:15 AM	Friday May 8th 11:45 AM	Friday May 8th 8:45 PM
12	Friday May 8th 4:00 PM	Friday May 8th 6:30 PM	Saturday May 9th 3:15 AM
18	Friday May 8th 9:00 PM	Friday May 8th 11:00 PM	Saturday May 9th 7:45 AM
24	Saturday May 9th 12:45 AM	Saturday May 9th 2:45 AM	Saturday May 9th 11:30 AM
30	Saturday May 9th 5:15 AM	Saturday May 9th 7:15 AM	Saturday May 9th 4:00 PM

BEFORE THE RACE

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1. GETTING STARTED

1.A) To Do List

- Start recruiting a 12 or 6 person team, plus three volunteers.
- Register and pay for the team online at www.ragnarrelay.com before the deadline.
- Register all team members online at www.ragnarrelay.com before deadline.

- Register all volunteers online at www.ragnarrelay.com before deadline. Or make the "Pay for Volunteers" payment to the official charity before deadline.
- Request start time before deadline.

1.B) Organizing a Team

The two team types to choose from are regular team (12 people running 3 legs each) and ultra team (6 people running 6 legs each). Each regular team will be classified as a male, female, or mixed team and will compete in one of several divisions. Each ultra team will compete as a male, female or mixed team.

Here are some tips that will make organizing a team easy

- If you don't know 12 runners don't worry. You probably know 3 or 4 and they probably know 3 or 4. Teams made up this way (with friends of friends) are often the most fun. By the end of the race you'll have 11 great friends!
- Find someone that is a good leader and excited about the event. Put this person in charge of filling one of the vans. Now both of you just need to find 5 runners instead of 11.
- If you do not have 12 runners or do not want 12 runners, no problem. You can have any number of runners between 4 and 12 (see section 8). Any team with less than 4 runners needs to contact the Race Director about procedures and rules for the race.
- Set a date by which you want to send in registration and begin collecting entry fees from members of the team. Runners will feel more committed once they fill out an entry form and give you money. Many teams commit friends, but since the friends never pay or fill anything out, they don't feel committed. When it comes time to sign up they haven't trained and they back out.
- Once you have a few firm commitments register the team. Again, this will make the team feel more committed. You shouldn't have a hard time finding the rest of your runners. If worse comes to worse, there are always last minute runners looking for teams through our team finders (see 1.C).

1.C) Online Team Finders

If a team is looking for runners, we recommend using our "Team Finder" tool located on the bottom right of every runner's profile page. Simply click the box indicating you are available to join a team and fill out the requested information. Teams looking for runners will be able to find you in the Ragnar Database.

If your team is looking for runners, the team captain can use the "Runner Finder" tool on the bottom right of their team page. Simply click the box indicating you are looking for runners, select a 10k pace range, then click the circular arrow buttons next to the paces. This will populate a list of runners in that pace range. You can send them a message and ask if they are interested. Be sure to include your contact information!

Another great resource is The Ragnar Relay Series Facebook Fan Page. Within the fan page, each race is listed under the "events" section. Reach out and communicate with runners and teams on either page.

1.D) Getting Ready

Once a team has been organized we recommend the team meet several times prior to the event to work out logistics. It may be helpful to discuss the following things:

- Communication between vehicles. Some segments of the race have limited cell phone coverage. Make a list of all cell phone numbers and be sure that everyone brings a cell phone charger.

Some providers will get better service than others so try to have a variety of carriers. We also recommend the use of two-way radios.
- What to do if runners get to an exchange and the next runner isn't there.
- What to do if a runner and/or vehicle gets lost.
- Where to get gas.
- Where to eat. What types of food and drink to bring along.
- What types of clothing and equipment everyone should bring. Weather is uncertain; be prepared for hot and cold weather extremes as well as rainy weather.
- Running at night, and if anyone is willing to run extra miles as a run pacer.
- What start time to request.

1.E) Start Times

Start times are based on accurate pace predictions, so **it is critical for a successful event that each runner has an accurate 10K pace in their profile when the captain is ready to submit start time requests**. Teams that misrepresent their pace will be penalized. These predictions are critical to a successful event and will allow us to place teams in starting slots that create the least amount of congestion on the course. To request start time preferences, captains need to do the following: 1. Log into your account, 2. Access your team's profile page and ensure all paces are present and accurate, 3. Click the 'Request Start Time' button (this button will not appear until start time requests open, see page 6 for date).

To assign start times, we take each team's top three preferred starting times and the pace submitted. We try to put teams in one of their preferred time slots, but we are not always able to fulfill these requests. Start time requests are prioritized based on when a team registers. The earlier the team registers the more likely they will be to get their requested start time. **It is extremely important that the pace submitted for each team is accurate.**

To accurately project a team's pace, take each individual runner's 10k race pace and calculate an average team pace. If individuals have not participated in a competitive 10k recently, we strongly encourage them to run one before submitting a team pace. Alternatively, consider getting together as a team for training run at a competitive 10k pace.

PLEASE NOTE: Your team needs to have an average of at least an 11 minute mile pace in order to finish the course in the specified timeline. Accurate pace entries are vital to the scheduling of course support. Should your team fall far enough behind pace that you are falling behind course closure times listed in the Ragnar app, Ragnar staff will work with your team to get you back within the course support limits. If you have concerns about this for your team, please make sure and contact the Race Director.

1.F) Training

Good training will help make this an enjoyable race as well as prevent injury. A training guide is available HERE on our website. As with all training programs, please consult a physician first.

2. REGISTRATION

2.A) Team Registration

Registration is available online and should be completed by the Team Captain. Simply click the "Register" link next to the race on the Registration webpage and follow the instructions. After

completing the registration process the team captain will receive an email confirming registration and assigning team number. A ***non-refundable entry fee*** is due at the time of online registration.

2.B) Team Name
When selecting a team name, please remember that Ragnar Relays are family friendly events. Teams will travel through sensitive communities and schools. Teams are also encouraged to bring their families, friends, and support crew to the finish line. We encourage you to think about how children might respond to your team name when the announcer calls it over the loudspeaker. Please help us in respecting everyone at the event and the communities who graciously host us. If we feel your Team name is inappropriate you will receive an email from the Race Director asking you to select another name.

2.C) Individual Team Member Registration
Once the team has been registered and paid for online the team captain has until the substitution deadline to register each individual team member online (see registration deadlines on page 6 for more info). If the team registers during the late registration period, then team members will need to be registered within two weeks of the date that the team registered. A separate online form must be filled out for each team member and each team member must read and accept the online waiver agreement.

2.D) Signing Online Waiver
All team members *must* sign a waiver in order to participate. You must first be associated with a team to sign the waiver. You should receive the waiver in conjunction with the team invite sent to you by your team captain. When accepting the invite, you will also have the opportunity to sign the waiver.

2.E) Participant Age Restrictions
Any participant under the age of 18 must have a parent or legal guardian sign a waiver. Any vehicle with one or more participant(s) under the age of 18 must also have at least 1 adult (25 or older) preferably serving as either a driver or safety officer in the vehicle. The individual over 25 doesn't have to be a runner but can be. Those under 12 years of age are prohibited. Ragnar will consider formal requests for extraordinary circumstances through the Race Director. Specific rules apply for High School Teams, please see section 6.C.

2.F) Substitutions/Additions
If team members need to be changed (substituted or added), the team captain must log onto the team page and simply click on the Invite Runners button and fill out the new team member's information. There is no charge for substitutions/additions made before the substitution/addition deadline. Late substitutions/additions can be made for a $10 or $20 fee per substitution or addition (see registration deadlines on page 6 for exact dates). Substitutions/additions can be made at the start line but the runner must be present to sign the waiver.

2.G) Refund & Transfer Policy
Refund Policy: ***All entry fees are non-refundable***.

Transfer Policy: Teams may transfer their registration to any Ragnar Relay or Ragnar Trail, excluding sold out Ragnar Events, within 12 months of the Ragnar Relay for which they were originally registered. Teams may only transfer a registration once. When a transfer is made, the original price paid will be applied to the new relay registration fee. In cases where the new relay registration fee is more than the original price paid, the team will be required to pay the difference. In cases where the new relay registration fee is less than the original price paid the difference will not be refunded.

If a transfer request is made after regular registration ends, a $400 transfer fee ($275 for ultra) will be deducted from the original price paid. If a Ragnar Relay reaches "wait list" status, as indicated by a wait list button on the Ragnar Relay Registration webpage, teams may only transfer to another Ragnar Relay if a replacement team is found. If a transfer is made after a Ragnar Relay is in "wait list" status, a $400 transfer fee ($275 for ultra) will be deducted from the original price paid. All transfers must be approved two weeks prior to the day before the race starts (Thursday).

3. VOLUNTEERS

Each team is required to fill three (3) volunteer shifts, by recruiting the volunteers themselves or paying for the volunteers to be recruited through Ragnar and its official charity. **Failure to fulfill volunteer requirements will result in disqualification**. **Disqualified teams will be pulled from all results.**

3.A) Each Team Must Provide 3 Volunteers

If any one team member lives within 100 miles of the course, it is mandatory for the team to supply 3 volunteers. Volunteer sign-up will open up approximately six weeks before the race (see volunteer sign-up dates on page 6).

Non-local teams are exempt from this rule if **all** team members live at least 100 miles away from all parts of the course. Once all team members are registered, please contact the volunteer coordinator at volunteers@ragnarrelay.com to request a volunteer policy exemption.

All volunteers must:

- **Be at least 16 years old**
- Individually register for a shift on the Ragnar website during the volunteer registration period noted on page 6. Volunteer shifts are first come, first choice. ***Captains may not reserve shifts for team volunteers.***
- Provide their own transportation to and from their assigned location
- Wear their official volunteer hat while at their assigned location
- Be physically able to perform their assigned duties
- Be willing to fulfill any assigned volunteer time
- Be willing to fulfill their entire shift at an assigned location
- Provide their own food and drink during shift (we will have water bottles for volunteers)

3.B) Pay For Volunteers

Teams also have the option of paying $120 per volunteer for Ragnar to recruit volunteers along the course. Ragnar's partner charity/charities will receive a donation when they provide a volunteer for your team. In order to be eligible for this option, teams must make their payments online by the deadline (see pay for volunteer deadlines for exact dates on page 6).

3.C) SWAT Volunteers

Ragnar will also accept a limited number of SWAT volunteers. SWAT volunteers will be scheduled for a longer shift with more responsibilities. A single SWAT volunteer fulfills all three volunteer requirements for a team. The SWAT crew is scheduled by-application only, and is very limited. The crew is typically built 45-90 days in advance of the race. Contact r.fitzgerald@ragnarrelay.com if you have a volunteer who would like to apply to be part of the SWAT crew.

4. TEAM CAPTAIN MEETING AND MINUTES

Three weeks before the race there will be a Team Captain Meeting. During the meeting we will discuss the rules and any concerns/comments the Team Captains have, as well as last minute changes. If

Captains are not able to attend the meeting, they are welcome to send another team member in their place, and/or meeting minutes will be sent out two weeks before the race in an email, as well as be posted on the race website and Facebook page.

5. TEAM CHECK-IN

Van 1 must check in at the start line at least one hour before their official start time. Van 2 must check in at exchange 6 at least one hour prior to starting their legs. When checking in, each van must present the following items:

1. Two (2) flashlights or headlamps* (this means a team needs a total of 4)
2. Six (6) reflective vests* (team needs a total of 12)
3. Two (2) LED tail-lights*(team needs a total of 4)

*Ultra teams need only check in once at the start with enough equipment for 1 van.
*All van drivers must have a reflective vest for night time hours.

Teams will not be allowed to start until they show these items. ***Every person outside the support vehicle will be required to wear a reflective vest during the nighttime hours****. It is mandatory that you have enough vests for every member of your team.*

Upon check-in at the start line, Van 1 will receive runner bibs, van number, crossing flags, and a slap bracelet (used as a baton). If the team captain is in Van 2, he/she is not required to be at the start. In this event send one representative from the team to check-in instead. Upon check-in at exchange 6, Van 2 will receive runner bibs, van number, and crossing flags.

TEAM TYPE

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6. REGULAR TEAMS

6.A) 12 Runners

Regular teams are made up of twelve runners. Each member of the team will complete three legs of the relay. Runners must run in the same sequence for each segment of the race – every twelfth leg. For example, if a runner runs leg 3, he/she must also run leg 15 and leg 27.

6.B) Divisions

There are several divisions in the Regular Team category (Open, Sub-masters, Masters, Corporate/Public Service and High School) and three classifications within each division (Men's, Women's and Mixed). To qualify for the mixed division, teams must have at least 6 women. To be in the women's division the team must be all women. **Team divisions and classifications are final the Tuesday before race day. We will not change team divisions or classifications after the race has begun.**

6.C) High School Teams

To be classified as a High School Team, each team member must be a student, ages 12-18. This is mandatory to qualify for High School pricing. Any participant under the age of 18 must have a parent or legal guardian sign a waiver. Please contact the Race Director for this waiver. Any vehicle with one or more participants under the age of 18 must also have at least 1 adult (25 or older) who is not running the race and is preferably serving as a driver or safety officer in the vehicle. Those under 12 years of age are restricted. Ragnar will consider formal requests for extraordinary circumstances through the Race Director.

7. ULTRA TEAMS

7.A) 6 Runners
Ultra teams are made up of six runners. Each member of the team will complete six legs of the course. Ultra teams can choose to run one of the following two ways 1.) run two legs back to back three times (i.e. the first runner would run legs 1-2, 13-14, 25-26) **OR** 2.) Run 6 times, 1 leg at time (i.e. the first runner will run legs 1, 7, 13, 19, 25, 31). All runners on the team must choose the same format and cannot switch formats during the race.

7.B) Divisions
There are three divisions in the Ultra category: Men's, Women's and Mixed. To qualify for the mixed division teams must have at least 3 women. To be in the women's division the team must be all women. **Team divisions and classifications are final the Tuesday before race day. We will not change team divisions or classifications after the race has begun.**

7.C) Support
Ultra teams should make special preparations to provide support for their runners. We do not provide food or water except at major exchanges (every 6th exchange) and on non-support legs. Since team members of Ultra teams are running longer legs, plan to stop frequently on support legs to give runners plenty of recovery food and drinks.

7.D) All Other Rules and Logistics
Every rule that applies to 12 person teams applies to Ultra teams. Please review all of the rules and logistics for 12 person teams.

8. OTHER TEAM SIZES
We do permit teams to run with any number of runners from 3 to 12 runners. Team with any number of runners other than 6 or 12 should treat the open spots as injury runners. Teams may choose whichever spot they want as the "vacant runner"- but the legs must stay in the same pattern (every twelfth leg). For example, if spot #1 remained vacant, the legs that would need to be filled would be legs 1, 13, and 25. Those legs can be filled with 3 different runners, or one "super runner" can take on all three legs. Legs cannot be divided between 2 runners and will result in disqualification.

9. POST RACE AWARDS
Awards will be given to the top 3 finishers from each category within each division. **Team divisions and classifications are final the Tuesday before race day. We will not change team divisions or classifications after the race has begun. Teams are encouraged to check their division on their team profile before the Tuesday before race day to ensure they are in the correct division.**

GENERAL RULES

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9. SUPPORT VEHICLES
9.A) Support Vehicle Requirements
Support vehicles are used to transport the runners to and from each exchange point. It is suggested that Regular teams use two vehicles to make it easier, although a single vehicle is allowed if there are seatbelts for all passengers and the vehicle adheres to all applicable local vehicle safety laws. Similarly, Ultra teams may choose to use one or two team vehicles, the recommendation is one van. Teams will provide their own vehicles. Teams are not allowed to have more than 2 vehicles per team.

9.B) Vehicle Restrictions

12 or 15 passenger vans are recommended whenever possible. Large Sedans are also great vehicles. We do not allow any vehicle wider than 6'6" and/or longer than 20'. Motor-homes, RV's, campers, trailers, buses or limos are not allowed on the course and/or at the exchanges by any team or spectator at any time. Failure to meet these standards will result in removal from the course. For any questions about the legality of a vehicle, please contact customerservice@ragnarrelay.com.

9.C) Regular Van Rotation

Teams with two vehicles of six runners should utilize the following rotation: Van 1 contains runners 1-6 and Van 2 contains runners 7-12. Runner #1 from Van 1 begins at the starting line. Once the race starts, Van 1 travels to the first exchange point where runner #2 will prepare to run. Runners from Van 1 continue to run in order up to exchange point 6; this is the first major exchange in the race. At exchange 6, Van 2 should be waiting. At this point, runner #6 from Van 1 will hand the baton off to runner #7 from Van 2. Then, Van 2 continues along the race course rotating runners until the next major exchange point, exchange 12, where they will hand off to Van 1 again. This pattern continues until the finish line. Van numbers will be distributed at check-in. These numbers are peel and stick numbers that must be placed on the outside rear window of each van. Do not create a blind spot. Teams using just one vehicle should post both van numbers in their windows so they are allowed at each exchange point.

9.D) Ultra Van Rotation

We recommend one support vehicle for Ultra teams. Teams utilizing two vans must honor the rules of rotation for regular teams.

9.E) Van Drivers

Van drivers do not need to be a member of the team; this can be nice for some teams because it allows all runners to rest between their legs. However, runners are allowed to assume the duty of van drivers, in which case driving assignments would be rotated amongst themselves. Van drivers do not count as 1 of your 3 volunteers.

9.F) Respect Local Residents & Communities

While traveling through the local communities, please remember we are guests and you should treat all residents with courtesy and respect. Going out of your way to thank locals will go a long way in helping the event return each year. The following "Do Not's" are not intended to cover the broad spectrum of issues, so use common sense while in residential areas. We reserve the right to dismiss or disqualify any team based on a lack of respect.

- Do not honk horns or yell out vehicle windows during evening, night, and morning hours while in residential areas
- Do not block any residential or business driveways
- Do not impede traffic by driving too slowly or by not properly pulling vehicle over to the side of the road when stopping

9.G) Only One Race Vehicle per Exchange

Due to limited parking, only one vehicle per team is allowed to park at each minor exchange point. Vehicle 1 is allowed at exchange points 1-6, vehicle 2 is allowed at exchange points 6-12, etc. Both vehicles are allowed at every major exchange point (6, 12, 18, 24 and 30). If for some reason team vehicles need to meet, they must meet off the course or at a major exchange.

9.H) Park Only in Designated Areas

Some exchanges have limited parking and in some cases teams will be required to park along road shoulders. In the event of roadside parking, team vehicles are not allowed to park on the same side of

the road 500 feet before and after the exchange chute. After the exchange point, vehicles can park at any legal roadside that *does not impede racers or traffic*. Team vehicles should always stay to the right of the white fog-line when parked along the road.

9.I) Runner Drop Off
Vehicles must drop off runners at least 500 feet prior to exchange points before parking. We ask that all runner drop-offs be brief.

9.J) Restricted Areas
Vans can stop to cheer on teammates at any legal spot along the race route that does not obstruct runners or traffic.

9.K) Van Communication
There may be some segments of the race where cell phone coverage will be spotty. Ask a few members of the team to bring cell phones. Make a list of all team member phone numbers and be sure that the batteries are fully charged. Some providers will get better service than others so try to have a variety of carriers. We also recommend the use of two-way radios.

9.L) Only 2 Race Vehicles per Team
Each team is allowed no more than two team vehicles. Spectators may park at any legal spot along the race route or at the major exchanges. Minor exchange parking is for team vans and volunteers only, as parking will be limited. Runners may leave and return to the course by meeting separate vehicles somewhere off the course or at major exchange points.

9.M) Van Numbers Must Be Clearly Displayed
Teams must clearly display team numbers on both vehicles. Entrance into certain exchanges is dependent on van number visibility. Van numbers will be distributed at check-in. These are peel and stick numbers that must be placed on the outside rear window of each van. Do not create a blind spot. Teams using just one vehicle should post both van numbers in their windows so they are allowed at each exchange point.

10. RUNNERS

10.A) Runner Rotation
Runners must run in the same sequence for each segment of the race. For example, if a runner runs leg 3, he/she must also run leg 15 and leg 27.

10.B) Reflective Vests / Headlamps / LEDs
Each team must have at least twelve (12) reflective vests, four (4) headlamps or flashlights, and four (4) LED “tail/butt” lights. These must be presented at time of check in (see section 5).

10.C) Injured Runners During Race
In the event of an injury, any of the remaining runners can replace the injured runner. With the exception of the leg in which the runner was injured, legs cannot be split in pieces. For example, if runner 3 is injured half way through his or her first leg, any member of the team may complete the leg for him or her. Any member of the team can also fill in legs 15 and 27. Those legs can be filled with different runners, or one can fill in the remaining legs. A 13th member is not allowed to join the team in order to run the remaining legs. Once a runner drops out of the race, he or she cannot enter back into the race. If an IV is administered, the injured runner is no longer eligible to run.

10.D) Mixed Division Injured Runners
The same rules and regulations for Mixed Division apply as described in the above section. If, however, the injured runner is female and her dropping out causes there to be more males than females on the team, then only female runners may finish her legs for her. At least 18 legs (half) of the relay must be completed by female runners.

10.E) Littering & Property Damage
Any runners who are reported to have damaged private or public property or to have littered, urinated or defecated on private or public property will be dismissed from the course and will not be invited back. Toilets and trash cans will be provided at all exchange points.

10.F) Follow Race Officials Instructions
Race officials include staff and volunteers. Course volunteers at exchanges are considered Race Officials. They have authority to disqualify a team for rule violations, abusive behavior, or a team's failure to follow instructions given by volunteers. Abusive treatment or disregard for their authority will result in a strike or disqualification, depending on severity.

10.G) Follow Correct Route - Navigation is the Responsibility of Each Team
Teams are responsible to make sure that their runners stay on the course. Vehicles may wait for their runners at critical points to direct them which way to go. If a runner gets off course, they are to return on foot or in their support vehicle to the point where they went off course and continue from there. Do not drive ahead to make up for the mileage that they may have added. Signage is occasionally moved; be prudent in your knowledge of the course.

10.H) Visible Race Number
Team race numbers must be worn and visible on the **front** of each runner at all times while on the road. Bib numbers must be pinned to the outer most layer of clothing, including jackets, shorts, and reflective vests.

10.I) Use of Slap Bracelets
The team's baton (slap bracelet) should also be worn at all times while the current runner is on the road. Only runners wearing a slap bracelet will be allowed to exit the exchange chute to begin a new leg.

10.J) No Pacing During Daytime Hours
Neither foot nor bicycle pacers are allowed on the course during daytime hours (see section 12.C).

RUNNER ARRIVALS AND HOLDING TEAMS

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11. HOLDING TEAMS DOCUMENT
Accurate projections are critical to a successful Ragnar Relay. At any given spot along the race route we have the course set-up and volunteers in place for 6-12 hours. Based on your projections, we will start your team in a way that will keep you within this window. If a team runs just one minute per mile faster than they projected, they will be 3 hours ahead of their projection by the end of the race. For some teams this could mean that they will be ahead of the set-up crew.

11.A) Penalties

If your team gets too far ahead of projections we may be forced to hold your team at one of the major exchanges for a couple of hours. If your team is held, we will subtract the total time that you were held from your overall time but your team will be issued a violation.

11.B) Policies and Procedures

Getting ahead of the set-up crew:

We understand that it is impossible to perfectly project your team's pace. We give teams a buffer zone before forcing them to stop at an exchange. If your team does get ahead of this buffer we will hold your team at one of the major exchanges. To prevent your team from getting ahead of the set up crew again later in the race, we will determine the amount of time to be held by taking into account your current average mile time as well as the miles left to run.

Getting behind the clean-up crew:

If a team gets behind the projection and falls behind the clean-up crew, we will usually allow the team to stay on the course and finish the race, but we reserve the right to force teams to leave the course if it becomes a safety concern.

11.C) Accurately Projecting Times

It is very important to accurately project the times when you will arrive at major exchange points along the course. Please refer to the 'Official Holding Times' table on page 6 of this document. If you need assistance in projecting your times and paces, please contact Customer Service.

Important locations and times **(*The following table is just an example, official times will be listed on page 6.*)**

Exchange	Hold teams arriving before:	Allow held teams back onto the course at:	Course Takedown
6	Friday 11:00 am	Friday 2:00 pm	Friday 8:30 pm
12	Friday 3:15 pm	Friday 5:45 pm	Saturday 11:00 pm
18	Friday 7:30 pm	Saturday 9:30 pm	Saturday 3:00 am
24	Saturday 12:15 am	Saturday 2:15 am	Saturday 7:00 am
30	Saturday 4:45 am	Saturday 6:15 am	Saturday 1:15 pm

HAVE FUN! BE SAFE!

Safe Runners – Safe Support – Safe Race

In the event of a serious emergency call 911. Safety is our number one priority. There are many potential hazards in a race of this type including, but not limited to: automobile traffic, road and trail conditions, and weather. We ask that all teams please take appropriate precautions to ensure a fun and safe event. Please help us keep the race safe by focusing on being safe runners, safe support crews, and by helping us keep the race as a whole safe. Below are some basic guidelines and rules to help us all have a safe race.

12. SAFE RUNNER

When you are the "on" runner, abiding by the following rules and guidelines will help keep you safe.

12.A) Run Against Traffic and on Proper Surfaces

Runners are to run on the left shoulder of all roads (against traffic), using sidewalks or trails when available, unless signs or maps direct otherwise.

12.B) Be Aware of Traffic and Obey Traffic Laws
Runners are to understand that they do not have exclusive use of the roadway and are required to obey all traffic laws. This includes stopping at traffic lights.

12.C) Running & Participating at Night
The following nighttime rules have been developed to help ensure the safety of ALL participants.

- Official Nighttime Hours can be found on page 6.
- **ALL runners must wear night gear during the Official Nighttime Hours** – reflective vest, headlamp (or flashlight) and binking LED taillight.
- **ALL participants must wear reflective vests during the Official Nighttime Hours** if out of the team van anywhere on the course, including exchanges.
- Pacers may be used but ONLY during nighttime hours (see page 6). Pacers DO NOT have to be a member of the team. Running pacers can run with the runner but MUST run in single file. Bike pacers may ONLY be used on trails. Pacers MUST wear the same night safety gear as the runner (reflective vest, headlamp, and LED).
- If you choose to have a van driver, who is not a runner, the driver must also adhere to these safety guidelines.

12.D) Personal Music Devices and Headphones
The use of personal music devices with headphones while running is strongly discouraged. In an overnight relay, roads are not closed during the race and participants are running through the night. This format requires that all runners be alert and aware of their surroundings at all times. Wearing personal music devices causes distractions and the inability to hear what is going on around the runner.

If you still choose to use them, you do so at your own risk and must meet the following requirements:

1. Hear traffic
2. Be aware of the sounds around you
3. Be able to hear instructions from course officials when speaking at a reasonable tone (not yelling)

Violations will be given out if you are unable to hear instructions. Three violations on any safety rule will result in disqualification for your entire team.

12.E) Running in the Heat
Staying hydrated is critical to having a fun and successful Ragnar race, not to mention staying healthy and avoiding a heat related illness such as dehydration, heat exhaustion, or heat stroke. Hydration becomes especially critical during times of high heat index. The heat index (HI) is an index that combines air temperature and relative humidity to determine how hot it feels. If the heat index is above 90°, heat cramps and heat exhaustion are possible. Above a HI of 105°, heat exhaustion is likely and heat stroke is probable with continued activity.

