

# Ragnar Road Reach The Beach

LEG	DISTANCE	DIFFICULTY	ELEVATION	EXCHANGE
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**1** **2.3** miles

Easy 79.66 / -51.81

Thorne Pond Conservation Area  
Bartlett, NH  
[44.082630628, -71.236477171]



## LEG NOTES

The first 1.7 miles of this leg is run on mountain bike trails at Attitash Mountain Village with no access to runners. Please note that these are NOT paved paths and runners should wear trail shoes for this leg!

## TURN BY TURN

Depart the start line heading west  
800 ft Left to exit the parking lot and follow signs through Attitash Trails  
1.7 Left to run against traffic on Rte 302  
2.3 Arrive at Exchange 1 - Attitash Mountain Resort parking lot

## VAN DIRECTIONS

Exchange 1 is on the west side of the parking area at the start line. Mosey over and meet your teammate without having to drive!

## ELEVATION



# Ragnar Road Reach The Beach

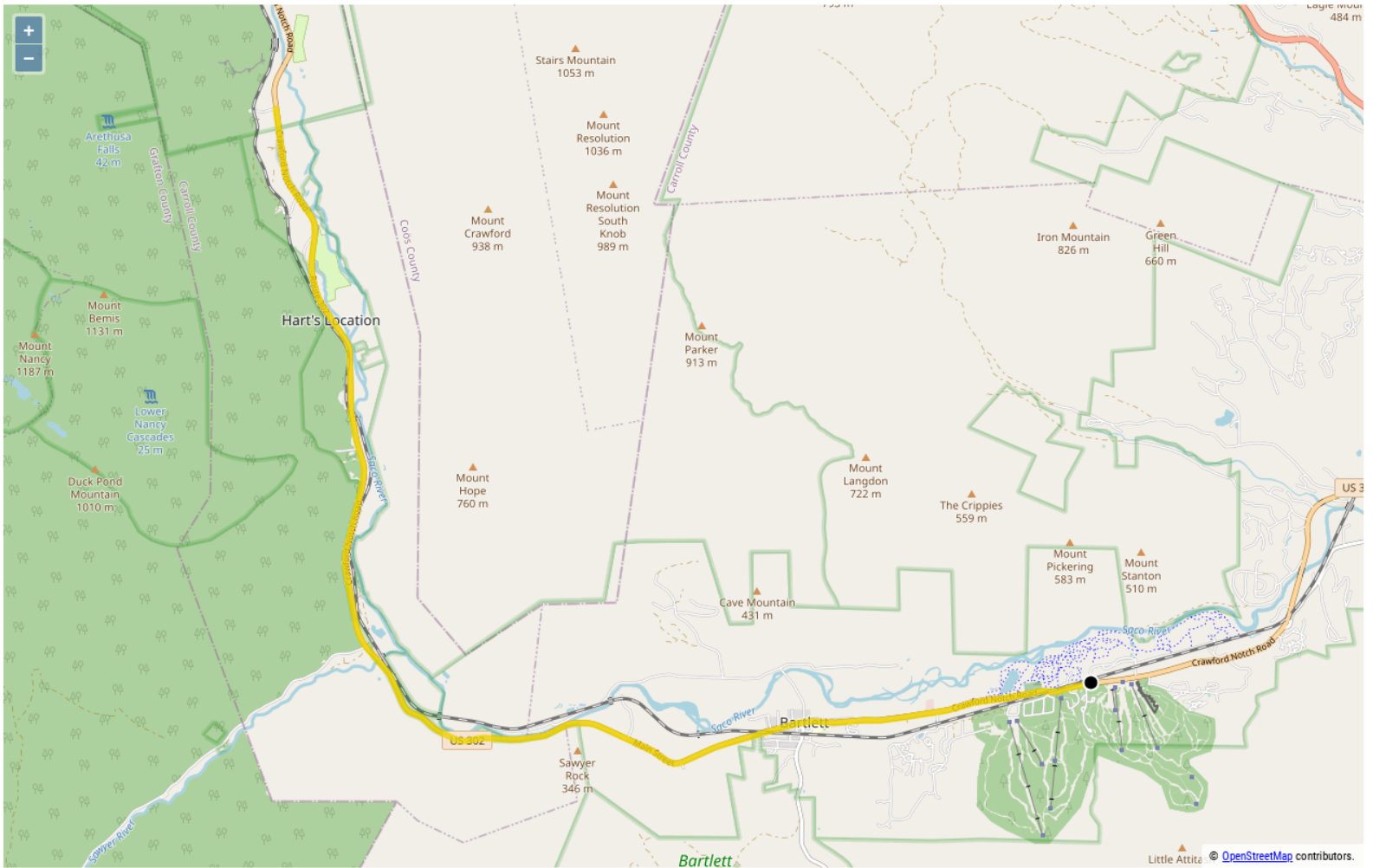
LEG DISTANCE DIFFICULTY ELEVATION EXCHANGE

2 10.7 miles

Very Hard

834.23 / -317.78

Arethusa Falls Trailhead  
 Arethusa Falls Rd  
 Hart's Location, NH  
 [44.148152108, -71.366093369]



### LEG NOTES

This leg is run on road shoulders of Rte 302. Support your runner only when legal and safe to do so.

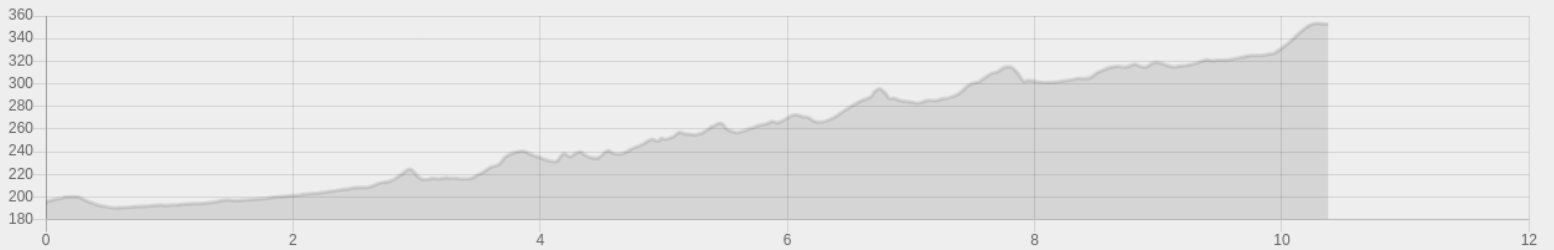
### TURN BY TURN

Depart Attitash Mountain Resort parking lot running west against traffic on Rte 302  
 10.8 Arrive at Exchange 2 - Arethusa Falls Trailhead

### VAN DIRECTIONS

Depart Attitash Mountain Resort parking area right out of the parking lot  
 10.8 Arrive at Exchange 2 - Arethusa Falls Trailhead

### ELEVATION



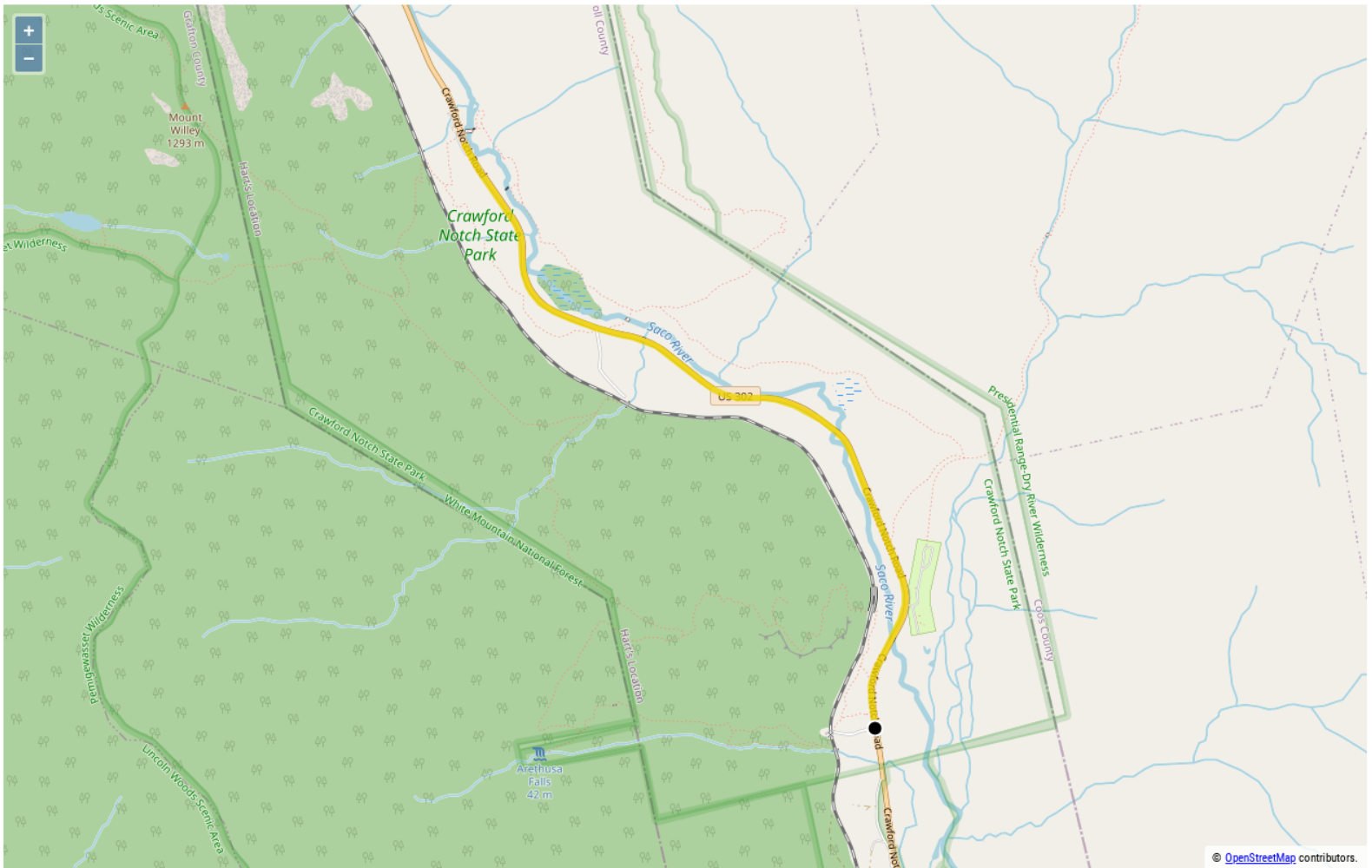
# Ragnar Road Reach The Beach

LEG DISTANCE DIFFICULTY ELEVATION EXCHANGE

**3** **3.3** miles

Easy 218.25 / -58.34

Willey House  
2057 US-302  
Hart's Location, NH  
[44.181339539, -71.398654876]



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## LEG NOTES

Leg 3 has a good shoulder and moderate traffic. Support your runner only when safe and legal to do so.

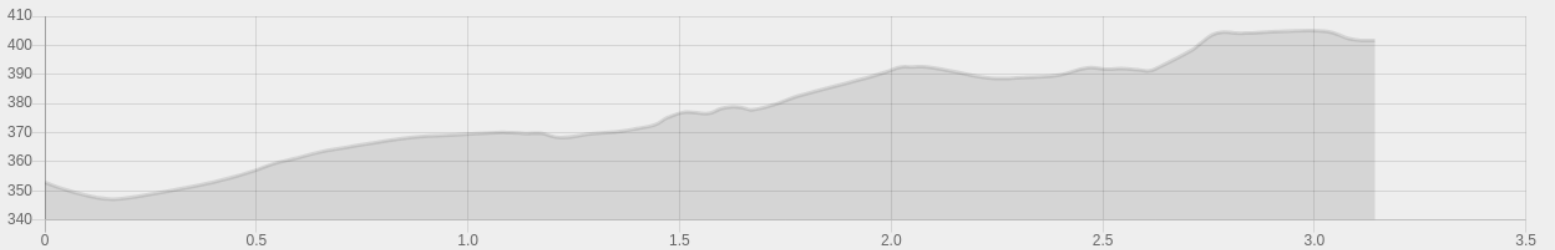
## TURN BY TURN

Depart Arethusa Falls running north against traffic on Rte 302  
3.3 Arrive at Exchange 3 - Willey House

## VAN DIRECTIONS

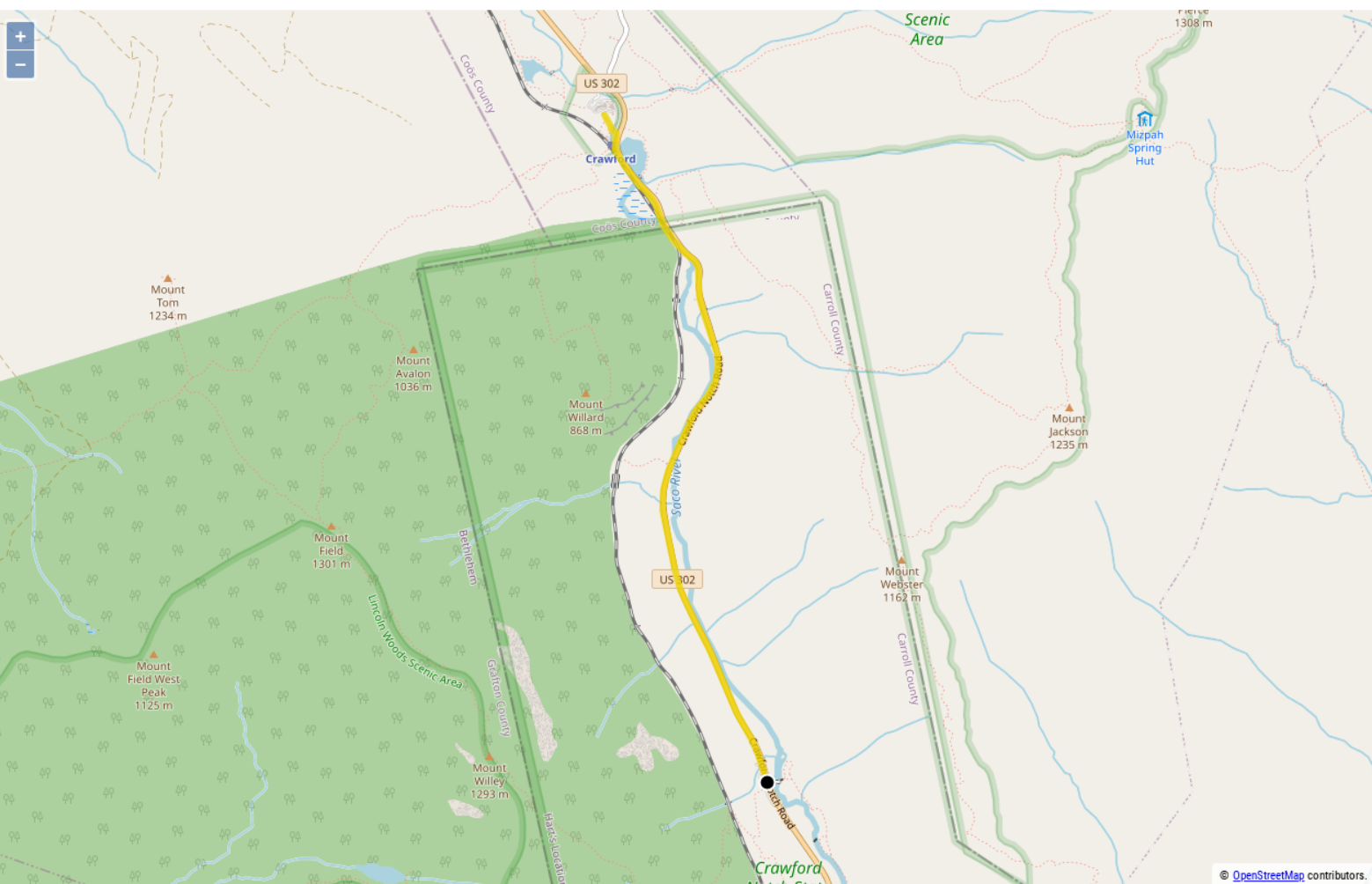
Depart Arethusa Falls left out of the parking area  
3.3 Arrive at Exchange 3 - Willey House

