

## 2009 Reach The Beach Course Directions and Details

Revised 09/12/09

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Directions/ Route	Mileage		Transition Areas/ Landmarks	Town	Road Notes	Comments	
	Leg	Stage				Runner/ Transition Notes	Facilities
Start - Cannon Mountain	0.0	0.0	<b>T0/Start - Cannon Mtn Ski Area</b>	Franconia	Recreation Trail; open to bikers	Runners start behind the main lodge.	Water and bathrooms on site
Franconia Notch Recreational Trail	0.2				Recreation Trail; open to bikers		
Rt. 3	2.2					Runners stay on RHS of road	
Rt. 3	8.0	8.0	<b>T1 - Beaver Brook Rest Area</b>	Twin Mtn.	Good shoulder; moderate traffic	Runners stay on RHS of road	Porto-johns only. <b>No trash disposal</b>
Rt. 3	3.4		Fun Town		Good shoulder; moderate traffic	Runners stay on RHS of road	
Intersection of Rt. 3 and Rt. 302; turn right	4.3		Quiznos on the RHS just after the turn		Good shoulder; moderate traffic	Runners stay on RHS of road	
Rt. 302	9.0	9.0	<b>T2 - Bretton Woods Ski Area</b>	Twin Mtn.	Good shoulder; moderate traffic	Runners stay on RHS of road	Porto-johns only. <b>No trash disposal</b>
Rt. 302	3.9	3.9	<b>T3 - AMC Highland Lodge</b>	Twin Mtn.	Good shoulder; moderate traffic	Runners stay on RHS of road	Porto-johns and facility water/restrooms; recycling available; restaurant.
Rt. 302	2.9	2.9	<b>T4 - Willey House on the RHS</b>			Runners stay on RHS of road	Porto-johns only.
Rt. 302	5.5	5.5	<b>T5 - Davis Path on LHS</b>			Runners stay on RHS of road	Porto-johns only. <b>No trash disposal</b>
Rt. 302	6.1		Bear Notch Rd on RHS		lose wide shoulders - turns to dirt	Runners stay on RHS of road	
Rt. 302	8.6	8.6	<b>T6/VTA#1 - Attitash Ski area on RHS</b>	Bartlett	Rough shoulder; road may be under contrsuction	Runners stay on RHS of road	Port-o-johns; Dasani water; Fuze; <b>RTB Recycling Stop.</b>
Intersection with West Side Rd; turn right.	1.5			Conway	Good shoulder; busy traffic	Runners stay on RHS of road	
Intersection with Old West Side Rd; turn right.	4.9			Conway	Good shoulder; busy traffic	Runners stay on RHS of road	Beware the traffic on Rt. 16 in North Conway!! Travel further <u>south</u> on Rt. 16 if in need of gas or food.
Old West Side Road/Echo Lake Rd.	7.2	7.2	<b>T7 - Echo Lake State Park</b>	Conway		Runners stay on RHS of road	Porto-johns, restrooms, and facility water on site.
Intersection of Echo Lake Rd and West Side Rd; turn right	0.1					Runners stay on RHS of road	
Intersection of West Side Rd. and Washington St.; bear right	5.8					Runners stay on RHS of road	
Intersection with Rt. 16; turn right	6.0					Runners stay on RHS of road	
Intersection of W. Main St.; turn left						<b>Runners wait for Police to cross ; stay on LHS after crossing</b>	