Teams must ensure their runners' safety by monitoring the condition of their runners before, during, and after each leg. Runners should pre-hydrate before each of their legs, hydrate while running, and re-hydrate after each of their legs. Water should be supplemented with electrolytes such as NUUN, SaltSticks, etc. Proper hydration is obtained when the runner has clear (light lemonade colored) and copious urine.

13. SAFE SUPPORT

When you are part of the support crew, abiding by the following rules and guidelines will help keep you safe.

13.A) Safety Officer/Navigator

Each van is required to have a safety officer/navigator that is awake and alert at all times. The safety officer is responsible for helping the team behave safely during the race. He or she must be seated in the front passenger seat and must have the safety guidelines and rules within reach at all times. The safety officer responsibilities may be rotated between team members. The safety officer must be someone other than the driver.

13.B) Exiting and Being Outside the Vehicle

Remember that these are open roads. Every member of the team (including drivers) must have his or her own reflective vest. Everyone that is out of the vehicle on the course at night must wear a reflective vest. This includes exchanges, shoulders, roadways, and parking lots adjacent to the course. Reflective vests must be worn during the Official Nighttime Hours (see page 6). From DUSK TO DAWN, KEEP YOUR VEST ON. We also encourage you to wear bright colored clothing at all times of day and light/bright clothing at night. Dark clothing is very hard to see at night.

13.C) Road Crossing

Any team member crossing the road must do so with an orange crossing flag, day or night. This applies to the support crew – not the "on" runner. Teams will be given flags at the safety briefings (see section 14.F). Two flags will be provided at the start to Van 1 and two flags will be provided at exchange 6 for Van 2. A credit card deposit of $15 is required for each flag, but that amount will not be charged to the cards if they are returned at the finish.

- Obey all traffic/pedestrian and j-walking laws
- Cross at crosswalk if there is a crosswalk within sight
- No crossing if there is a median
- No crossing roads with more than two lanes (one lane in each direction)
    - Roads with a total 3 lanes or more MUST be crossed at cross walks

13.D) Vans

Teams' vehicles are to obey all traffic laws, which include but are not limited to:

- Obeying speed limits (both minimum and maximum speed limits)
- Not stopping in the roadway
- No illegal U-turns
- Pulling off the road completely when stopping/parking
- No parking in non-legal parking areas
- No following runners to illuminate the road for them, or to pace them
- When parked, please turn off headlights so as not to blind oncoming traffic
- Leave parking lights on so that the vehicle is visible to regular traffic
- Please do not stop or slow down in places that will impede traffic or runners, and do not turn your hazard lights on

13.E) No Van Support Leg Rules

If a leg along the course is labeled as a "No Van Support" leg, team participants need to obey the following rules:

- **Team members are not allowed out of their vehicle on the roadway**. This includes the lane of traffic and the shoulder. Team members are allowed to get out of their vehicles in safe locations that are off the roadway (parking lots, parks, etc.).
- Teams vehicles may pull over where it is legal to cheer and monitor runners but must obey all traffic laws, not impede traffic in anyway, and be out of the lane of traffic.
- If a runner is in distress and there is a safety concern, teams may assist their runner or a runner from any other team, but must obey all traffic and pedestrian laws in doing so.

Special Note: On 'no van support' legs runners need to make sure they are well hydrated before starting their leg and should carry water with them to ensure proper hydration throughout their run. All 'No Van Support' legs over 4 miles long will have at least one water station. 'No Van Support' legs over 8 miles long will have at least two water stations.

14. SAFE RACE

Help us keep the race safe by abiding by the following safety rules and by helping other teams to behave safely.

14.A) Prohibited Items on the Course

The following items are not allowed on the race course: rollerblades, unauthorized bicycles, dogs or other animals, baby joggers/strollers, scooters, skateboards, and any other device that may endanger others or put a runner at an advantage over the other participants.

14.B) Alcohol

While participating in the race, the consumption of alcohol is not allowed at any point along the course. Alcohol may be responsibly consumed at the finish line.

14.C) Sleep in Designated Sleeping Areas

Sleeping/resting must be done inside the support vehicle or inside designated sleeping areas. Major exchanges 12, 18, 24, and 30 will have designated sleeping areas. No one is allowed to sleep on the ground in any parking lot

14.D) In the Event of an Emergency

In the event of serious emergency call 911. We will have limited medical staff on hand. First aid personnel will be stationed at all major exchanges. They will be equipped to handle only minor sports injuries. Please be aware of this and plan ahead for how you will handle any emergencies. It is the responsibility of each team to be aware of the location of hospitals and other medical facilities.

In the event of an emergency notify the nearest race official, as they will be able to communicate with nearest medical personnel or call for an ambulance if the emergency is severe enough. If you are not near any race officials, please text Race Command at 661-RAGNAR1 (661-724-6271). If the emergency is severe, **FIRST** call 911, then notify Race Command at 661-RAGNAR1.

14.E) Mandatory Safety Training Meeting at Start Line and Major Exchange 6

There will be a mandatory safety training at the race start line for van 1 and at exchange 6 for van 2 (Ultra teams need only attend safety training at the start). Each team is required to have all team members attend the safety training. The Safety training will last approximately 10-15 minutes. Each van will pick up flags and all other race materials after training. Along with other items picked up, teams will pick up van bib stickers which need to be displayed on all team vehicles. Please arrive at least 1 hour early to the start line or exchange 6 to give yourself adequate time to attend safety training.

14.F) Bad Weather
The race will occur rain or shine. However, under certain severe weather conditions where the safety of runners is in jeopardy or where significant damage or alterations to the race course occur, we reserve the right to cancel the event. There will be no refunds given if the race is canceled due to weather. Conditions that may result in a race being canceled or delayed include but are not limited to the following: severe heat, electrical storm, snowfall, tornadoes, earthquakes, hurricanes, flooding, fog, etc.

14.G) Heat
If there is extreme heat during the race we reserve the right to hold teams until the temperature drops. In this scenario, we would have teams skip ahead 1 leg for every 1 hour of Heat Hold. Race officials at each exchange will document teams' stop and restart times. Teams will not be allowed to restart before their designated restart time. If teams restart after their designated restart time, the difference will be added to their overall result times. During a Heat Hold all teams are encouraged to get off of the course, out of the sun, and not to proceed to their next exchange until 15 minutes prior to their restart time. After the race, Ragnar will apply each team's average pace to the legs that were skipped. Note that if a Heat Hold is in place, your team is still responsible for attending the start line /exchange 6 for race check-in and the safety training before skipping to their re-start exchange.

14.H) Lightning
If there is lightning at the start of the race we reserve the right to delay starts until the lightning clears. If you see lightning on the course after the race has started, get your runner off the road and into the support vehicle. Make a note of the time and the location where you exited the course. If lightning clears within 1 hour put your runner back on the road where they left and make a note of the time. If lightning persists longer than an hour, move ahead to the next exchange. For every hour of lightning, you may move ahead one exchange. Keep close track of where and when you left the course and where and when you returned to the course. At the end of the race we will have a form available for you to report these locations and times. We will then calculate your average pace and apply this pace to the segment of the course that you missed. In this way we will adjust all overall race times. Only teams that have taken accurate notes will be given official times.

14.I) Flooding
If a runner encounters flooded areas that are impossible to cross, get your runner into the support vehicle, and drive the runner ahead where the road is no longer flooded to continue running his or her leg. Keep track of how far your van drives ahead by .10 of miles and report the mileage and speed traveled at the finish line. We will take your team's overall average pace, the mileage and speed driven and adjust your team's time accordingly. Only teams that have taken accurate notes will be given official times.

14. J) Wildlife/Open Range Rules
If a runner encounters any wildlife that is aggressive on the course, get your runner off the road and into your support vehicle. The vehicle should drive ahead and let the runner out at a safe and reasonable distance ahead of the wildlife to continue his or her leg. Keep track of how far your van drives ahead by .10 of miles and report the mileage and speed traveled at the finish line. We will take your team's overall average pace, the mileage and speed driven and adjust your team's time accordingly. Only teams that have taken accurate notes will be given official times.

14.K) Report Other Teams Breaking Safety Rules
We will have Course Marshals out on the course monitoring teams for safety and adherence to all rules. However, with the size of the course we cannot be everywhere at once. We are asking teams to help us keep the course safe by reporting teams that are violating any of the above rules. To report violations:

Send a text message to 661–RAGNAR1 (661-724-6271)
Please include the Who, What, Where, and When in your text message.

Please use this number to keep us informed. Send text messages if you see improper signage, unsafe conditions, if you become lost, etc.

ENFORCEMENT

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15. RULES AND SAFETY ENFORCEMENT
Rules are enforced based on a "three strikes you're out" policy. There will be race officials monitoring the course to enforce rules. Teams will be notified via text message each time they violate a rule (cell phone numbers will be collected at the start line and exchange 6). If a team receives three safety violations a Course Marshal will meet them to review the validity of each violation. If the Course Marshal deems that the violations are valid, the team's slap bracelet will be confiscated and the team must leave the course.

In addition to Course Marshals, teams will have the ability to text in rule violations. Course Marshals will determine the validity of all text messages received from teams.

Course Marshals may also disqualify teams on the spot without prior warning for what they deem to be serious rule violations.

RAGNAR REFLECTIVE VEST REQUIREMENTS

Safety is our number one priority. *Ragnar Relay requires every runner to have a reflective vest prior to getting on the course. Any participant (not just the active runner) who is outside of their team van during nighttime hours must wear a reflective vest, even van drivers. In street clothes at night, you are only visible to drivers up to 200 feet. Most reflective vests make it so runners become visible to drivers up to 1200+ feet. Adding headlamps and flashing LED tail-lights provides increased visibility and safety.*

We receive many questions on reflective vest and what is acceptable. Reflective vests must have **reflective material on the front, back and shoulders**. The pictures below illustrate what types of reflective vests are acceptable. The color of the vest does not mater, just the amount of reflective material.

APPROVED

Standard Reflective Vest

APPROVED

Running Reflective Vests

APPROVED

Reflective Harness

The following items are **not approved for use in Ragnar races**: homemade products, reflective sleeves, reflective belts, adhesive reflective tape, or reflective piping.

NOT APPROVED

Reflective sleeves

NOT APPROVED

Reflective Belt

NOT APPROVED

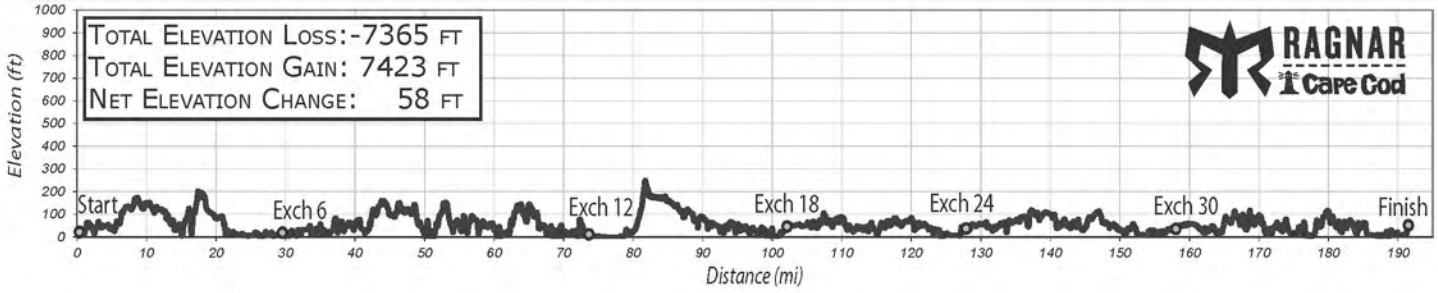
Clothing with Reflective Piping

For questions please contact the Race Director

DIRECTIONAL SIGNS

Along the course there will be course signs that communicate to the runners which direction to go, on what side of the road to run, which exchange they are at, etc.

Course Overview -- 189.7 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 -- 29.4 Miles

OVERVIEW:
The Ragnar Relay Cape Cod begins by taking you back in time as you travel through historic Plymouth County. You'll be winding your way past beautiful Colonial homes and historic churches before taking in breathtaking ocean views on your way to Duxbury Beach.

START LINE ADDRESS:
DCR Nantasket Beach
175 Hull Shore Drive
Hull, MA 02045

EXCHANGE 6 ADDRESS:
Duxbury Beach
150 Gurnet Road
Duxbury, MA 02332

INACTIVE VAN ROUTE TO EXCHANGE 6:
Van 2, the inactive van, can choose to 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/Highway 228
3.2	Turn LEFT (E) onto Highway 3A
17.6	Turn LEFT (E) onto Ocean Street
17.9	Turn RIGHT (S) onto Webster Street
20.2	Turn LEFT (E) onto Careswell Street
20.7	Turn RIGHT (S) onto Canal Street
22.4	Arrive at Exchange 6

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.

Leg 1 -- 5.1 Miles -- Moderate

EXCHANGE 1 ADDRESS:
South Shore Baptist Church
578 Main Street
Hingham, MA 02034

LEG DESCRIPTION:
This leg will run along beautiful Nantasket Beach, through the town of Hull and in to Hingham.

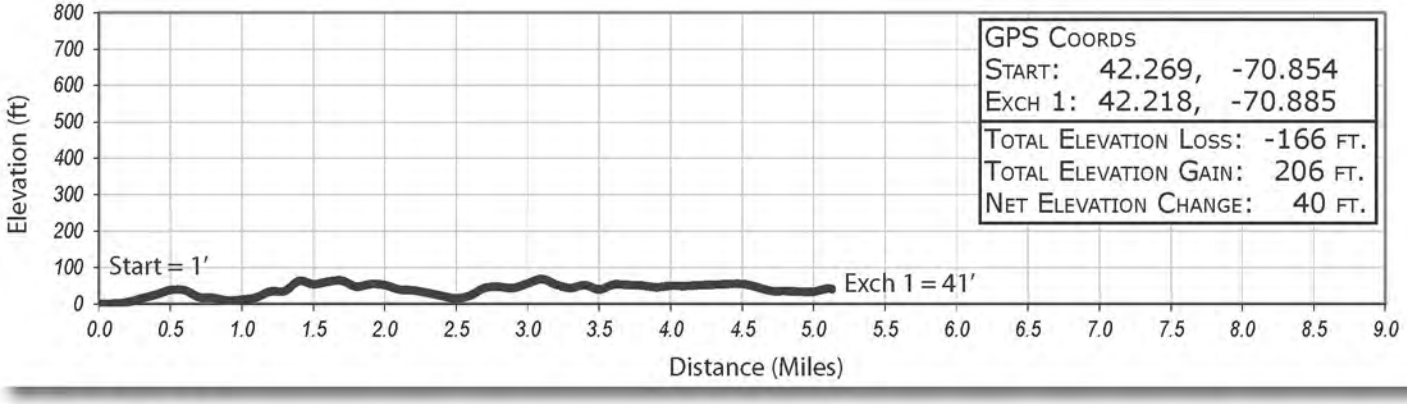
LEG NOTES:
Start Line is located at Nantasket Beach. Runners should stay on the sidewalk for this entire leg.

LEG LEGEND:

0.0	Depart Start Line heading south on Nantasket Avenue
0.9	Continue onto Hull Street/Highway 228
4.3	LEFT (S) onto Main Street/Highway 228
5.1	Arrive at Exchange 1

VAN ROUTE:

0.0	Depart start heading south on Nantasket Avenue
0.9	Continue onto Hull Street/Highway 228
3.8	LEFT (S) onto Middle Street which turns into Union Street
5.0	RIGHT (W) onto Free Street
5.8	Arrive at Exchange 1



GPS Coords	
Start:	42.269, -70.854
Exch 1:	42.218, -70.885
Total Elevation Loss:	-166 ft.
Total Elevation Gain:	206 ft.
Net Elevation Change:	40 ft.

Leg 2 -- 2.3 Miles -- Easy

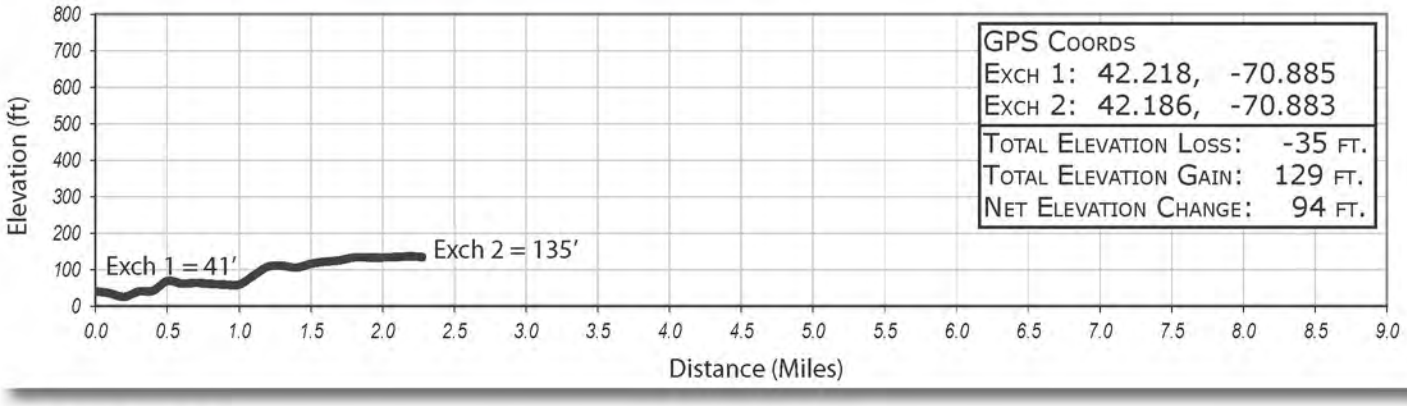
EXCHANGE 2 ADDRESS:
Resurrection Lord Church
1057 Main Street
Hingham, MA 02043

LEG DESCRIPTION:
Short and sweet is the name of the game for this slightly uphill jaunt down Hingham's Main Street.

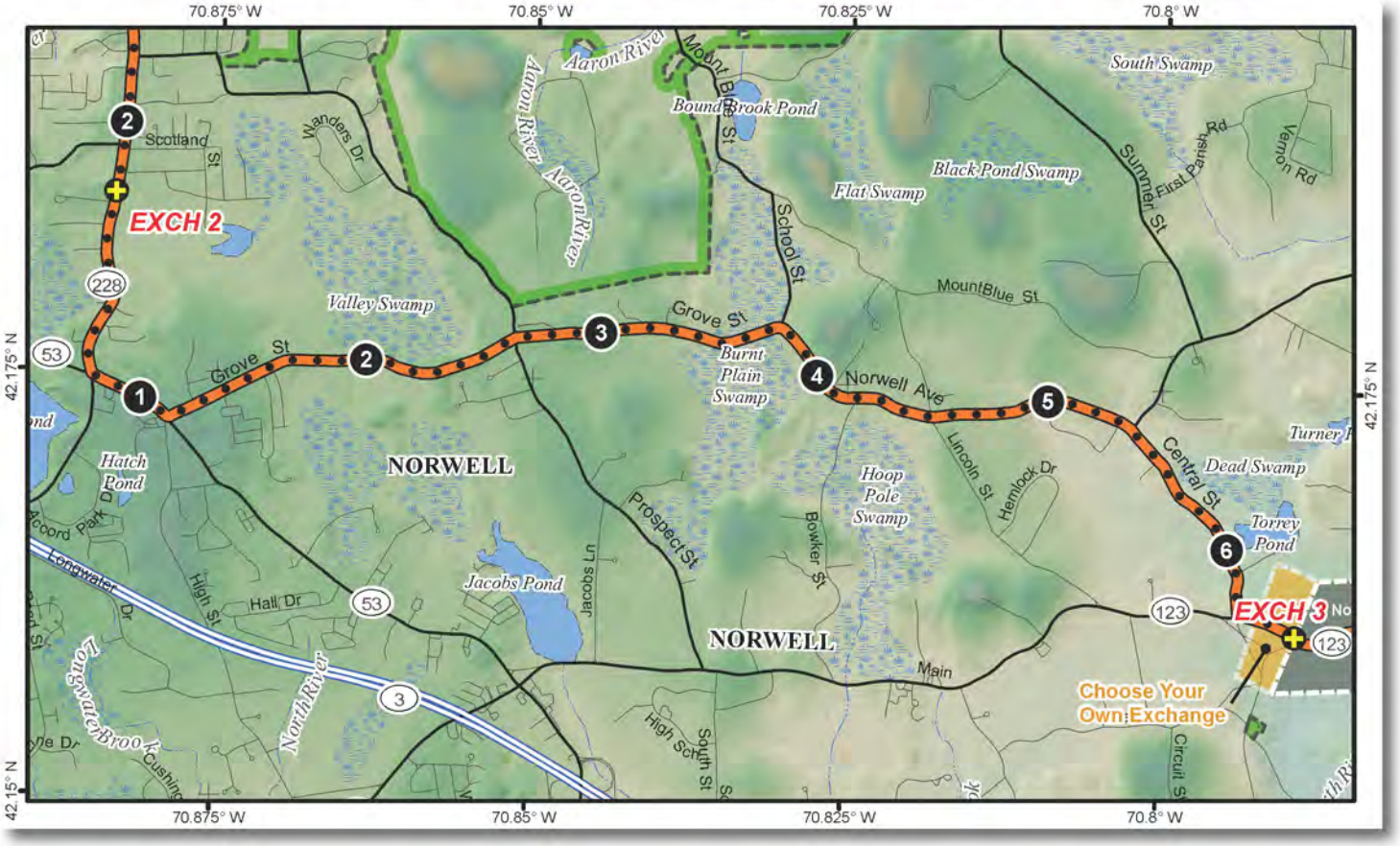
LEG NOTES:
Runners should stay on the sidewalks for this entire leg. ONLY the next runner is allowed to cross Highway 228 to the exchange chute.

LEG LEGEND:

0.0	Depart Exchange 1 heading south on Main Street/Highway 228
2.3	Arrive at Exchange 2



LEG 3 -- 6.3-6.5 MILES -- HARD -- LIMITED VAN SUPPORT



EXCHANGE 3 ADDRESS:
Leg 3 is a Choose Your Own Exchange.

Runners may do the exchange at any point before as long as the van is pulled over completely off the road on the runner's side.

No one is allowed to cross the street on Main St/123. Please respect local residents and traffic when exchanging.

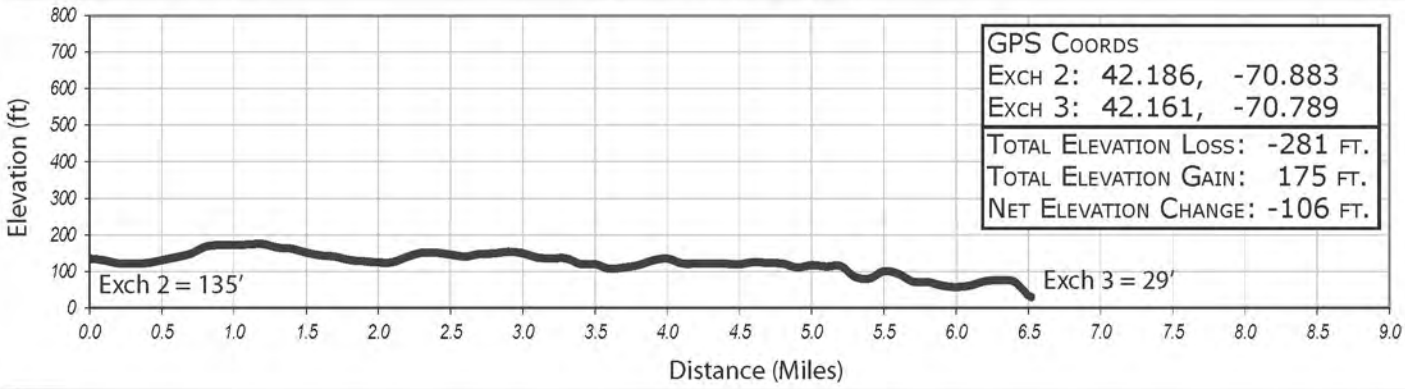
Vehicles are not to park at the Cushing Memorial Hall or Norwell Fire Department under any circumstances.

Ragnar recommends the Dunkin Donuts Parking Lot or east of Dunkin Donuts

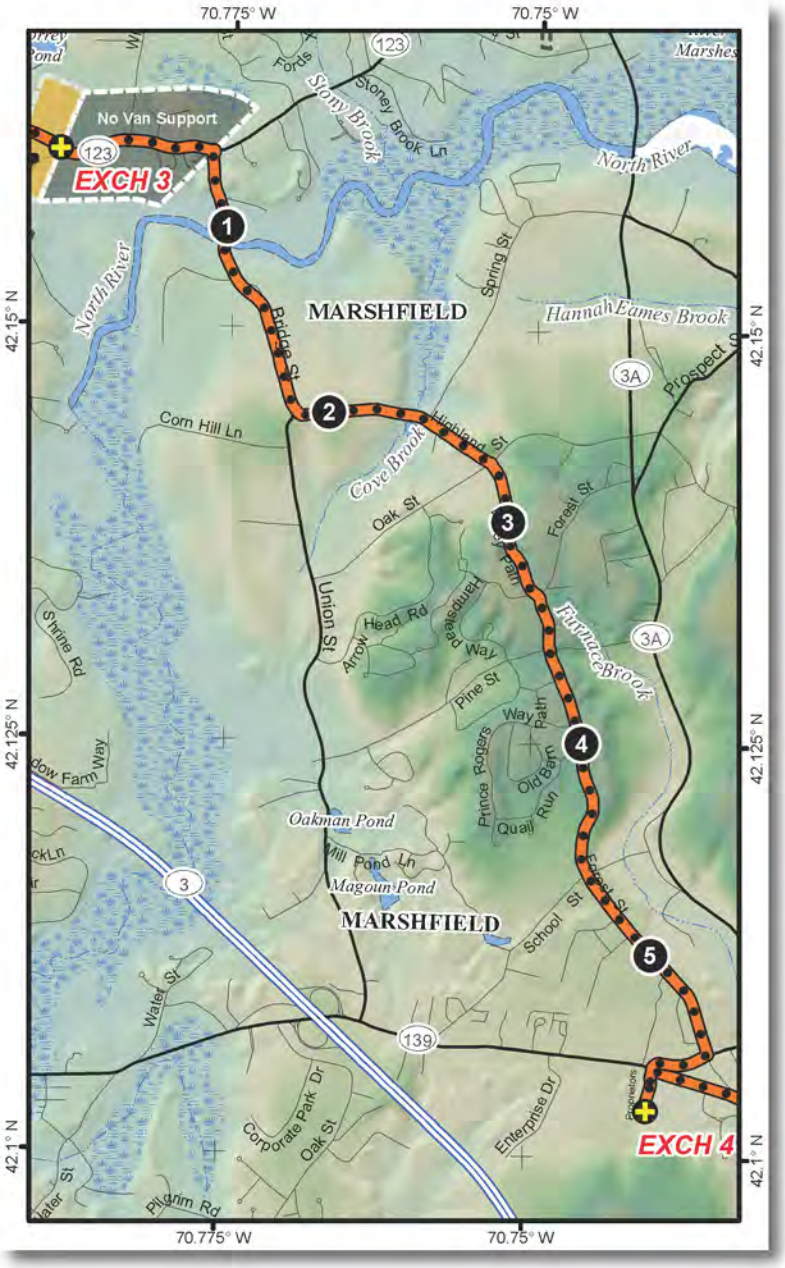
LEG NOTES:
This leg is a Choose Your Own Exchange. Runner 3 and 4 can determine how long their legs are. Decide beforehand how many miles each runner will complete.

