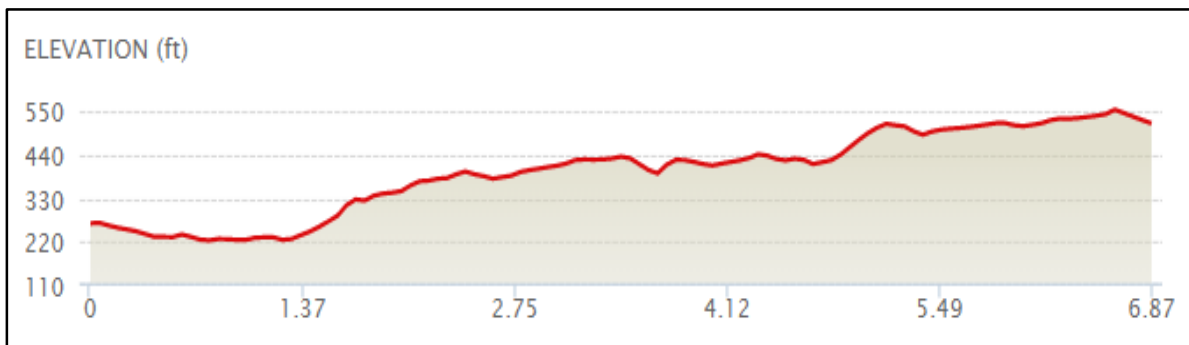
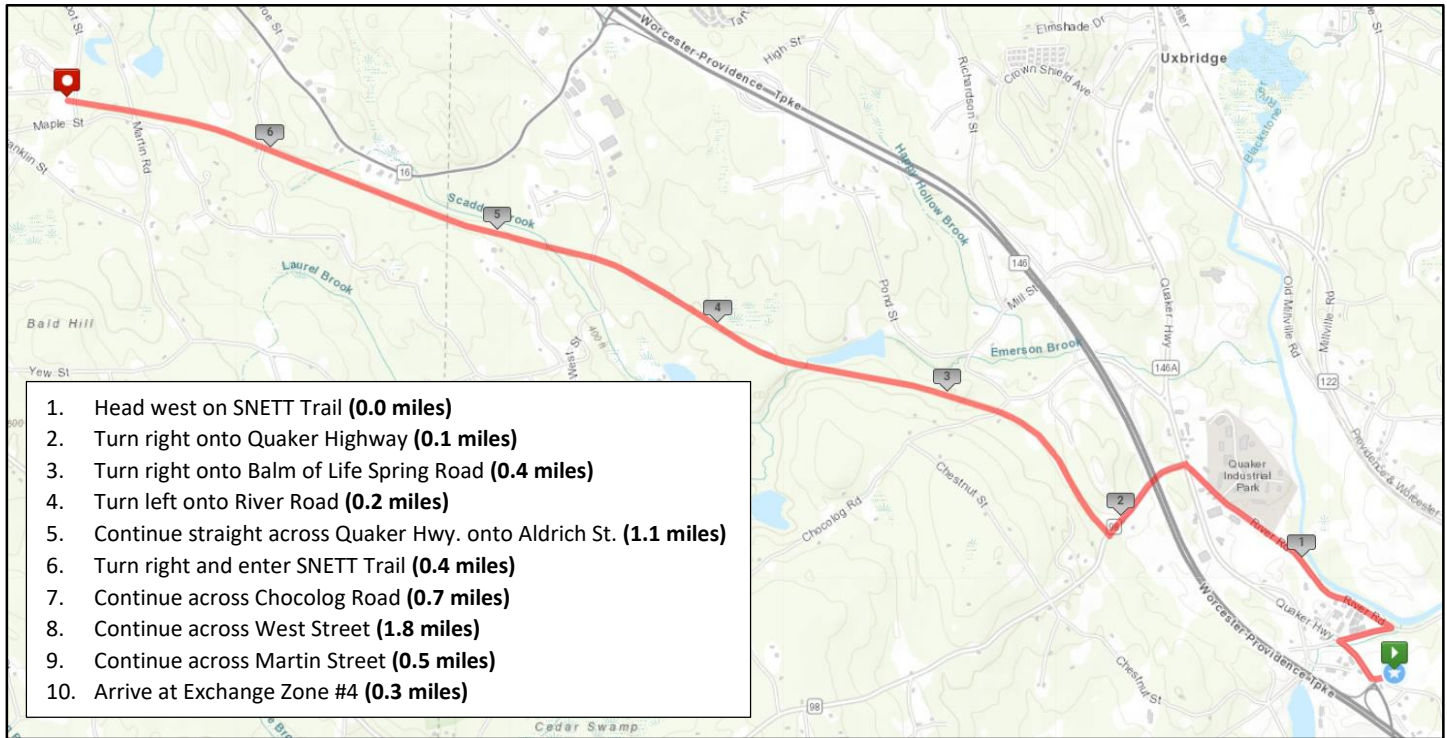


Running Details

Start: SNETT Trail Head, Adams Street, Uxbridge, MA **Finish:** SNETT Trail Parking, Depot Street, Douglas, MA