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W. Main St.	6.6	6.6	<b>T8 - HAM's Arena</b>	Conway	Good shoulder; moderate traffic	Runners stay on LHS of road	Porto-johns, restrooms, and facility water on site.
Intersection of W. Main St.and Rt. 16/113; turn left	0.6			Madison	Good shoulder; busy traffic	Runners stay on LHS of road	
Intersection with Rt. 113; turn left	1.2			Madison	Narrow shoulders on road.	<b>Runners cross over to RHS of road after turn</b>	
Rt. 113 (Eidelweiss Dr on the other side)	3.5	3.5	<b>T9 - FW Webb Store on RHS</b>	Madison	Narrow shoulders on road.	Runners stay on RHS of road	
Intersection with E Madison Rd; turn right - stay on Rt. 113	2.4			Madison	Little or no shoulder	Runners stay on RHS of road	
Rt. 113	2.8	2.8	<b>T10 - Madison Elementary School on RHS</b>	Madison	Narrow shoulder; good parking in back	Exchange takes place on the right side of road just beyond driveway entrance	Porto-johns, restrooms and facility water on site.
Ball Field on RHS	0.2			Madison		Runners stay on RHS of road	
Silver Mine Country Store on left	1.3				CAUTION: BUSY ROADS	Runners stay on RHS of road	
Rt. 113/Rt. 41intersection; stay on 113	1.4			Madison	No shoulder on road	Runners stay on RHS of road	
Intersection w/Rt. 16; cross over and turn Left	3.7			Tamworth	CAUTION: DANGEROUS INTERSECTION	Runners stay on RHS of road	
Entrance to White Lake State Park; turn right	6.6		Dunkin Donuts diagonally across Rt.16	Tamworth	Wide shoulder	Runners stay on RHS of road	
Transition area inside park near the beach	7.5	7.5	<b>T11 - White Lake State Park on RHS</b>	Tamworth	Once inside: RUNNERS go straight through; Vans will have to double back	Runners stay on RHS; exchange takes place ~.3 mile inside the park.	Porto-johns, facility water, and showers (at Upper Parking Lot).
Depot Rd.; turn right	0.4			Tamworth	Wide shoulder	Runners stay on LHS of road	
Intersection w/Tamworth Rd (Rt. 113); make left	2.8			Tamworth	Fairly flat; no designated shoulders	Runners stay on LHS of road	
Tamworth Road	3.9	3.9	<b>T12/VTA#2 - Kenneth Brett School on LHS</b>	Tamworth	Wide shoulder	Exchange takes place on LHS after 1st driveway but before the 2nd.	Restrooms, porto-johns, and facility water on site. <b>Recycling Stop.</b>
Intersection with Whittier Rd/Rt. 113; turn right	0.1				Wide shoulder	Runners cross over and stay on RHS of road	
Intersection w/Rt 25W (Bearcamp hwy); turn right	0.5				Flat; wide shoulder; a bit busy	Runners stay on RHS of road	
Intersection with Rt. 113/Jackson Pond Rd; turn right.	3.5				Flat; wide shoulder; a bit busy	Runners stay on RHS of road	
Turn right onto Bunker Hill Rd.	3.7					Runners stay on LHS of road	

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Rt. 25W	3.9	3.9	<b>T13 - The Community School on LHS</b>	Bennett Corners	Wide shoulder	Exchange takes place in front of the School driveway	Porto-johns, restrooms, water, and food.
Intersection w/ Rt. 113; turn left.	0.2				CAUTION: road turns from paved to dirt; some uneven footing as well.	Runners stay on RHS of road	
Intersection w/Rt 25W; turn right	0.4				CAUTION: road turns from paved to dirt; some uneven footing as well.	Runners stay on RHS of road	
Little Pond Rd.; turn right	3.6				Flat; wide shoulder; a bit busy; use caution.	Runners stay on RHS of road	
Intersection of Little Pond & Rt. 109; turn right (sign says Central Sandwich)	5.7			Sandwich	Narrow shoulders; rolling terrain	Runners to cross over to LHS	
Rt. 109/Quimbly Rd: <b>Team Vehicles turn left for parking.</b>	7.3		Sandwich Fair Grounds/Fire Dept	Sandwich	Narrow shoulders; rolling terrain	Runners to stay on LHS	
Intersection with Squam Lake Rd; make a left	7.5		go past signs for Rt 113	Sandwich	Narrow shoulders; rolling terrain	Runners to stay on LHS	
Squam Rd	7.8	7.8	<b>T14 Sandwich Central School on LHS</b>	Sandwich	Narrow shoulders; rolling terrain	Runners to stay on LHS; exchange to occur in front of school; Vans will park in the field passed the relay exchange zone	Porto-johns only.
Intersection w/Rt 25W; turn right	8.0					Runners to stay on RHS	
Intersection with Main St; bear left	8.1					Runners to stay on RHS	
Main St.	8.2	8.2	<b>T15 - Center Harbor Congregational Church on RHS</b>	Center Harbor		Runners to stay on RHS; vehicles to park in church lot; exchange to occur before parking lot on the RHS	Porto-johns only.
Main St./ Old Center Harbor Rd; go straight	0.1			Center Harbor		Runners to stay on RHS	