LEG LEGEND:

0.0	Depart Exchange 2 heading south on Main Street/Highway 228
0.8	Turn LEFT (E) onto Washington Street
1.1	Turn LEFT (NE) onto Grove Street
2.6	Turn RIGHT (S) onto Prospect St
6.3	Turn LEFT (E) onto Main St
6.5	Arrive at Choose Your Own Exchange Zone



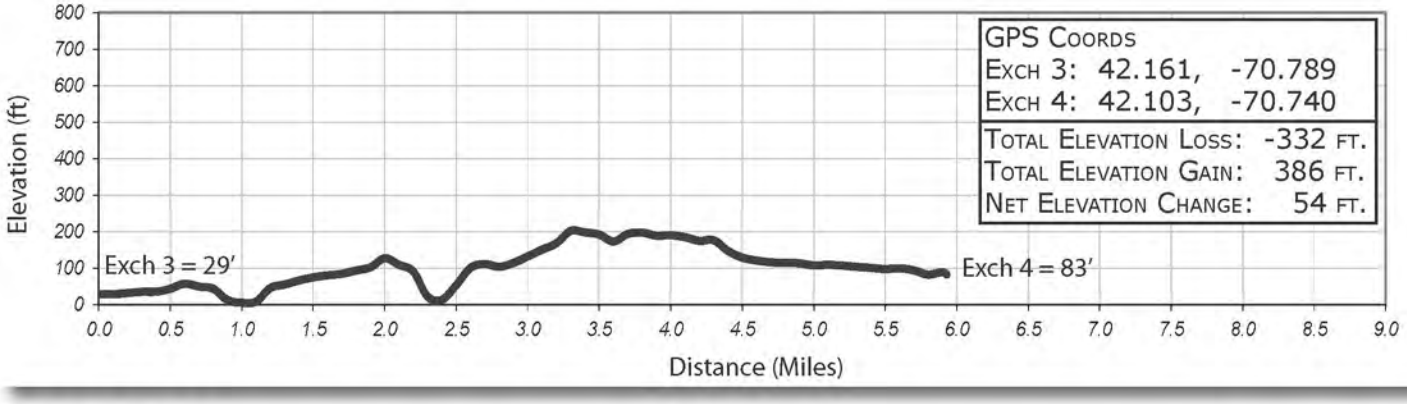
Leg 4 -- 5.9 Miles -- Hard



EXCHANGE 4 ADDRESS:
Marshfield Tavern
1 Proprietors Drive
Marshfield, MA 02050

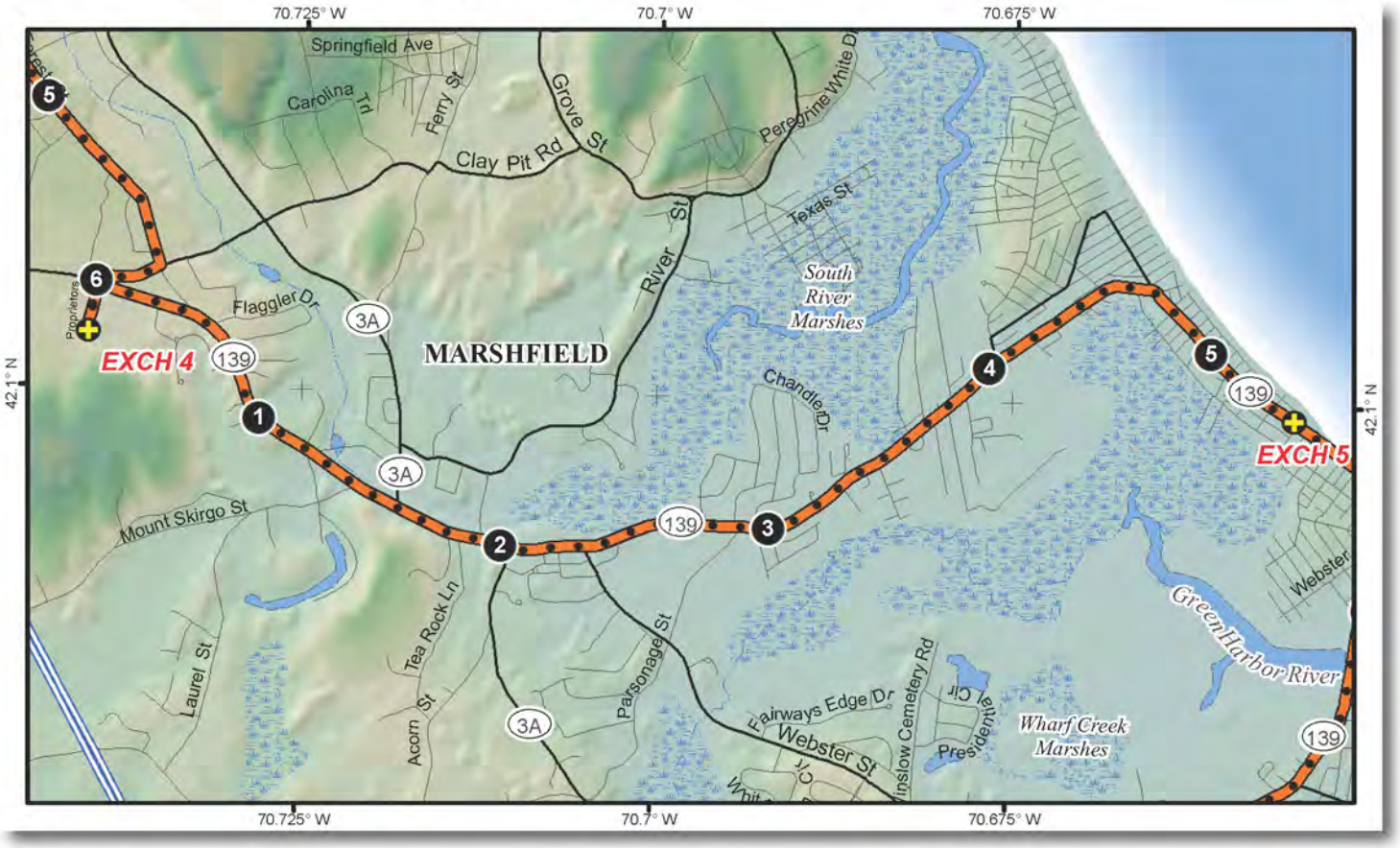
LEG LEGEND:

0.0	Depart Exchange 3 heading east on Main Street
0.7	Turn RIGHT (S) onto Bridge Street. Road becomes Union Street.
1.9	Turn LEFT (E) onto Highland Street
2.7	Bear RIGHT (S) onto Valley Path
3.4	Bear RIGHT(S) onto Forest Street
5.5	Turn RIGHT (W) onto Furnace Street
5.7	Continue STRAIGHT onto Proprietors Drive
5.9	Arrive at Exchange 4



GPS Coords	
Exch 3:	42.161, -70.789
Exch 4:	42.103, -70.740
Total Elevation Loss:	-332 ft.
Total Elevation Gain:	386 ft.
Net Elevation Change:	54 ft.

Leg 5 -- 5.4 Miles -- Moderate



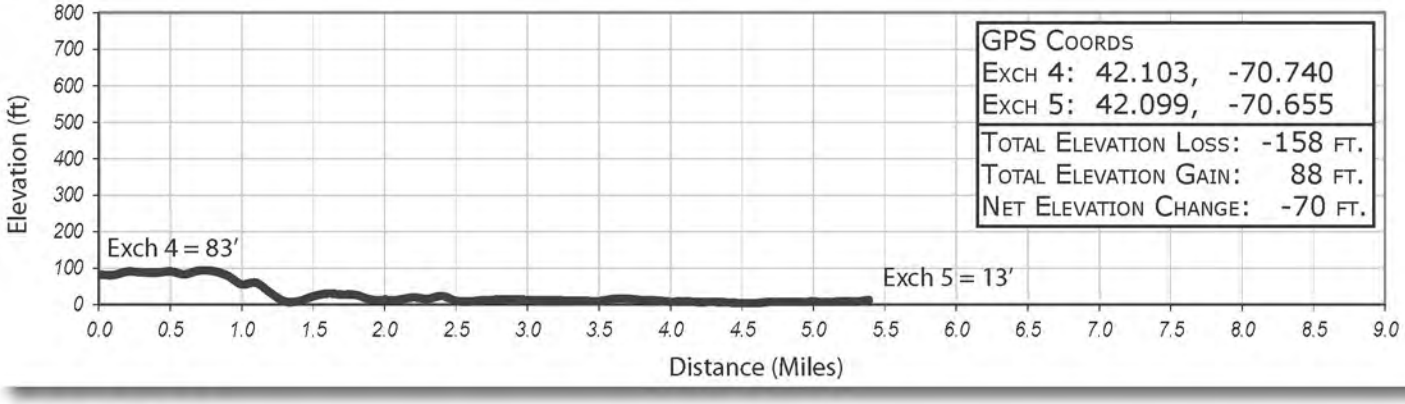
EXCHANGE 5 ADDRESS:
Saint Ann's by the Sea
591 Ocean Street
Marshfield, MA 02050

LEG DESCRIPTION:
Now that you've wound your way through the local neighborhoods, it is finally time to start making your way towards the water! This leg will take you through the town of Marshfield and straight to the sea. Take a deep breath. Can you smell the salty air already?

LEG NOTES:
Runners please try to stay on the sidewalks as much as possible on this leg. Only the next runner will be allowed to cross the street to Exchange 5.

LEG LEGEND:

0.0	Depart Exchange 4 heading north on Proprietors Drive
0.2	Turn RIGHT (E) onto Plain Street/Highway 139
2.0	Continue STRAIGHT (E) onto Ocean Street/Highway 139
5.4	Arrive at Exchange 5



Leg 6 -- 4.2 Miles -- Moderate

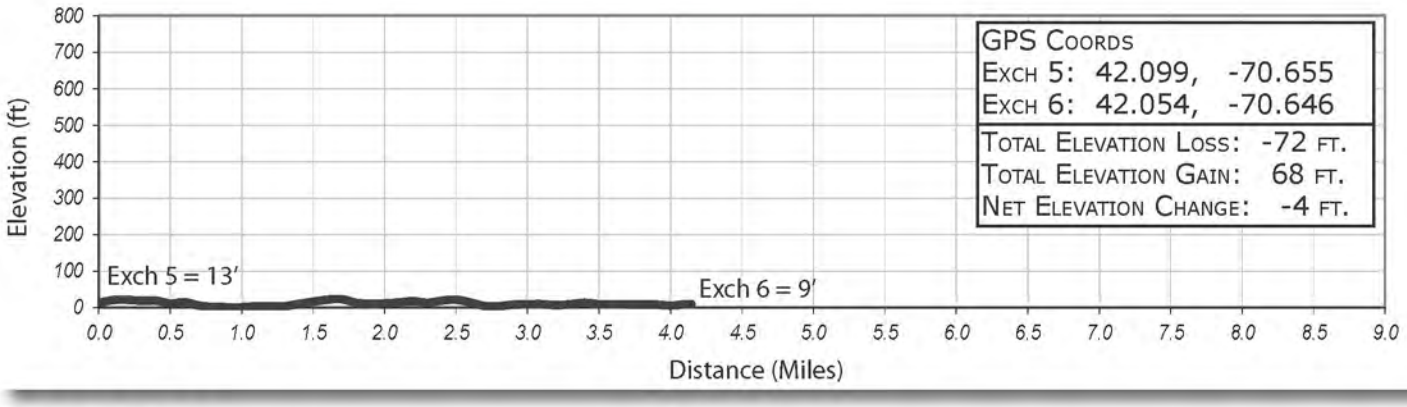
EXCHANGE 6 ADDRESS:
Duxbury Beach
150 Gurnet Road
Duxbury, MA 02332

LEG DESCRIPTION:
With the sea breeze in your hair, you'll feel unstoppable as you make your way to Duxbury Beach. Rumor has it that on a clear day, you might even be able to spot the finish line across the bay.

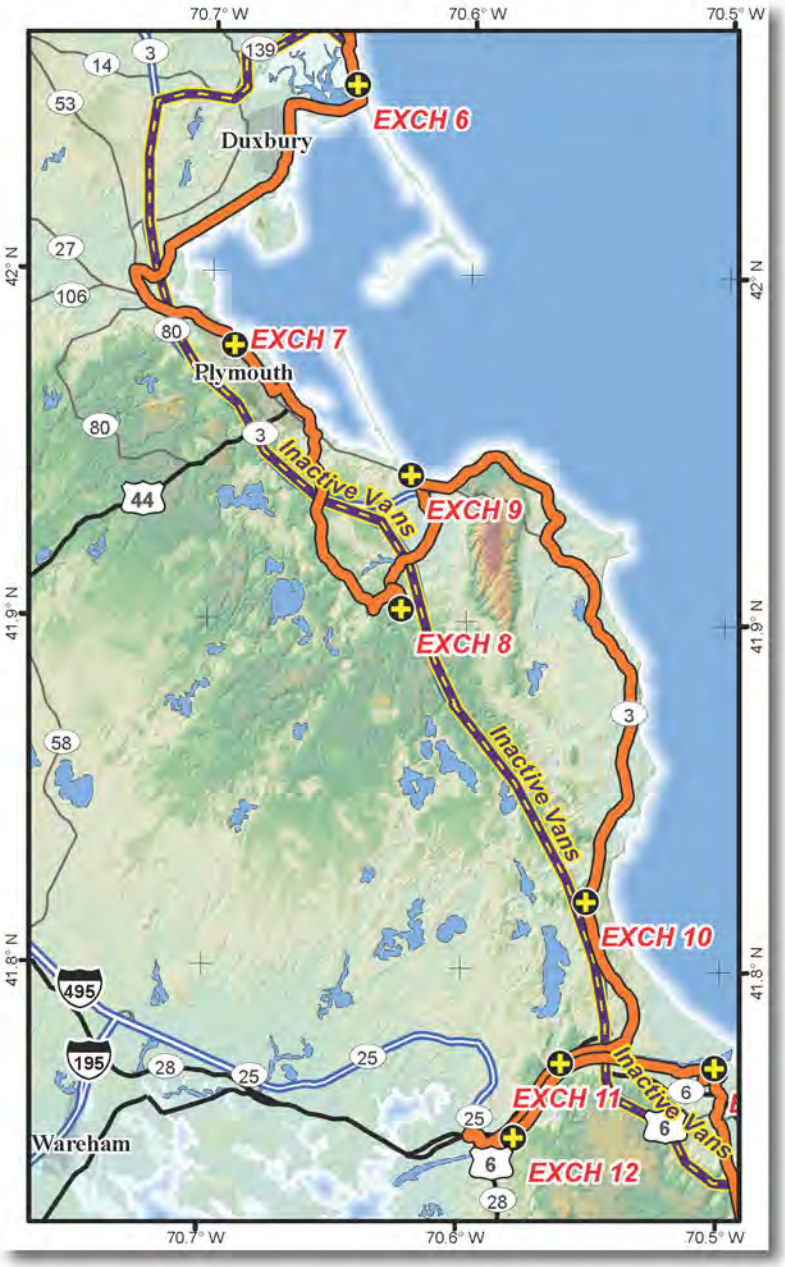
LEG NOTES:
Van drivers please use extra caution driving down Canal Street. You will be sharing this narrow road with runners and two-way van traffic.

LEG LEGEND:

0.0	Depart Exchange 5 heading south on Ocean Street
0.7	Turn RIGHT (W) onto Dyke Road/ Highway 139. Road becomes Careswell Street.
2.2	Turn LEFT (S) onto Canal Street. Road becomes Gurnet Road.
4.2	Arrive at Exchange 6



Van 2 -- Legs 7-12 -- 43.6 Miles



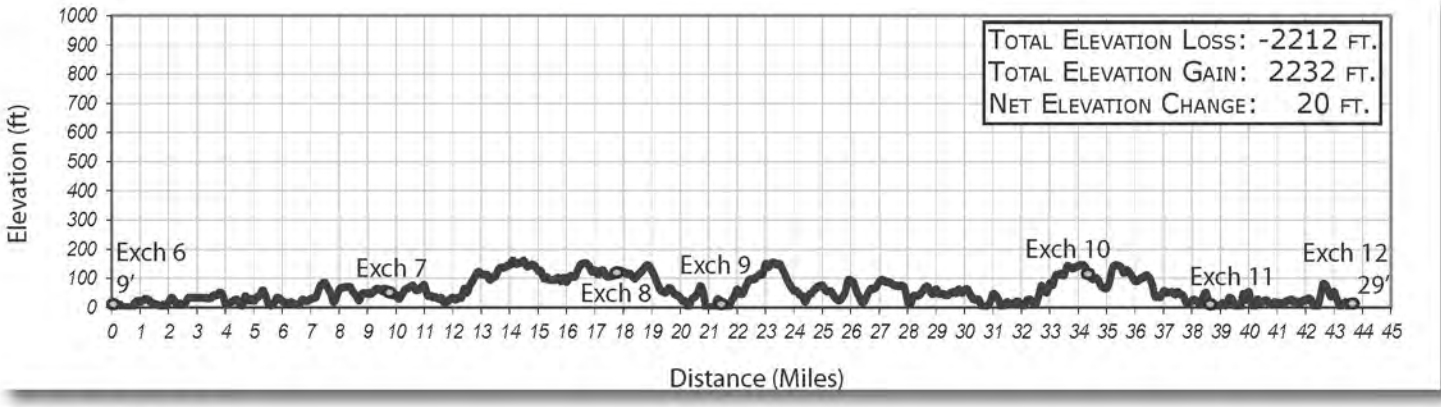
OVERVIEW:
The next six legs of this course have a little bit of everything. You'll be running through the heart of American history and directly past Plymouth Rock, making a couple of stops at stunning beaches, running a (almost) half marathon, and if you time it just right you might catch an unforgettable sunset as you run along the Cape Cod Canal Trail. As you depart Exchange 6, please follow the van directions as absolutely no Ragnar vans are allowed on the Powder Point Bridge!

EXCHANGE 12 ADDRESS:
Gallo Ice Arena
231 Sandwich Road
Buzzards Bay, MA 02532

INACTIVE VAN DIRECTIONS TO EXCHANGE 12:

0.0	Depart Exchange 6 heading north on Gurnet Road
1.7	Turn LEFT (W) onto Careswell Street/139. Road becomes West Street/14.
4.8	Continue straight through the rotary onto Congress Street/14.
5.6	Turn LEFT (S) to merge onto Highway 3
28.1	Cross the Sagamore Bridge
29.0	Slight RIGHT on to Mid-Cape Connector
29.4	Turn LEFT (W) on to Sandwich Road
31.8	Arrive at Exchange 12

TRAFFIC ADVISORY:
Because Cape Cod is a popular weekend destination for locals, please plan accordingly for traffic on the Sagamore Bridge. You will want to give your van plenty of time to get across the bridge and to Exchange 12 before your 12th runner arrives.



Leg 7 -- 9.8 Miles -- Very Hard

EXCHANGE 7 ADDRESS:
Zion Evangelical Lutheran Church
384 Court Street
Plymouth, MA 02360

LEG DESCRIPTION:
This scenic run will take you across the Powder Point Bridge and into the legendary Town of Plymouth.

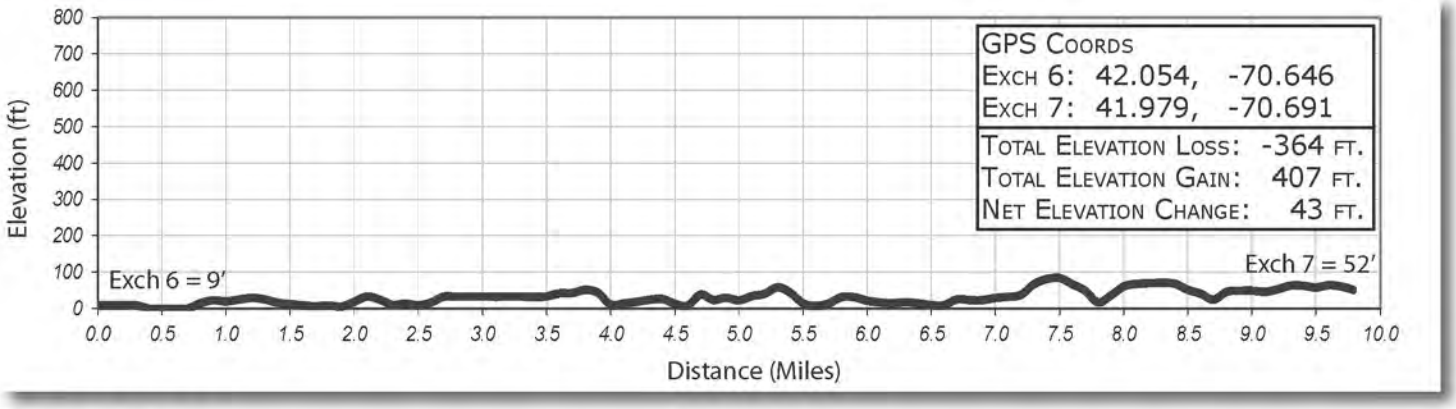
LEG NOTES:
Only the next runner will be allowed to cross Highway 3A to the Exchange Chute. Absolutely no Ragnar vehicles are allowed on Powder Point Bridge. Please pay attention to Van Route!

LEG LEGEND:

0.0	Depart Exchange 6 heading south on Gurnet Road
0.3	Turn RIGHT (W) to cross Powder Point Bridge
0.9	Slight RIGHT (W) to stay on Powder Point Avenue
1.9	Turn LEFT (S) onto Washington Street. Road becomes Bay Road.
5.9	Turn LEFT (S) onto Loring Street which becomes Landing Street
6.7	Turn RIGHT (NW) onto Maple Street
7.1	Turn LEFT (S) onto Summer Street/3A
7.6	Continue onto Main Street/3A
9.8	Arrive at Exchange 7

VAN ROUTE:

0.0	Depart Exchange 6 heading North on Gurnet Road
1.9	Turn Left onto MA-139
4.0	Turn Left onto 3A
4.7	Turn Left onto St George St
5.8	Turn Right onto Cove St which becomes Washington St
9.8	Turn LEFT (S) onto Loring Street which becomes Landing Street
10.6	Turn RIGHT (NW) onto Maple Street
11.0	Turn LEFT (S) onto Summer Street/3A
12.1	Continue onto Main Street/3A
13.7	Arrive at Exchange 7



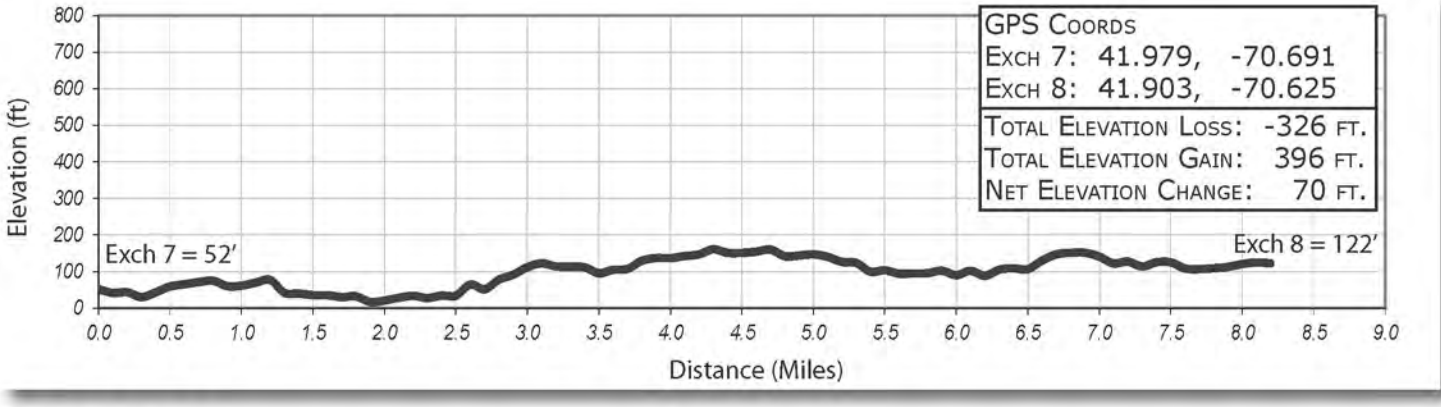
Leg 8 -- 8.1 Miles -- Very Hard

EXCHANGE 8 ADDRESS:
Forges Field
83 Jordan Road
Plymouth, MA 02360

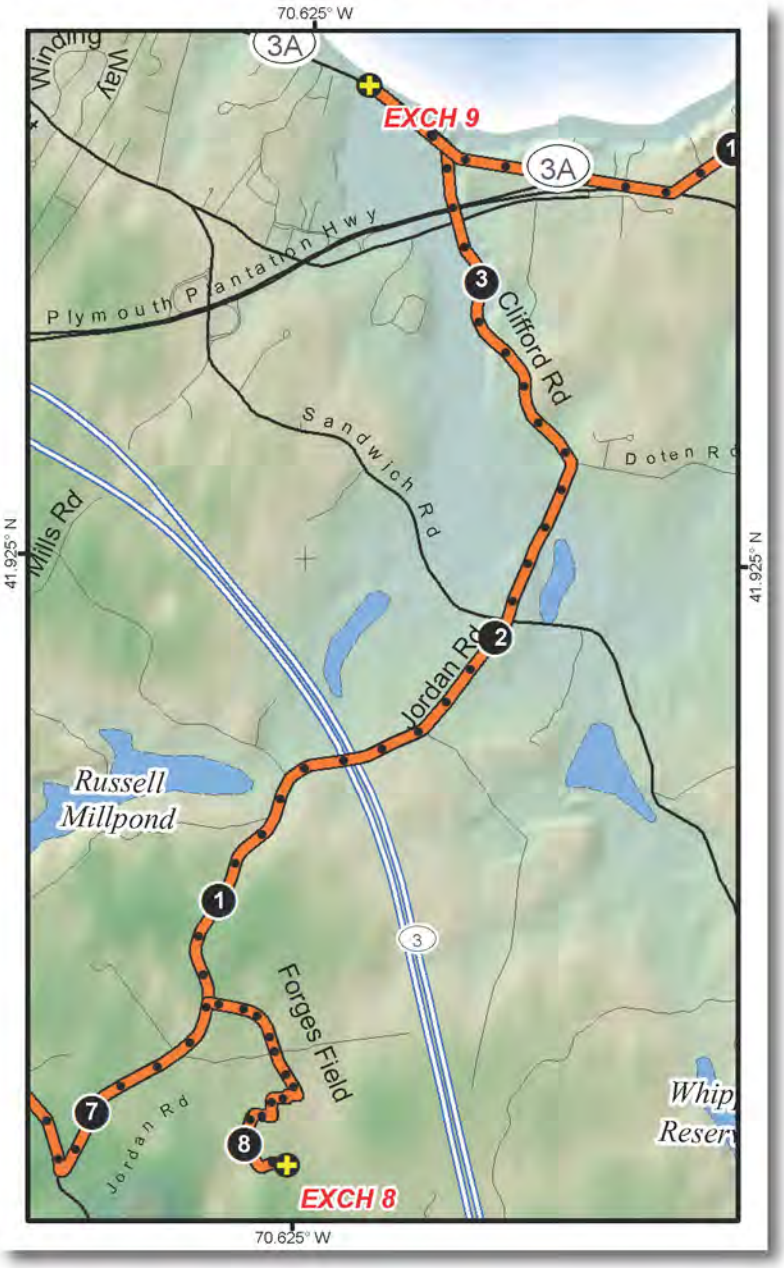
LEG DESCRIPTION:
Are you ready for some serious American history? During this leg you will run past Plymouth Harbor, Pilgrim Memorial State Park, the Mayflower, AND Plymouth Rock. And that's just in the first three miles! Please note that this exchange must close at 10 PM. Teams arriving after 10 PM will need to do the exchange in a safe and legal location outside of the park gates. Brewster Ambulance will be stationed at Exchange 8 for minor sports injuries and transplants.