## ELEVATION

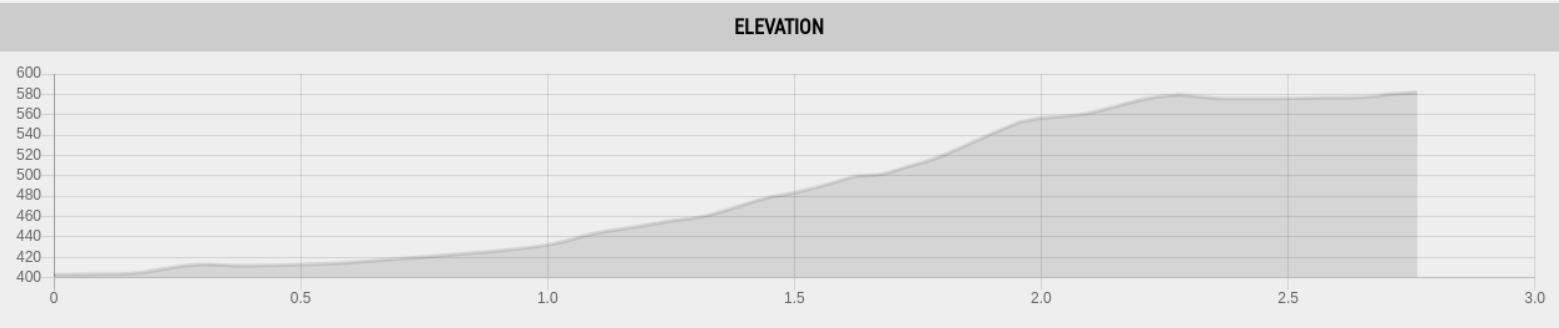


# Ragnar Road Reach The Beach

LEG	DISTANCE	DIFFICULTY	ELEVATION	EXCHANGE
4	2.9 miles	Easy	603.38 / -15.85	AMC Highland Lodge White Mountain National Forest US-302 Bretton Woods, NH [44.219575647, -71.411820474]



LEG NOTES	TURN BY TURN	VAN DIRECTIONS
This leg is run on road shoulders of Rte 302. Support your runner only when legal and safe to do so. AMC Highland Lodge will be serving a breakfast buffet from 6:30 am - 9:30 am - 15 per person Lunch available from 11:00 am - 3:00 pm	Depart Willey House heading north against traffic on Rte 3 2.9 Arrive at Exchange 4 - AMC Highland Lodge	Depart Willey House heading north on Rte 3 2.9 Arrive at Exchange 4 - AMC Highland Lodge





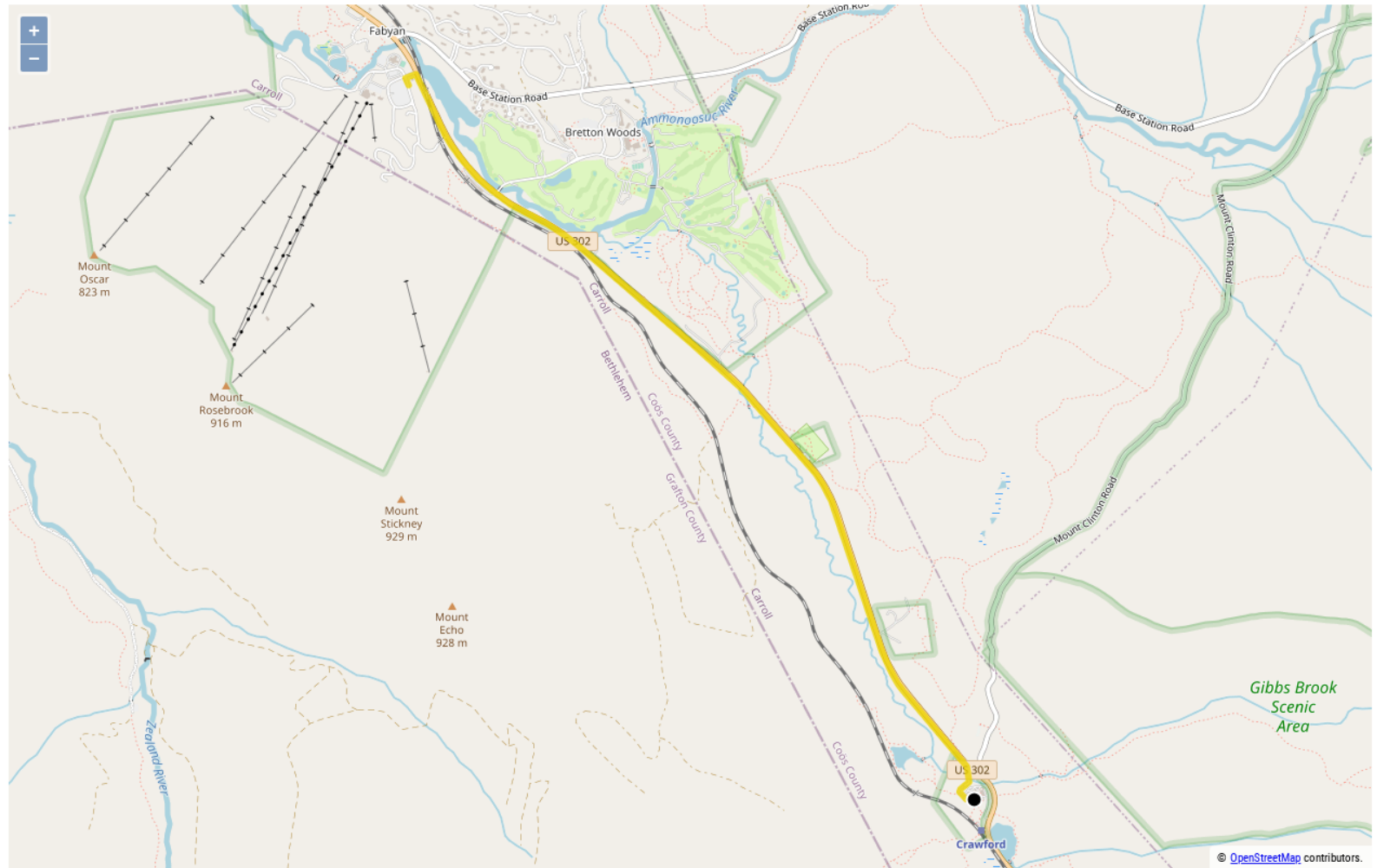
# Ragnar Road Reach The Beach

LEG DISTANCE DIFFICULTY ELEVATION EXCHANGE

5 3.8 miles

Easy 26.14 / -351.92

Bretton Woods Ski Area  
9 Remick Ln  
Bretton Woods, NH  
[44.260297752, -71.456729827]



## LEG NOTES

This leg is run on road shoulders on Rte 3. Support your runner when it is safe and legal to do so.

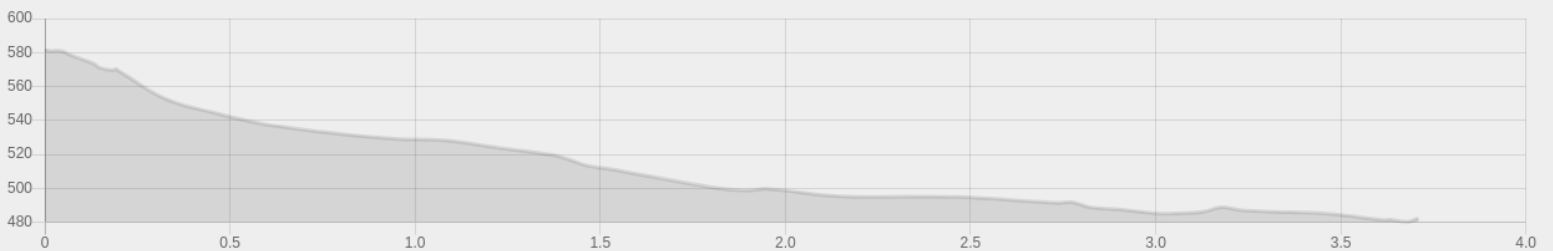
## TURN BY TURN

Depart AMC Highland Lodge running north against traffic on Rte 3  
3.5 Left to run against traffic on Rose Brook Lane (Rose Brook Lane becomes Remick Lane)  
3.9 Arrive at Exchange 5 - Bretton Woods

## VAN DIRECTIONS

Depart AMC Highland Lodge left on Rte 3  
3.8 Left into the parking lot of Bretton Woods Ski Area  
3.8 Arrive at Exchange 5 - Bretton Woods Ski Area

## ELEVATION



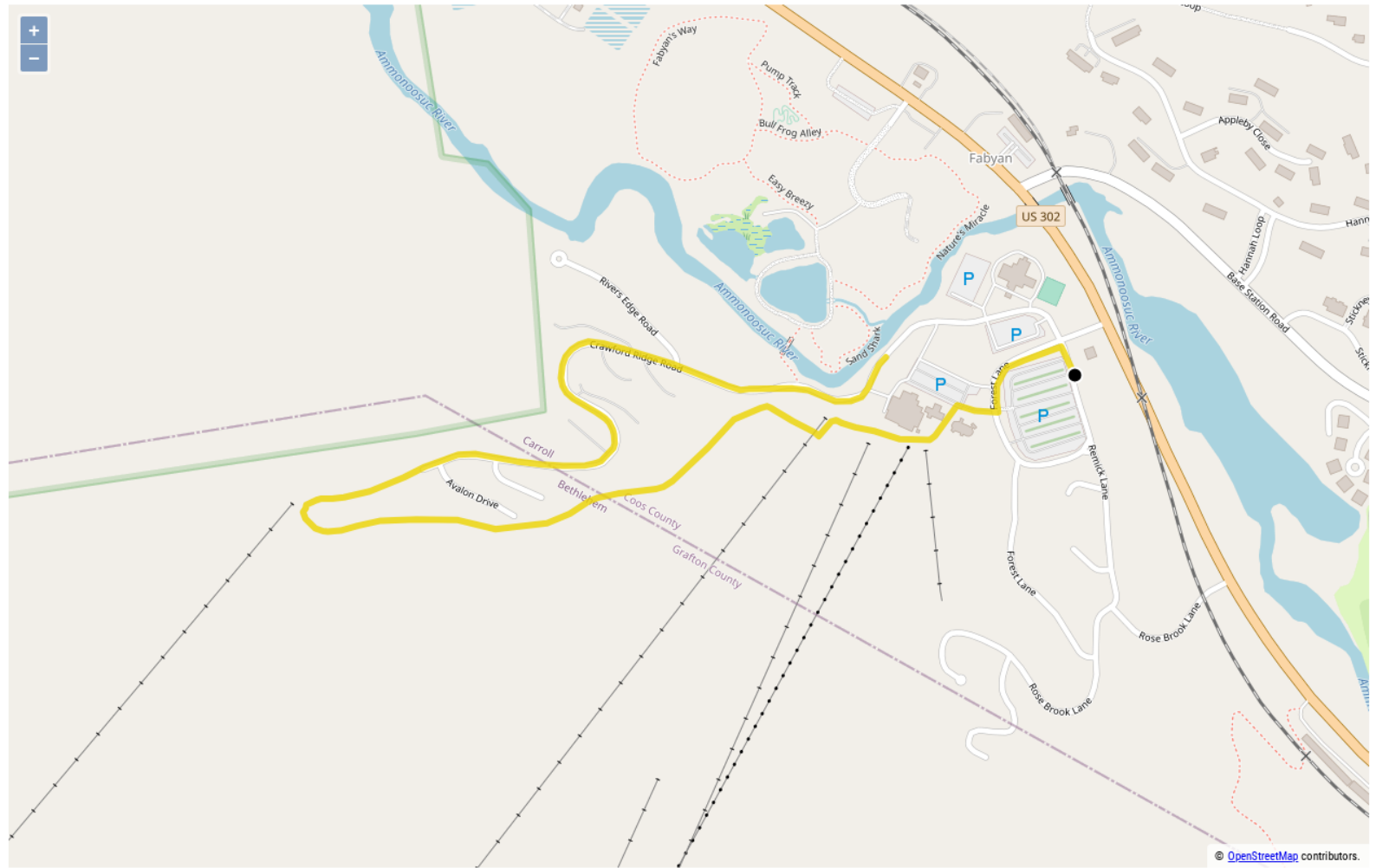
# Ragnar Road Reach The Beach

LEG DISTANCE DIFFICULTY ELEVATION EXCHANGE

6 1.7 miles

Hard 373.04 / -388.76

Bretton Woods  
99 Ski Area Rd  
Bretton Woods, NH  
[44.260553853, -71.460497356]



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### LEG NOTES

This leg is run on trails at Bretton Woods Ski Area. Runners will be away from vans for the entirety of this leg

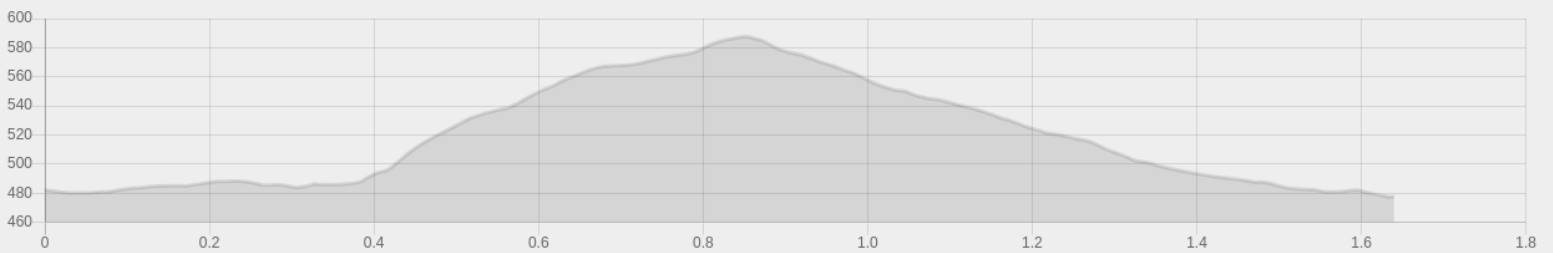
### TURN BY TURN

Depart Exchange 5 following signs around the Bretton Woods Parking lot to Crawford Ridge Rd  
900 ft Left to run on the ski path  
1.7 Arrive at Exchange 6 - Bretton Woods Ski Area

### VAN DIRECTIONS

Exchange 6 is across the parking lot from Exchange 5. Please stay parked in the parking area at Exchange 5 and follow signs to Exchange 6 on foot

### ELEVATION



# Ragnar Road Reach The Beach

LEG DISTANCE DIFFICULTY ELEVATION EXCHANGE

7 2.9 miles

Moderate 176.7 / -194.03

Fabyan's Station  
2267 US 302  
Twin Mountain, NH  
[44.263988188, -71.459245813]



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## LEG NOTES

This leg is run on trails and roads away from support vehicles. Teams should head right to Fabyan's Station for runner exchange. DO NOT follow your runner to Mt Washington Hotel Rd. Follow van directions to avoid getting a team violation.