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Intersection with Follet Rd; turn right	1.3					Runners to stay on LHS	
Intersection with Rt. 25B; turn left	2.7					Runners to stay on LHS	
Left Turn onto College Rd	3.7				No shoulder	Runners to stay on LHS	
Merge with Rt. 3; turn left	4.6			Meredith		Runners to stay on LHS	
Rt. 3/25	6.5	6.5	<b>T16 - Prescott Park on LHS</b>	Meredith	No shoulder	Runners to stay on LHS; exchange to take place on LHS on the sidewalk before the park entrance	Porto-johns only.
Intersection w/Interstate Route 25; go straight	0.4		24 hour Cumberlin Farm on RHS	Meredith	USE CAUTION - BUSY INTERSECTION; No shoulder;	Runners to stay on LHS. CAUTION: watch for vehicle traffic and pedestrians.	
Rt. 3/25	0.5		<i>Cruise/pier area on LHS</i>	Meredith		Runners to stay on LHS; caution: watch for vehicle traffic and pedestrians.	
Rt. 3 South/Junction Rt. 104	1.3			Meredith	Runners stay on LHS;	Runners to stay on LHS; caution: watch for vehicle traffic and pedestrians.	
Junction Rt. 106; turn right.	1.7		MacDonalds before on LHS	Meredith	USE CAUTION - BUSY INTERSECTION	Runners cross over Rt. 3 and stay on RHS of road; use caution	
Rt. 106 South				Meredith	No shoulder for 1st mile or so; improves after that; CAUTION: BUSY ROAD	Runners stay on RHS of road	
Intersection with Lane Rd; <b>turn right</b>	7.0					Runners cross over to the LHS of road	
Intersection with Meredith Center Rd	7.4	7.4	<b>T17 - Robbie Mills Sports Complex on RHS</b>	Laconia		Runners go straight across Meredith Center Rd and turn left. Exchange occurs on the RHS.	Porto-johns only.
Intersection with Rt. 106/Parade Rd.; turn right	0.6			Laconia	Narrow shoulder	Runners stay on RHS of road	
Rt. 106 South	1.1		<i>NH Community College</i>	Laconia	Shoulder gets wider	Runners stay on RHS of road	

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Rt. 106 South	2.7		Smith Track/Opechee Park Club; part of HS; on LHS	Laconia	American Legion Post just beyond it	Runners stay on RHS of road	
Rt. 106 turns right (Church St.)(follow 'to Rt 93' sign)	3.3		<i>rotary: 24 hour Dunkin Donuts/Irvings Gas</i>	Laconia	Sidewalks on LHS - some on RHS; runners need to stay on sidewalks through town	Runners stay on RHS of road	
Junction 106/107: straight onto Rt. 106.	3.7		<i>Citgo</i>	Laconia	CAUTION: BUSY ROADS	Runners stay on RHS of road	
Rt. 106/ Rt. 3	4.5			Laconia	CAUTION: BUSY ROADS	Runners stay on RHS of road	
Rt. 106 South	4.9	4.9	<b>T18/VTA#3- NH Technical College on RHS</b>	Laconia	Narrow shoulders on Rd	Exchange to occur before entrance; cars to park in school lot	Restrooms, porto-johns, and facility water on site. <b>Recycling Stop.</b>
Right turn onto Seavey Rd.	3.2			Belmont		Runners stay on RHS of road	
Seavey Rd.	4.3	4.3	<b>T19 - Belmont High School on LHS</b>	Belmont	<b>QUIET ZONE!!</b> Narrow shoulder	Runners to stay on LHS	Porto-johns only.
Intersection with Church Hill Rd; turn left	0.1			Belmont	Narrow shoulder	Runners cross over to RHS	
Church Hill Rd. and Rt. 140; go straight	0.5			Belmont		Runners stay on RHS of road	
Intersection of Rt. 140 and Rt. 106; go straight	0.7			Belmont		Runners stay on RHS of road	
Intersection with Rt. 107; go straight across	4.6			Gilmanon	Narrow shoulder	Runners stay on RHS of road	
Rt. 140 East	9.2	9.2	<b>T20 -Gilmanon School on RHS</b>	Gilmanon	Narrow shoulder	Runners stay on RHS of road	Porto-johns only.
Shannan Rd. on RHS; turn right	0.9				winding road, no shoulder	Runners stay on RHS of road	

