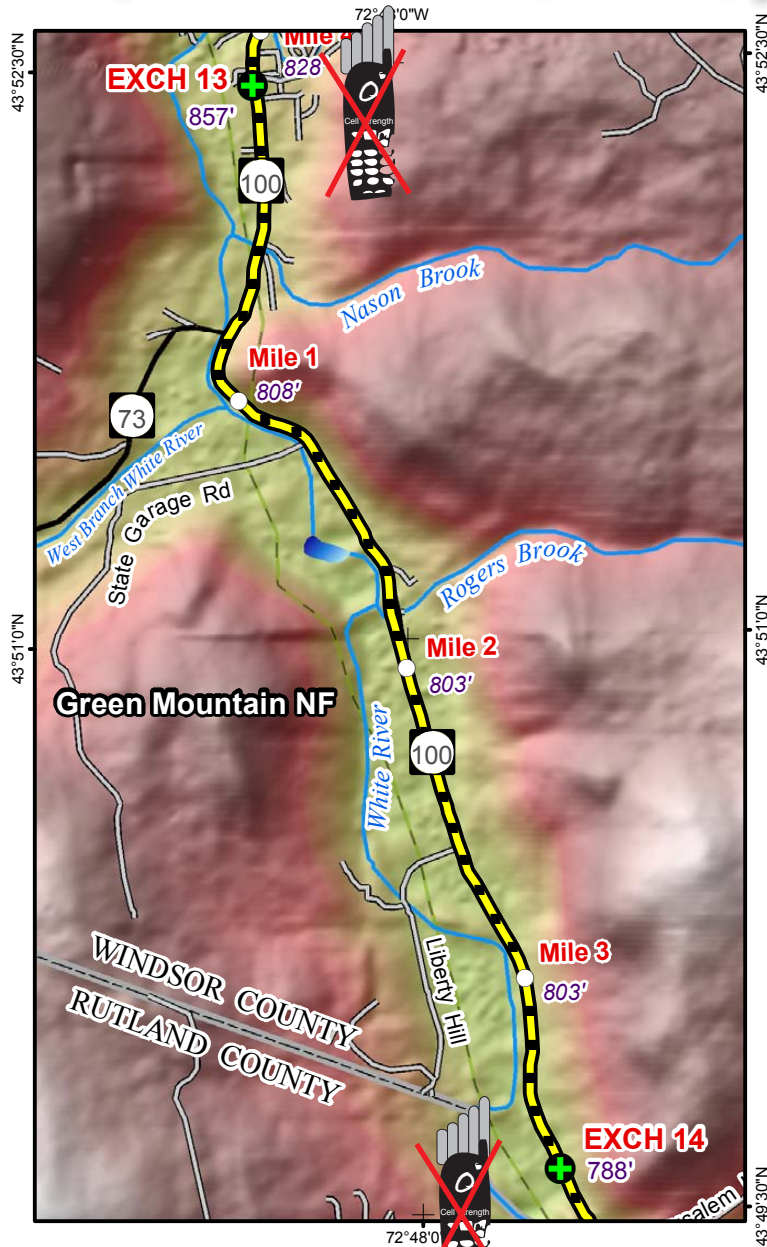


# LEG 14 -- 3.6 MILES -- EASY



**LEG DESCRIPTION** – town of Rochester, wooded and farmland with some residences

Terrain – level to rolling

Surface – paved roads

**LEG NOTES**

Runners on left side of road; CAUTION running through Rochester; CAUTION crossing RT 100 to right shoulder and back to left shoulder due to non-existent left shoulder around steep-cliffed curves

Vans - follow runners route

**Exchange Parking** – turn right into parking lot for the White River Golf Club; QUIET ZONE; CAUTION – watch out for runners

**MILEAGE**

- 0.0 Continue south on RT 100
- 0.7 CAUTION - very narrow shoulder around one long blind curve (.4 mile in length) 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 around this curve, please cross with extreme caution. Please cross back to left shoulder after going around curve.
- 2.2 Forest fire Warden (Harvey's) on left
- 3.6 Exchange 14 - White River Golf Club