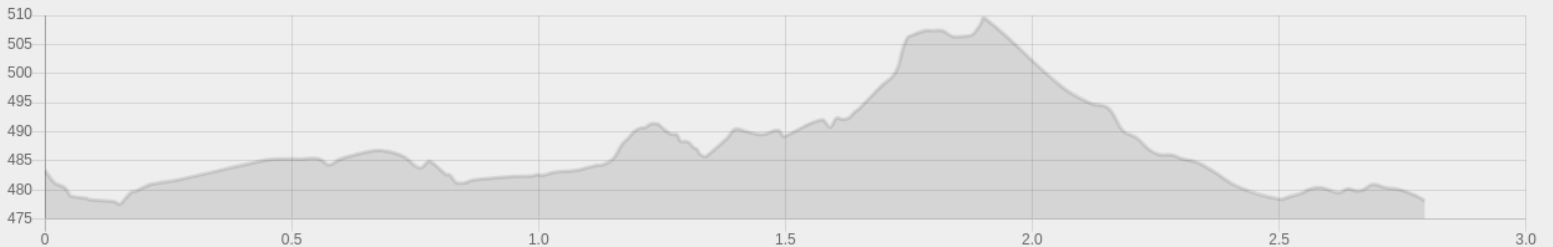
## TURN BY TURN

Depart Bretton Woods Ski area running parking lot running west on Ski Area Road, then take an immediate right to run against traffic on Crawford Ridge Road  
1000 Ft Left on Ski Area Road where you will immediately cross Rte 302 with police assistance and continue south against traffic.  
0.8 Left on Mt Washington Hotel Road (Fairway Drive)  
1.3 Right on Clement Rd  
1.4 Left on the path that takes you behind Mt. Omni Resort  
2.0 Left on Base Station Rd  
2.8 Right to run on the road shoulder with traffic on Rte 302  
2.9 Arrive at Exchange 7 - Fabyan's Station

## VAN DIRECTIONS

Do not follow your runner!  
Depart Bretton Woods Ski area left out of the parking lot  
0.2 Arrive at Exchange 7 - Fabyan's Station

## ELEVATION



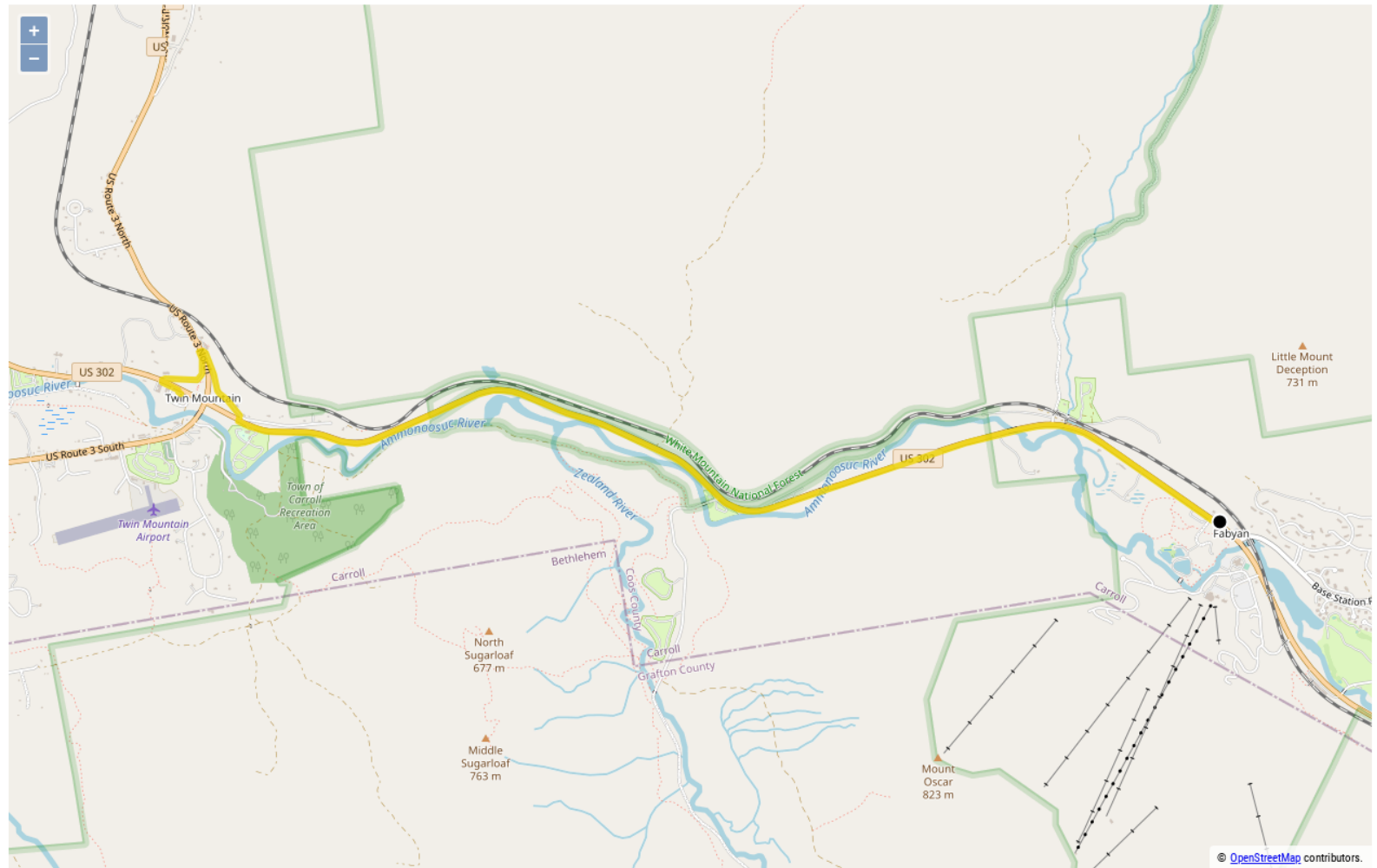
# Ragnar Road Reach The Beach

LEG DISTANCE DIFFICULTY ELEVATION EXCHANGE

8 4.9 miles

Moderate 113.62 / -313.07

Garneau's Garage  
101 US 302  
Twin Mountain, NH  
[44.271318642, -71.541753551]



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## LEG NOTES

This leg is run on road shoulders on Rte 302. Please support your runner only when safe and legal to do so.

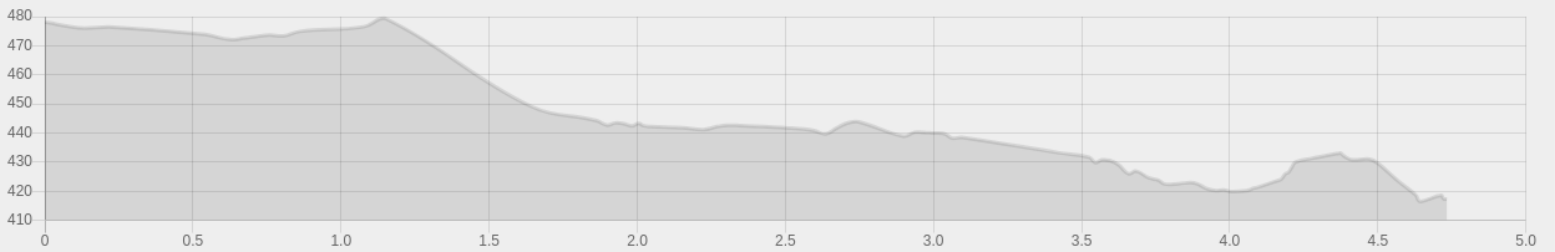
## TURN BY TURN

- Depart Fabyan's Station running with traffic on Rte 302
- LEG BECOMES NON SUPPORT HERE
- 4.2 Right to run against traffic on Fieldstone Rd
- 4.5 Cross Rte 3 with police assistance and take a right to run on the path adjacent to School Rd
- 4.7 Cross Rte 302 with police assistance and take a left to run with traffic
- 4.8 Arrive at Exchange 8 - Garneau's Garage

## VAN DIRECTIONS

Depart Fabyan's Station right out of the parking lot  
4.6 Arrive at Exchange 8 - Garneau's Garage

## ELEVATION



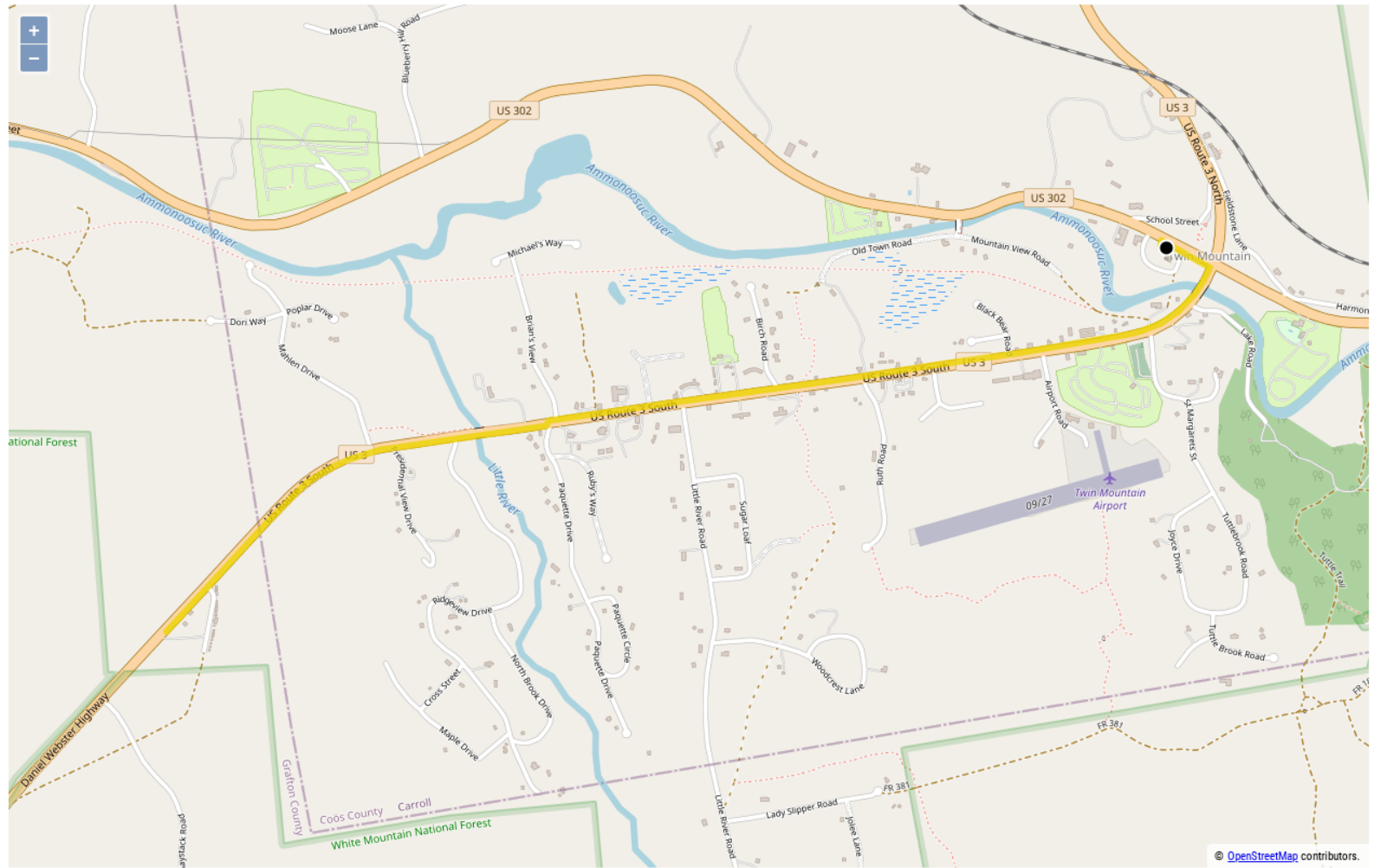
# Ragnar Road Reach The Beach

LEG DISTANCE DIFFICULTY ELEVATION EXCHANGE

9 2.4 miles

Easy 154.17 / -83.16

Last Chance Sheds  
Bethlehem, NH  
[44.260372741, -71.58145053]



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## LEG NOTES

This leg is run on road shoulders on Rte 3. Support your runner when safe and legal to do so.

## TURN BY TURN

Depart Garneau's Garage running east on Rte 302  
600 ft Right to run on the sidewalk with traffic on Rte 3  
1.5 Cross Rte 3 with assistance and continue west against traffic  
2.4 Arrive at Exchange 9 - Last Chance Cabins

## VAN DIRECTIONS

Depart Carneau's Garage right out of the parking area  
600 ft Right on Rte 3  
2.4 Arrive at Exchange 9 - Last Chance Cabins

