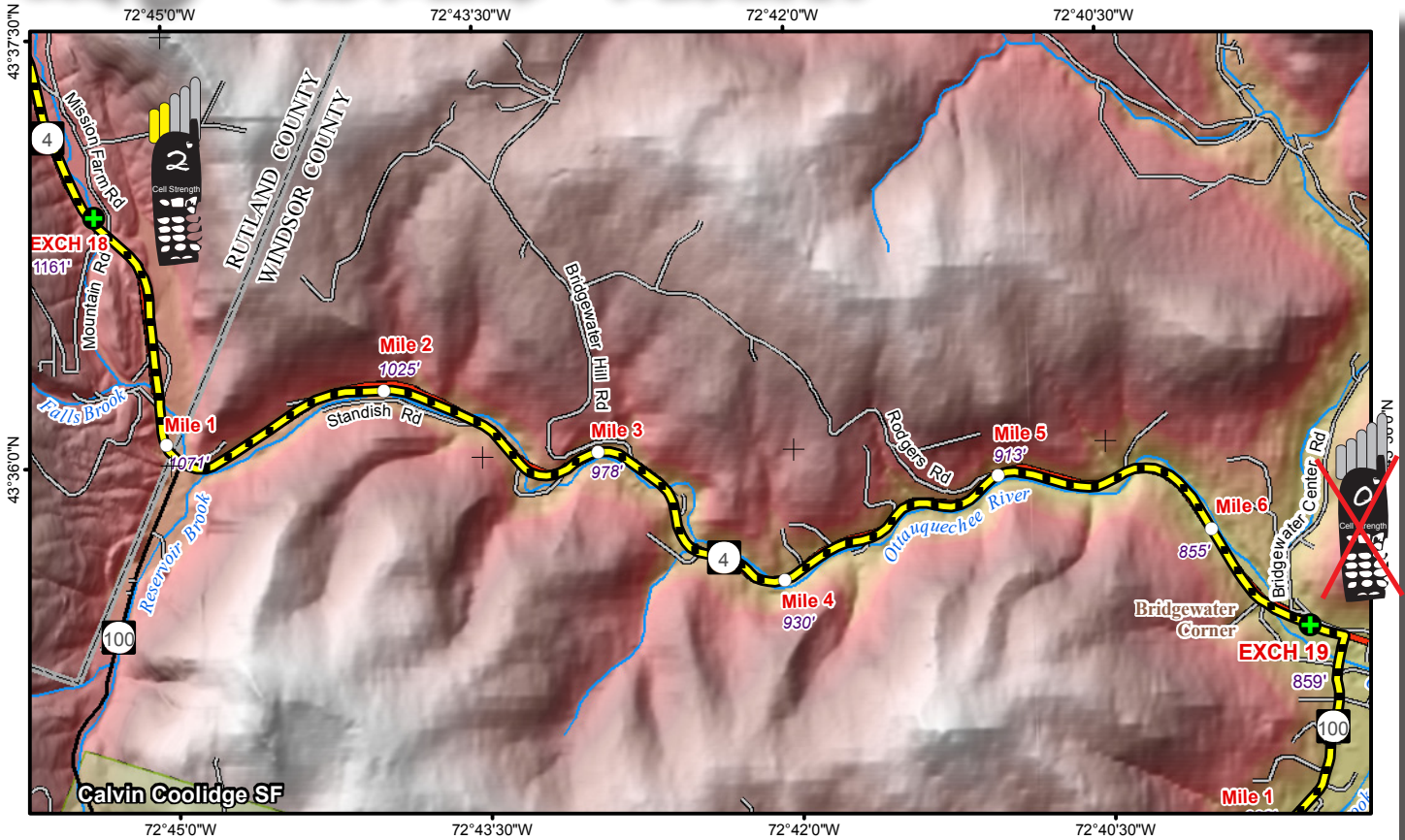


LEG 19 -- 6.6 MILES -- MODERATE



LEG DESCRIPTION – good shoulder along US 4, possibly some oncoming traffic, along creek

Terrain – gradual descent

Surface – paved roads

Vans - follow runners route

Exchange Parking – turn right into large parking lot to right of Long Trail Brewery building; CAUTION – watch out for runners

- 0.8 Bridge
- 1.1 Turn left following US 4
- 2.4 First of two bridges
- 3.4 Bridge
- 4.0 Bridge
- 5.6 Bridge
- 6.5 Bridge
- 6.6 Long Trail Brewing Company - caution crossing over to right

LEG NOTES

Runners on left side of road

MILEAGE

0.0 Continue east on US 4/RT 100 South