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Intersection with Stage Rd go straight. Note: Shannan Rd. turns into White Oak Rd.	1.8				No designated shoulder	Runners stay on RHS of road	
Intersection with Rt. 28; turn right at fork just before intersection.	4.8			Barnstead	Excellent shoulder	Runners stay on RHS of road	
Runners cross over to the LHS of Rt. 28	6.8					Runners stay on LHS of road	
Intersection with Maple St.; turn left	6.9				Entering a <b>QUIET ZONE!</b>	Runners stay on LHS of road	
Maple St.	7.3	7.3	<b>T21 - Barnstead Elementary School on LHS</b>		<b>QUIET ZONE;</b> Excellent shoulder; good parking.	Exchange occurs on LHS after the 1st driveway.	Porto-johns only.
Maple St./S. Barnstead Rd (Rt. 126).; turn right	0.3				<b>QUIET ZONE !</b>	Runners stay on LHS of road	
Intersection with Rt. 28; turn left	0.6			Barnstead	Excellent shoulder	Runners stay on LHS of road	
Intersection with Rt. 107	4.2				Excellent shoulder	Runners stay on LHS of road	
Intersection with Leavitt Rd.; turn left	5.3			Barnstead	Entering a <b>QUIET ZONE!</b> ; Excellent shoulder	Runners stay on LHS of road	
Office complex driveway on RHS; runners turn right - vans continue another 200 feet to Globe Mfg parking lot	5.35				<b>QUIET ZONE;</b> Excellent shoulder	Runners stay on LHS of road	
Globe Mfg parking lot	5.6	5.6	<b>T22 - Globe Mfg on LHS</b>	Pittsfield	<b>QUIET ZONE;</b> Excellent shoulder	Exchange occurs along pathway adjacent to the pond, just before the Globe building.	Porto-johns only.
Loudon Rd.; turn right	0.1			Pittsfield	<b>QUIET ZONE;</b> Excellent shoulder	Runners stay on RHS of road	
Rt. 28 South; turn left and cross over to RHS	0.2			Pittsfield	Excellent shoulder	Runners cross over to the RHS of Rt. 28 South and stay on RHS of road	
Rt. 28 South	5.2		Old Rt. 28 on LHS			Runners stay on RHS of road	
Rt. 28 South	6.2	6.2	<b>T23 - Country Cookin Rest. on RHS</b>	Epsom	CAUTION: TRAFFIC ROTARY! 24 hr. Dunkin Donuts to the right of the traffic circle.	Exchange occurs out in front of restaurant	Porto-johns only.
Rt. 28 South	0.1				Use caution after you exit the traffic rotary	Runners to cross over to the LHS after going around the traffic rotary. USE CAUTION BEFORE CROSSING.	