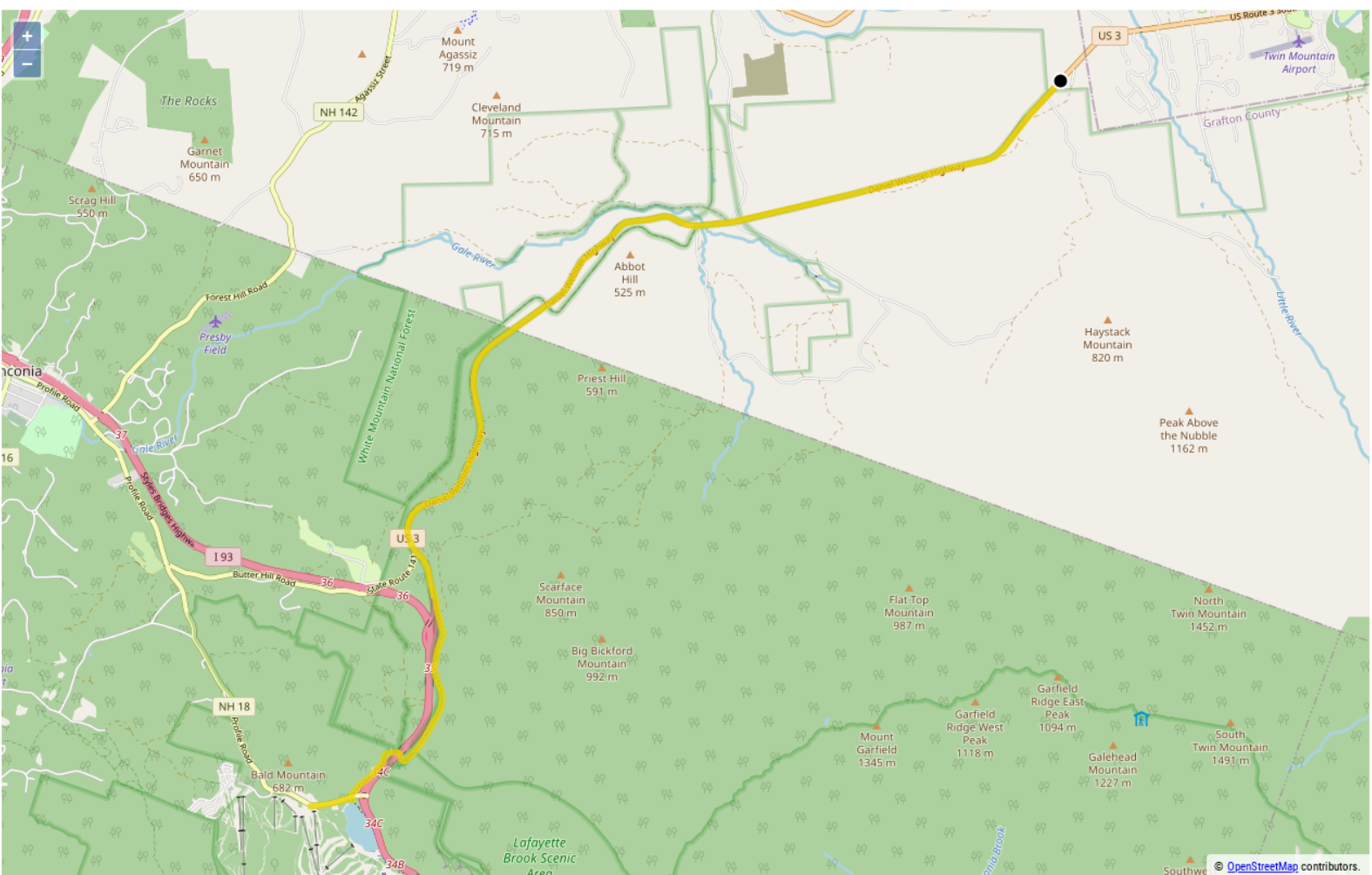
## ELEVATION



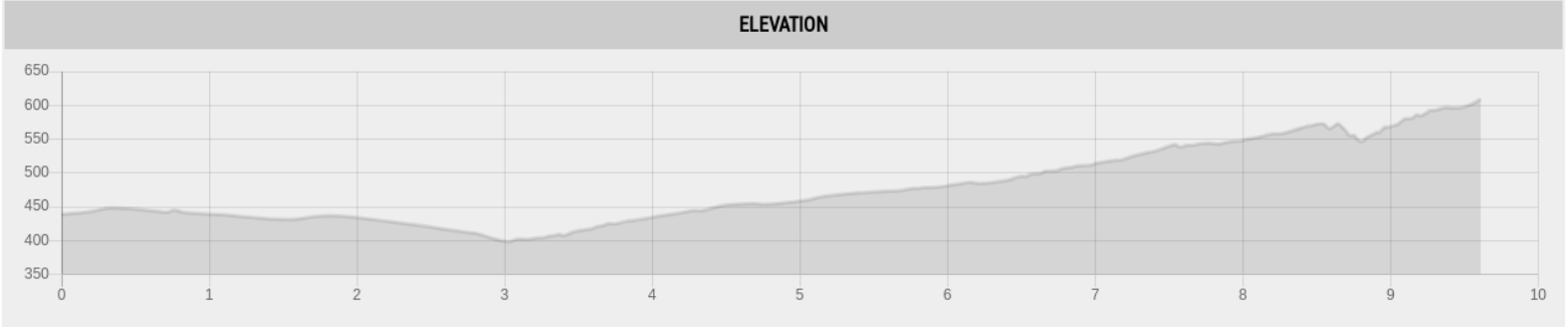


# Ragnar Road Reach The Beach

LEG	DISTANCE	DIFFICULTY	ELEVATION	EXCHANGE
10	10.0 miles	Hard	904.53 / -345.78	Echo Lake 2750 Profile Road Franconia, NH [44.178040451, -71.700250462]



LEG NOTES	TURN BY TURN	VAN DIRECTIONS
<p>The first 7.5 miles of this leg is run on road shoulders on Rte 3. Runners will be on a path for the last 2.5 miles with NO VAN SUPPORT. Please support your runner when safe to do so until they enter a path, where support vehicles should follow van directions to the exchange point.</p>	<p>Depart Last Chance Cabins running south against traffic on Rte 3            7.5 Right to enter the path at the Skookumchuck Trailhead            9.0 Right at Governor Gallen Memorial to continue on the paved path            9.6 Left to follow the path to Profile road and continue against traffic to the exchange point            10.0 Arrive at Exchange 10 - Cannon Mountain Ski Resort</p>	<p>Follow GPS directions to Cannon Mountain Ski Resort or follow directions below:            Depart Last Chance Cabins left on Rte 3            8.2 Merge onto I-93 S/US-3 S            9.0 Take exit 34C for NH-18 toward Echo Lake Beach            9.2 Right onto NH-18            9.6 Arrive at Exchange 10 - Cannon Mountain Ski Resort</p>



# Ragnar Road Reach The Beach

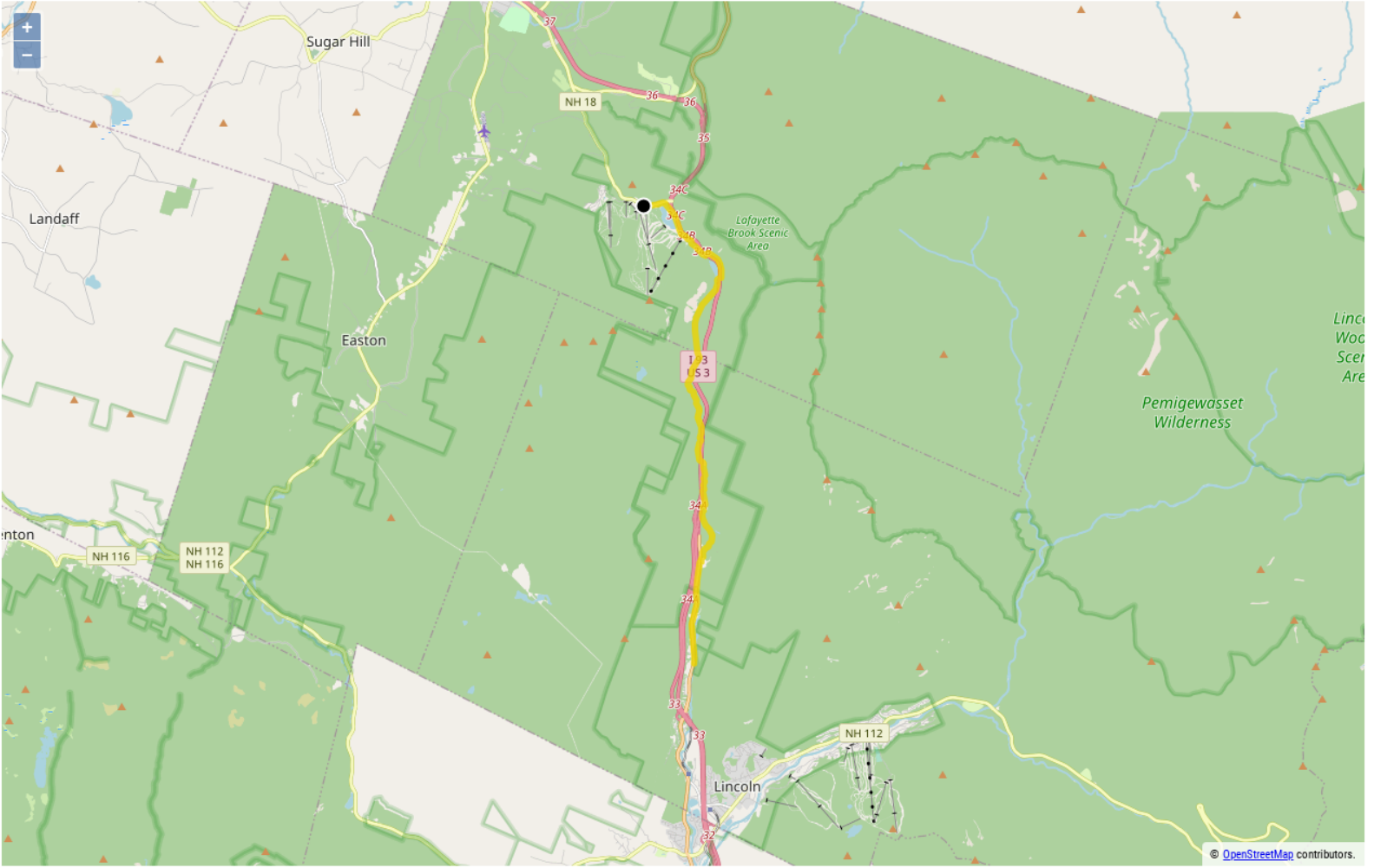
LEG DISTANCE DIFFICULTY ELEVATION EXCHANGE

11 8.7 miles

Very Hard

464.53 / -1512.33

The Whale's Tale Waterpark  
481 Daniel Webster Hwy  
Lincoln, NH  
[44.073821655, -71.684360201]



## LEG NOTES

This leg is run on a bike path away from team vehicles. There are two water stations to fill your hand held water bottle. Remember, we are a cupless race and you need to carry water with you!  
SUPPORT VEHICLES - please hang out at Cannon Mountain Ski Resort until your runner is close to Exchange 11 as there is limited parking at Whales Tale Water Park.

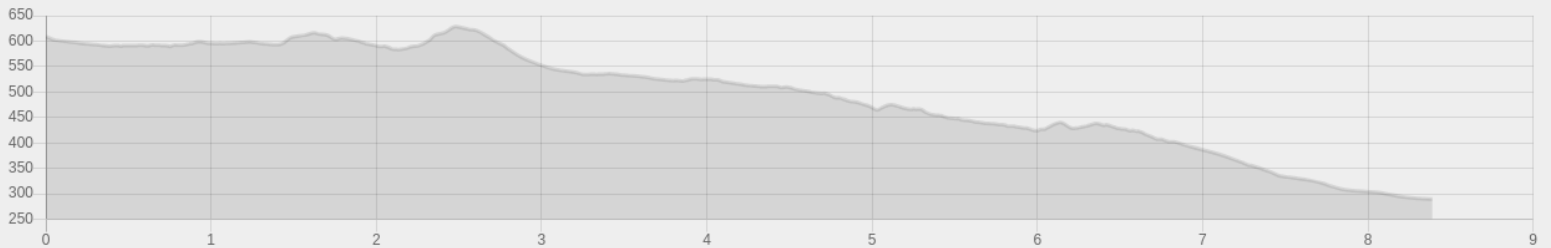
## TURN BY TURN

Depart Cannon Mountain Ski Resort running against traffic on Profile Road  
0.3 Right to enter the bike path  
7.1 Exit the bike path at Flume Gorge Visitors center and continue south on Rte 3.  
THERE IS A WATER STATION AT FLUME GORGE. TEAMS ARE NOT TO GO THERE TO SUPPORT RUNNERS AND WILL BE ISSUED A VIOLATION IF THEY DO SO!  
8.7 Arrive at Exchange 11 - Whale's Tale Waterpark

## VAN DIRECTIONS

Although runners will be on Rte 3 for the last 1.6 miles of this leg, there is NO VAN SUPPORT allowed! Head directly to the exchange point.  
Follow GPS directions to Whale's Tale Waterpark or follow van directions below:  
Depart Cannon Mountain heading east on Profile Road  
0.2 Right to merge onto I-93 S/US-3 S  
5.4 Take exit 34A for US-3 S toward the Flume Gorge  
REMEMBER THIS IS A NO VAN SUPPORT LEG AND YOU ARE NOT TO SUPPORT YOUR RUNNER EVEN THOUGH YOU CAN SEE THEM ON RTE 3  
8.0 Arrive at Exchange 11 - Whale's Tale Waterpark

## ELEVATION



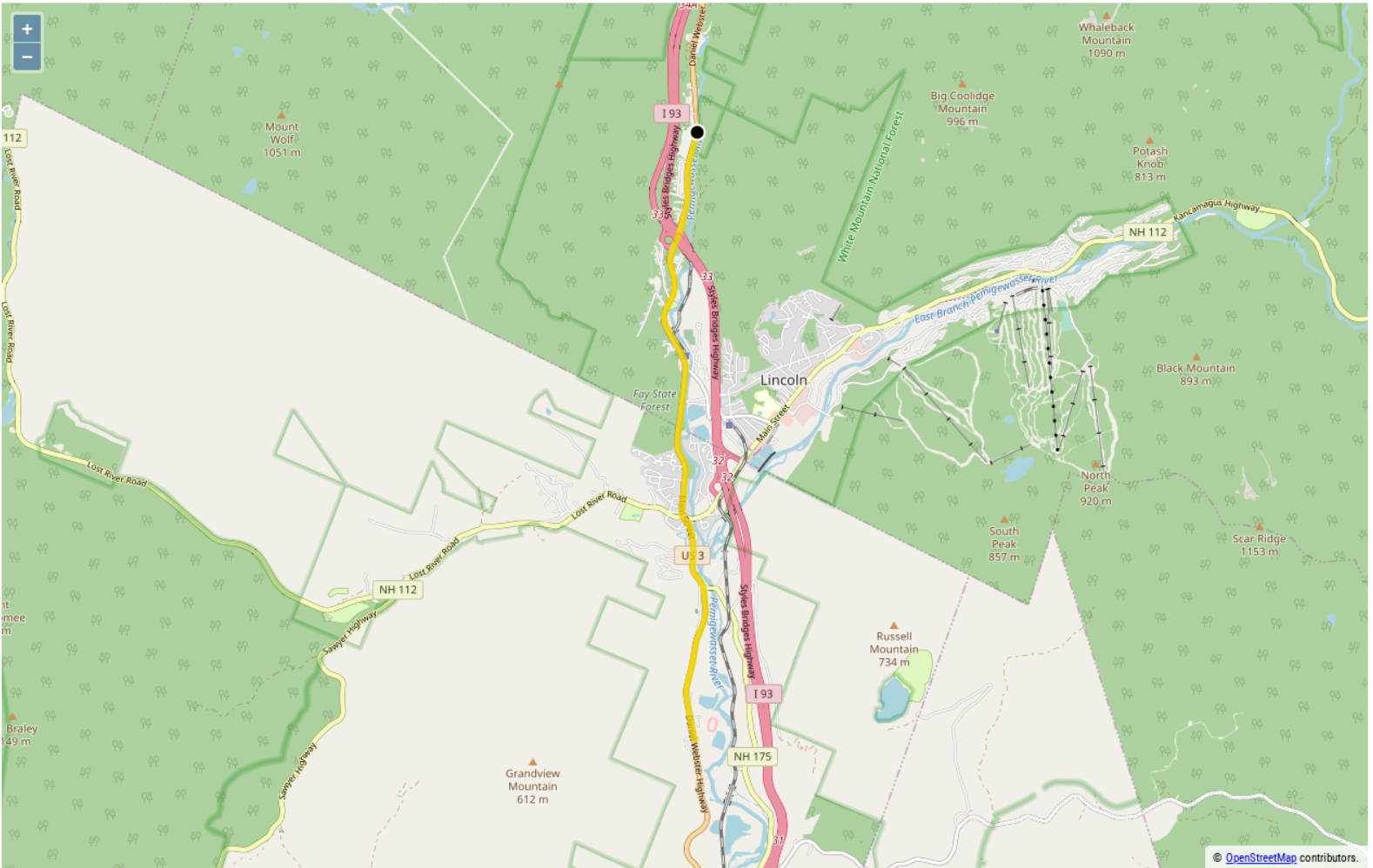
# Ragnar Road Reach The Beach

LEG      DISTANCE      DIFFICULTY      ELEVATION      EXCHANGE

**12**      **5.0** miles

Moderate      118.23 / -393.34

White Mountain Motorsports Park  
463 Daniel Webster Hwy  
North Woodstock, NH  
[44.004847549, -71.684632469]



