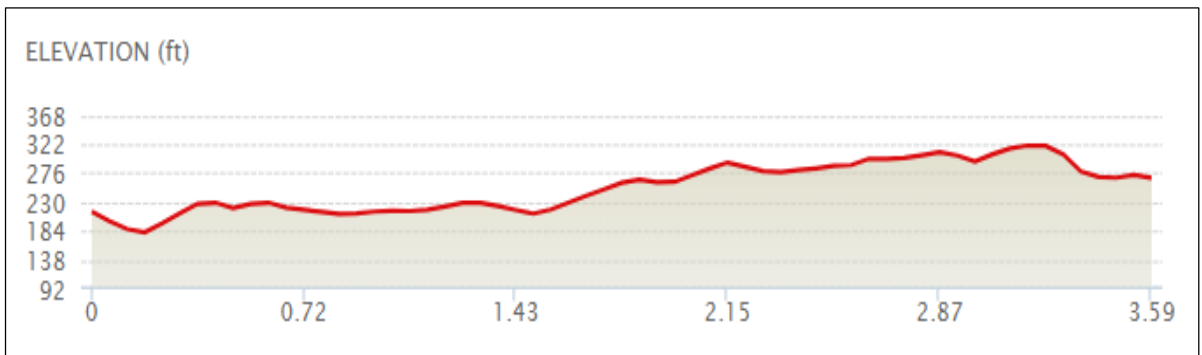
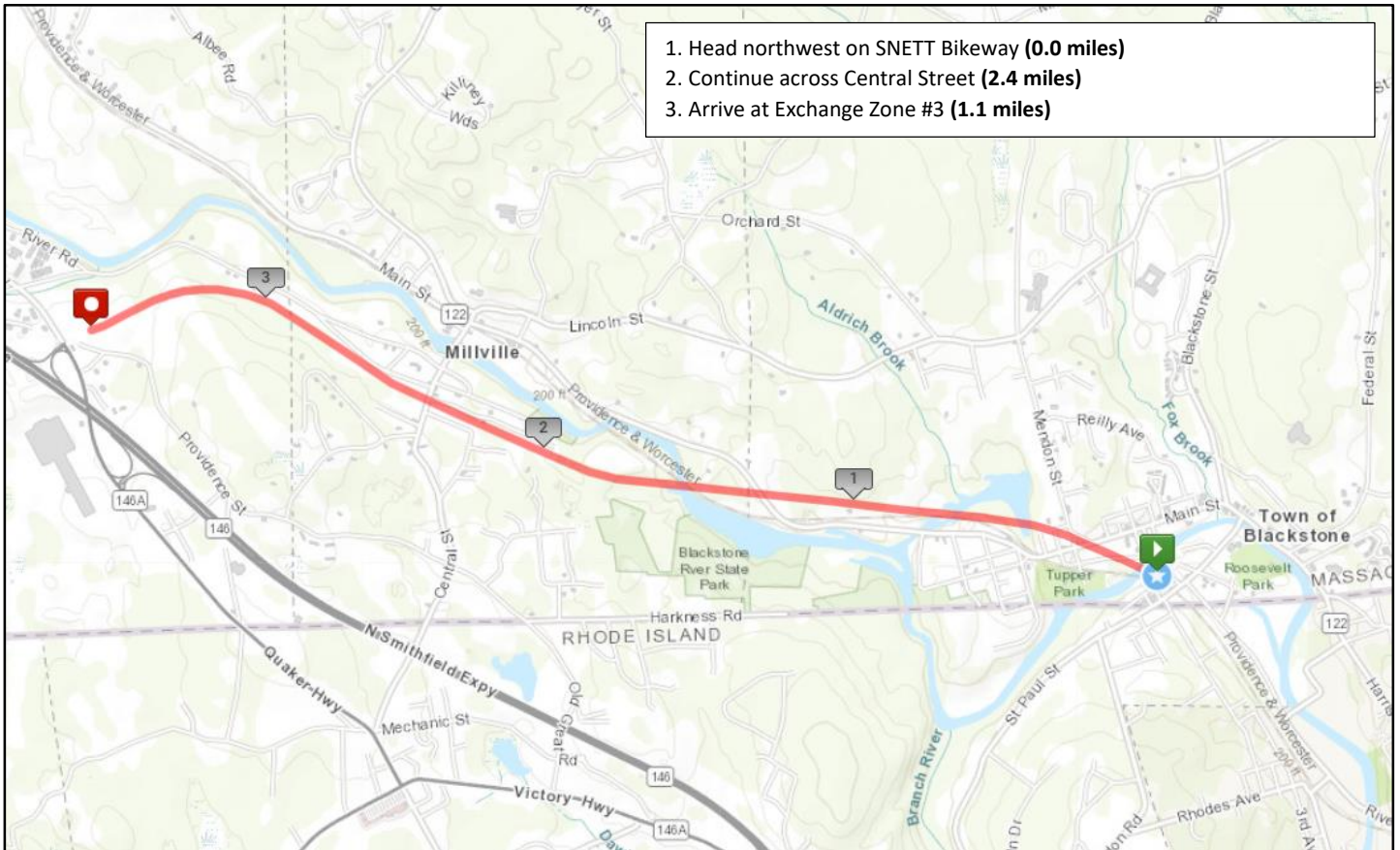


Running Details

Start: Canal Street/Trail Head Parking Lot, Blackstone, MA

Finish: SNETT Trail Head, Adams Street, Uxbridge, MA

DISTANCE	START ELEVATION	MAX ELEVATION	ELEVATION GAIN	DIFFICULTY	TERRAIN
3.5 MILES	215 FEET	320 FEET	162 FT	EASY	PAVED TRAIL