LEG LEGEND:

0.0	Depart Exchange 7 heading south on Hwy 3A
1.2	Turn LEFT (E) onto Nelson Street
1.4	Turn RIGHT (S) onto Water Street
2.5	Turn LEFT (S) onto Sandwich Street/ Highway 3A
2.7	Turn RIGHT (S) on to South Street. Road becomes Long Pond Road.
6.8	Turn LEFT (N) onto Jordan Road
7.4	Turn RIGHT(E) onto Forges Field Road
8.1	Arrive at Exchange 8



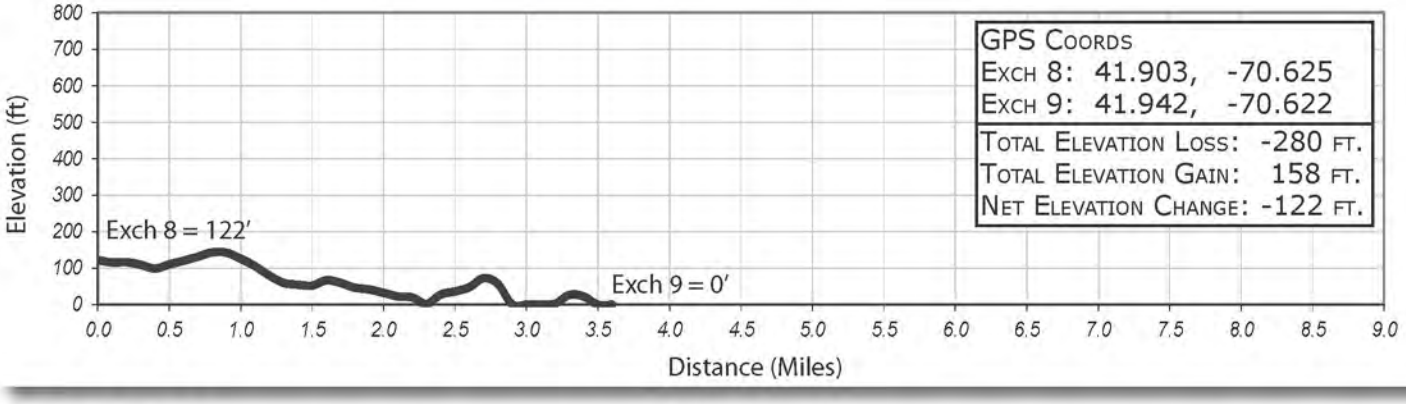
Leg 9 -- 3.6 Miles -- Easy



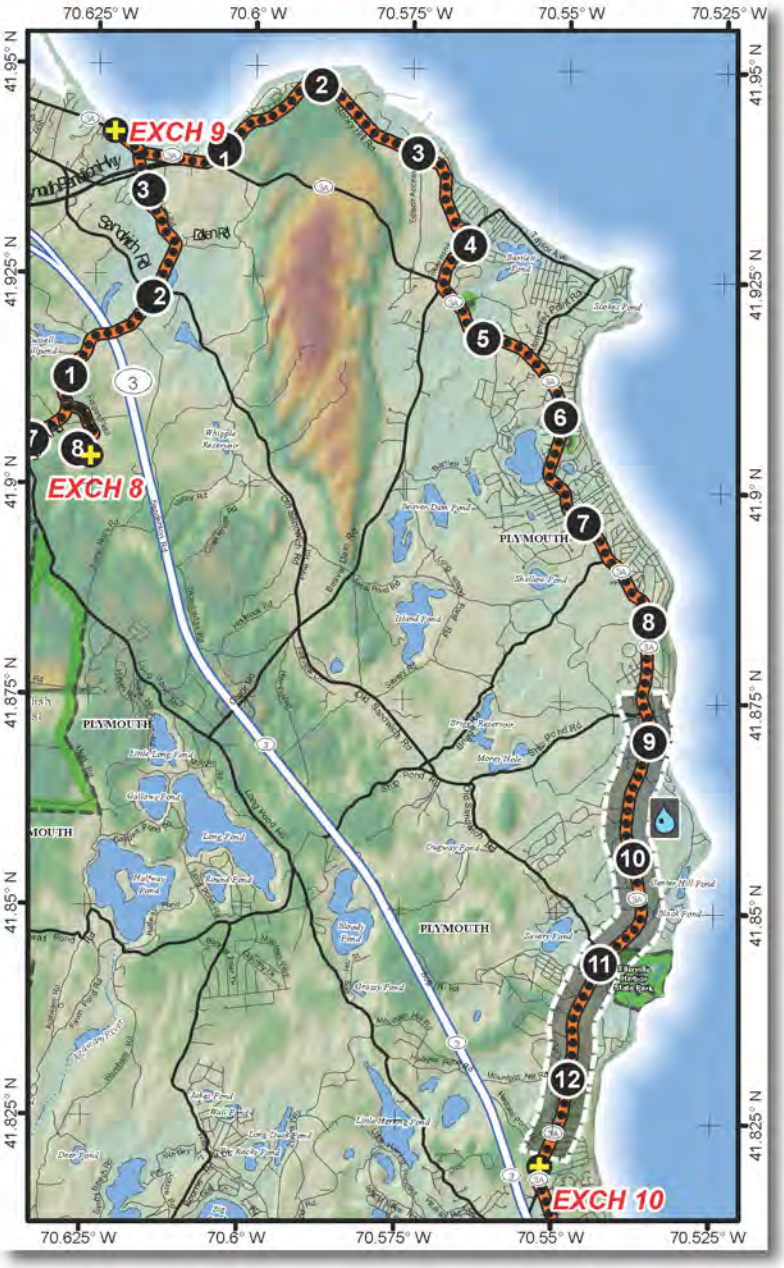
EXCHANGE 9 ADDRESS:
Plymouth Beach
1 Ryder Way
Plymouth, MA 02360

LEG LEGEND:

0.0	Depart Exchange 8 using trail and then Forges Field Road
0.7	Turn RIGHT (N) onto Jordan Road
2.5	Turn LEFT (N) onto Clifford Road
3.4	Turn LEFT (W) onto Warren Avenue/ Highway 3A
3.6	Arrive at Exchange 9



Leg 10 - 12.8 Miles - Very Hard - LIMITED VAN SUPPORT



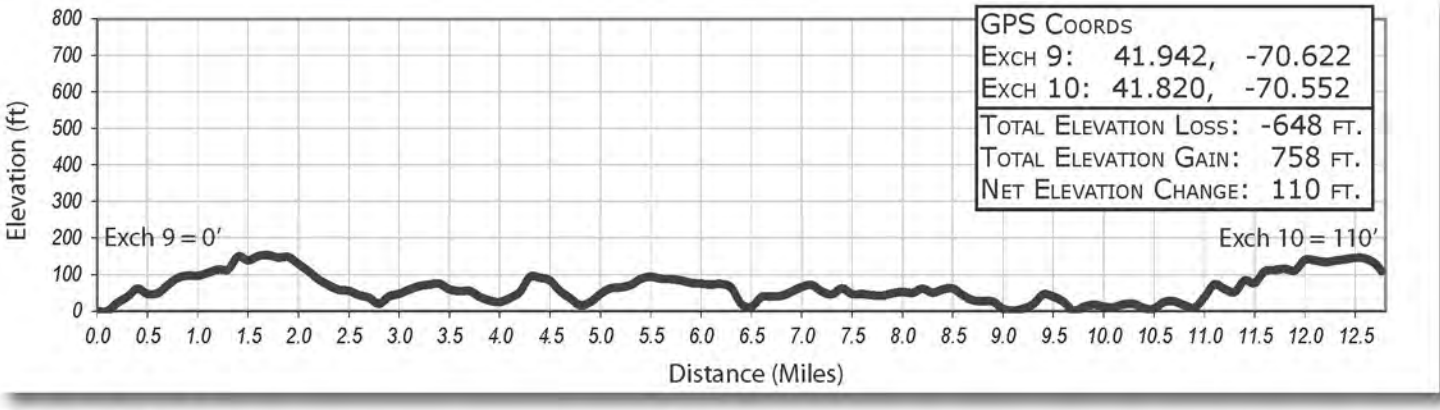
EXCHANGE 10 ADDRESS:
Shaw's Parking Lot
2260 State Road
Plymouth, MA 02360

LEG DESCRIPTION:
Get ready to earn the ultimate trump card. 12.8 miles is no easy task, but we have a feeling you are prepared to rise to the challenge. Tighten up those sneaks, folks. You're in for the long haul.

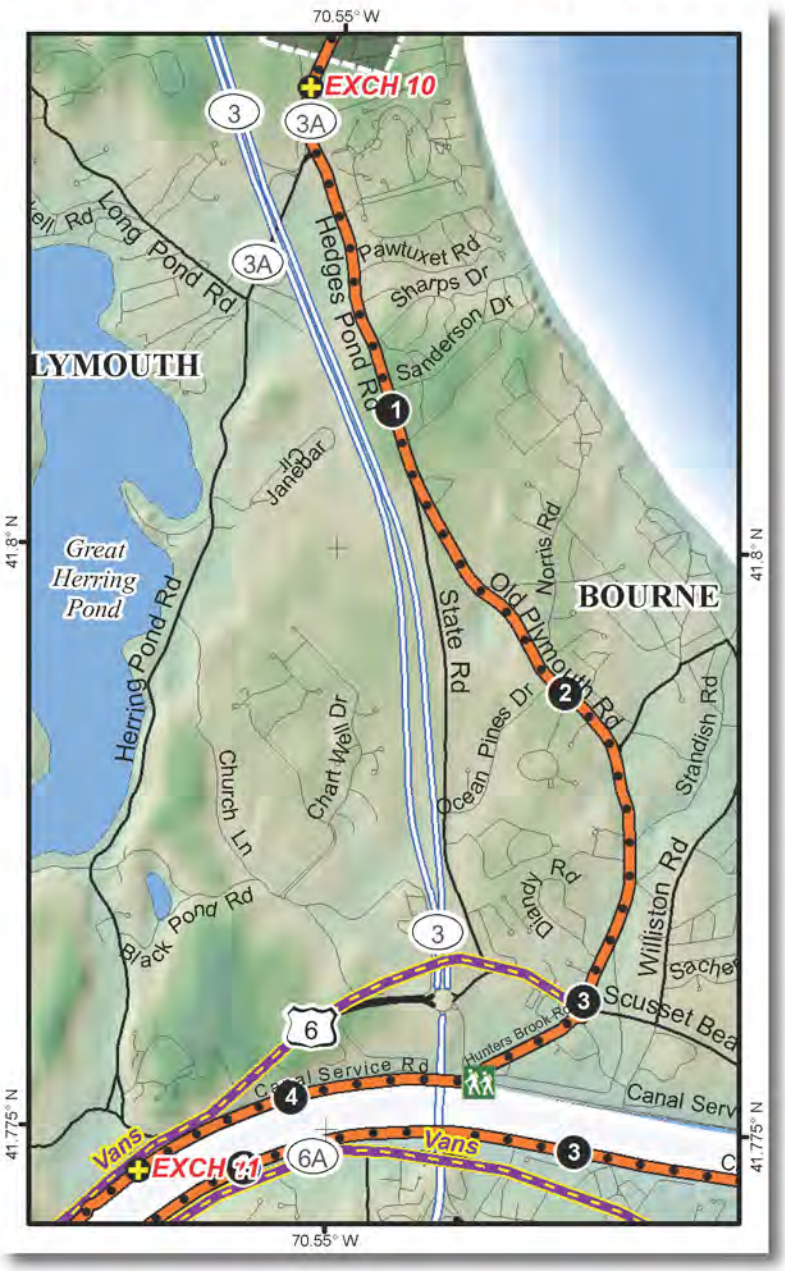
LEG NOTES:
Leg 10 is a Limited Van Support leg. Vans are not allowed to stop, pull over, or support during the coned section of this leg. There will be one water station during this section of the leg. It is recommended that runners carry water.

LEG LEGEND:

0.0	Depart Exchange 9 heading south on Highway 3A
0.8	Turn LEFT (NE) onto Rocky Hill Road
3.9	Turn RIGHT (SW) onto White Horse Road
4.4	Turn LEFT (S) onto Highway 3A
12.8	Arrive at Exchange 10



Leg II -- 4.5 Miles -- Moderate



EXCHANGE 11 ADDRESS
Herring Rec Parking Lot
Bourndale Road/Highway 6
GPS: 41.7731248993, -70.5606691143

LEG DESCRIPTION:
This will be the first of three legs along the Cape Cod Canal Trail.

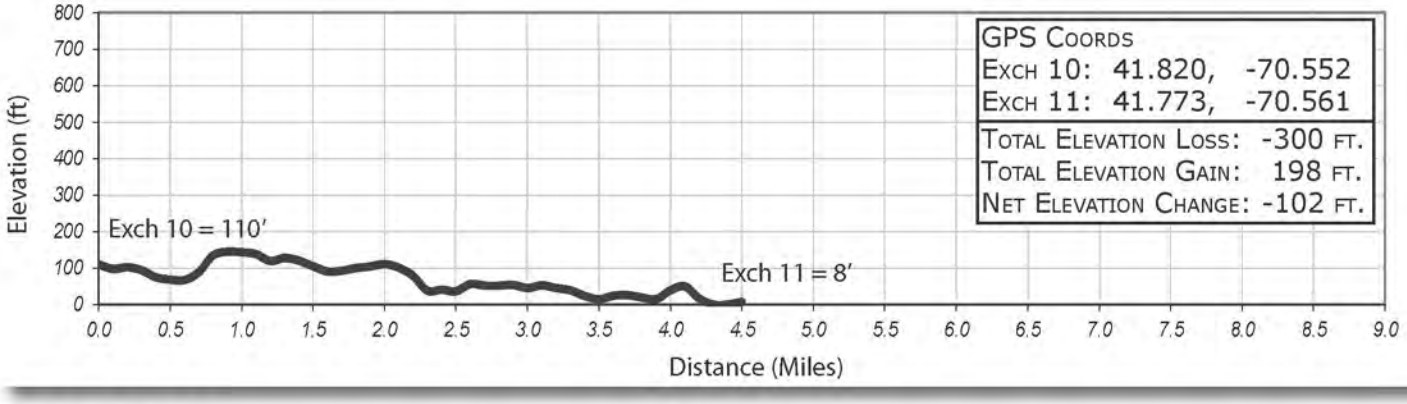
LEG NOTES:
Runners and Vans will be separated for the last half of this leg while runners are on the Cape Cod Canal Trail. It is recommended that runners carry water.

LEG LEGEND:

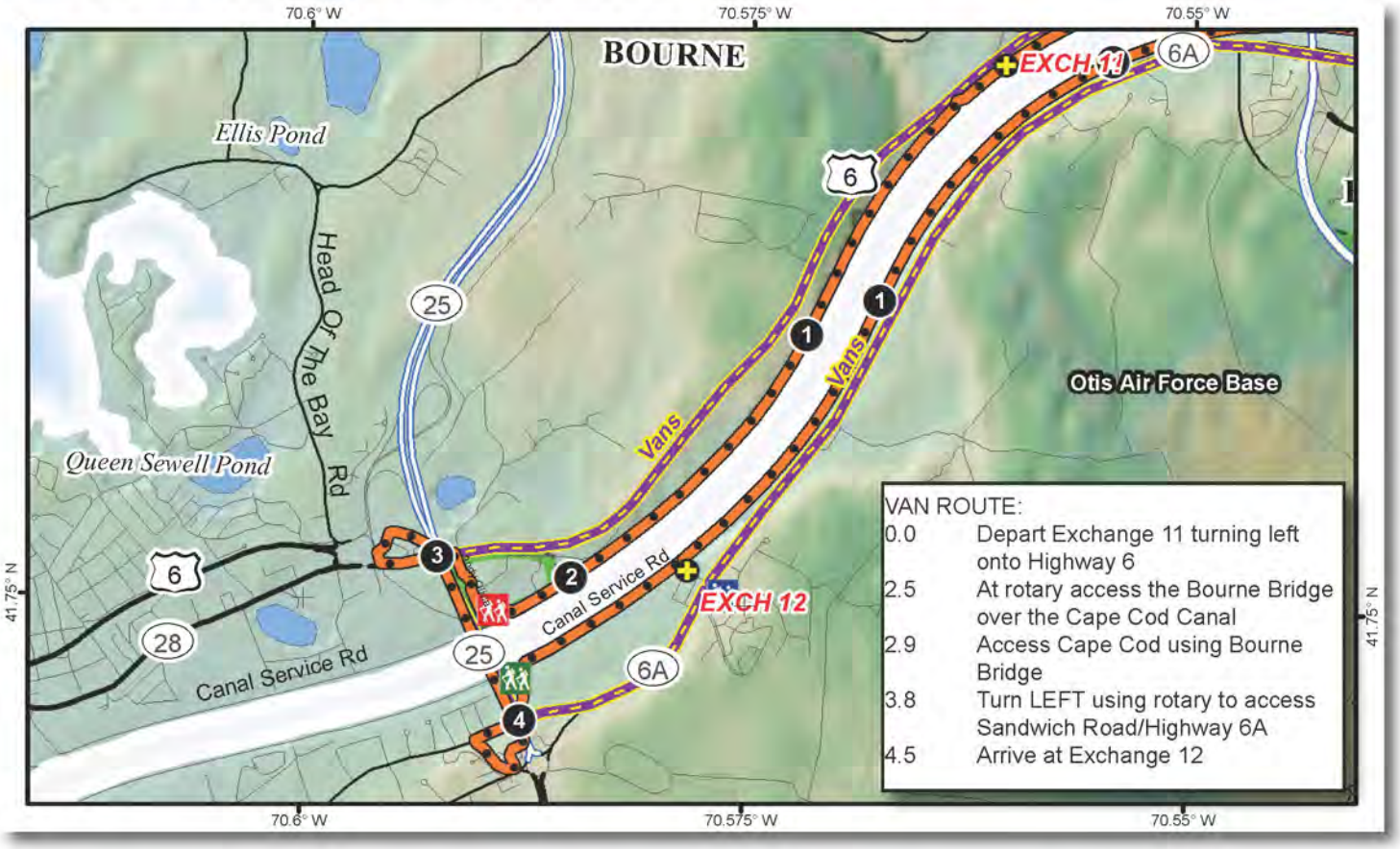
0.0	Depart Exchange 10 heading south on Highway 3A
1.2	Bear LEFT (S) onto Old Plymouth Road
3.0	Turn RIGHT (W) onto Hunters Brook Rd
3.4	Turn RIGHT (W) onto the Cape Cod Canal Trail
4.5	Arrive at Exchange 11

VAN ROUTE:

0.0	Depart Exchange 10 heading south on Highway 3A
1.2	Bear LEFT (S) onto Old Plymouth Rd
3.1	Turn RIGHT (W) onto Meetinghouse Lane/Highway 6
4.6	Turn LEFT (S) at stop light to enter Cape Cod Canal Trail parking lot
4.6	Arrive at Exchange 11



Leg 12 -- 4.8 Miles -- Moderate



EXCHANGE 12 ADDRESS
Gallo Ice Arena, 231 Sandwich Road
Buzzards Bay, MA 02532

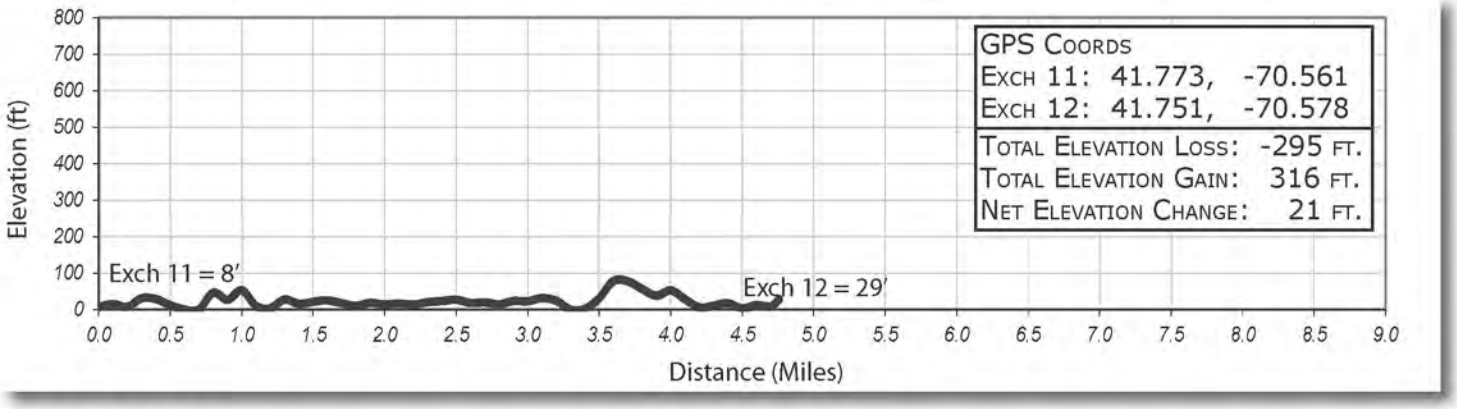
LEG DESCRIPTION: This leg will take you along the Cape Cod Canal and across the Bourne Bridge. Welcome to Cape Cod! Exchange 12 will be offering indoor sleeping, food concessions, and showers.

LEG NOTES: Runners and vans will be separated for this entire leg. It is recommended that runners carry water.

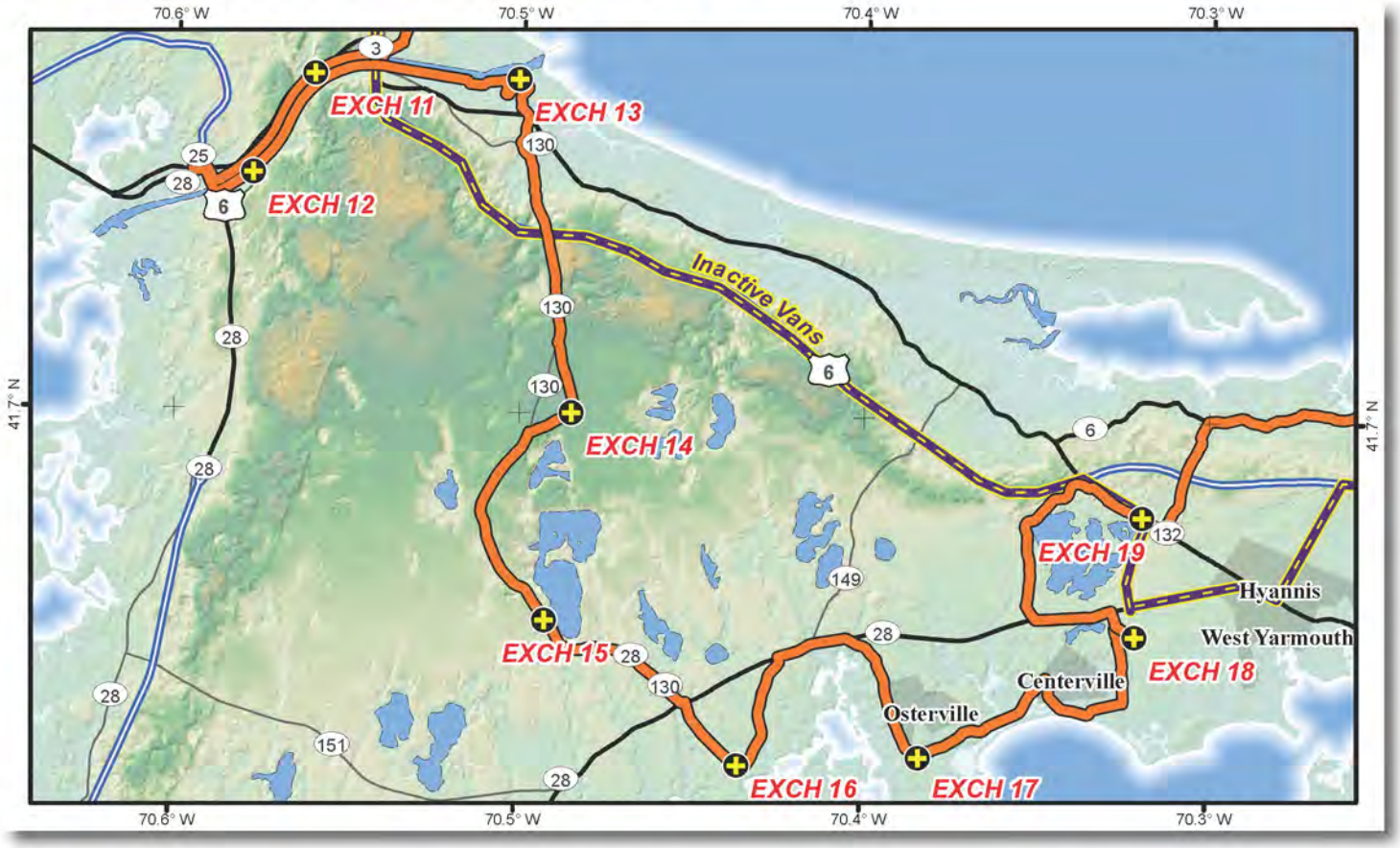
TRAFFIC ADVISORY: Because Cape Cod is a popular weekend destination for locals, please plan on high traffic getting across the Bourne Bridge. **Vans should drive directly from Exchange 11 to Exchange 12. As an alternative, vans may choose to use the Sagamore Bridge.**

LEG LEGEND:

0.0	Depart Exchange 11 heading west on the Cape Cod Canal Trail
2.3	Turn RIGHT (N) onto Andy Olivia Dr
2.5	Turn LEFT (W) onto Main St/Hwy 6
2.7	Turn RIGHT (N) onto Bourne Bridge Approach
3.0	Cross the Cape Cod Canal using Bourne Bridge
3.5	Turn RIGHT (W) at the rotary onto Freeman Street
3.7	Bear RIGHT (N) onto Veterans Way
3.9	Turn RIGHT (E) onto Sandwich Rd/ Highway 6A
4.0	Turn LEFT (N) onto Cape Cod Canal Trail access under the Bourne Bridge
4.2	Turn RIGHT (E) to enter Cape Cod Canal Trail
4.8	Arrive at Exchange 12



Van 1 -- Legs 13-18 -- 29.3 Miles



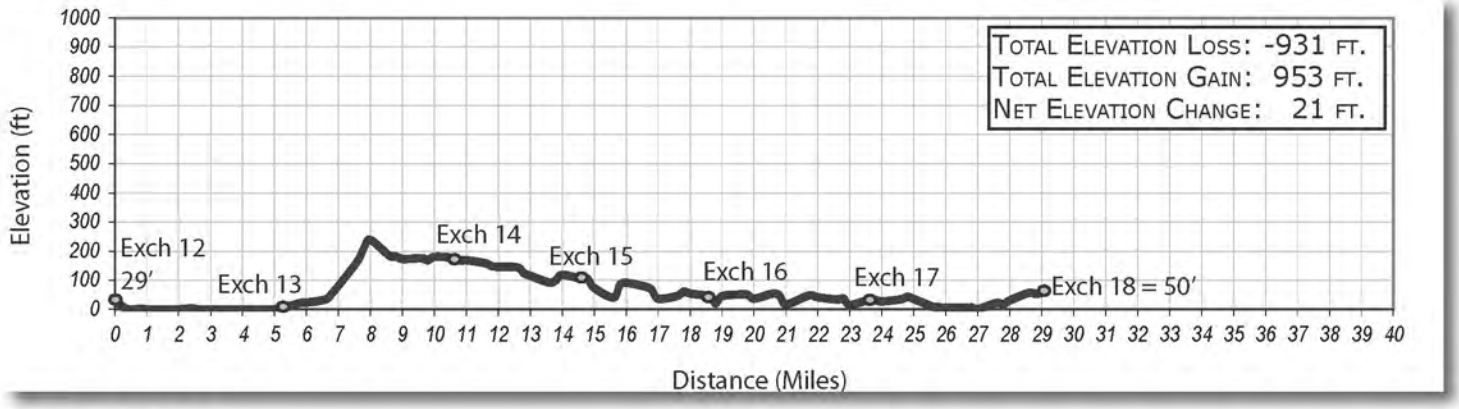
OVERVIEW:
Welcome to the Cape! This section of the course will show you the legendary towns of Bourne, Sandwich, Mashpee, and Barnstable. Oh, and of course plenty of beach. We don't know about you, but we're beginning to sense a beachy theme here.