### LEG NOTES

This leg is run on road shoulders. Obey all pedestrian laws and cross only when safe to do so.  
Looking for a place to eat that's not off the beaten path? Check this place out just a few miles past exchange 13!  
Tartaglia's Pizza - Pizza restaurant  
250 NH-49  
Campton, NH 03223  
(603) 236-9836

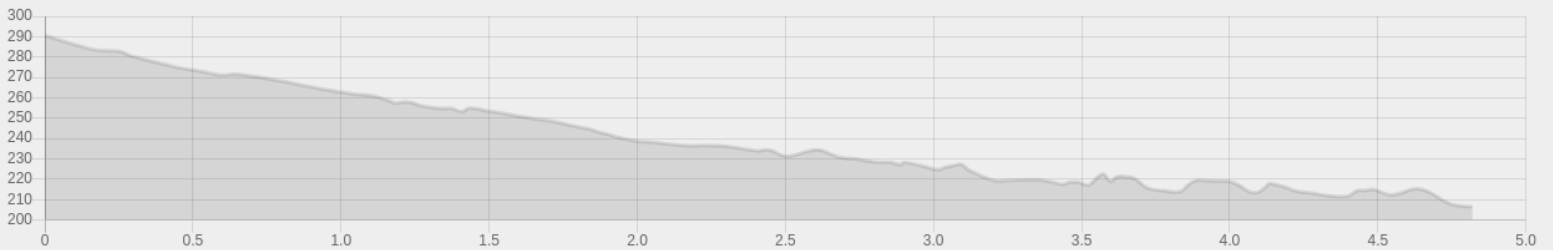
### TURN BY TURN

Depart Whale's Tale Waterpark heading south on Rte 3  
3.2 Cross Rte 3 (Main Street) using the pedestrian walkway and continue south against traffic  
5.0 Arrive at Exchange 12 - White Mountain Motorsports

### VAN DIRECTIONS

Depart Whale's Tale Waterpark right out of the parking lot on Rte 3  
5.0 Arrive at Exchange 12 - White Mountain Motorsports

### ELEVATION



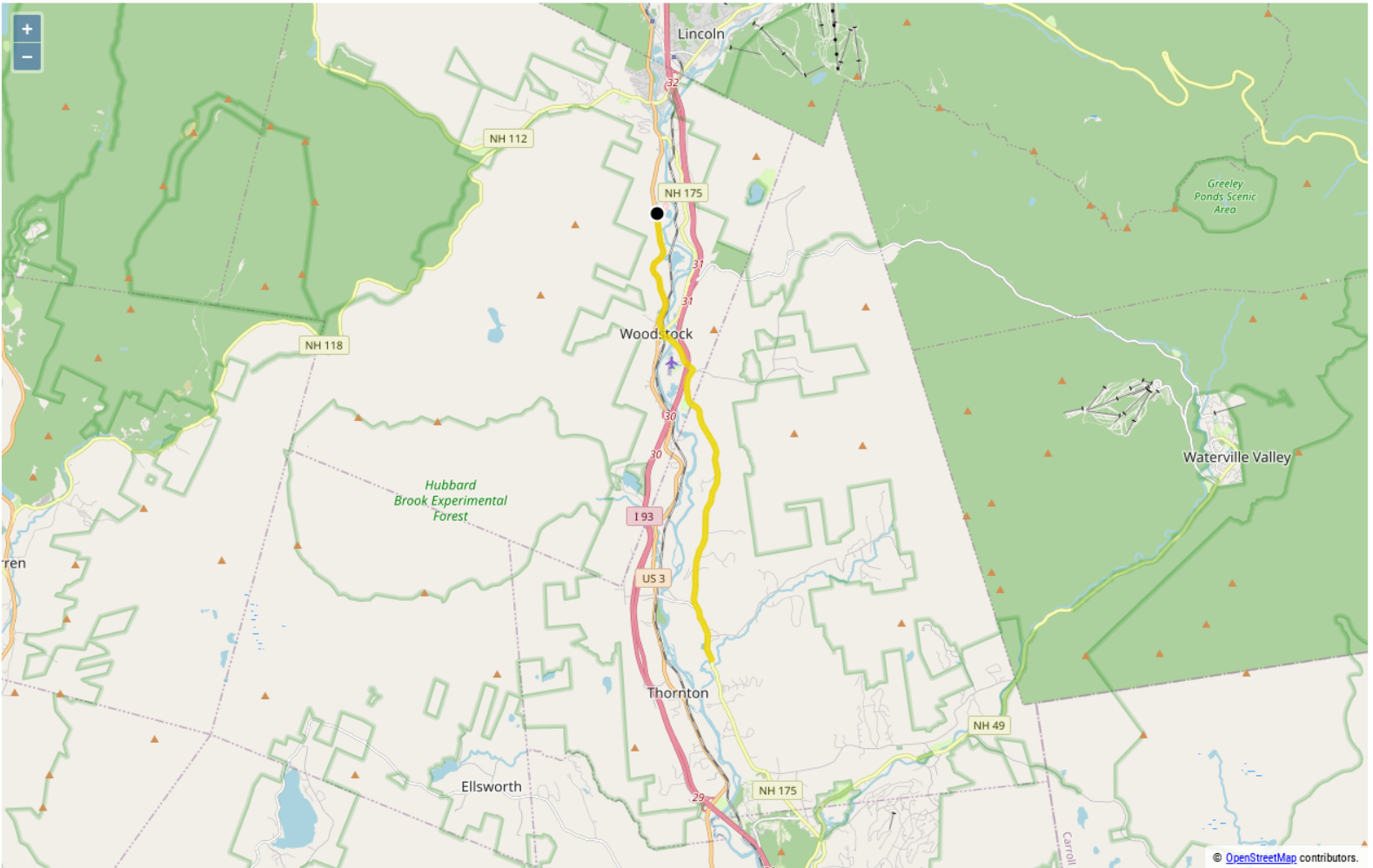
# Ragnar Road Reach The Beach

LEG DISTANCE DIFFICULTY ELEVATION EXCHANGE

13 7.7 miles

Hard 570.71 / -693.34

Benton's Sugar Shack  
2010 NH Rte 175  
Thornton, NH  
[43.903093864, -71.667350171]



### LEG NOTES

This leg is run on road shoulders. Support your runner only when safe and legal to do so.

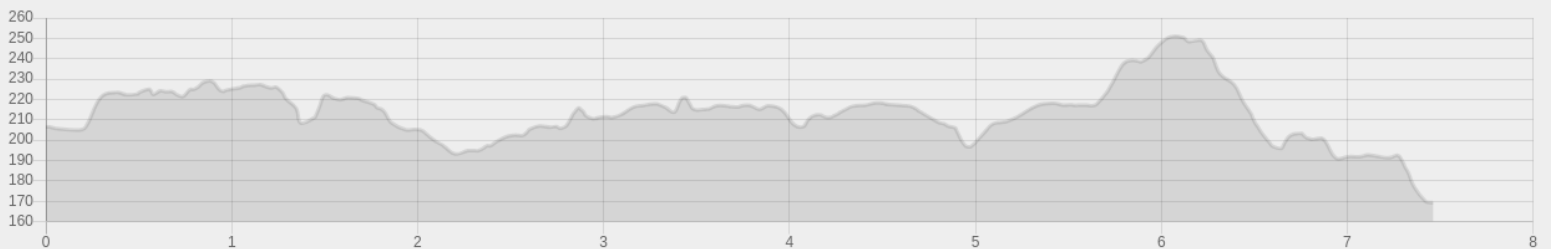
### TURN BY TURN

Depart White Mountain Motorsports running south against traffic on Daniel Webster Highway  
1.9 Bear left to stay against traffic on N Station Rd  
2.2 Right to run against traffic on Eastside Rd  
2.9 Right to continue against traffic on Eastside Rd/Rte 175  
7.8 Arrive at Exchange 13 - Benton's Sugar Shack

### VAN DIRECTIONS

Depart White Mountain Motorsports right out of the parking lot  
1.9 Bear left on N Station Rd  
2.2 Right on Eastside Rd  
2.9 Right on Eastside Rd/Rte 175  
7.8 Arrive at Exchange 13 - Benton's Sugar Shack

### ELEVATION





# Ragnar Road Reach The Beach

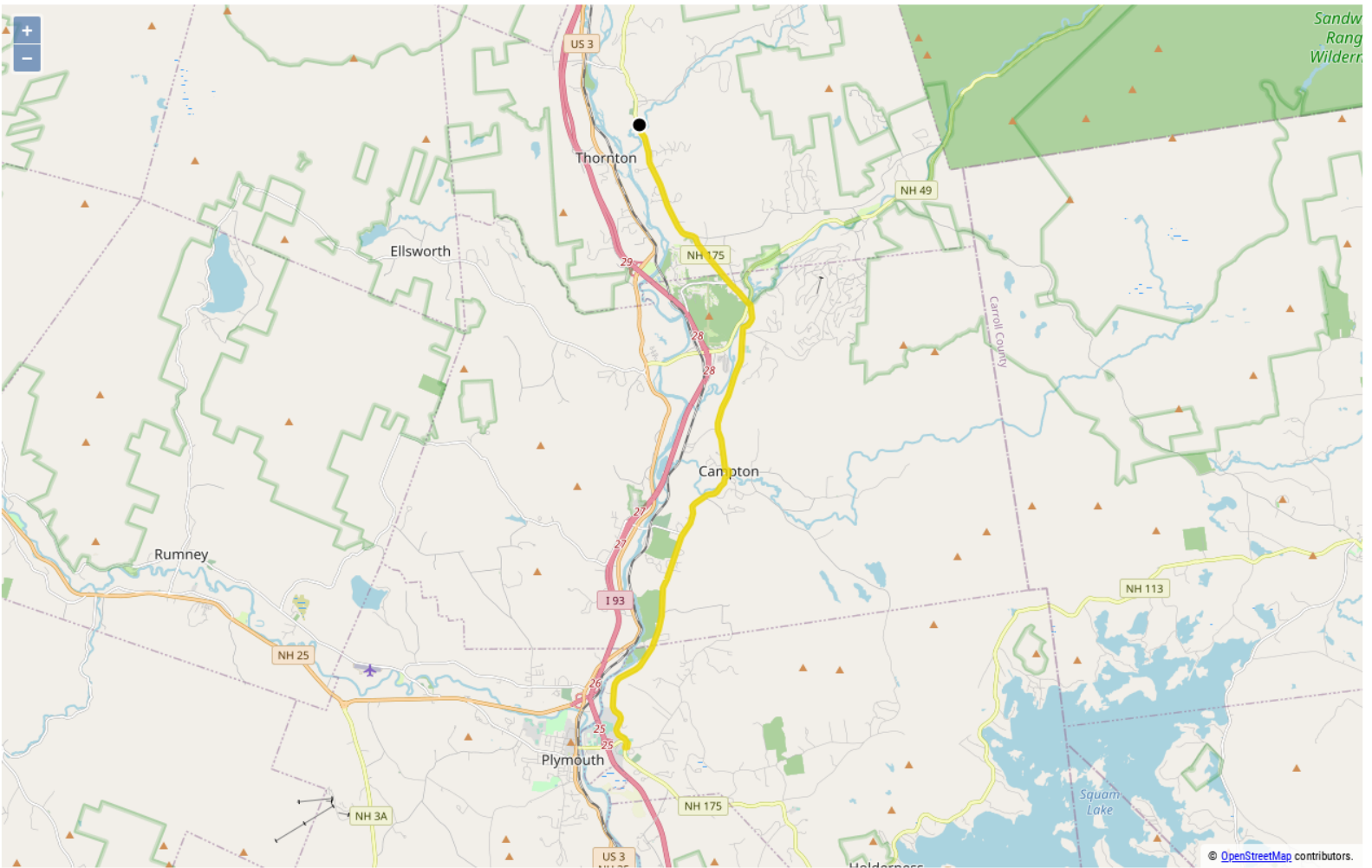
LEG DISTANCE DIFFICULTY ELEVATION EXCHANGE

14 11.6 miles

Very Hard

666.63 / -671.03

Holderness School  
33 Chapel Lane  
Holderness, NH  
[43.760068284, -71.671954394]



## LEG NOTES

This leg is run on road shoulders in the towns of Thornton and Holderness. Obey all pedestrian laws and be mindful of traffic on the roads. This leg is not approved for adaptive wheelchairs or handcycles due to narrow road shoulders.