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Rt. 28 South	2.4		Webster Park on LHS	Epsom	Excellent shoulder	Runners to stay on LHS	
Intersection w/Bear Brook Road; turn left	5.6			Allenstown	No designated shoulder	Runners to stay on LHS	
Bear Brook Rd.	6.1		Bear Brook State Park - 1st Lot on RHS	Allenstown	No designated shoulder	Runners to stay on LHS	
Bear Brook Rd.	6.6		Bear Brook State Park - 2nd Lot on LHS	Allenstown	No designated shoulder	Runners to stay on LHS	
Bear Brook Rd.	6.9	6.9	T24/VTA#4- Bear Brook State Park	Allenstown	Parking on left side of the road.	Runners stay on LHS of road; exchange to occur just beyond the parking lot entrance; runners will cross the foot bridge and exit the park from a dirt trail.	A good place to camp. Restrooms, porto-johns, and facility water on site. <b>Recycling Stop.</b>
Mt. Delight Rd on LHS; stay straight on Middle Rd.	3.1				<b>QUIET ZONE!!</b>	Runners stay on LHS of road	
South Rd on the RHS; stay straight on Middle Rd.	4.0			Deerfield	<b>QUIET ZONE!!</b>	Runners stay on LHS of road; PLEASE BE QUITE !!	
Candia Rd on LHS; stay straight	8.0				<b>QUIET ZONE!!</b>		
Intersection with Rt. 43/Stage Rd.; cross over and turn right.	8.9			Deerfield	<b>QUIET ZONE!!</b>	Runners stay on LHS of road	
Rt. 43 South	9.4	9.4	T25 - Deerfield Fairgrounds(on LHS)	Deerfield	<b>QUIET ZONE!!</b>	Runners stay on LHS of road	Porto-johns only.
Intersection with South Rd; make sharp left and stay on Rt. 43	1.6				<b>QUIET ZONE!!</b>	Runners to stay on LHS	
Rt. 43 South	4.2	4.2	T26 - Henry Moore School/ Candia Volunteer Fire Department on LHS	Candia	<b>QUIET ZONE!!</b> Soft/sand shoulder; good parking	Runners to stay on LHS; exchange to occur on left before the Firehouse.	Restrooms, porto-johns, and facility water at the school. Breakfast being served at the School care of the Candia VFD
Intersection with Rt. 27; go straight across	0.1			Candia	No designated shoulder	Runners to stay on LHS; police to cross intersection	
At stop sign, go straight across onto Main (Rt. 43 bears right)	0.3			Candia	<b>QUIET ZONE;</b> No designated shoulder	Runners to stay on LHS; police to cross intersection	
Left onto Chester Rd.	1.1			Candia	<b>QUIET ZONE;</b> No designated shoulder	Runners to stay on LHS	

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Chester Road	2.5		Sandborn Farm on LHS	Candia	<b>QUIET ZONE;</b> No designated shoulder	Runners to stay on LHS	
Chester becomes Candia Road	3.1			Chester	<b>QUIET ZONE;</b> No designated shoulder	Runners to stay on LHS	
Intersection of Candia Rd and Shattage Rd; go straight	4.1			Chester	CAUTION: DANGEROUS INTERSECTION	Runners to stay on LHS	
Fork with Lane Rd; stay right on Candia Rd.	4.5				<b>QUIET ZONE</b>	Runners to stay on LHS	
Intersection with North Pond/Clark Rd. - go straight	6.2				No designated shoulder	Runners to stay on LHS	
Intersection with Rt. 121; make a left	7.1			Chester	Entering a <b>QUIET ZONE;</b> Soft/sand shoulder - inconsistent	Runners to stay on LHS	



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Rt. 121	<b>8.5</b>	<b>8.5</b>	<b>T27 - Chester College of NE on LHS</b>	Chester	<b>QUIET ZONE</b>	Exchange to occur on LHS beyond driveway.	Porto-johns only.
Intersection w/ Rt. 102; go straight across	<b>0.2</b>			Chester	Police to assist runners at intersection - USE CAUTION	Runners to stay on LHS; police to cross intersection.	
Stay left onto Rt. 121A (121 goes right)	<b>0.4</b>			Chester	No shoulder	Runners to stay on LHS	
Main St (Rt. 121A)	<b>5.5</b>	<b>5.5</b>	<b>T28 - Sandown Town Hall on RHS</b>	Sandown	Note: Overflow parking at St. Matthews Church	Runners to stay on LHS	Restrooms, porto-johns, and facility water on site.
Odell Rd on LHS; stay straight	<b>0.8</b>				Busy road.	Runners to stay on LHS	
Left onto Hawkewood Rd	<b>1.8</b>			Sandown	No shoulder	Runners to stay on LHS	
Intersection with Peabody Dr; stay straight	<b>2.9</b>					Runners to stay on LHS	
Hawkewood becomes Colbey Rd				Danville		Runners to stay on LHS	
Intersection with Rt. 111A; turn left.	<b>4.0</b>				<b>CAUTION: DANGEROUS INTERSECTION</b>	Runners to stay on RHS	