Parking is limited at Exchange 18. We encourage Van 2 to hang out at Exchange 12 as long as possible before heading to Exchange 18 to meet your runner.

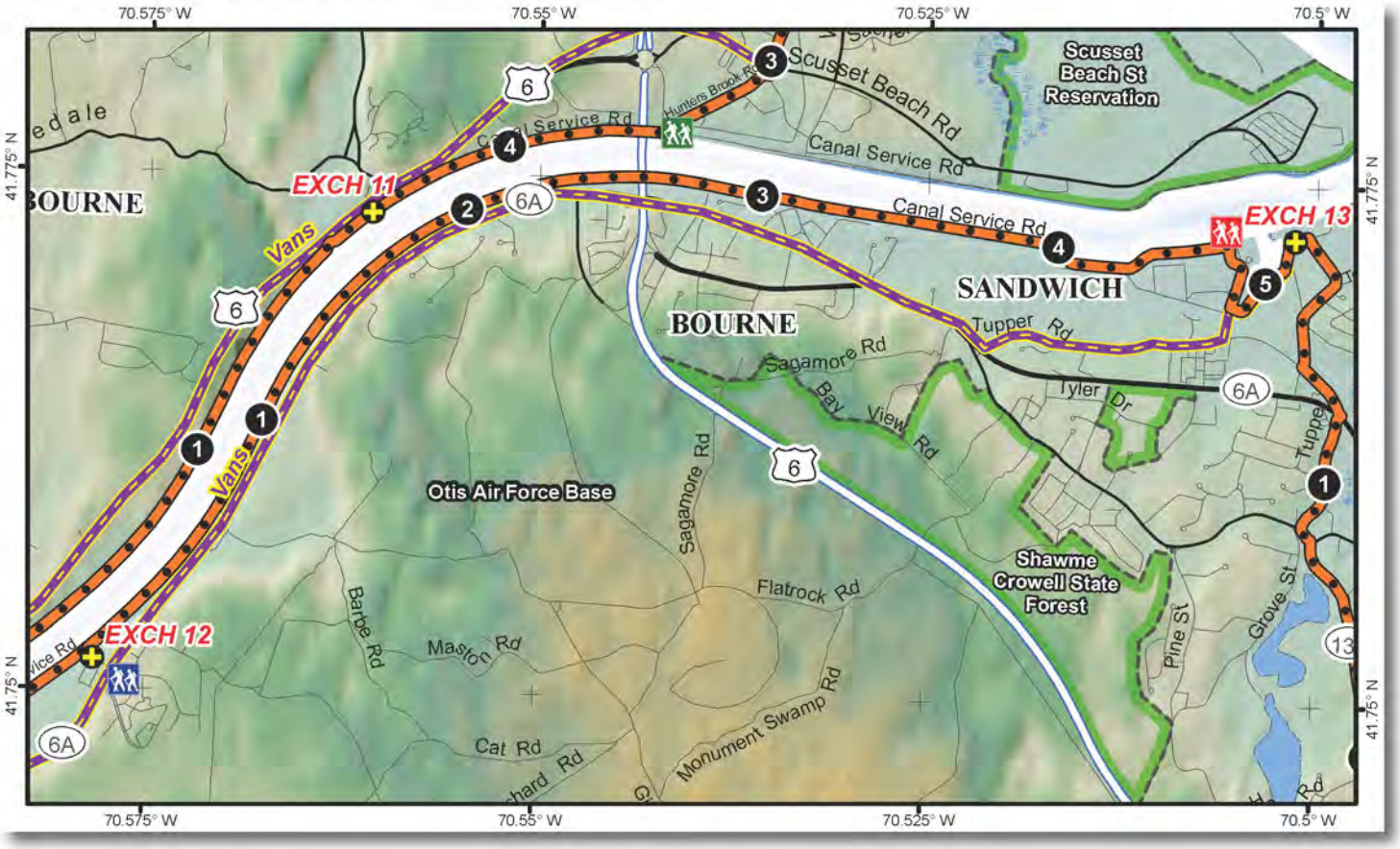
EXCHANGE 18 ADDRESS:
Barnstable High School
744 W Main Street
Hyannis, MA 02601

INACTIVE VAN DIRECTIONS TO EXCHANGE 18:

0.0	Depart Exchange 12 heading east on Sandwich Road/6A
2.4	Turn RIGHT (S) onto Mid-Cape Connector to go south on Highway 6
15.3	Take Exit 6 to Iyannough Road/132
15.6	Turn RIGHT (S) onto Iyannough Road/132
16.7	Turn RIGHT (S) onto Old Strawberry Hill Road
18.0	Turn RIGHT(W) onto Main Street
18.2	Arrive at Exchange 18



Leg 13 -- 5.2 Miles -- Moderate



EXCHANGE 13 ADDRESS:
Joe's Lobster Mart
1 Coast Guard Road
Sandwich, MA 02563

LEG DESCRIPTION:
This is the final leg along the Cape Cod Canal. From there you'll enter the Town of Sandwich and exchange at the Joe's Lobster Mart.

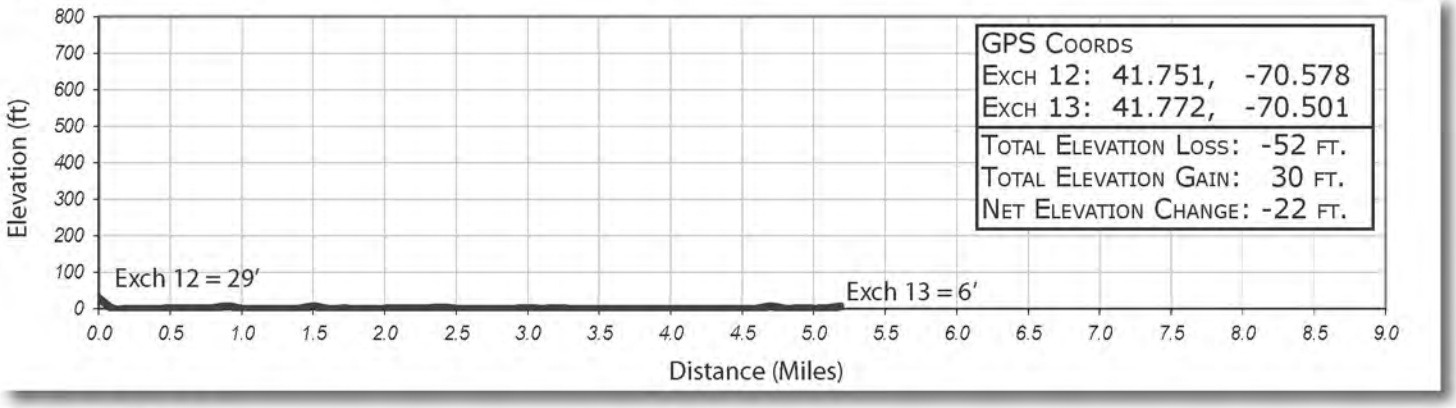
LEG NOTES:
Running with headphones is NOT ALLOWED while in Sandwich. Please respect residents. Minimize noise. No cheering or honking during night time hours.

LEG LEGEND:

0.0	Depart Exchange 12 heading east on the Cape Cod Canal Trail
4.6	Turn RIGHT (S) onto Freezer Road
4.8	Turn LEFT (E) onto Ed Moffitt Drive
5.2	Arrive at Exchange 13

VAN ROUTE:

0.0	Depart Exchange 12 heading east on Sandwich Road/Highway 6A
3.9	Turn LEFT (E) onto Tupper Road
4.7	Turn LEFT (N) onto Freezer Road
4.8	Turn RIGHT (E) onto Ed Moffitt Drive
5.0	Arrive at Exchange 13



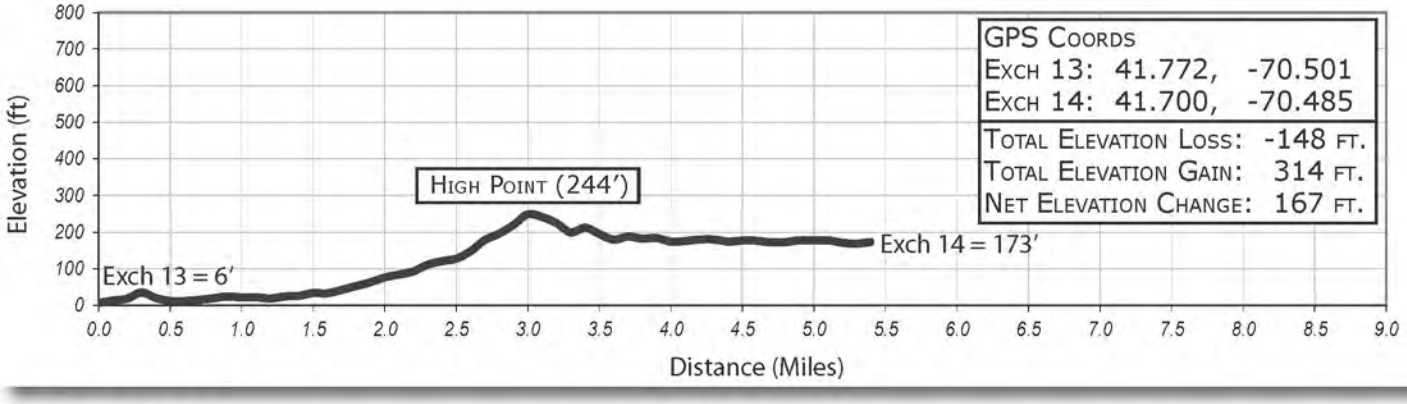
Leg 14 -- 5.4 Miles -- Moderate

EXCHANGE 14 ADDRESS:
Stop and Shop
71 Quaker Meeting House Road
Sandwich, MA 02536

LEG NOTES:
Running with headphones is NOT ALLOWED while in Sandwich. Please respect residents. Minimize noise in neighborhoods. No cheering or honking during night time hours.

LEG LEGEND:

0.0	Depart Exchange 13 heading east on Ed Moffitt Drive
0.1	Turn RIGHT (S) onto Coast Guard Road
0.2	Turn RIGHT (S) onto Town Neck Road
0.6	Turn LEFT (SE) on to Tupper Road
1.2	Turn LEFT (SE) onto Main Street/Highway 130. Road becomes Water Street/ Highway 130.
4.3	Turn LEFT (S) onto Cotuit Road
5.3	Turn RIGHT (W) onto Quaker Meeting House Road
5.4	Arrive at Exchange 14



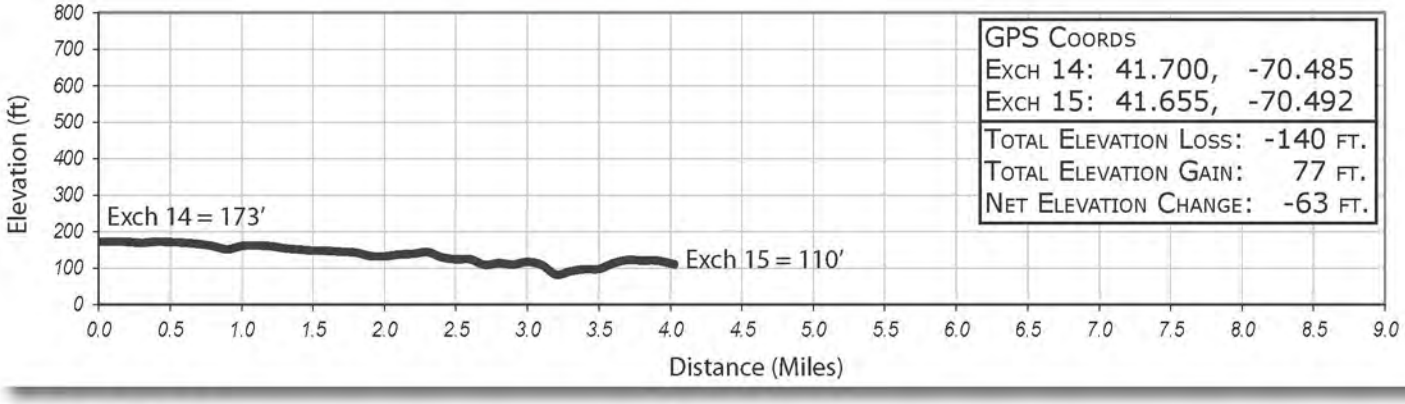
Leg 15 -- 4.0 Miles -- Moderate

EXCHANGE 15 ADDRESS:
Heritage Park
520 Main Street
Mashpee, MA 02649

LEG NOTES:
Please respect residents. Minimize noise in neighborhoods. No cheering or honking during night time hours. Runners please run inside the cones.

LEG LEGEND:

0.0	Depart Exchange 14 heading west on Quaker Meeting House Road
0.8	Turn LEFT (S) onto Forestdale Road/130. Road becomes Main Street/130.
4.0	Arrive at Exchange 15



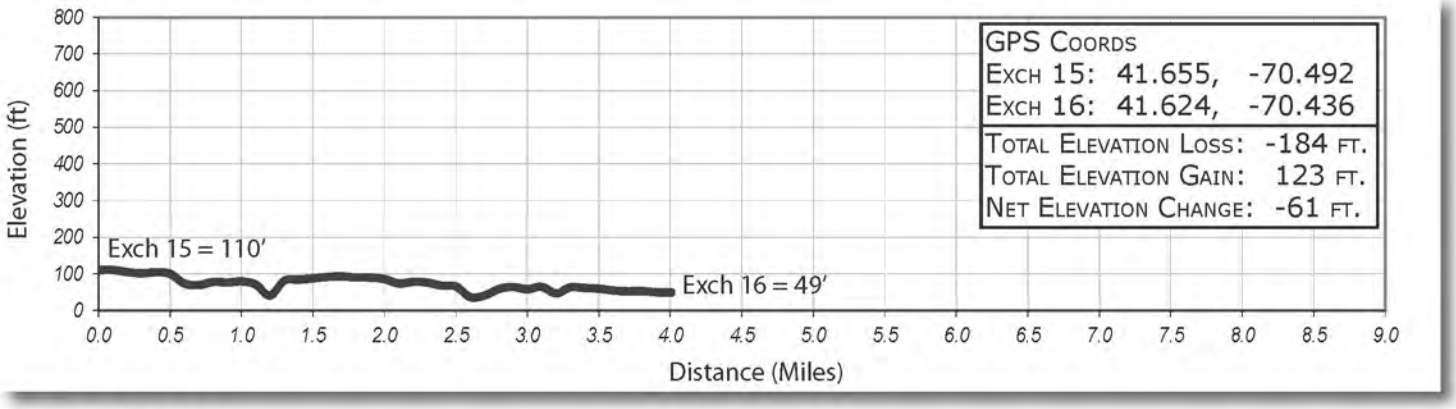
Leg 16 -- 4.0 Miles -- Moderate

EXCHANGE 16 ADDRESS:
Lowell Park
10 Lowell Avenue
Cotuit, MA 02635

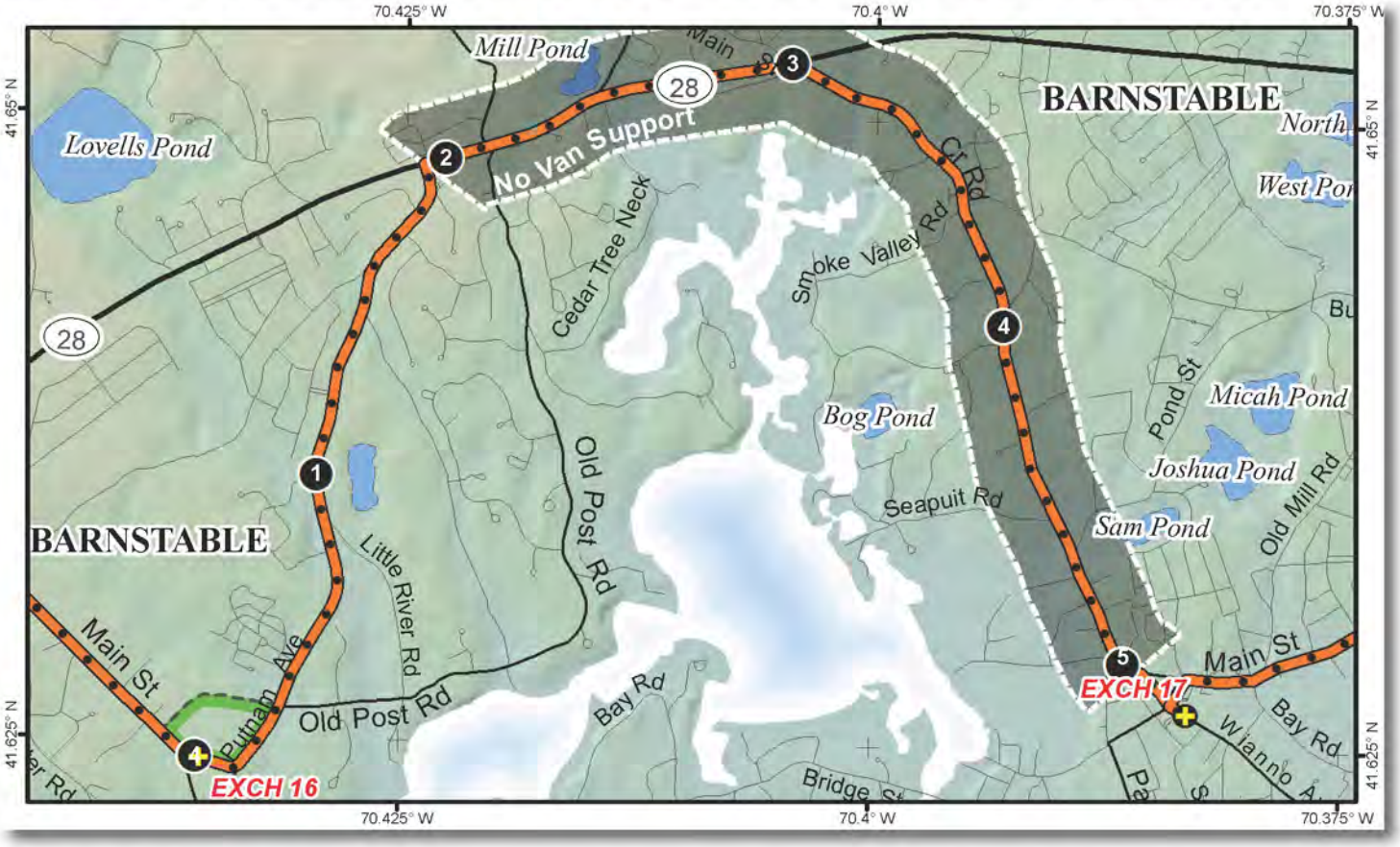
LEG NOTES:
Please respect residents. Minimize noise in neighborhoods. No cheering or honking during night time hours.

LEG LEGEND:

0.0	Depart Exchange 15 heading south on Main Street/Highway 130
2.7	Turn LEFT (E) onto Falmouth Road/Highway 28
2.8	Turn RIGHT (S) onto Main Street
4.0	Turn LEFT (S) onto Lowell Avenue
4.0	Arrive at Exchange 16



LEG 17 -- 5.2 MILES -- MODERATE -- LIMITED VAN SUPPORT

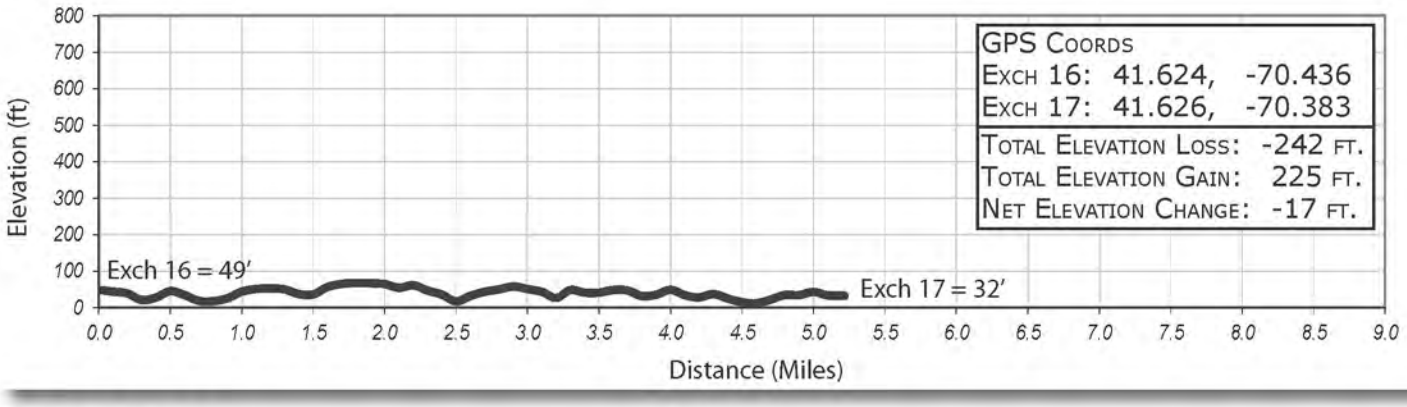


EXCHANGE 17 ADDRESS:
Our Lady of Assumption Church
76 Wianno Avenue
Osterville, MA 02655

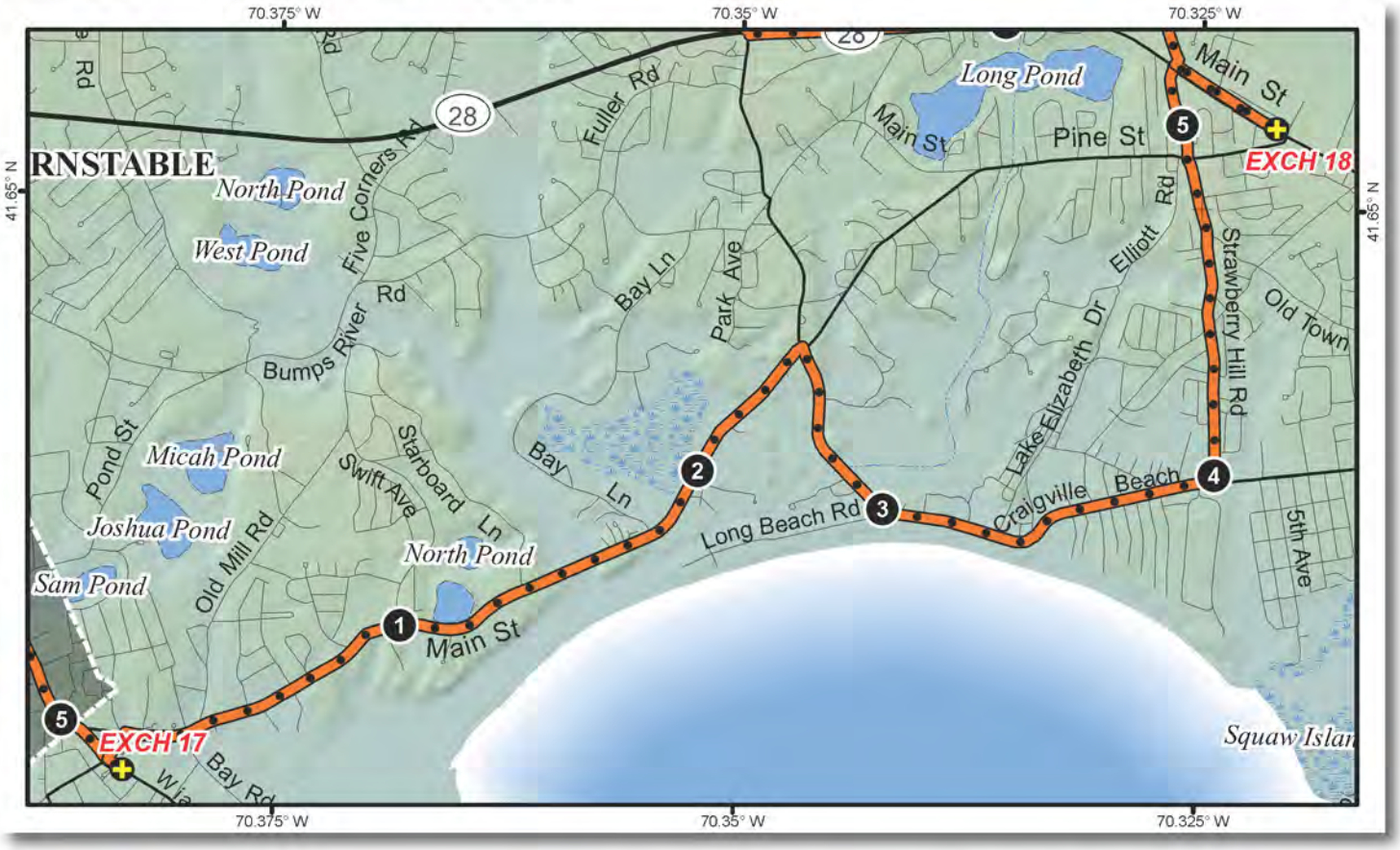
LEG NOTES:
This is a LIMITED VAN SUPPORT LEG. Vans are not allowed to pull over or stop on Route 28. Please respect residents. Minimize noise in neighborhoods. No cheering or honking during night time hours.