Safety Notes:

- Stay on sidewalk / bikeway / trail where applicable
- Use caution crossing streets
- Follow directional signs

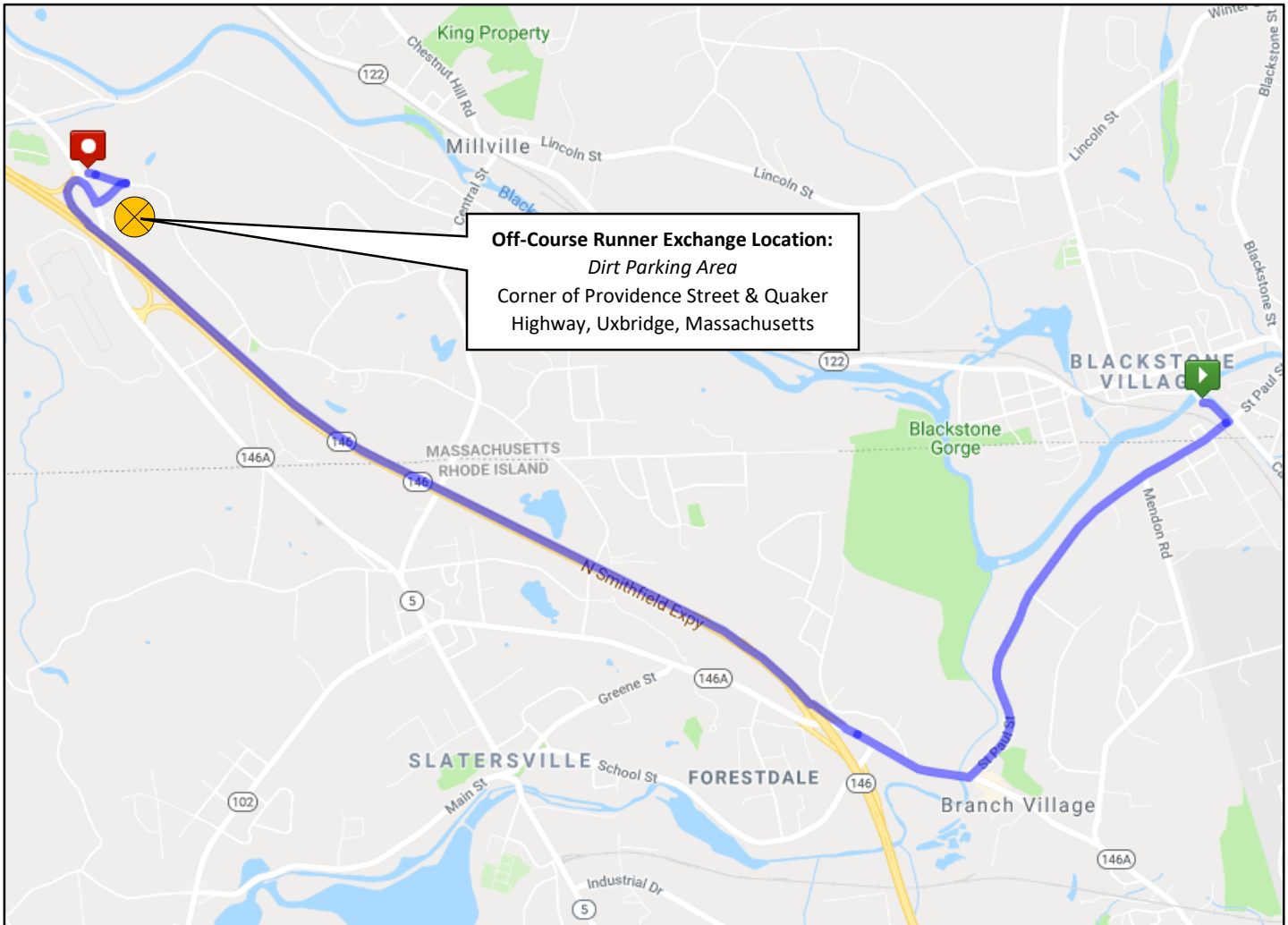
Exchange Note: Exchange Zone #3 (at the end of this leg) is located at the top of bike trail ramp, adjacent to Adams Street col-de-sac.

Driving Details

Driving Directions to Exchange Zone #3 Parking: SNETT Trail Head, 99 Adams Street, Uxbridge, MA 01569

Driving Distance: 5.3 miles

Estimated Drive Time: 8 minutes



Off-Course Runner Exchange Location:
Dirt Parking Area
 Corner of Providence Street & Quaker Highway, Uxbridge, Massachusetts

1. Turn right (south east) on Canal Street out of parking lot, towards St. Paul Street
2. Turn right on St. Paul Street
3. Turn right on RI 146A (Victory HWY)
4. Merge (slight right) onto RI-146 N via ramp (towards Worcester)
5. RI-146 N becomes MA-146 N
6. Take Exit 1 (towards Uxbridge/North Smithfield, RI)
7. Keep right at the end of the ramp and merge onto MA-146A S (Quaker Highway)
8. Take quick left onto Providence Street
9. Take left onto Adams Street
10. Destination will be at the end of street

Parking Note: No formal parking lot, park responsibly around the Adams Street cul-de-sac and along the right hand side (north / west-bound) of Adams Street ONLY.

Exchange Note: Exchange Zone #3 (at the end of this leg) is located at the top of bike trail ramp, adjacent to Adams Street col-de-sac.