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School Rd	4.1	4.1	<b>T29 - Danville Baptist Church on RHS</b>	Danville	Busy road.	Exchange is too occur just beyond entranceway to Church	Porto-johns only.
Pine St; turn right	0.2			Danville		Runners to stay on RHS	
Intersection with Long Pond Rd; turn right	1.4				No shoulder	Runners to stay on RHS	
Intersection with Cheney Rd; bear right	1.7					Runners to stay on RHS	
Lond Pond becomes Danville Rd; bear left	1.9					Runners to stay on RHS	
Intersection with Rt. 111; turn left.	2.8			Kingston	Entering a <b>QUIET ZONE!</b>	Runners to stay on LHS	
Sanborn Regional HS on LHS	3.1			Kingston	<b>QUIET ZONE in the early morning</b>	Runners to stay on LHS	
Intersection with Main St.; turn left.	3.4				<b>QUIET ZONE in the early morning</b>	Runners to stay on LHS	
Main St. split; Runners and Vehicles go straight	4.7				<b>QUIET ZONE in the early morning</b>	Runners to cross over to the RHS	
Main St./ Rt. 111	5.6	5.6	<b>T30/VTA#5 - Bakie School on RHS</b>			Exchange occurs in front of school on the RHS	Port-o-johns; Dasani water; Fuze; <b>RTB Recycling Stop.</b>
Main St intersects with Rt. 107/111/125 - go straight across onto Rt. 111	0.4			Kingston	Narrow shoulders; busy road use caution; local Police to assist in crossing runners at intersection	Runners to stay on <b>RHS</b>	
Willow Rd on RHS; stay straight	1.7				Busy road.	Runners to stay on RHS	
Giles Rd on RHS	2.5		no shoulder	Exeter	Narrow shoulders; busy road use caution.	Runners to stay on RHS	
Intersection with Powder Mill Rd; turn right	3.9			Exeter	Narrow shoulders	Runners to stay on RHS	