## TURN BY TURN

Depart Benton's Sugar Shack running south against traffic on Rte 175  
6.5 Right to continue against traffic on Rte 175 at Perch Pond Rd  
11.7 Arrive at Exchange 14 - Holderness School

## VAN DIRECTIONS

Depart Benton's Sugar Shack heading south on Rte 175  
6.5 Right on Rte 175 at Perch Pond Rd  
11.7 Arrive at Exchange 14 - Holderness School

## ELEVATION





# Ragnar Road Reach The Beach

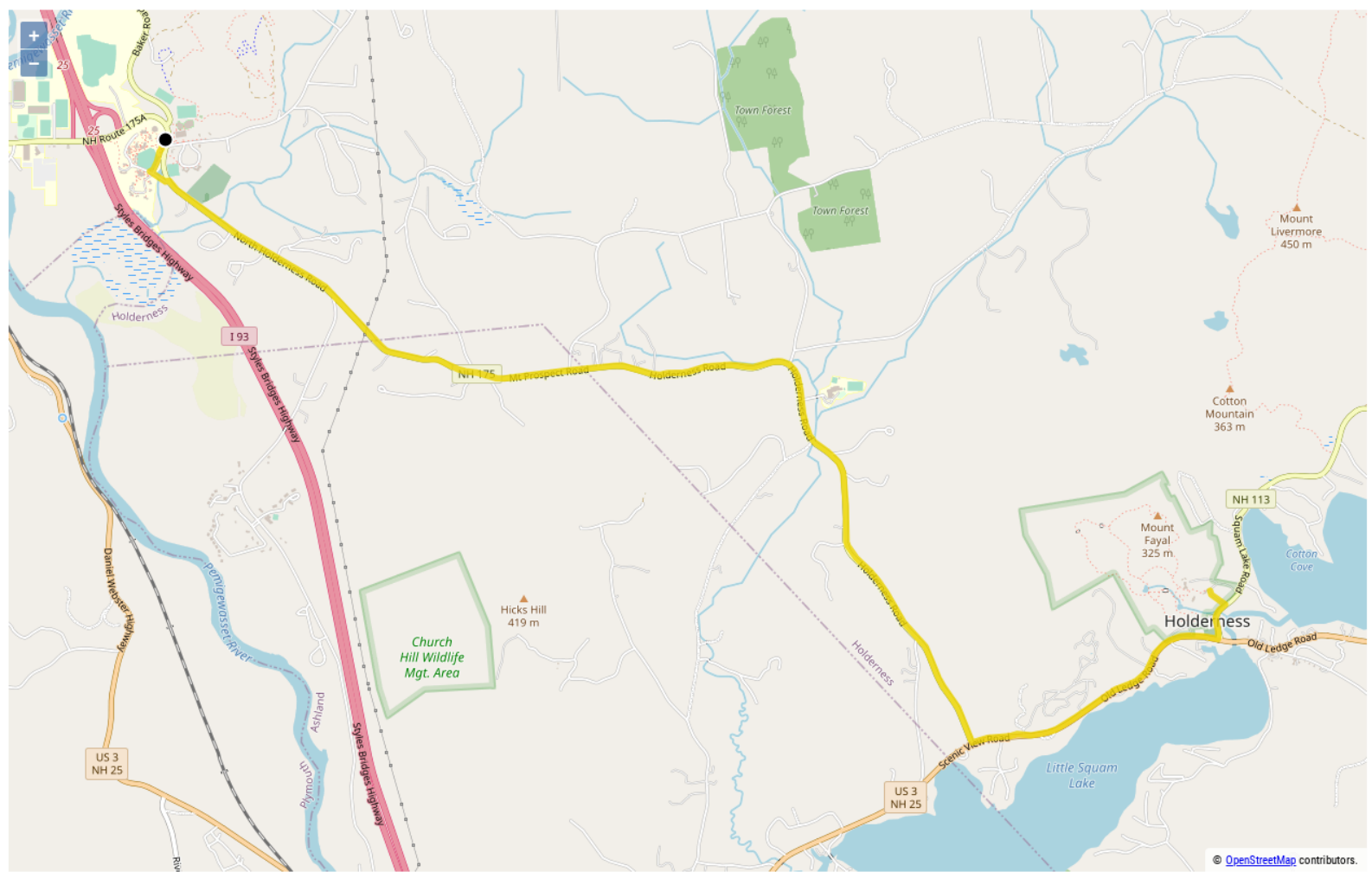
LEG DISTANCE DIFFICULTY ELEVATION EXCHANGE

15 6.1 miles

Moderate

644.64 / -591.31

Squam Lake Science Center  
23 Science Center Rd  
Holderness, NH  
[43.734114926, -71.588748926]



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## LEG NOTES

This leg is run on road shoulders in the towns of Holderness and Ashland. Obey all pedestrian laws and be mindful of traffic on the roads. This leg is not approved for adaptive wheelchairs or handcycles due to narrow road shoulders. Please note: There is limited cell service on this leg and no service at the Exchange point.

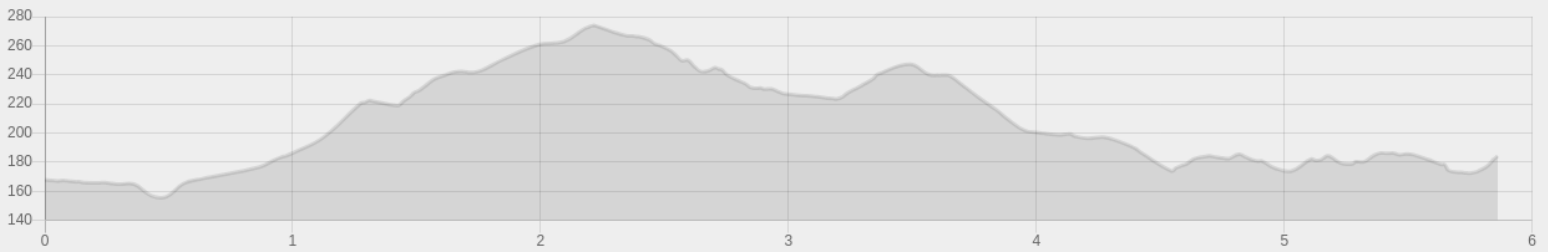
## TURN BY TURN

- Depart Holderness School running on the path under Rte 175 and take an immediate left to follow signs through school grounds
- 1000 ft Left to run against traffic on Chapel Ln
- 0.3 Right to cross Rte 175 and continue wouth against traffic
- 4.8 Left to run on the sidewalk against traffic on Rte 3/25
- 6.0 Left to run against traffic on Rte 113
- 6.2 Arrive at Exchange 15 - Squam Lake Natural Science Center

## VAN DIRECTIONS

- Depart Holderness School heading south on Old N Holderness Rd
- 4.8 Left on Rte 3/25
- 5.9 Left on Rte 113
- 6.1 Arrive at Exchange 15 - Squam Lake Natural Science Center

## ELEVATION



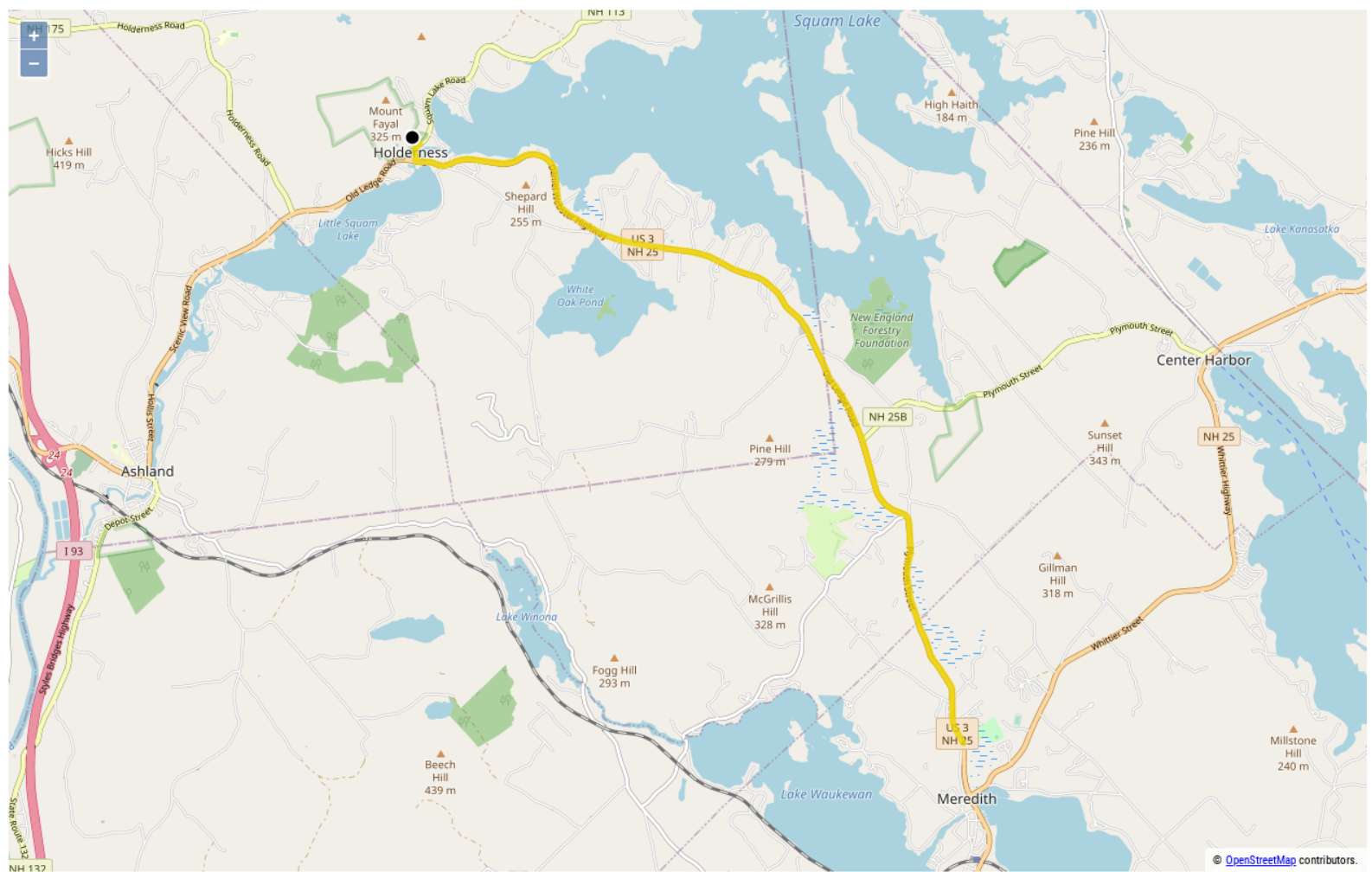
# Ragnar Road Reach The Beach

LEG DISTANCE DIFFICULTY ELEVATION EXCHANGE

16 7.7 miles

Hard 510.98 / -601.47

Prescott Park  
335 Daniel Webster Hwy  
Meredith, NH  
[43.6643365, -71.500998932]



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## LEG NOTES

This leg is run on sidewalks and road shoulders. Obey all pedestrian laws and cross only when legal and safe. This leg is not approved for adaptive wheelchairs or handcycles due to narrow road shoulders.

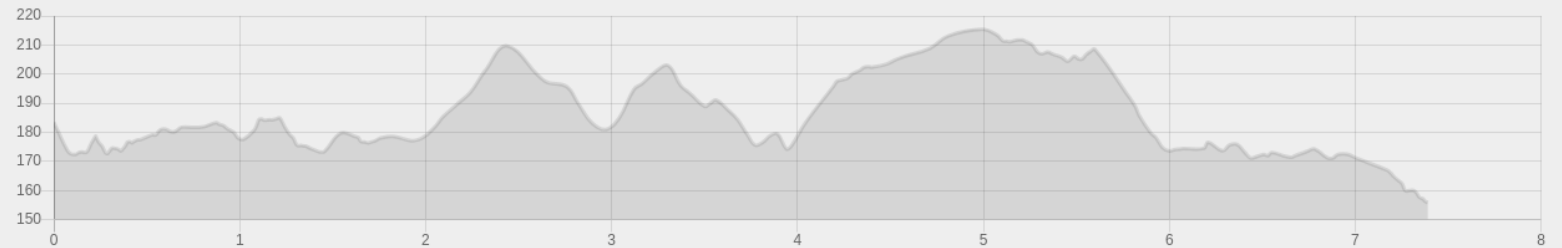
## TURN BY TURN

Depart Squam Lake Natural Science Center running south on Rte 113  
0.2 Left to run against traffic on Webster Hwy/Rte 25  
7.7 Arrive at Exchange 16 - Prescott Park

## VAN DIRECTIONS

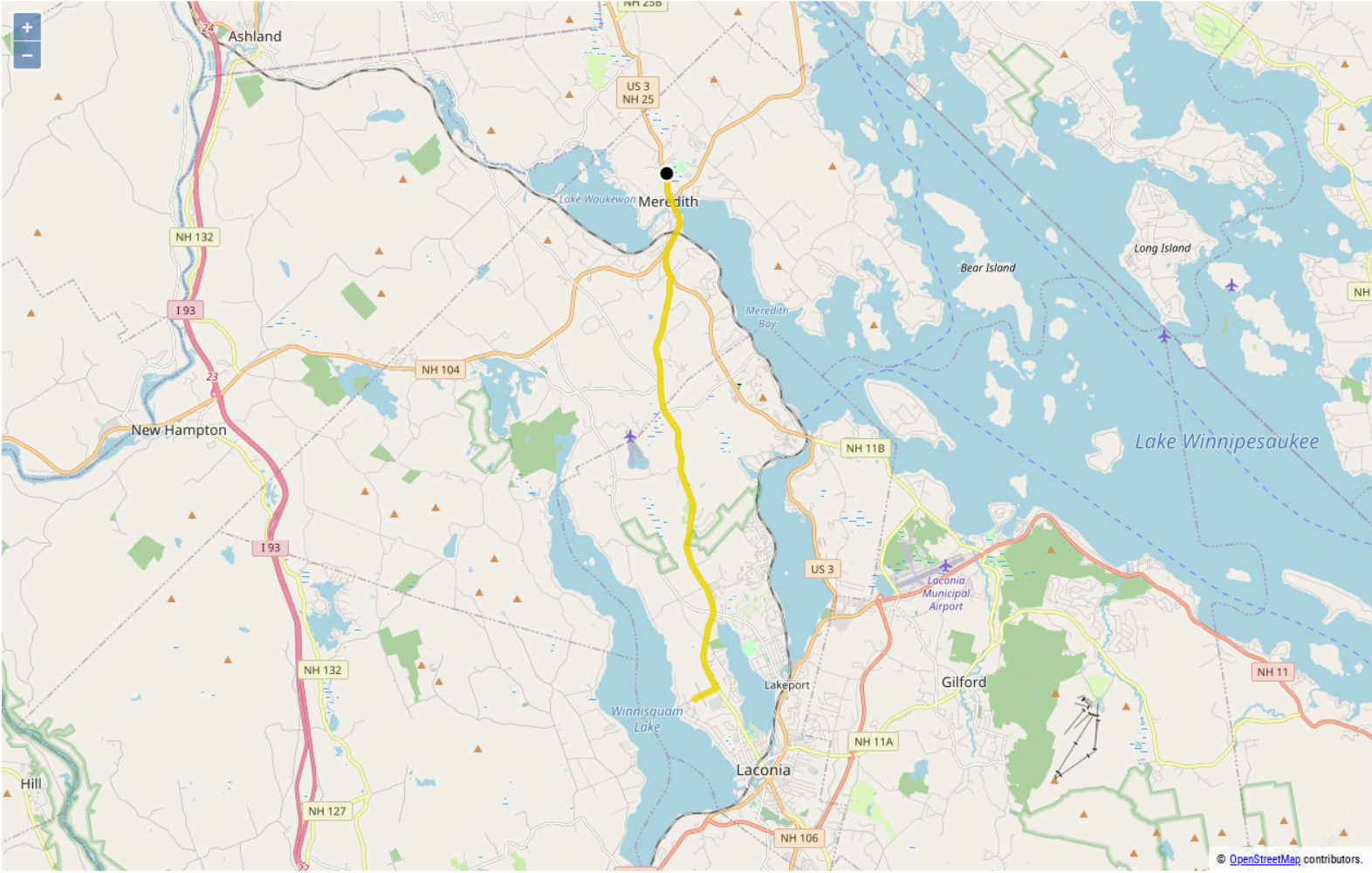
Depart Squam Lake Natural Science Center south on Rte 113  
0.2 Left on Webster Hwy/Rte 25  
7.7 Arrive at Exchange 16 - Prescott Park

