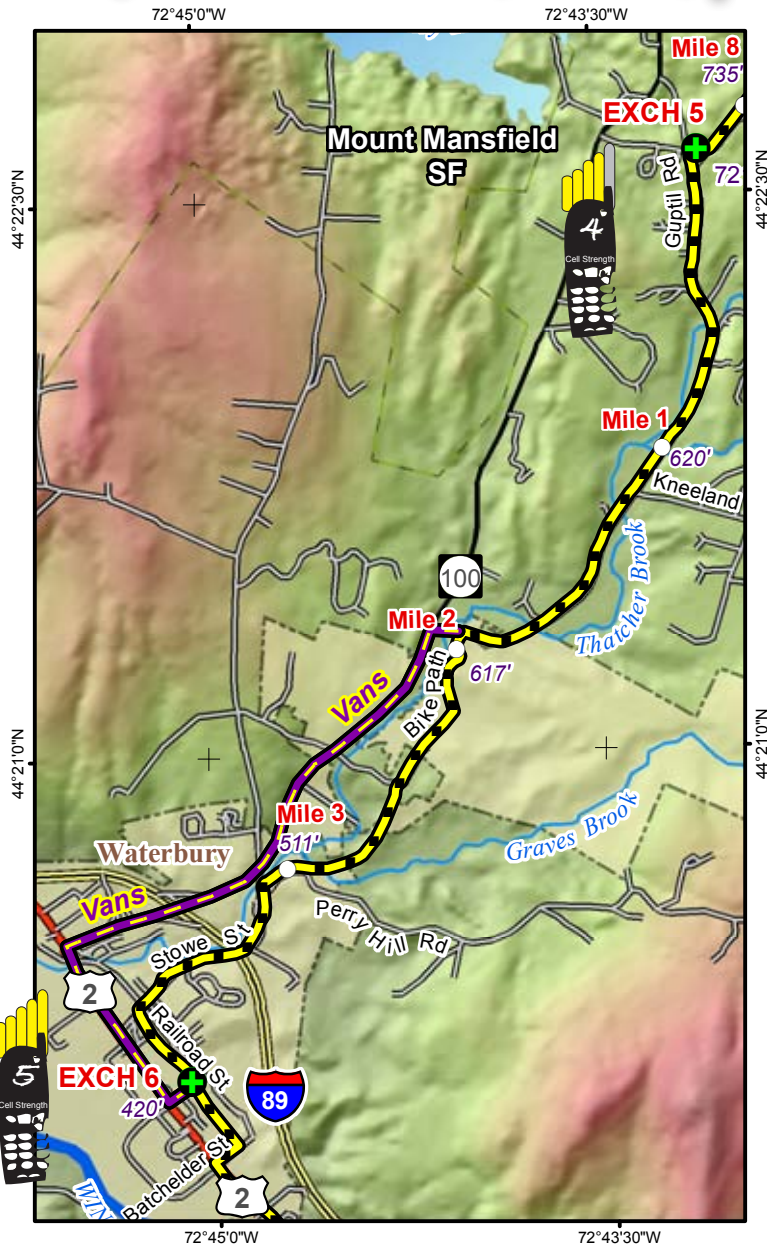


LEG 6 -- 4.0 MILES -- EASY



LEG DESCRIPTION – country residential with some bike path/trail, then residential/Waterbury

Terrain – downhill then rolling

Surface – paved and dirt roads with some trail

LEG NOTES

Runners on left side of road; keep eyes open for signs to assist through tricky trail sections

Vans - follow runners route on Guptil Rd until runners turn off at Golf Course entrance, continue on Guptil Rd to RT 100, turning left (south) to Waterbury. Follow RT 100 South through town for .3 miles and turn left on Park Row for .1 mile to the entrance to the parking lot on the left.

Exchange Parking – VAN EXCHANGE - turn left into parking lot of the office building and follow volunteer's instructions on where to park. CAUTION - watch out for runners.

MILEAGE

- 0.0 Turn left Guptil Rd
- 1.9 Turn left in to entrance Country Club to bike path/trail
- 2.3 Trail joins Laurel St
- 2.4 Where Laurel St curves, continue straight to path on right side of green house w/2-car detached garage
- 2.7 Trail ends and joins Lincoln St; continue straight
- 3.0 Turn left Stowe St
- 3.2 Pass underneath I-89
- 3.6 Turn left Railroad St
- 3.7 Take right fork down short hill toward railroad tracks
- 4.0 Exchange 6 - in parking lot on left.

VANS

- 1.9 Continue past entrance to Country Club to RT 100
- 2.0 Continue straight to RT 100
- 3.3 Pass underneath I-89
- 3.6 Turn left US 2/RT 100
- 3.7 Take right fork down short hill toward RR tracks
- 4.2 Turn left on Park Row (next to town green); in one block, cross railroad tracks to intersection. Then go straight through intersection and enter entrance to parking lot - CAUTION - runners will be exiting the exchange from this entrance.