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Kimball Rd on RHS; stay straight	4.8					Runners to stay on RHS	
Note: Powder Mill becomes Linden St				Exeter	Narrow shoulders	Runners to stay on RHS	
Linden St.	6.7	6.7	<b>T31 - Tuck Learning Center on RHS</b>	Exeter	Narrow shoulders	Runners to stay on sidewalks on RHS	Porto-johns only.
Intersection with Rt. 111E; turn right (not onto Pine St)	0.3			Exeter	Narrow shoulders; busy road use caution.	Runners to stay on RHS	
Intersection with Rt. 27; turn right - still on Rt111	0.7		center of town	Exeter	Narrow shoulders; busy road use caution.	Runners to stay on RHS	
Intersection with Portsmouth Ave.(Rt. 108); go straight on Rt. 111(Hampton Rd)	0.9		light at this intersection	Exeter	CAUTION: DANGEROUS INTERSECTION	Runners to stay on RHS	
Rt. 27/111	2.2	2.2	<b>T32 - Brooks Properties</b>	Exeter	Narrow shoulders; busy road use caution.	Runners to stay on RHS	Porto-johns only.
Turn left on Rt. 111 (Rt. 27 goes straight)	1.0			Exeter	Narrow shoulders; busy road use caution.	Runners to cross over to the LHS.	
Rt. 111/Marin Way; turn left	1.6					Runners to stay on LHS	
Left turn onto Domain Drive	1.7					Runners to stay on LHS	
Domain Drive	2.0	2.0	<b>T33 - Timberland Corporate Office on LHS</b>	Stratham	Good shoulder; moderate traffic	Exchange to occur on RHS next to cross walk	Porto-johns only.
Domain Drive/Marin Way; turn right	0.1					Runners to stay on LHS	
Marin Way/ Rt. 111; turn left	0.5				Good shoulder; moderate traffic	Runners to stay on LHS	
Intersection with Rt. 151; VEHICLES ONLY will turn right; RUNNERS go straight	2.7		<b>Drivers:</b> Follow RTB arrows to Rt. 1	North Hampton	CAUTION: DANGEROUS INTERSECTION	Runners to stay on LHS but then cross over to RHS to make the turn onto Rt. 111	This re-route will direct the vans to TA34 and should avoid the traffic back-ups at the Rt. 111 and Rt. 1 intersection.
Bear right onto Rt. 111(Atlantic Ave)	2.9			North Hampton	Narrow shoulders; busy road use caution.	Runners to stay on RHS; NO VEHICLE PARKING ALONG THIS ROAD	
4 way intersection w/ Rt.1; go straight	3.4		<i>strip mall on right hand side</i>	North Hampton	<b>VERY BUSY ROAD - RUNNERS MUST HOLD UNTIL PERMITTED TO CROSS</b>	Runners to stay on RHS but then cross over to LHS after crossing; police to control intersection crossing. NO VEHICLE PARKING ALONG THIS ROAD	
Rt. 111	4.0	4.0	<b>T34 - North Hampton School on LHS</b>	North Hampton	Narrow shoulders; busy road use caution.	Exchange to occur beyond the driveway on LHS; cars to park in school lot. Runner to cross over to the RHS after exchange.	Porto-johns only.

## 2009 Reach The Beach Course Directions and Details

Revised 09/12/09

LHS= Left Hand Side, RHS= Right hand side, Rt= Route

Directions/ Route	Mileage		Transition Areas/ Landmarks	Town	Road Notes	Comments	
	Leg	Stage				Runner/ Transition Notes	Facilities
Right onto Pine St.	0.1			North Hampton	Narrow shoulders	Runners to stay on RHS	
Intersection with Mill Rd; turn right	0.6				Narrow shoulders	Runners to stay on RHS	
Intersection with High St.; go straight	1.8				CAUTION: BUSY ROAD CROSSING	Runners to stay on RHS	
Intersection with Winnacunnet; turn left	2.6					Runners to stay on RHS	
Intersection with Park Ave.; turn right	2.7				Narrow shoulders	Runners to cross over to LHS	
Intersection with Cuss Ln.; turn left	3.0				Narrow shoulders; busy road use caution.	Runners to stay on LHS	
Intersection with Alumni Drive; turn left	3.4	3.4	<b>T35 - Winnacunnet High School on RHS</b>		Narrow shoulders; busy road use caution.	Exchange to occur on rightside of driveway near main entrance of school	Porto-johns only.
Intersection with Winnacunnet Rd; turn right	0.3					Runners to stay on RHS	
Winnacunnet Rd and Landing Rd. - continue on Winnacunnet	0.4				CAUTION: BUSY ROAD INTERSECTION	Runners to stay on RHS	
Intersection with Rt. 1A; turn right	2.0				Narrow shoulders; busy road use caution.	Runners to cross over to the LHS with Police aid	
Intersection with River Ave; <b>Runners only will turn left. Vehicles continue following Rt. 1A to the entrance of the State Park</b>	3.9					Runners will enter Hampton Beach State Park from the side and avoid the parking areas. Besides, what's a little sand - right? :)	
River Ave/Hampton Beach State Park	4.1	4.1	<b>T36/Finish - Hampton Beach State Park</b>	Hampton		Runners to stay on LHS; NO VEHICLE PARKING ALONG THIS ROAD	Restrooms, (cold) showers, and facility water on site. Also, Coke, PowerAde and Dasani water. <b>Recycling Stop.</b>

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