## ELEVATION

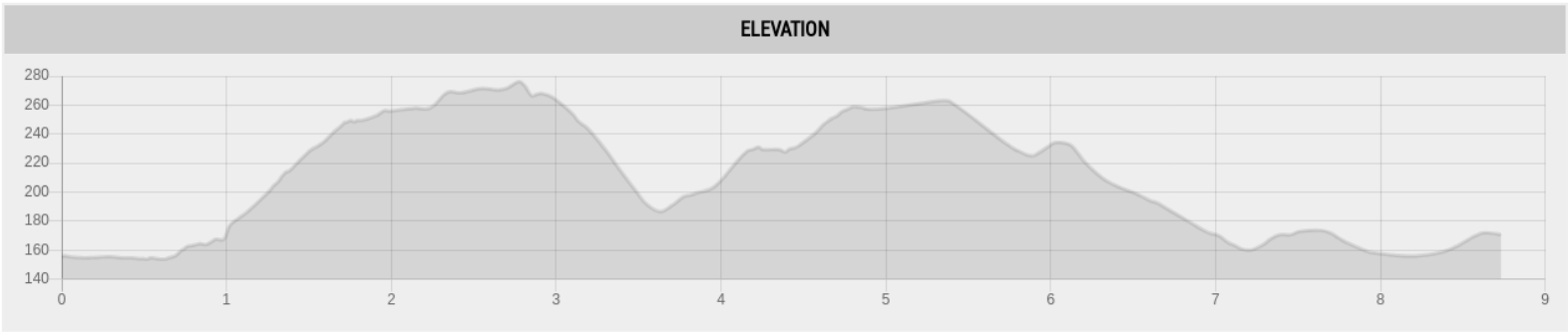


# Ragnar Road Reach The Beach

LEG	DISTANCE	DIFFICULTY	ELEVATION	EXCHANGE
17	9.0 miles	Hard	820.4 / -770.61	Smith's Tubular Systems 93 Lexington Drive Laconia, NH [43.543992279, -71.49184865]



LEG NOTES	TURN BY TURN	VAN DIRECTIONS
The leg is run on road shoulders. Support your team when it is safe and legal to do so	Depart Exchange 16 running south against traffic on Route 3 0.4 Continue straight against traffic on Route 3 1.8 Turn right at traffic rotary to continue against traffic on onto Route 106 8.6 Turn right with traffic on Lexington Drive 9.0 Arrive at Exchange 17 - Smith's Tubular Systems	0.0 Depart Exchange 16 on Route 3 0.4 Continue straight on Route 3 1.8 Turn right at traffic rotary onto Route 106 8.6 Turn right onto Lexington Drive 9.1 Arrive at Exchange 17 - Smith's Tubular Systems





# Ragnar Road Reach The Beach

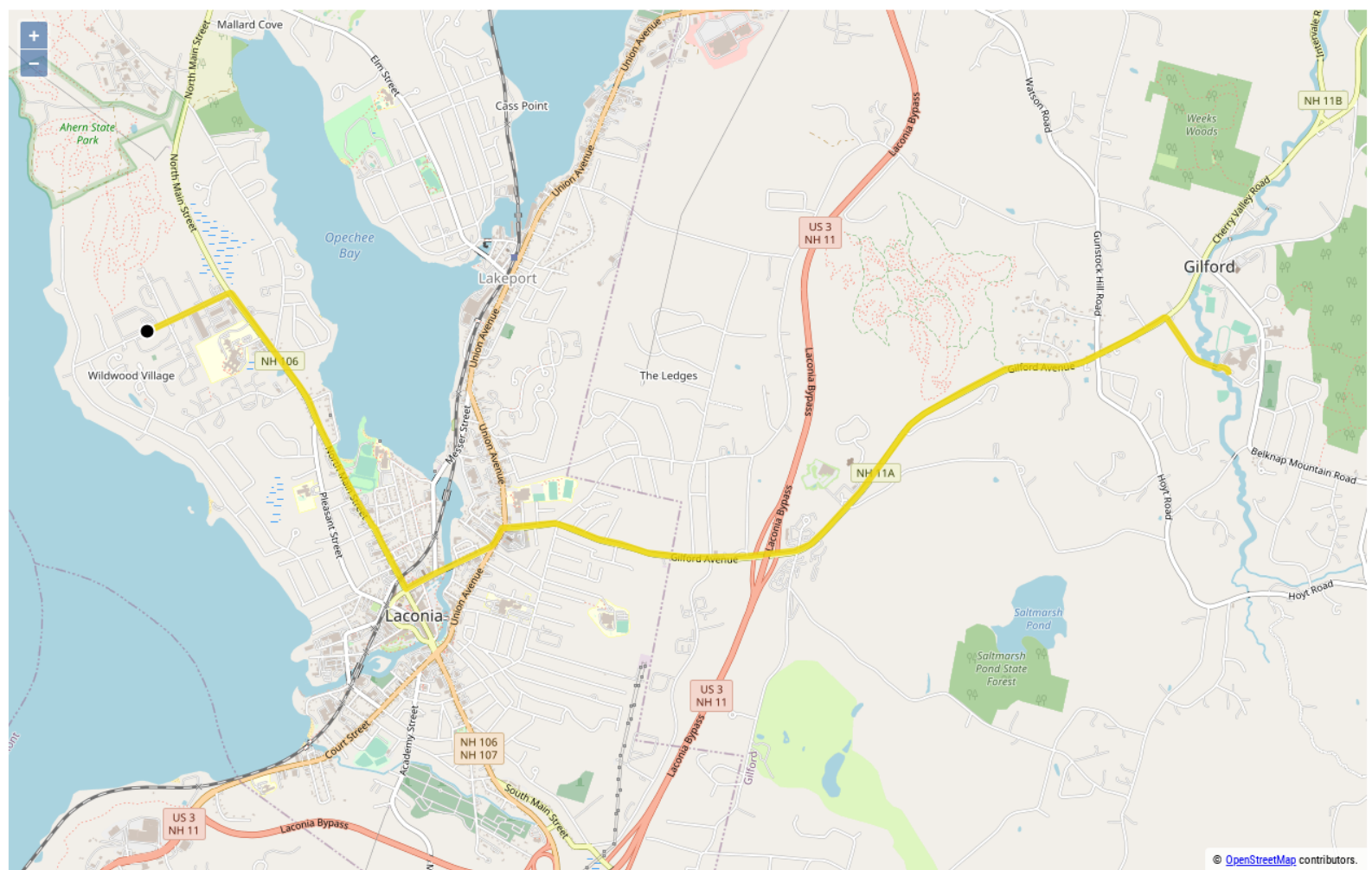
LEG DISTANCE DIFFICULTY ELEVATION EXCHANGE

18 5.6 miles

Moderate

410.09 / -228.11

Gilford High School  
88 Alvah Wilson RD  
Gilford, NH  
[43.541925985, -71.405505366]



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## LEG NOTES

QUIET ZONE AFTER 9 pm  
Lots of busy roads on this leg. Please drop an earbud and be mindful of traffic.  
Support your runner only when safe and legal to do so.

## TURN BY TURN

Depart Exchange 17 running with traffic on Lexington Drive  
0.5 Right to cross and run against traffic on Rte 106  
1.8 Left to run against traffic on Church Street  
2.3 Right to run against traffic on Gilford Ave  
5.3 Right to run against traffic on Alvah Wilson Rd  
5.6 Arrive at Exchange 18 - Gilford High School

## VAN DIRECTIONS

0.0 Depart Exchange 17 right out of the parking lot on Lexington Drive  
0.5 Right on Rte 106  
1.8 Left on Church Street  
2.3 Right on Gilford Ave  
5.3 Right on Alvah Wilson Rd  
5.6 Arrive at Exchange 18 - Gilford High School

## ELEVATION



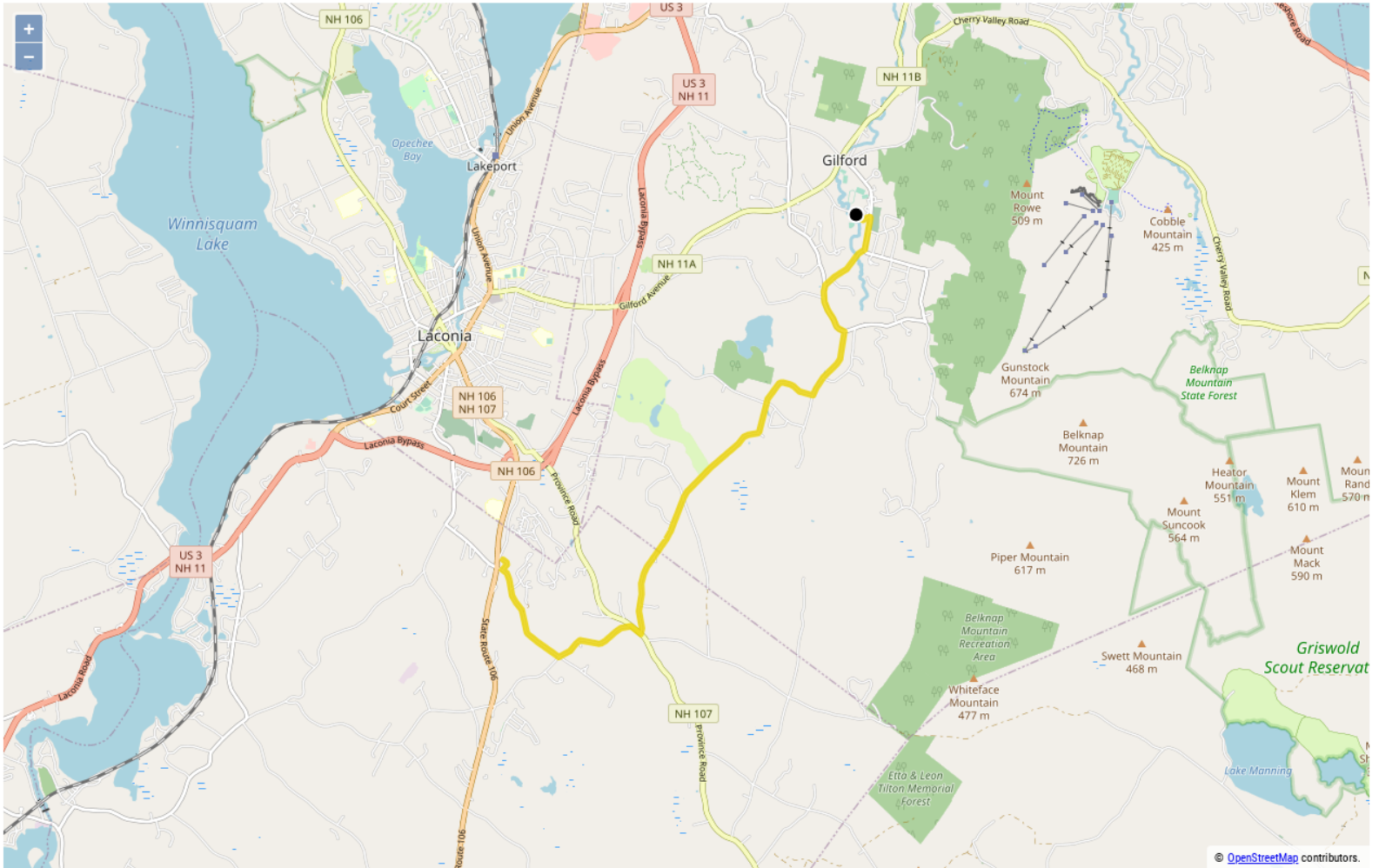
# Ragnar Road Reach The Beach

LEG DISTANCE DIFFICULTY ELEVATION EXCHANGE

19 6.3 miles

Moderate 892.8 / -832.95

Consolidated Communications  
6 Old Prescott Hill Rd  
Belmont, NH  
[43.50211075, -71.461104768]



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## LEG NOTES

QUIET ZONE AFTER 9PM. Do not park at Irving when you arrive at this exchange point!

## TURN BY TURN

- 0.0 Depart Exchange 18 running against traffic on Alvah Wilson Road
- 0.2 Right to run with traffic on Belknap Mountain Road
- 0.4 Right to run against traffic on Goodwin Road
- 0.9 Left to run against traffic on Hoyt Road
- 1.3 Right to run against traffic on Wild Acres Road
- 1.9 Right to run against traffic on Sherwood Forest Dr
- 2.4 Continue straight against traffic on Swain Rd
- 3.4 Continue straight against traffic on Cotton Hill Rd
- 4.6 Right to run against traffic on 107
- 4.7 Left to run against traffic on Leavitt Road
- 5.3 Right to run with traffic on Plummer Hill Rd
- 6.2 Right to run with traffic on Overlook Rd
- 6.3 Arrive at Exchange 19 - Consolidated Communications

## VAN DIRECTIONS

- 0.0 Depart Exchange 18 running on LHS of Alvah Wilson Road
- 0.2 Turn right onto Belknap Mountain Road
- 0.4 Turn right onto Goodwin Road
- 0.9 Turn left onto Hoyt Road
- 1.3 Turn right onto Wild Acres Road
- 1.9 Turn right onto Sherwood Forest Dr
- 2.4 Continue straight on Swain Rd
- 3.4 Continue straight on Cotton Hill Rd
- 4.6 Turn right onto Rt 107
- 4.7 Turn left onto Leavitt Road
- 5.3 Turn right onto Plummer Hill Rd
- 6.2 Turn right onto Overlook Rd
- 6.3 Arrive at Exchange 19 - Consolidated Communications

## ELEVATION





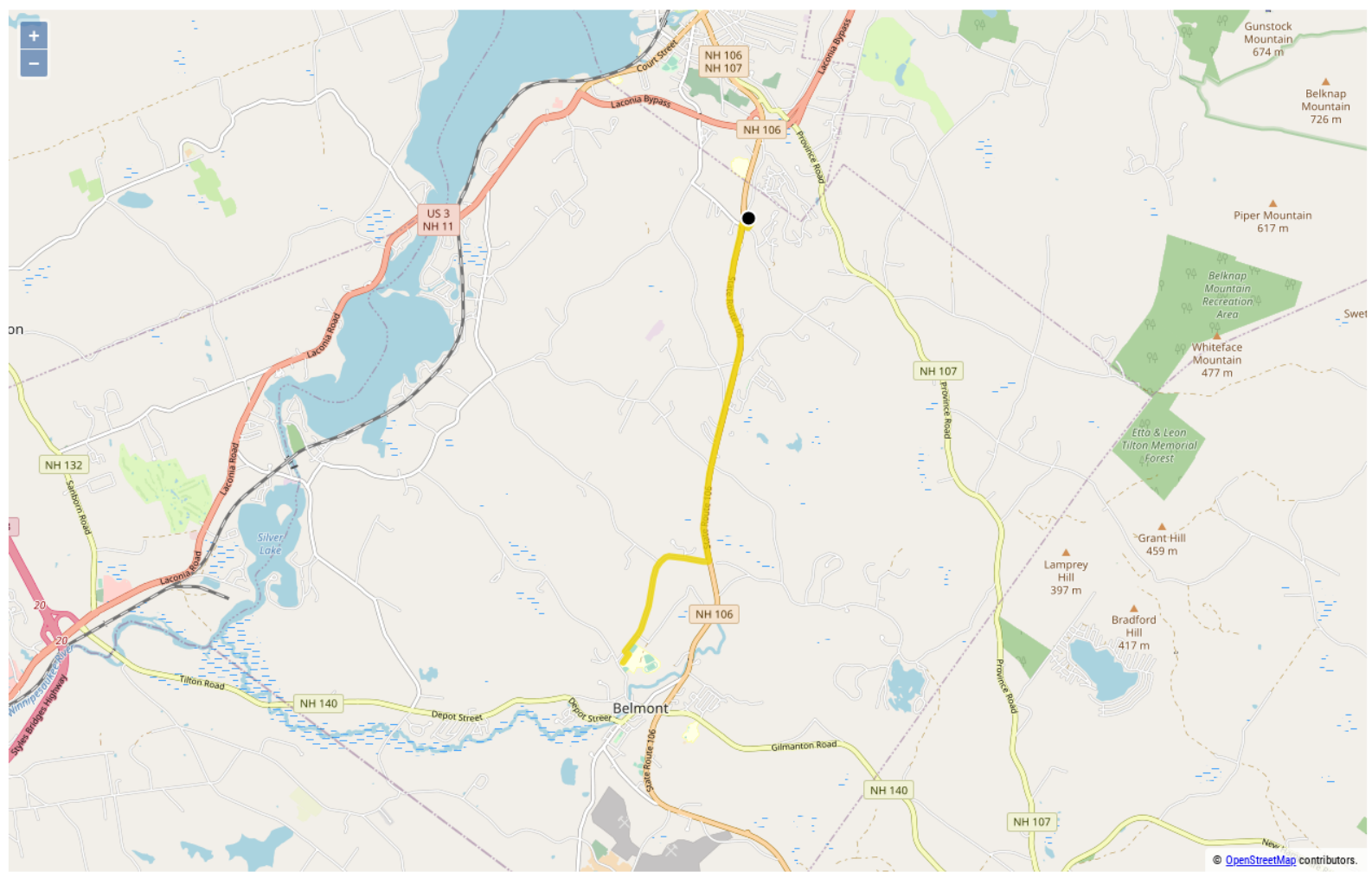
# Ragnar Road Reach The Beach

LEG DISTANCE DIFFICULTY ELEVATION EXCHANGE

20 4.2 miles

Easy 201.95 / -348.47

Belmont High School  
225 Seavey Rd  
Belmont, NH  
[43.450688161, -71.481155084]



## LEG NOTES

QUIET ZONE AFTER 9PM.