LEG LEGEND:

0.0	Depart Exchange 16 heading south on Lowell Avenue
0.1	Turn LEFT (N) onto Putnam Ave
1.9	Turn RIGHT (E) onto Falmouth Road/Hwy 28
3.0	Turn RIGHT (S) onto County Road. Road becomes Main Street
5.1	Turn RIGHT (SE) onto Wianno Avenue
5.2	Arrive at Exchange 17



Leg 18 -- 5.5 Miles -- Hard



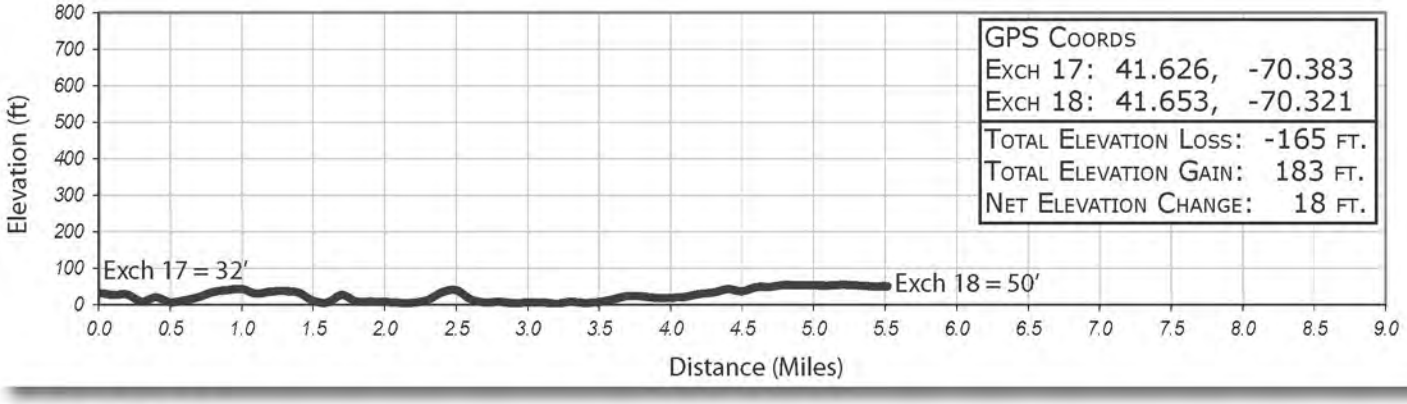
EXCHANGE 18 ADDRESS:
Barnstable High School
744 Main Street
Hyannis, MA 02601

LEG DESCRIPTION:
All that is separating you from sleep is this refreshing run along Craigville Beach toward Barnstable High School. You've got this.

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

LEG LEGEND:

0.0	Depart Exchange 17 heading northwest on Wianno Avenue
0.1	Turn RIGHT (N) onto West Bay Road
0.2	Turn RIGHT (E) onto Main Street
2.5	Turn RIGHT (S) onto Craigsville Beach Road
4.0	Turn LEFT (N) onto Strawberry Hill Road
5.2	Turn RIGHT (E) onto Main St
5.5	Arrive at Exchange 18

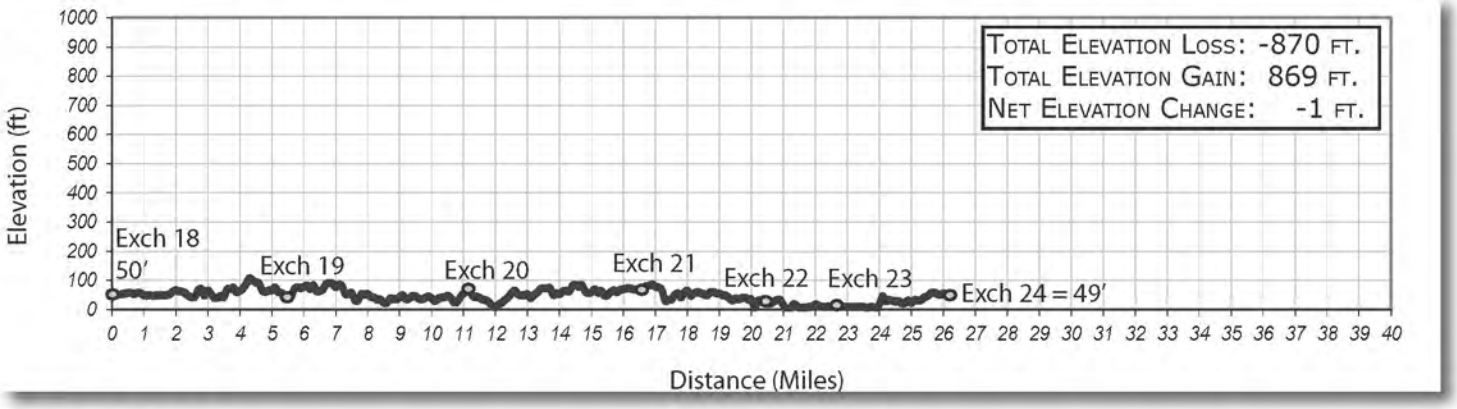


Van 2 -- Legs 19-24 -- 25.9 Miles

EXCHANGE 24 ADDRESS:
Harwich Community Center
100 Oak Street
Harwich, MA 02645

INACTIVE VAN DIRECTIONS TO EXCHANGE 24:

0.0	Depart Exchange 18 heading west on Main St
0.3	Turn LEFT (N) on Lincoln Rd
0.6	Turn RIGHT (E) on Falmouth Road
2.6	Turn RIGHT (S) at the rotary on to Iyannough Road
3.1	Turn LEFT (N) onto Yarmouth Road. Road becomes Willow Street
5.1	Merge onto Highway 6 toward Orleans/Provincetown
14.8	Take Exit 10 towardS Harwich/ Brewster
14.9	Turn RIGHT (S) onto Pleasant Lake Avenue
15.0	Turn LEFT (E) onto Queen Anne Road
15.2	Turn RIGHT (S) onto Oak Street
16.0	Arrive at Exchange 24



Leg 19 -- 5.4 Miles -- Moderate

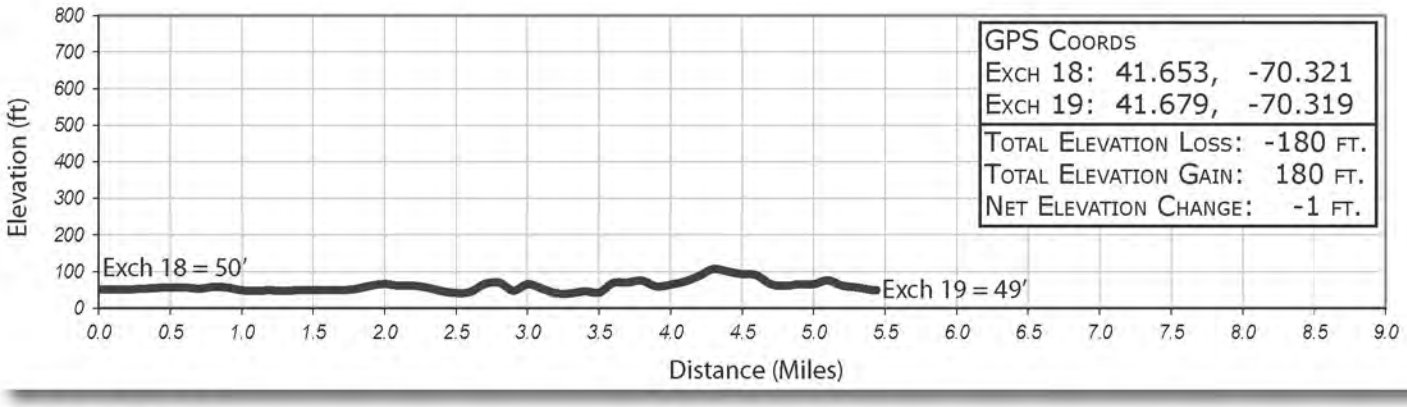
Please respect residents. Minimize noise in neighborhoods. No cheering or honking during night time hours.

LEG LEGEND:

0.0	Depart Exchange 18 heading west on Main Street
0.6	Turn LEFT (W) onto Falmouth Road
1.7	Turn RIGHT (N) onto Old Stage Road
2.0	Turn RIGHT (N) onto Shootflying Hill Road
4.6	Turn RIGHT (SE) onto Iyannough Road/ Hwy 132
5.4	Arrive at Exchange 19

VAN LEGEND:

0.0	Depart Exchange 18 heading west on Main Street
0.3	Turn RIGHT (N) onto Strawberry Hill Road
0.6	Turn LEFT (W) onto Falmouth Road
1.7	Turn RIGHT (N) onto Old Stage Road
2.0	Turn RIGHT (N) onto Shootflying Hill Road
4.6	Turn RIGHT (SE) onto Iyannough Road/ Hwy 132
5.4	Arrive at Exchange 19



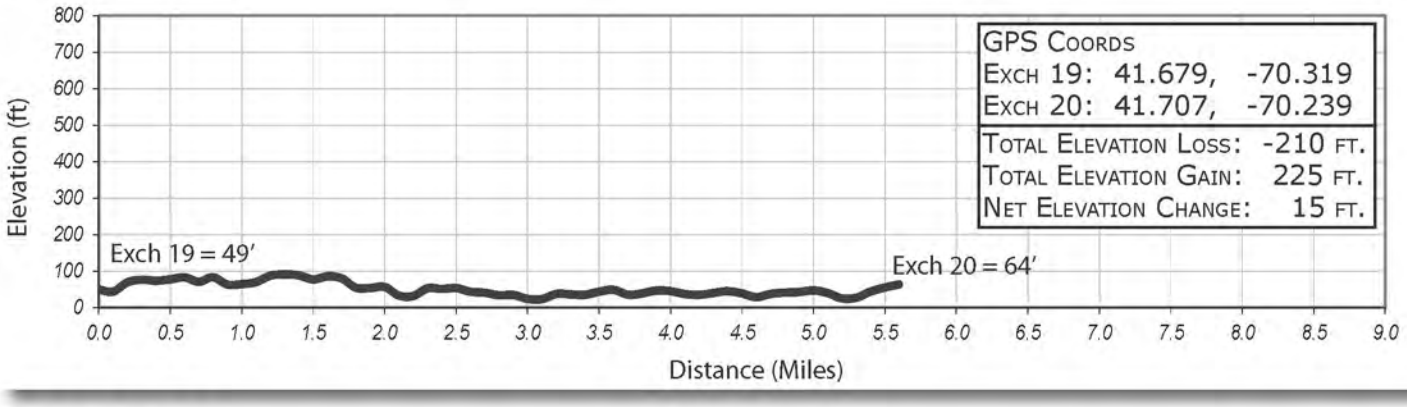
Leg 20 -- 5.6 Miles -- Hard

EXCHANGE 20 ADDRESS:
First Congregational Church of Yarmouth
329 Highway 6A
Yarmouth Port, MA 02675

LEG NOTES:
Please respect residents. Minimize noise in neighborhoods. No cheering or honking during night time hours. Only the next runner is allowed to cross Highway 6A to the exchange chute.

LEG LEGEND:

0.0	Depart Exchange 19 heading east on Iyannough Road/Highway 132
0.4	Turn LEFT (N) onto Phinney's Lane. Road becomes Hyannis Road.
2.2	Turn RIGHT (E) onto Main Street/ Highway 6A
5.6	Arrive at Exchange 20



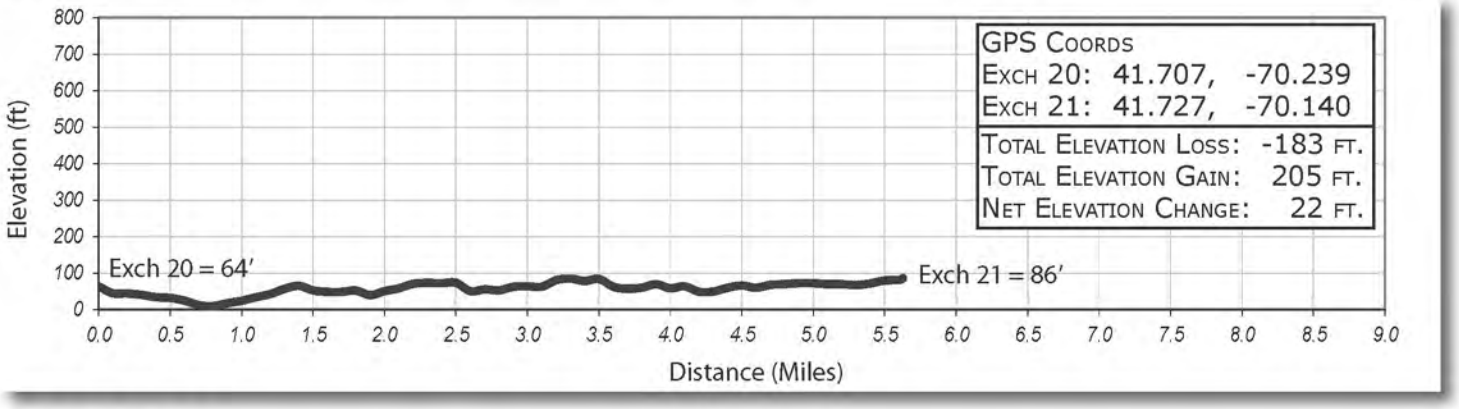
Leg 21 -- 5.6 Miles -- Hard

EXCHANGE 21 ADDRESS
Cape Cod Covenant Church
11 Satucket Road
Brewster, MA 02631

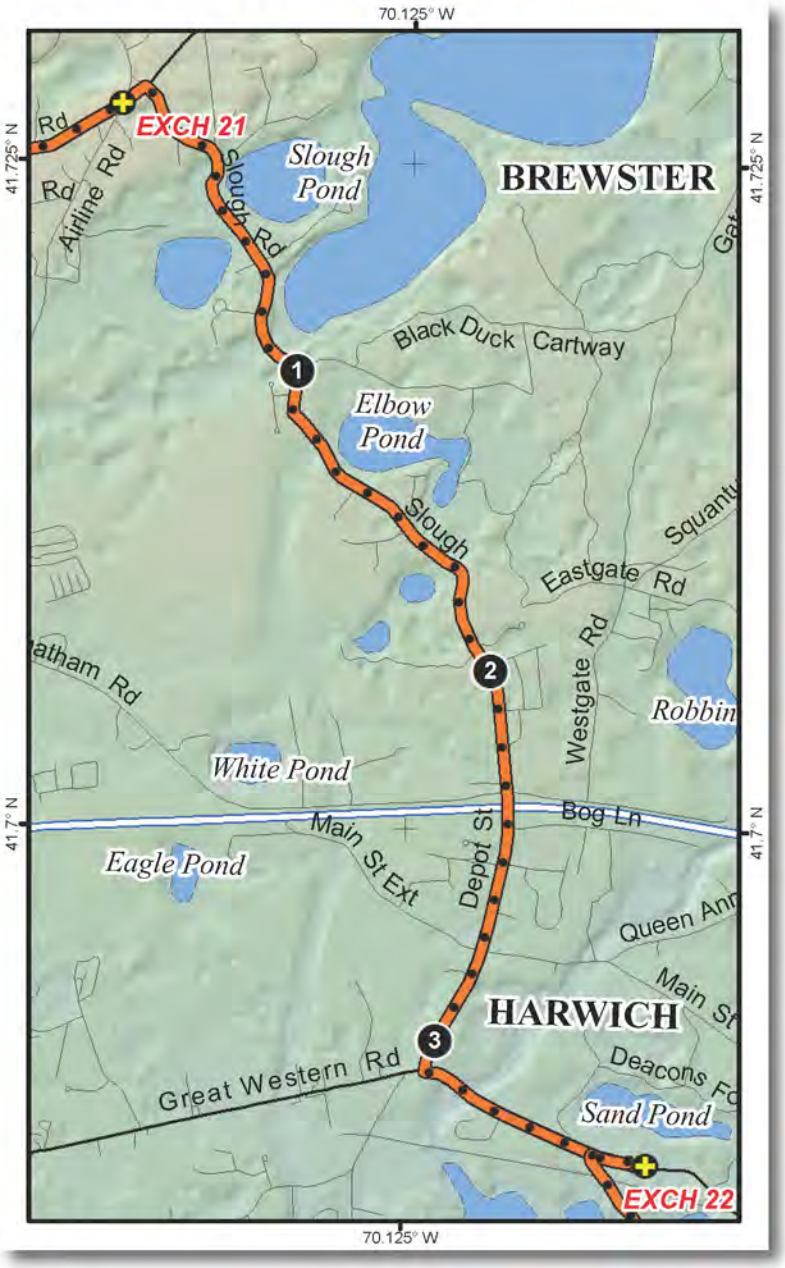
LEG NOTES:
Please respect residents. Minimize noise in neighborhoods. No cheering or honking during night time hours.

LEG LEGEND:

0.0	Depart Exchange 20 heading east on Main Street/Highway 6A
1.9	Turn RIGHT (E) onto Setucket Road
5.6	Arrive at Exchange 21



Leg 22 -- 3.7 Miles -- Easy

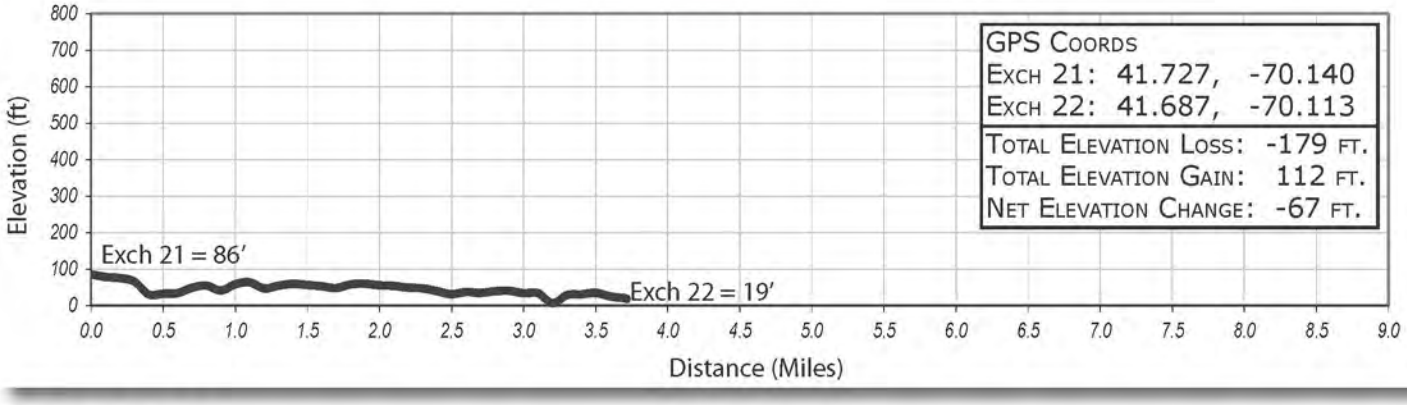


EXCHANGE 22 ADDRESS
Sand Lake Recreation Area
Great Western Road
Harwich, MA
GPS: 41.687703, -70.113071

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

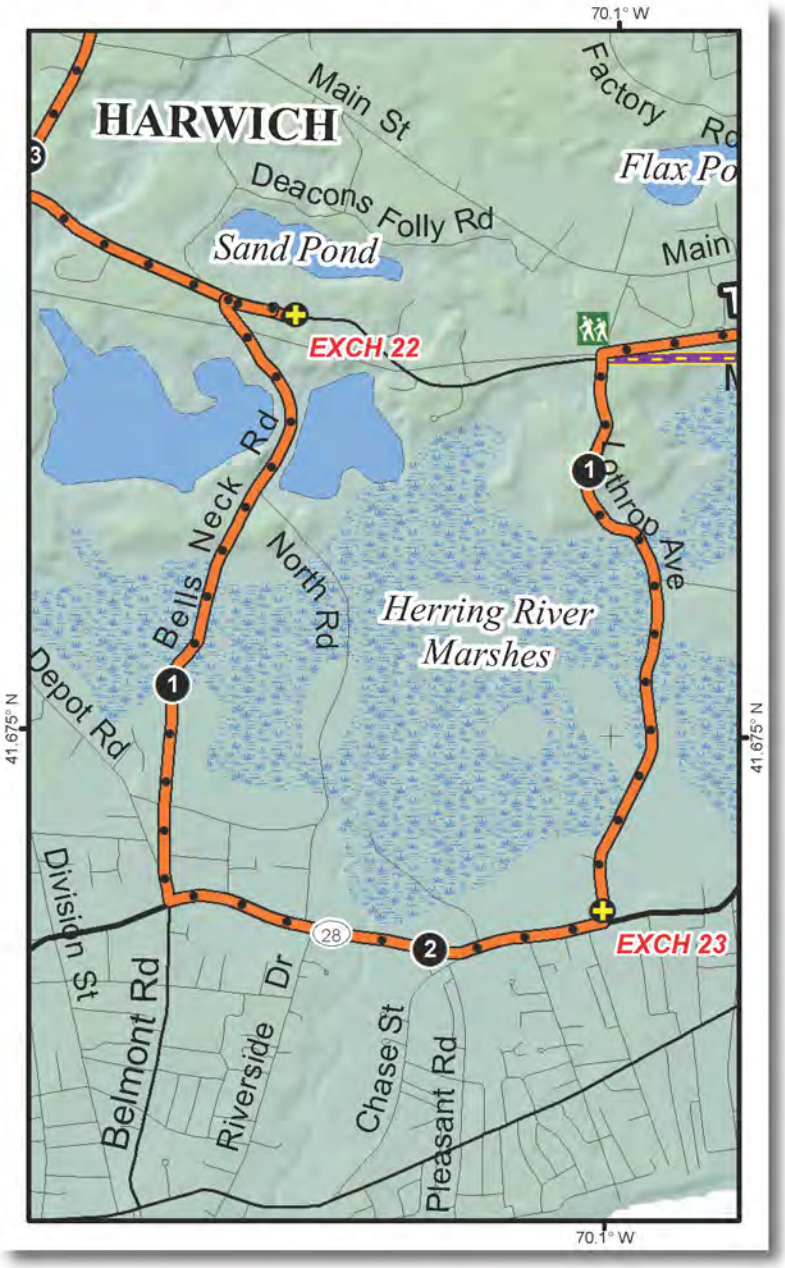
LEG LEGEND:

0.0	Depart Exchange 20 heading east on Main Street/Highway 6A
0.1	Turn RIGHT (S) onto Slough Road.
2.3	Continue south on Depot Street
3.1	Turn LEFT (E) onto Great Western Road
3.7	Arrive at Exchange 22



GPS Coords	
Exch 21:	41.727, -70.140
Exch 22:	41.687, -70.113
Total Elevation Loss:	-179 ft.
Total Elevation Gain:	112 ft.
Net Elevation Change:	-67 ft.

Leg 23 -- 2.4 Miles -- Easy



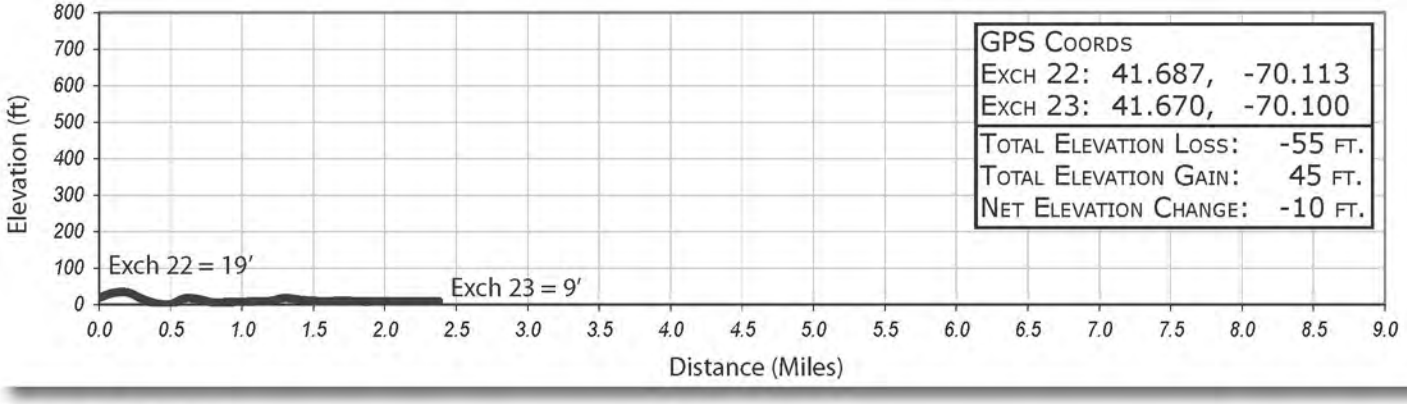
EXCHANGE 23 ADDRESS
Holy Trinity Church
246 Route 28
West Harwich, MA

LEG DESCRIPTION:
A quiet run through the back roads of Harwich.

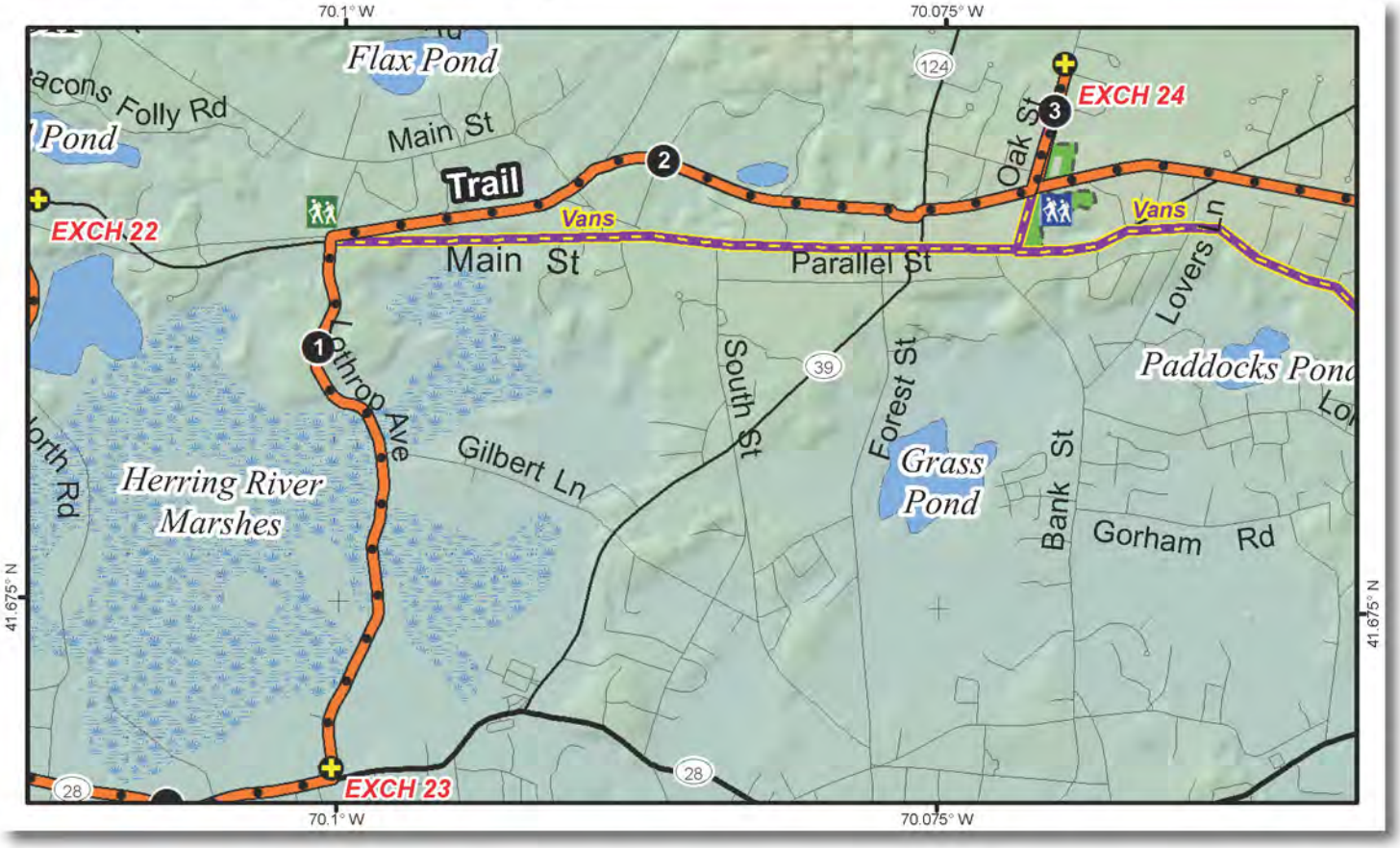
LEG NOTES:
Please drive slowly on Bells Neck Road to minimize dust for runners. Respect residents. Minimize noise in neighborhoods. No cheering or honking during night time hours.

