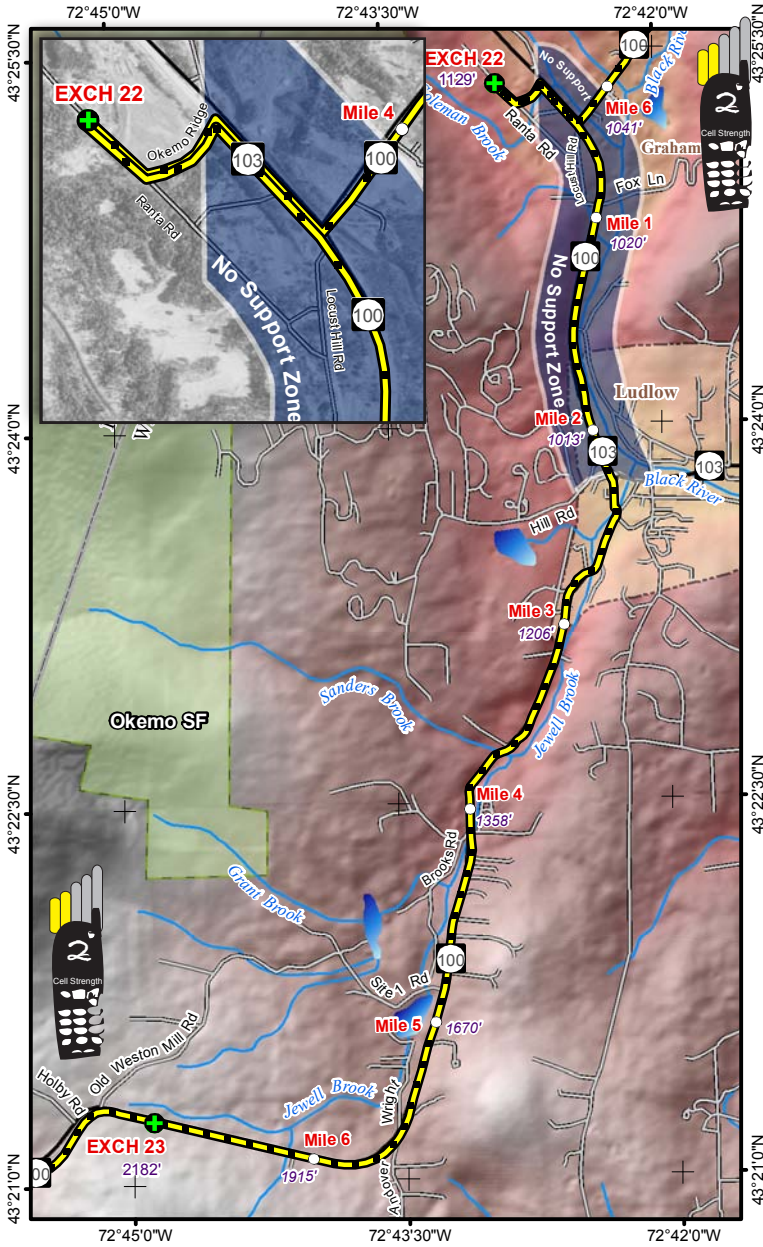


LEG 23 -- 6.7 MILES -- VERY HARD



LEG DESCRIPTION – good shoulder along RT 103, oncoming traffic in Ludlow, CAUTION entering LUDLOW (residences and businesses) and crossing RT 100 on to Pond St and then back on to RT 100

Terrain – rolling then long climb

Surface – paved roads

LEG NOTES

Runners on left side of road; CAUTION through Ludlow

Vans - follow runners' route until entering Ludlow. Continue on RT 100/103 (Main St) to the intersection of Main St and Andover St. At this intersection, vans want to follow RT 100 which turns right on Andover St. You will rejoin the runner's route in a couple of blocks

Exchange Parking – this is a small exchange consisting of a small pullout and wide shoulders; park vans on the wide shoulders on the right past the runners exchange in the pullout; make sure your van is completely off the highway and in the shoulder; keep your eyes open for passing traffic; CAUTION - watch out for runners

MILEAGE

- 0.0 Exit parking lot and go left downhill to Okemo Ski Area entrance
- 0.2 Turn left onto Okemo Ridge Rd
- 0.3 Turn right RT 103
- 0.6 Go straight past intersection with RT 100 on left
- 2.2 Turn right Pond St; CAUTION crossing highway
- 2.3 Ludlow Park on right
- 2.4 Stay right RT 100 South
- 2.7 CAUTION - very narrow shoulder around one short blind curve (approximately 55 feet) 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.
- 6.7 Exchange 23 - dirt pullout on right w/wide shoulders both sides of the road

