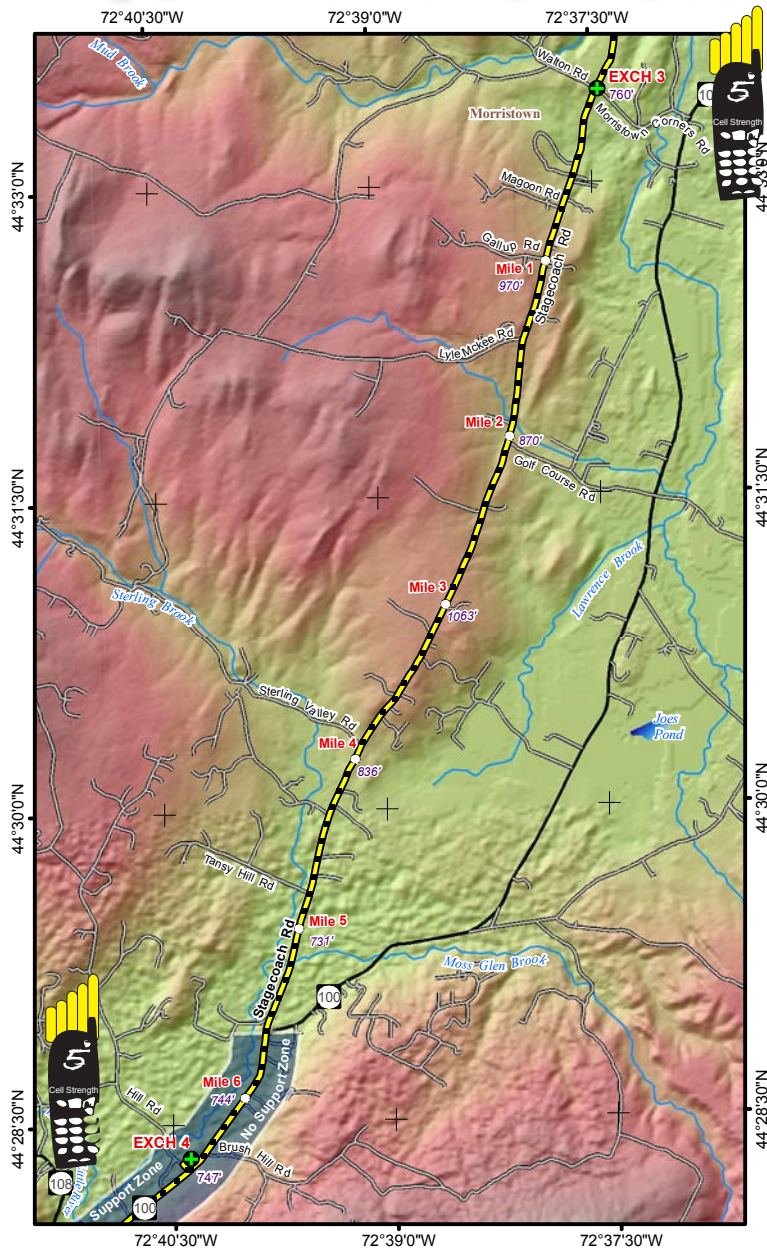


# LEG 4 -- 6.6 MILES -- HARD



**LEG DESCRIPTION** - Combination of open farmland, some woods, then busier section on RT 100; very little shade until join RT 100

Terrain – hilly

Surface – paved road

### LEG NOTES

Runners on left side of road, no shoulder but very little local traffic until joining RT 100 – CAUTION crossing RT 100 (police officers stationed at two RT 100 crossings to assist); busier traffic on RT 100

Vans - follow runners route

**Exchange Parking** – turn right off RT 100; exchange opposite Shaw’s Market; parallel parking on right side of dirt road by farm buildings; private property, so please keep off the grass; CAUTION – watch out for runners

### MILEAGE

- 0.0 Continue south on Stagecoach Rd
- 1.5 Pass Lyle McKee Rd (dirt road) on right
- 3.9 Pass Sterling Valley Rd (dirt road) on right
- 4.8 Pass Tansy Hill Rd on right
- 5.7 Intercept RT 100 - cross cautiously to left shoulder with police officer’s assistance, continue south on RT 100
- 6.6 Turn right West Hill Rd (caution crossing traffic with police officer’s assistance); Exchange 4 at Poultry farm opposite Shaw’s Market