LEG LEGEND:

0.0	Depart Exchange 22 heading west on Great Western Road
0.2	Turn LEFT (S) onto Bells Neck Road
1.4	Bear LEFT (S) onto Depot Street
1.5	Turn LEFT (E) onto Route 28
2.4	Arrive at Exchange 23



Leg 24 -- 3.1 Miles -- Easy



EXCHANGE 24 ADDRESS
Harwich Community Center
100 Oak Street
Harwich, MA 02645

LEG DESCRIPTION:
This is the first of many legs along the DCR's famous Cape Cod Rail Trail.

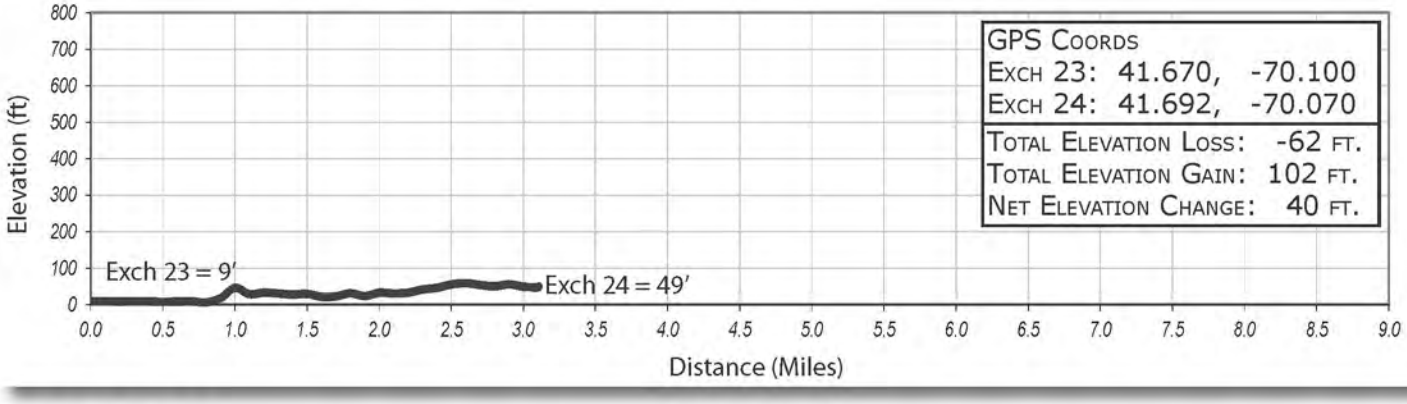
LEG NOTES:
Runners and vans will be separated for part of this leg while runners are on the Cape Cod Rail Trail. It is recommended that runners carry water. Van support areas along the Trail are marked on the map. Parking will be both at the Harwich Community Center and Monomoy Regional High School across the street.

LEG LEGEND:

0.0	Depart Exchange 23 heading north on Lothrop Avenue
1.2	Turn RIGHT (E) onto Cape Cod Rail Trail
2.8	Turn LEFT (N) onto Oak Street
3.1	Arrive at Exchange 24

VAN ROUTE:

0.0	Depart Exchange 23 heading north on Lothrop Avenue
1.2	Turn RIGHT (E) onto Great Western Road. Road becomes Main Street.
2.8	Turn LEFT (N) onto Oak Street
3.1	Arrive at Exchange 24



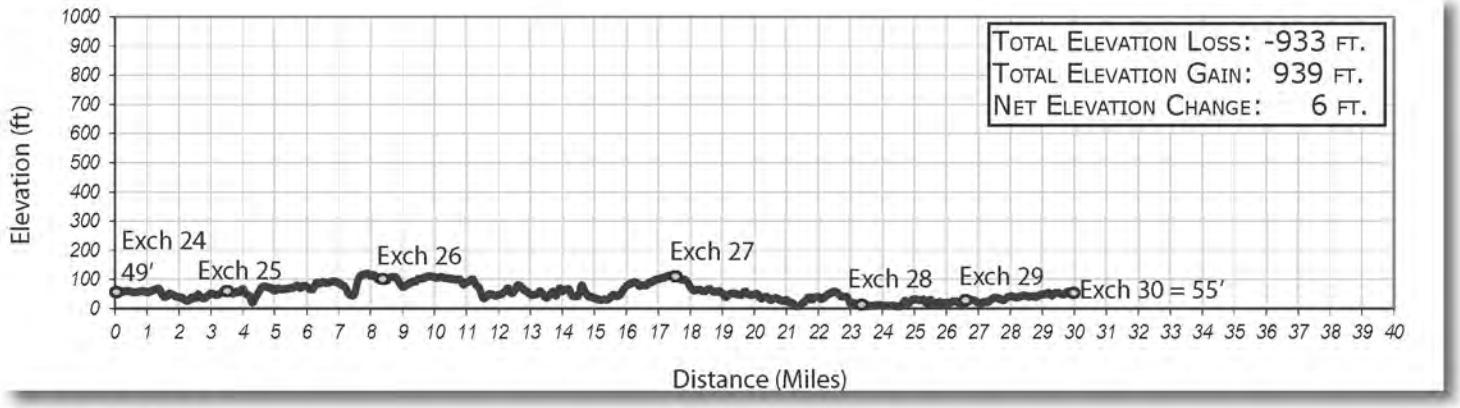
Van I -- Legs 25-30 -- 29.8 Miles

OVERVIEW:
Now that you've had some time to settle in to the Cape, Legs 25-30 will take you through the famous DCR Cape Cod Rail Trail. While on the trail, runners and vans will be completely separate. However, vans will still have the opportunity to support their runners where the Rail Trail meets up with the roads.

EXCHANGE 30 ADDRESS:
Nauset Regional High School
100 Cable Road
Eastham, MA 02642

INACTIVE VAN DIRECTIONS TO EXCHANGE 30:

0.0	Depart Exchange 12 north on Oak Street
0.3	Turn LEFT (W) onto Har-Wood Avenue
0.5	Turn RIGHT (N) onto Pleasant Lake Avenue
1.2	Turn LEFT (W) to merge onto Highway 6 toward Orleans/ Provincetown
13.6	Turn RIGHT (E) onto Nauset Rd
14.2	Turn LEFT (N) to stay on Nauset Road
15.5	Turn RIGHT (E) onto Cable Road
15.9	Arrive at Exchange 30



Leg 25 -- 3.4 Miles -- Easy

EXCHANGE 25 ADDRESS
Redemption Rock Church
195 Meetinghouse Road
South Chatham, MA 02659

LEG DESCRIPTION:
You'll be on the Cape Cod Rail Trail for the majority of this leg as you say goodbye to the town of Harwich and enter Chatham.

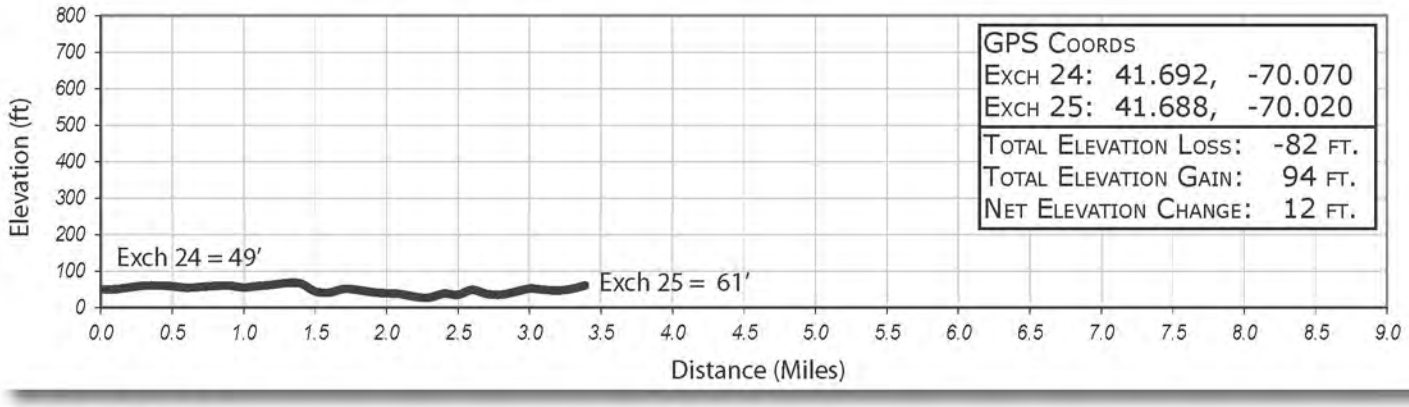
LEG NOTES:
Runners and vans will be separated for part of this leg while runners are on the Cape Cod Rail Trail. It is recommended that runners carry water. Please respect residents. Minimize noise in neighborhoods. No cheering or honking during night time hours.

LEG LEGEND:

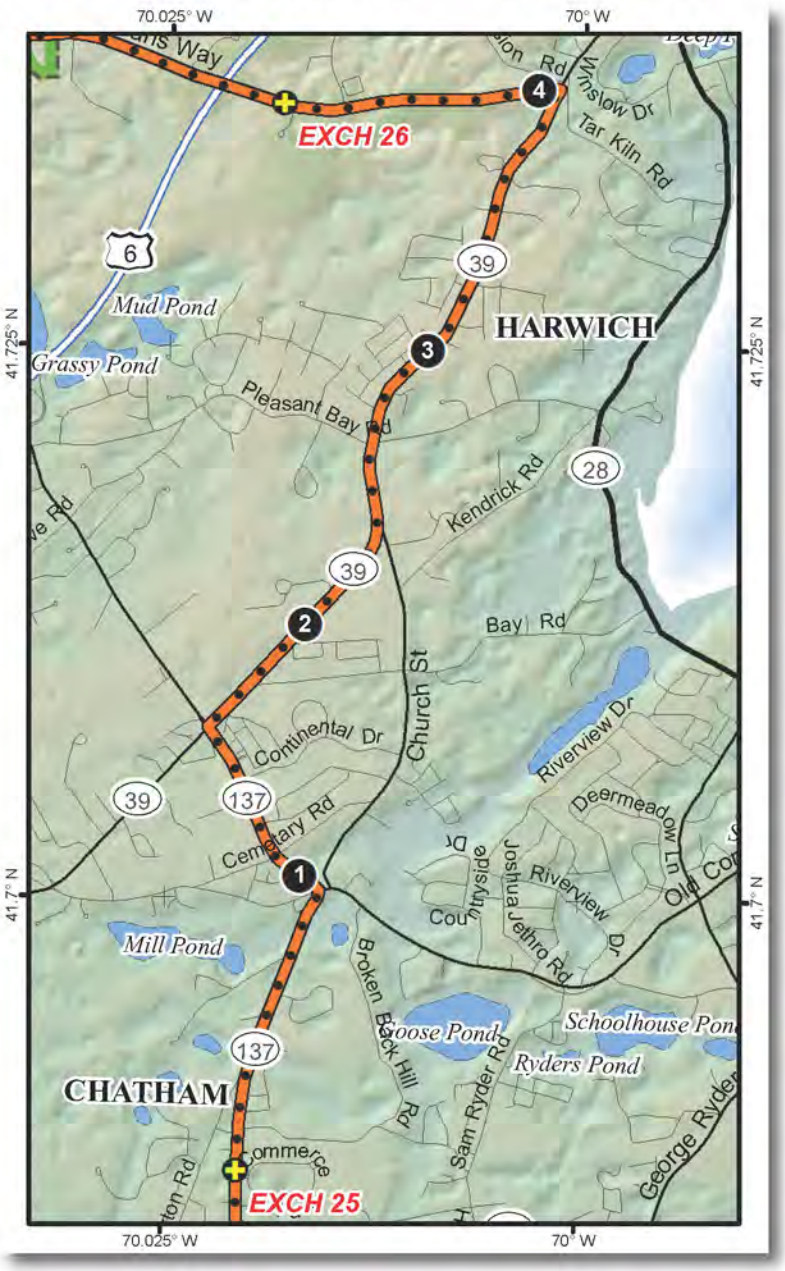
0.0	Depart Exchange 24 heading south on Oak Street
0.2	Turn LEFT (E) onto the DCR Cape Cod Rail Trail
3.2	Turn LEFT (N) onto Meetinghouse Road
3.4	Arrive at Exchange 25

VAN ROUTE:

0.0	Depart Exchange 24 heading south on Oak Street
0.3	Turn LEFT (E) onto Main Street
2.1	Turn LEFT (E) onto Route 28
3.5	Turn LEFT (N) onto Meetinghouse Road
3.8	Arrive at Exchange 25



Leg 26 -- 4.8 Miles -- Moderate

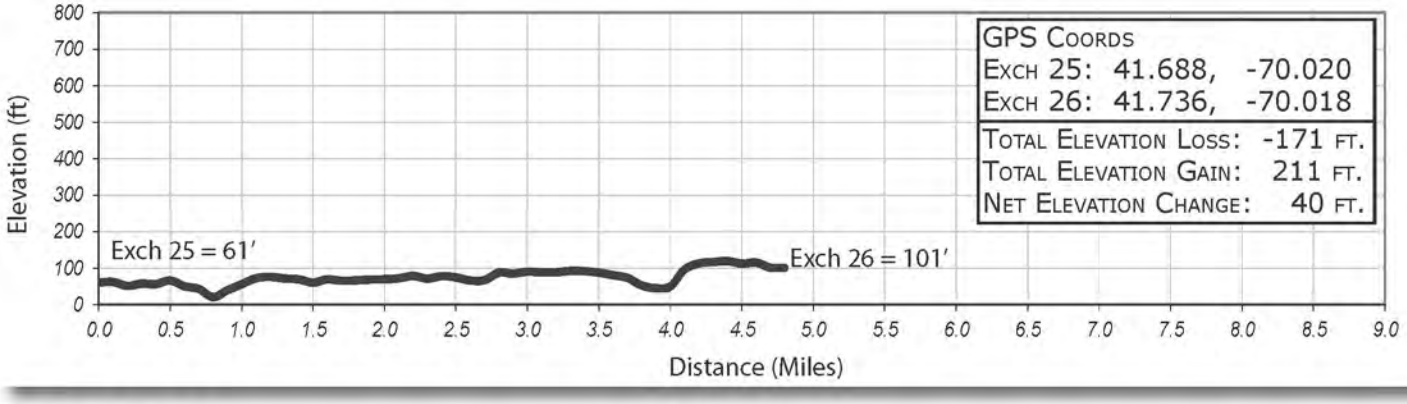


EXCHANGE 26 ADDRESS
Captain's Golf Course
1000 Freemans Way
Brewster, MA 02631

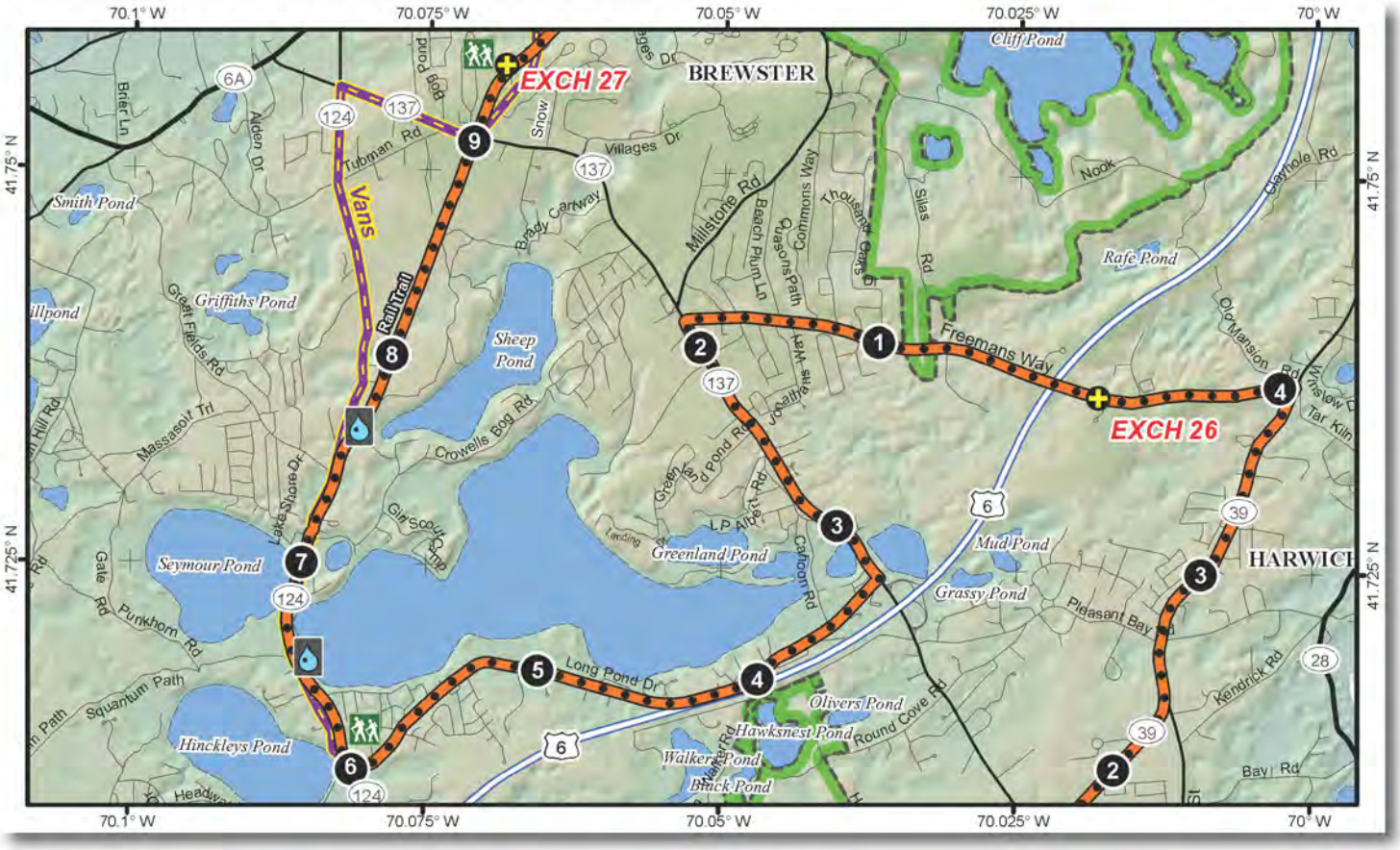
LEG NOTES:
Please respect residents. Minimize noise in neighborhoods. No cheering or honking during night time hours.

LEG LEGEND:

0.0	Depart Exchange 25 heading north on Meetinghouse Road
0.9	Continue STRAIGHT onto Route 137
1.6	Turn RIGHT (N) onto Orleans Road
3.9	Turn LEFT (W) onto Freemans Way
4.8	Arrive at Exchange 26



Leg 27 -- 9.4 Miles -- Very Hard



EXCHANGE 27 ADDRESS
Stony Brook Elementary
384 Underpass Road, Brewster, MA 02631

LEG DESCRIPTION:
The Rail Trail will take you in to Brewster as you weave your way around Long Pond.

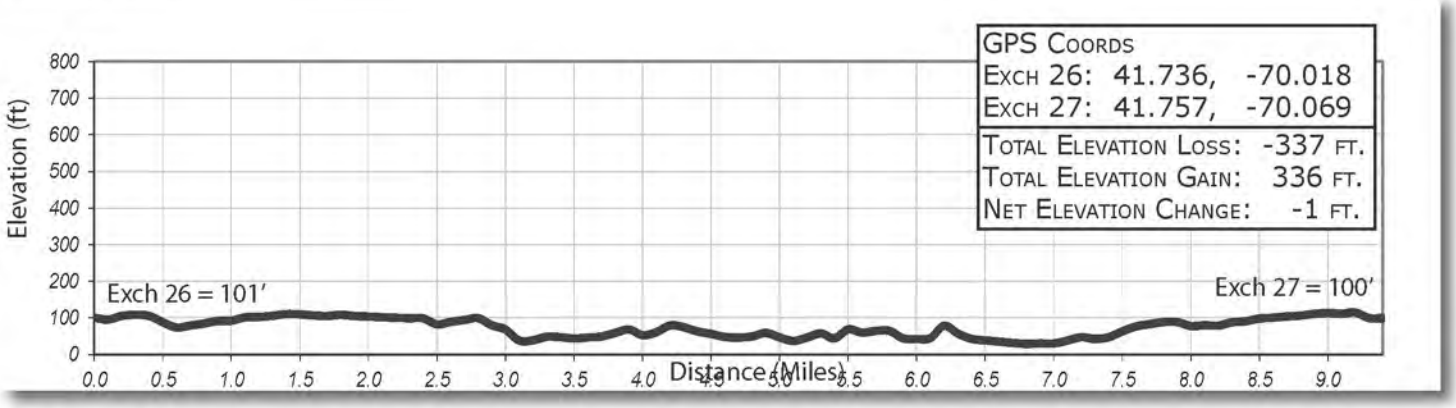
LEG NOTES:
Runners and vans will be separated for part of this leg while runners are on the Cape Cod Rail Trail. It is recommended that runners carry water. There will be one water station during this leg.

LEG LEGEND:

0.0	Depart Exchange 26 heading west on Freemans Way
1.9	Turn LEFT (S) onto Long Pond Road/137
3.3	Turn RIGHT (W) onto Long Pond Drive
6.0	Turn RIGHT (N) onto Pleasant Lake Avenue/124
6.1	Turn RIGHT (NE) onto the Cape Cod Rail Trail
9.4	Arrive at Exchange 27

VAN ROUTE

0.0	Depart Exchange 26 heading west on Freemans Way
6.0	Follow Runner Route until Pleasant Lake Avenue/124
6.1	Continue STRAIGHT on Pleasant Lake Avenue/124
9.2	Turn RIGHT (E) onto Long Pond Road/137
9.8	Turn LEFT (N) onto Underpass Road
10.1	Arrive at Exchange 27



GPS Coords
Exch 26: 41.736, -70.018
Exch 27: 41.757, -70.069

Total Elevation Loss: -337 ft.
Total Elevation Gain: 336 ft.
Net Elevation Change: -1 ft.

Leg 28 -- 5.6 Miles -- Hard

EXCHANGE 28 ADDRESS
Orleans Court House
237 Rock Harbor Road
Orleans, MA 02563

LEG DESCRIPTION:
You'll continue along the Rail Trail for this entire leg on your way to the town of Orleans.

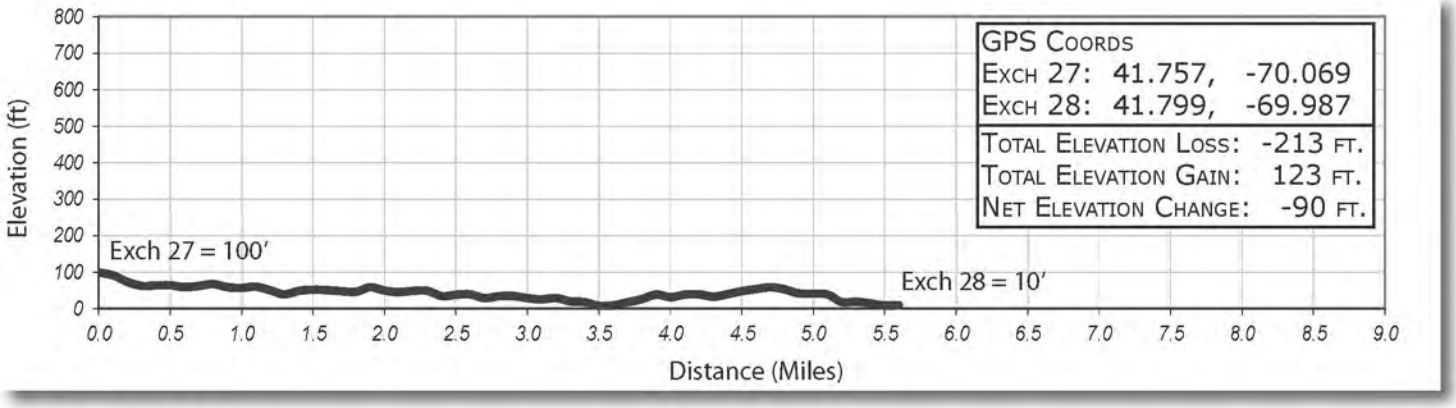
LEG NOTES:
Runners and vans will be separated for this entire leg while runners are on the Cape Cod Rail Trail. It is recommended that runners carry water. Van support areas along the Trail are marked on the map.

LEG LEGEND:

0.0	Depart Exchange 27 heading northeast on the Cape Cod Rail Trail
4.0	Exit Cape Cod Rail Trail on to Salty Ridge Road
4.0	Turn RIGHT (SE) onto West Road
4.1	Turn LEFT (E) to get back on the Cape Cod Rail Trail
5.6	Arrive at Exchange 28

VAN ROUTE

0.0	Depart Exchange 27 heading north on Underpass Road
0.7	Turn RIGHT (E) onto Main Street/6A
6.1	Take the Rock Harbor Road exit (W) at the rotary
6.4	Arrive at Exchange 28



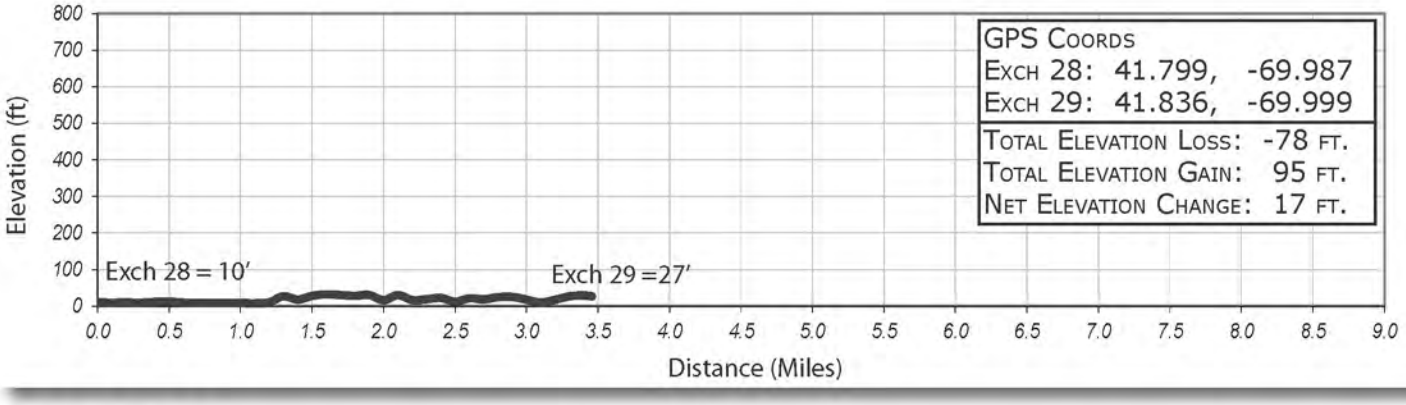
Leg 29 -- 3.5 Miles -- Easy

EXCHANGE 29 ADDRESS
Wiley Park Beach
Herring Brook Road
Eastham, MA 02642
GPS: 41.8359505782, -69.9987459049

LEG DESCRIPTION:
Take a break from the Rail Trail and enjoy this scenic run along Cape Cod Bay.

