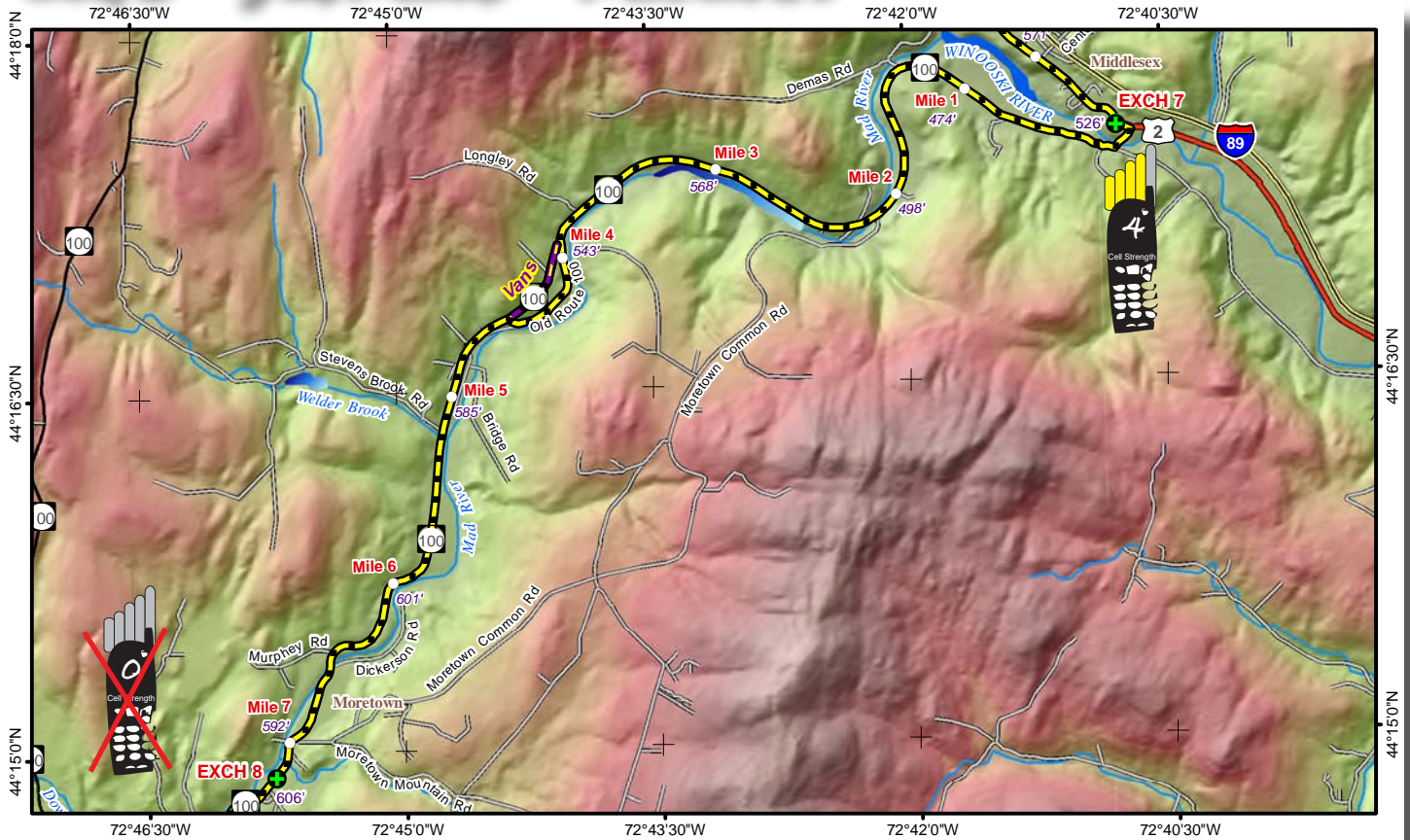


LEG 8 -- 7.2 MILES -- MODERATE



LEG DESCRIPTION – good shoulder along RT 100B, some sections along the river, small town with some traffic

Terrain – rolling

Surface – paved roads

LEG NOTES

Runners on left side of road

Vans - follow runners route except stay on RT 100B rather than following runners on short section of Old RT 100

Exchange Parking – turn left into large parking lot in Moreland Community Park & Rec; CAUTION – watch out for runners

MILEAGE

- 0.0 Continue east on US 2
- 0.1 Turn right RT 100B
- 2.2 Bridge
- 3.3 Kenneth H Ward Memorial Access - public swimming hole
- 3.9 Turn left on Old RT 100
- 4.6 Turn left and rejoin RT 100
- 6.6 Bridge
- 6.7 CAUTION - very narrow shoulder

around one blind curve so don't stray out into the road. There are "RUNNER ON ROAD" signs posted on both sides of the road alerting drivers to your presence. Stay alert. If you feel more comfortable running on the right shoulder, please cross with extreme caution, however where the curve ends, there is a sharp left turn on the unpaved Pony Farm Rd. Exchange 8 - Moretown Community Park & Rec Fields