DISTANCE	START ELEVATION	MAX ELEVATION	ELEVATION GAIN	DIFFICULTY	TERRAIN
6.8 MILES	268 FEET	558 FEET	402 FT	HARD	ROAD/CINDER TRAIL



Safety Notes:

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

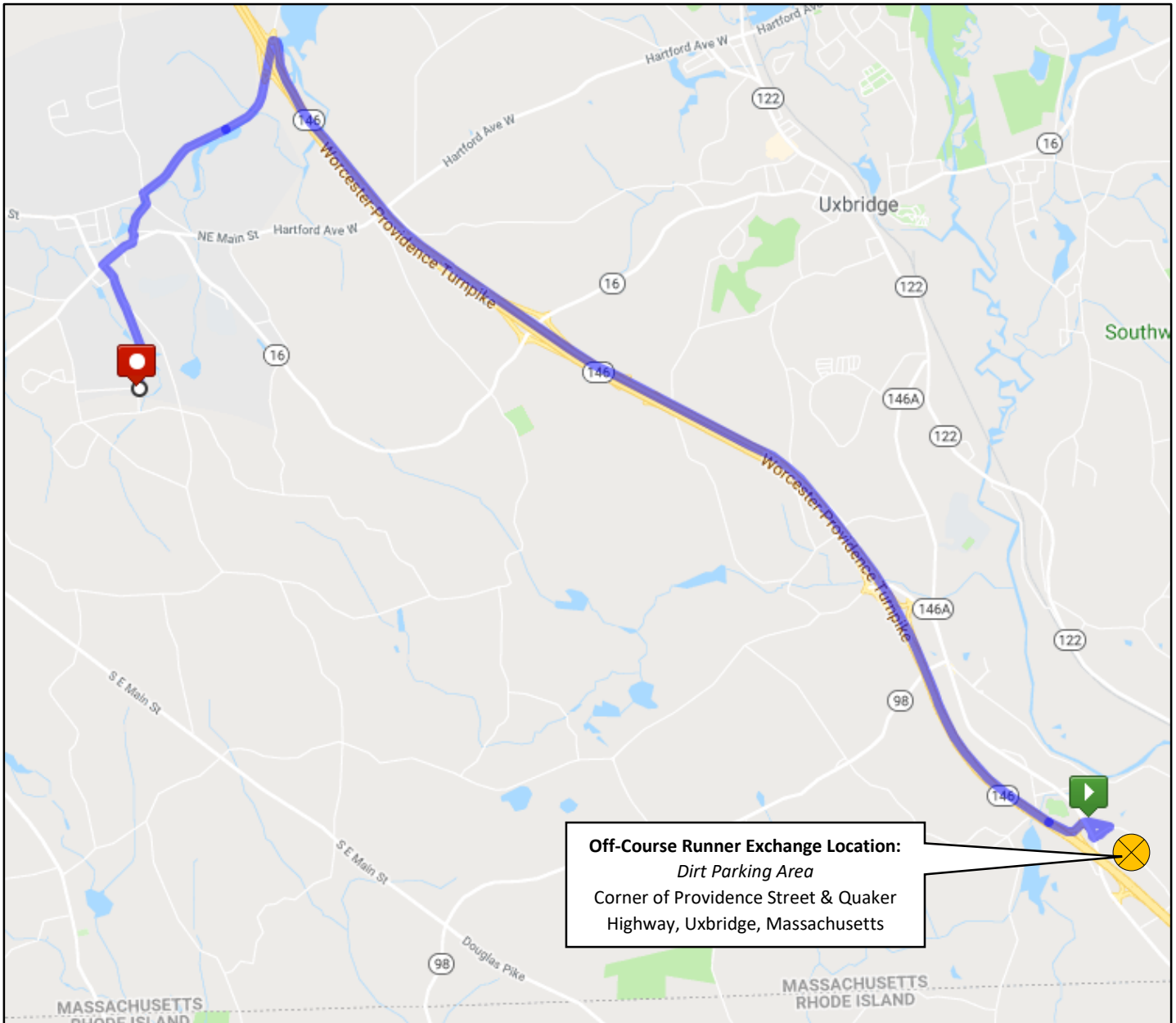
Exchange Note: Exchange Zone #3 (at the beginning) is located at the top of bike trail ramp, adjacent to Adams Street col-de-sac.

Driving Details

Driving Directions to Exchange Zone #4 Parking: SNETT Trail Parking Lot, Depot Street @ Railroad Avenue, Douglas, MA 01516

Driving Distance: 9.5 miles

Estimated Drive Time: 13 minutes



1. Head east on Adams Street towards Providence Street
2. Turn right onto Providence Street
3. Turn right onto MA-146A N (Quaker Highway)
4. Turn left onto MA-146 N ramp
5. Take Exit 8 (formerly Exit 4) for Lackey Dam Road towards Douglas/Northbridge
6. At the end of the ramp, take sharp left onto Lackey Dam Road (signs for Douglas)
7. Continue onto Gilboa Street
8. Turn left onto North Street
9. Turn right onto Main Street
10. Turn left on Depot Street
11. Destination and entrance to parking lot will be on your right, just past Railroad Avenue