LEG LEGEND:

0.0	Depart Exchange 28 heading south
0.0	Turn RIGHT (W) onto Rock Harbor Road
0.2	Turn RIGHT (N) onto Bridge Road
0.9	Bear RIGHT (N) to stay on Bridge Road
1.8	Bear LEFT (N) onto Herring Brook Road
3.5	Arrive at Exchange 29



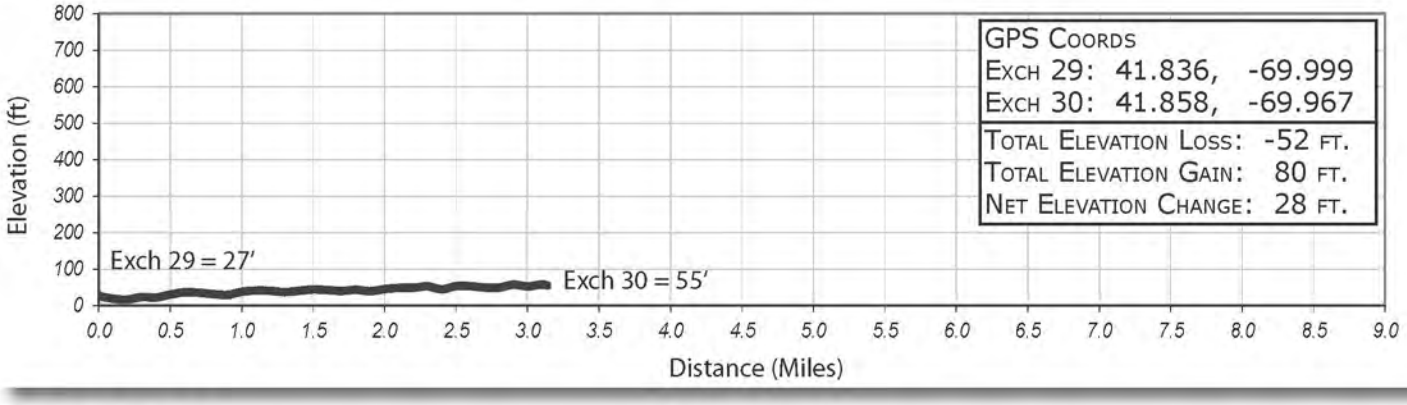
Leg 30 -- 3.1 Miles -- Easy

EXCHANGE 30 ADDRESS
Nauset Regional High School
100 Cable Road
Eastham, MA 02642

LEG DESCRIPTION:
Did somebody say warm pancake breakfast? Good news, it's awaiting you at your next exchange. And the best part? You're just a 5K away.

LEG LEGEND:

0.0	Depart Exchange 29 heading north on Herring Brook Road
1.5	Turn RIGHT (S) onto Massasoit Road
1.6	Turn LEFT (E) onto Old County Road
1.8	Continue STRAIGHT (E) onto Brackett Road
2.7	Turn LEFT (N) onto Nauset Road
2.9	Turn RIGHT (E) onto Cable Road
3.1	Arrive at Exchange 30



Van 2 -- Legs 31-36 -- 31.7 Miles

OVERVIEW:
You're on your way to the finish line and we've got some truly scenic views to get you there! Legs 31-36 will be taking you from beach to stunning beach all the way to our finish line festival in Provincetown. We couldn't think of a better way to finish off this race than showing you everything that Cape Cod is known for. Don't forget to save room for some clam chowder!

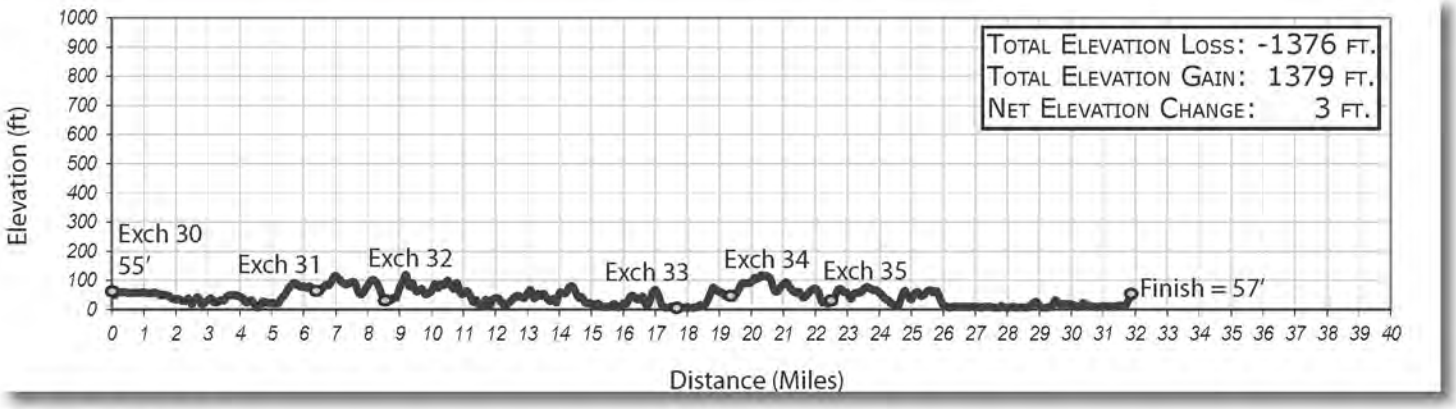
FINISH LINE ADDRESS:
Pilgrim Monument
1 High Hill Pole Road
Provincetown, MA 02657

FINISH LINE PARKING:
Herring Cove Beach
Province Lands Road
Provincetown, MA 02657
GPS: 42.04354019, -70.2150701892

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 TO HERRING COVE BEACH SHUTTLE LOT:

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



Leg 31 -- 6.3 Miles -- Hard

EXCHANGE 31 ADDRESS
White Crest Beach
Ocean View Drive
Wellfleet, MA 02667
GPS: 41.9342283321, -69.9805416582

LEG DESCRIPTION:
Be sure to enjoy the final leg on the Cape Cod Rail Trail before heading east for a seaside run along Wellfleet's White Crest Beach.

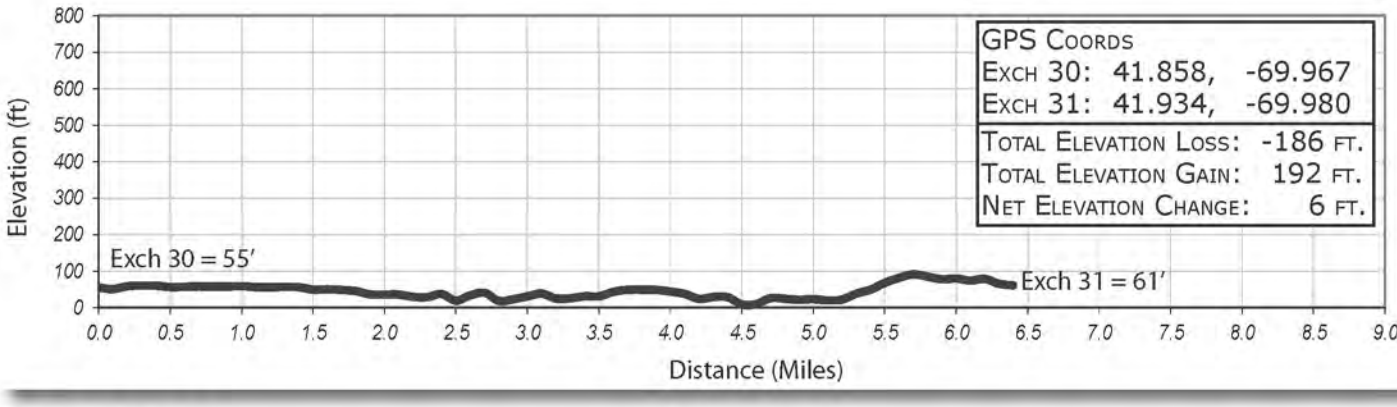
LEG NOTES:
Runners and vans will be separated for the first part of this leg. It is recommended that runners carry water.

LEG LEGEND:

0.0	Depart Exchange 30 heading west on Cable Road
0.2	Turn RIGHT (N) onto Nauset Road
1.1	Turn RIGHT (N) to enter the Cape Cod Rail Trail
4.7	Turn RIGHT (E) onto Lecount Hollow Road
5.4	Turn LEFT (N) onto Ocean View Drive
6.3	Arrive at Exchange 31

VAN ROUTE:

0.0	Depart Exchange 30 heading west on Cable Road
0.2	Turn RIGHT (N) onto Nauset Road
1.3	Turn RIGHT (N) onto Highway 6
4.9	Turn RIGHT (E) onto Lecount Hollow Road
5.6	Turn LEFT (N) onto Ocean View Drive
6.5	Arrive at Exchange 31



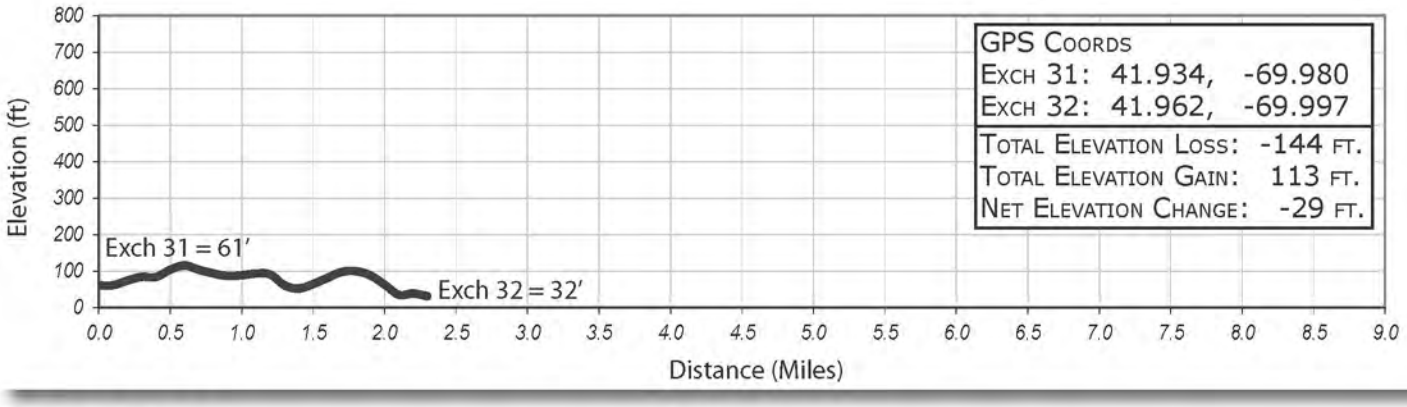
Leg 32 -- 2.3 Miles -- Easy

EXCHANGE 32 ADDRESS
Newcomb Beach
Corn Hollow Road
Wellfeet, MA 02667
GPS: 41.9621816325, -69.9972333552

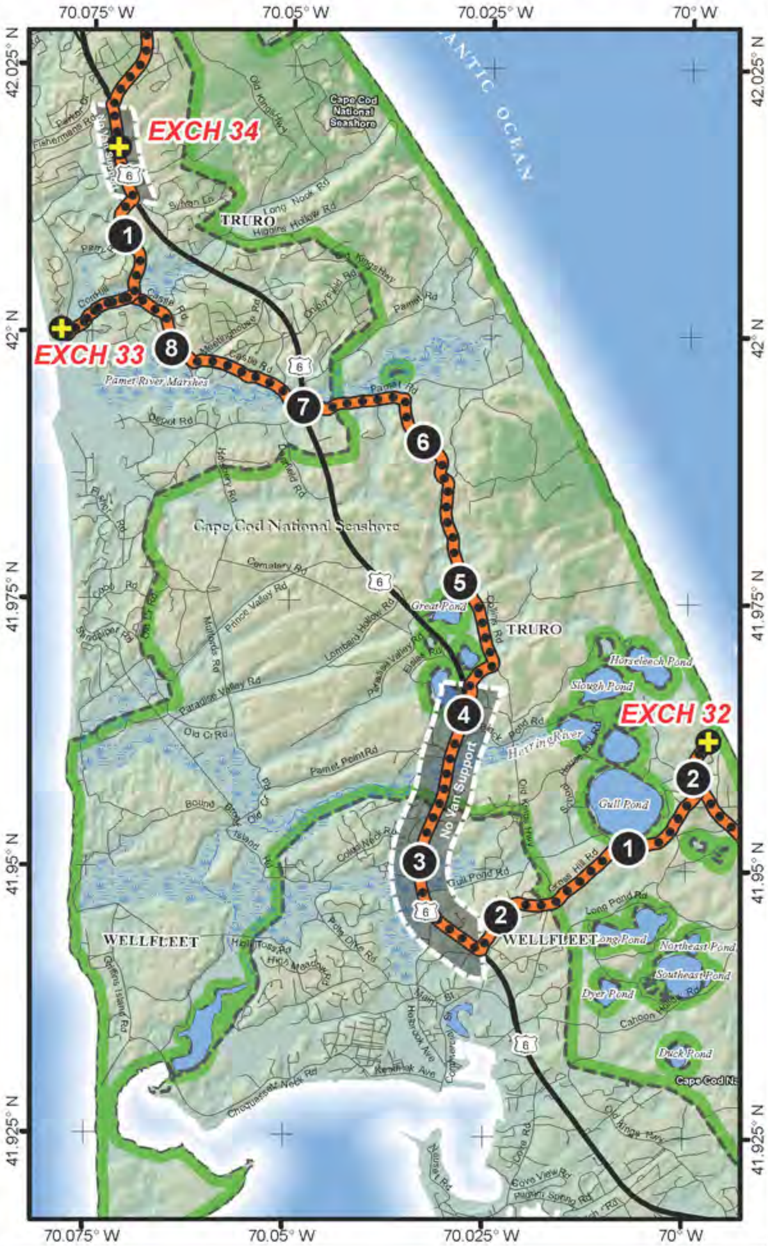
LEG DESCRIPTION:
It's a straight shot up Ocean View Drive to your next beach.

LEG LEGEND:

0.0	Depart Exchange 31 heading north on Ocean View Drive
2.3	Arrive at Exchange 32



Leg 33 -- 9.0 Miles -- Hard --LIMITED VAN SUPPORT

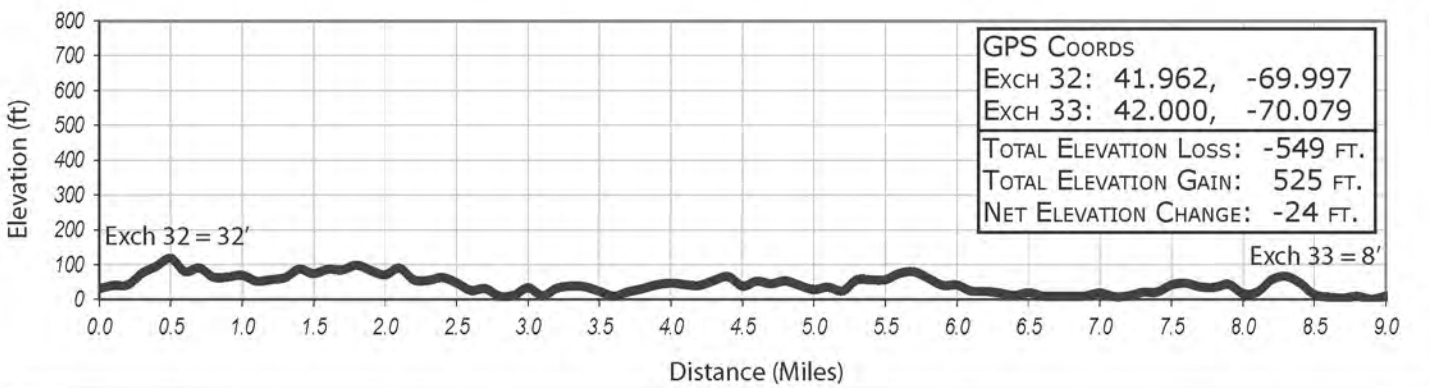


Leg 33
EXCHANGE 33 ADDRESS
Corn Hill Beach
Corn Hill Road
Truro, MA 02666
GPS: 42.000190242, -70.0786280505

LEG NOTES:
Vans cannot support, pull over, or park at all while on Highway 6.

LEG LEGEND:

0.0	Depart Exchange 32 heading South on Gross Hill Road
2.3	Turn RIGHT (N) onto Highway 6
4.0	Turn RIGHT (N) onto Rose Road
4.2	Turn LEFT (N) onto Collins Road
6.3	Turn LEFT (W) onto S Pamet Road
7.1	Turn RIGHT (N) onto Castle Road/ Highway 6A
8.5	Turn LEFT (W) onto Corn Hill Road
9.0	Arrive at Exchange 34



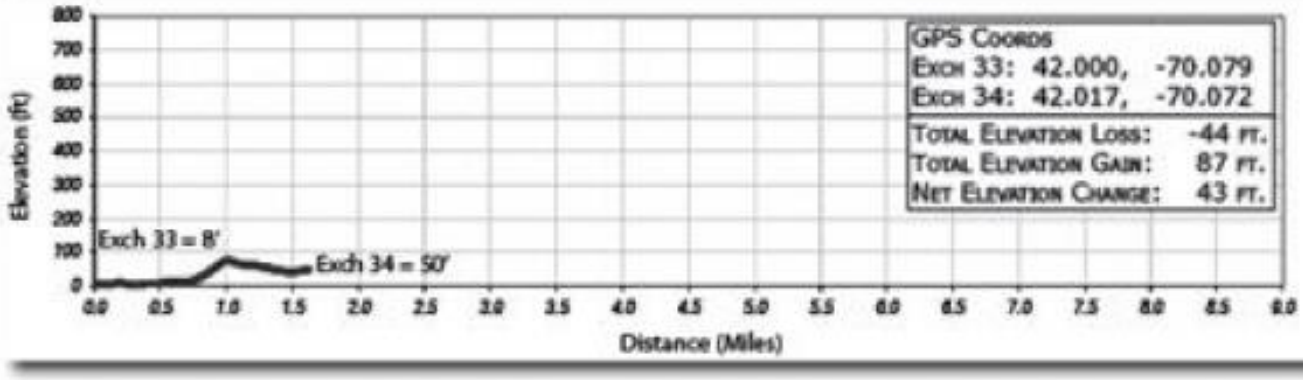
Leg 34 – LIMITED VAN SUPPORT
EXCHANGE 34 ADDRESS

Truro Central School
317 Route 6
Truro, MA 02666

LEG NOTES:
Vans cannot support, pull over, or park while on Highway 6. Runners and vans will be separated for the first part of this leg. It is recommended that runners carry water.

LEG LEGEND:

0.0	Depart Exchange 33 heading south on S Pamet Road
0.1	Turn RIGHT (W) to stay on S Pamet Road
0.6	Turn RIGHT (N) onto Castle Road/Highway 6A
1.3	Turn LEFT (W) onto Corn Hill Road
1.6	Arrive at Exchange 34



Leg 35 -- 2.8 Miles -- Moderate -- LIMITED VAN SUPPORT

EXCHANGE 35 ADDRESS
Head of the Meadow Beach
Head of the Meadow Road, Truro, MA 02666
GPS: 42.0505501499, -70.0809622198

LEG NOTES:
Vans cannot support at all while on Highway 6. Runners and vans will also be separate for the last mile. It is recommended that runners carry water.

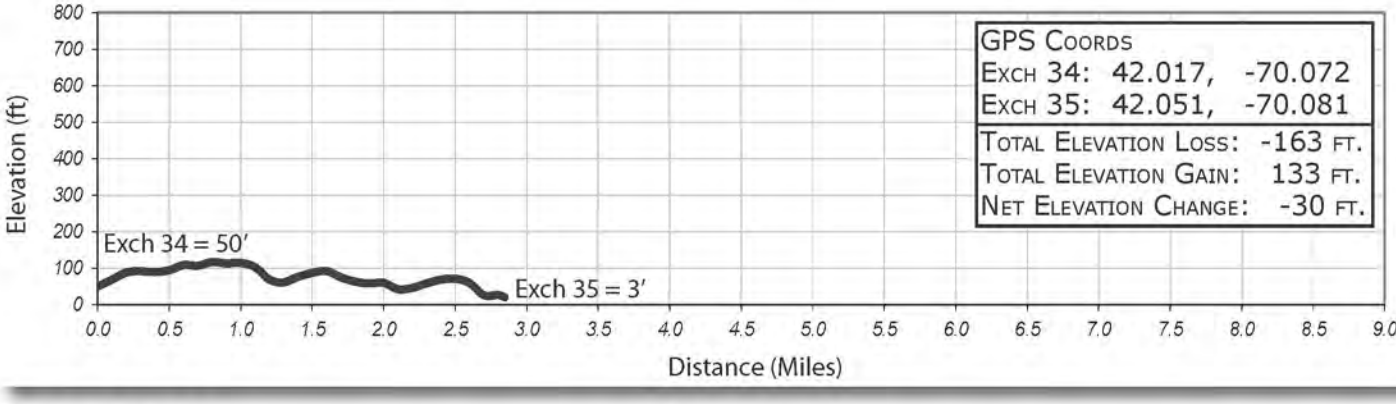
Absolutely no Ragnar vehicles are permitted on Old Kings Highway. Please take Highway 6 to access Head of the Meadow Road.

LEG LEGEND:

0.0	Depart Exchange 34 heading east on Corn Hill Road
0.1	Turn LEFT (N) onto Castle Road
0.2	Turn LEFT (N) onto Highway 6
0.3	Turn RIGHT (NE) onto S Highland Road
1.7	Continue STRAIGHT (N) onto Coast Guard Road
2.2	Turn LEFT (NW) onto Old Kings Hwy
2.7	Turn RIGHT (N) onto Head of the Meadow Road
2.8	Arrive at Exchange 35

VAN ROUTE

0.0	Depart Exchange 34 heading east on Corn Hill Road
0.6	Turn LEFT (N) onto Castle Road
1.3	Turn LEFT (N) onto Highway 6
1.9	Turn RIGHT (NE) onto S Highland Road
3.3	Turn LEFT (W) to stay on Highland Rd
4.0	Turn LEFT (S) to go north on Highway 6
4.5	Turn RIGHT (NE) onto Head of the Meadow Road
5.6	Arrive at Exchange 35



Leg 36 - 9.6 Miles - Very Hard - LIMITED VAN SUPPORT

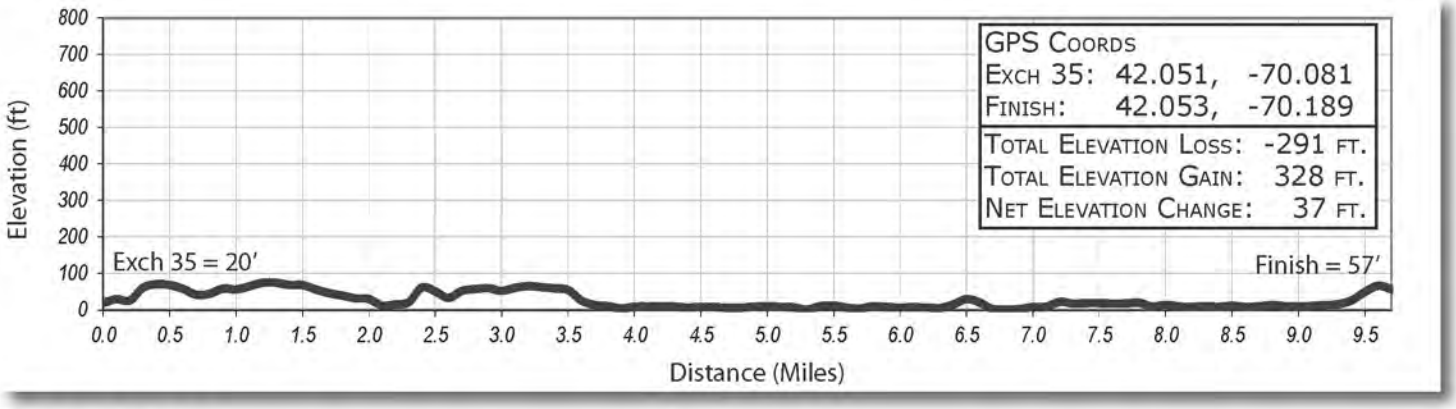
FINISH LINE ADDRESS: Pilgrim Monument, 1 High Hill Pole Road, Provincetown, MA 02657

LEG DESCRIPTION: Oh sweet victory, you're so close to beer, soup, and massages. This leg will surround you by water on all sides with Pilgrim Lake to your right and Cape Cod Bay to your left. Next stop: Provincetown.

LEG NOTES: Vans cannot support, pull over, or park while on Highway 6. While this is not an official No Van Support leg, you will want to leave yourself plenty of time to get to the finish line and find parking and/or catch the shuttle. To accommodate this, we will be providing one water station.

LEG LEGEND:

0.0	Depart Exchange 35 heading south on Head of the Meadow Road
0.1	Turn LEFT (E) onto Old King's Hwy
0.7	Turn RIGHT (SE) onto Coast Guard Road
1.2	Turn RIGHT (W) onto Highland Road
2.2	Turn RIGHT (N) onto Shore Rd/Rt 6A
6.9	Turn RIGHT (N) onto Snail Road
7.2	Turn LEFT (W) onto Highway 6
9.1	Turn LEFT (S) onto Shank Painter Rd
9.1	Turn LEFT (E) onto Jerome Smith Rd
9.2	Turn RIGHT (S) onto Winslow Street
9.5	Turn LEFT (N) onto High Hill Pole Rd
9.6	Arrive at Finish Line

VAN ROUTE: Please refer to the parking plan to view all of your parking options in Provincetown.

0.0	Depart Exchange 35 heading south on Head of the Meadow Road
7.9	Follow runner directions until Shank Painter Road
7.9	Turn LEFT (S) on Shank Painter Road to access pay lots near the finish line
7.9	Continue STRAIGHT on Highway 6 to access Herring Cove Beach shuttle parking