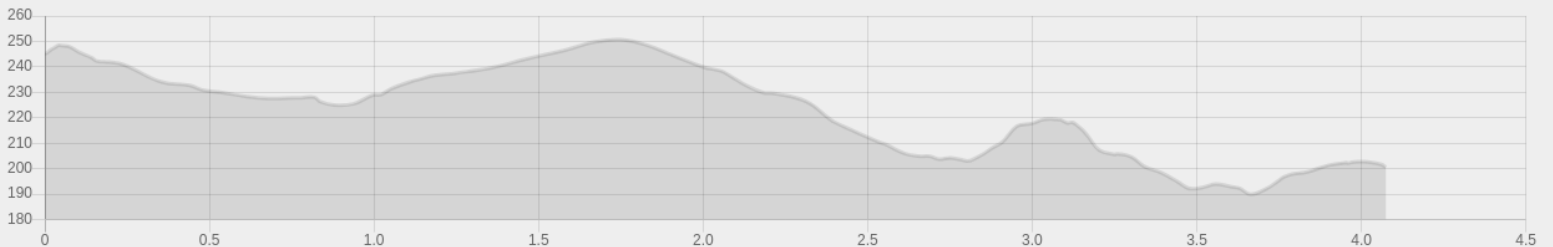
## TURN BY TURN

Depart Consolidated Communications running with traffic on Overlook Rd  
Right to run with traffic on Plummer Hill Rd  
0.1 Cross Rte 106 with police assistance and continue south with traffic  
2.9 Right to run against traffic on Seavey Road  
4.1 Left into HS driveway, make first right turn  
4.2 Arrive at Exchange 20 - Belmont High School

## VAN DIRECTIONS

Depart Consolidated Communications left out of the parking lot  
2.9 Turn right onto Seavey Road  
4.1 Turn left into Belmont HS driveway, continue to the school parking lot towards the rear.  
4.2 Arrive at Exchange 20 - Belmont High School

## ELEVATION



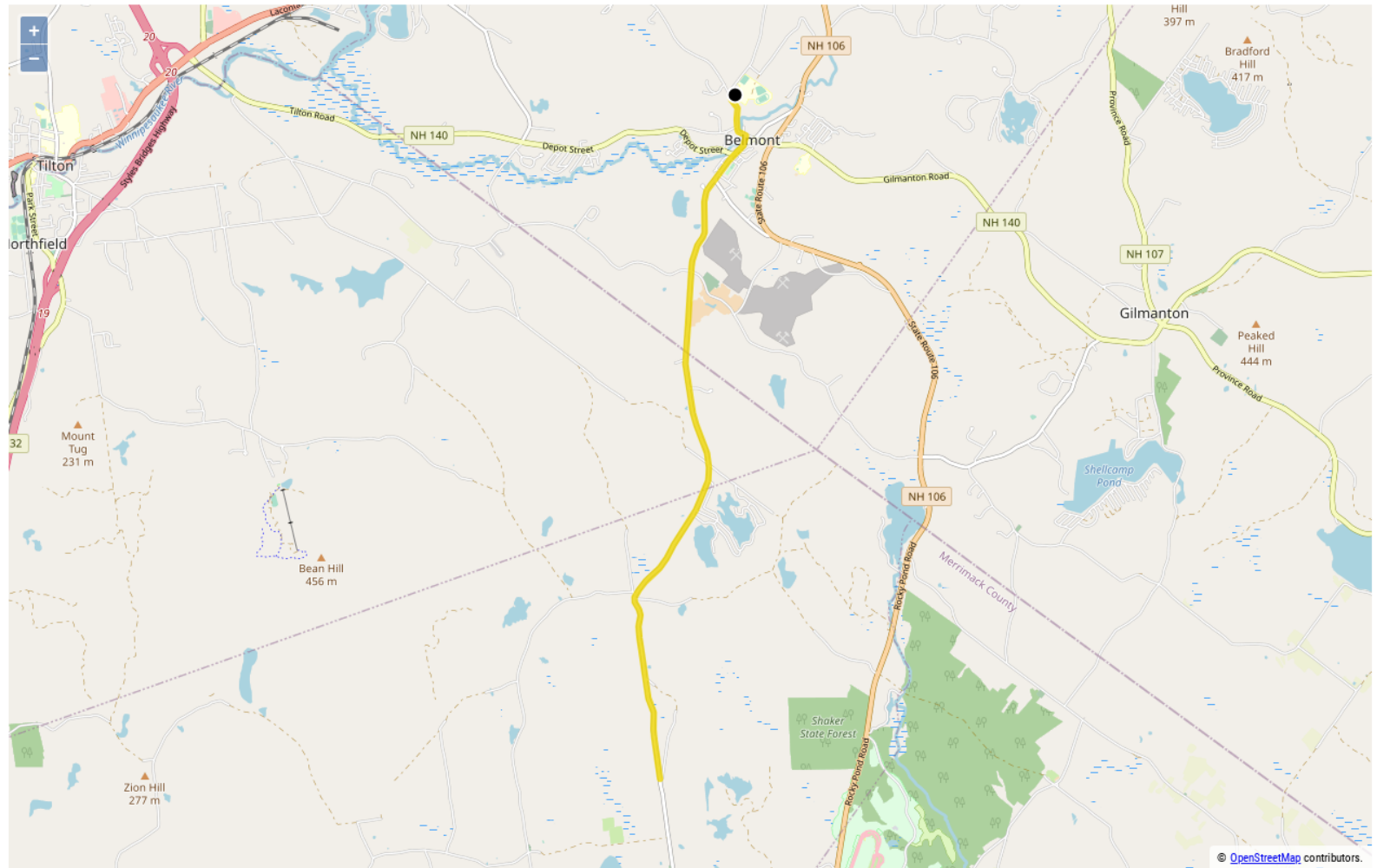
# Ragnar Road Reach The Beach

LEG DISTANCE DIFFICULTY ELEVATION EXCHANGE

21 5.9 miles

Easy 666.58 / -504.44

Chose Your Own  
Shaker Road between Wywen Rd and Asby Rd  
Canterbury, NH  
[43.371706101, -71.492991449]



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### LEG NOTES

VERY QUIET ZONE  
AFTER 9PM.  
This is a Choose Your Own exchange. There will be no port-o-johns available for use during this leg.  
Please do not idle in front of people's homes or drive on their property.  
NOTE: Choose Your Own area has been adjusted for safety. You can exchange anywhere between Wywen Road and Asby Road.

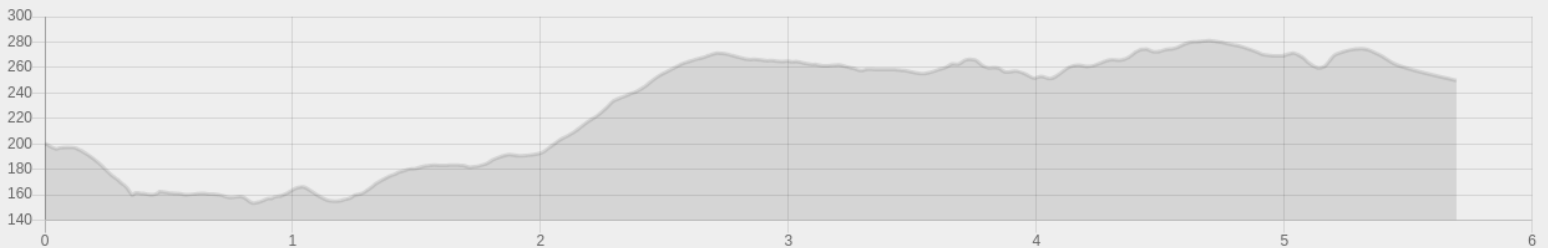
### TURN BY TURN

Depart Belmont High left to run with traffic on Church Street  
0.4 Right to run against traffic on Church Street near St. Joseph's  
0.5 Right to run against traffic on Rte. 140/Main St  
0.8 Continue straight against traffic on Shaker Rd  
5.9 Begin "Choose Your Own" Exchange Zone at intersection with Wywen Rd (on your left). This zone is ~ 1 mile long.

### VAN DIRECTIONS

0.0 Depart Exchange 20 onto Church St and turn left  
0.4 Turn right onto Church St near St. Joseph's  
0.5 Turn right onto Rt. 140/Main St  
0.8 Continue straight onto Shaker Rd  
5.9 Begin "Choose Your Own" Exchange Zone at intersection with Wywen Rd (on your left). This zone is ~ 1 miles long.

### ELEVATION



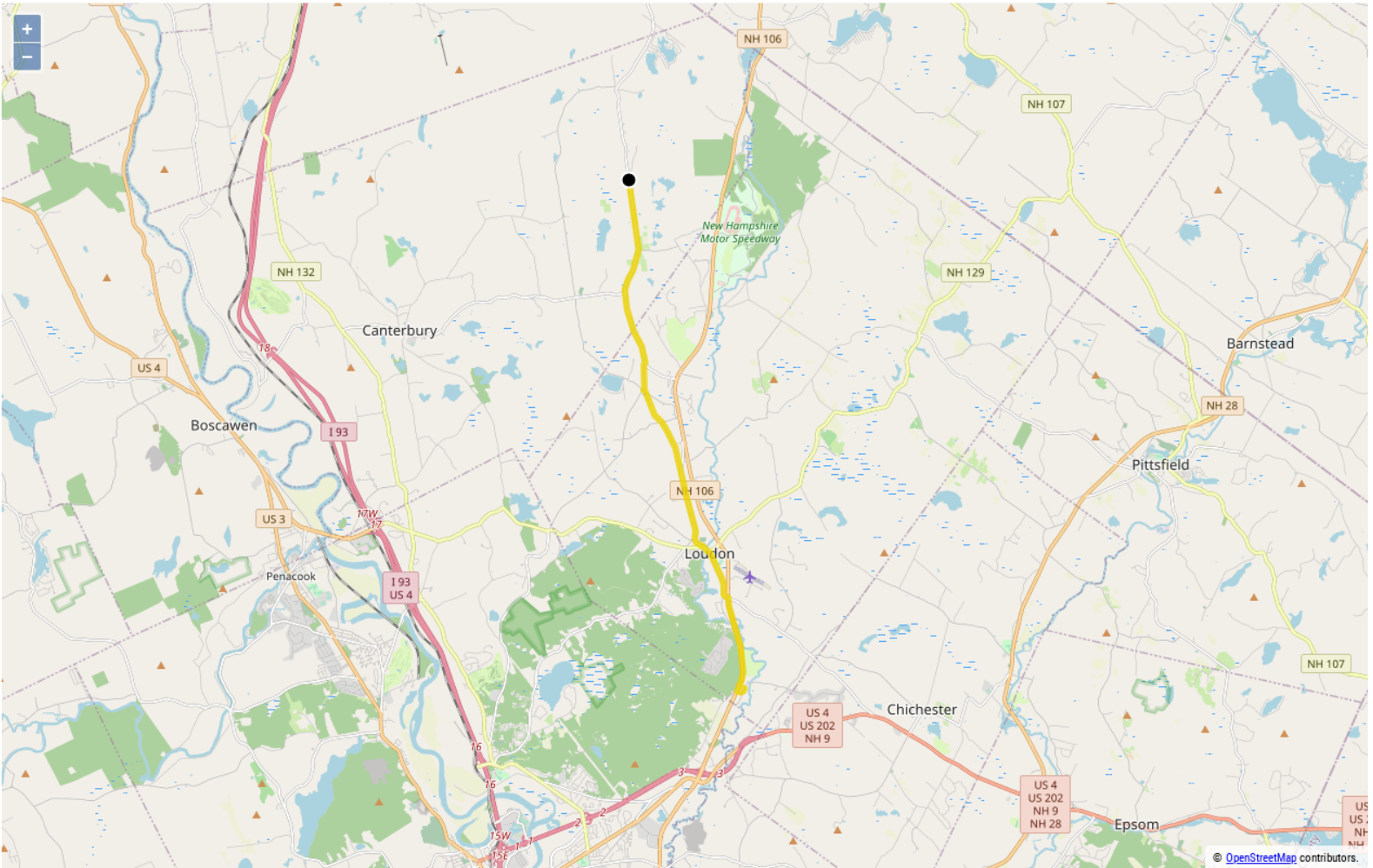
# Ragnar Road Reach The Beach

LEG DISTANCE DIFFICULTY ELEVATION EXCHANGE

22 8.9 miles

Very Hard 218.62 / -684.59

Church of The Nazarene  
33 Staniels Rd  
Loudon, NH  
[43.254478406, -71.456415356]



### LEG NOTES

QUIET ZONE AFTER 9PM.  
This is the second half of the Choose Your Own exchange. This zone is 1 mile long which means Leg 22 could be 7.9 miles if the Leg 21 runner goes to the end of the zone.  
NOTE: Choose Your Own area has been adjusted for safety. You can exchange anywhere between Wyven Road and Asby Road.

### TURN BY TURN

- Depart Exchange 21 running south on Shaker Rd
- 3.0 Right to run against traffic on Old Shaker Rd
- 3.5 Left to run on Clough Rd for 300 ft and take an immediate right on Lesmerises Rd - SUPPORT VEHICLES CANNOT FOLLOW AS RUNNERS WILL ENTER A TRAIL
- 5.0 Right to run against traffic on N Village Rd
- 7.2 Right to run against traffic on Rocky Pond Rd
- 8.7 Left to run against traffic on Staniels Rd
- 8.9 Arrive at Exchange 22 - Church of the Nazarene

### VAN DIRECTIONS

- 0.0 Depart Exchange 21 - Head South on Shaker Rd
- 3.8 Turn Right onto Old Shaker Rd
- 4.3 Turn Left onto Clough Rd - vans continue straight (runners will be turning)
- 5.1 Intersection at Route 106; turn right
- 9.6 Turn left onto Staniels Road
- 9.7 Arrive at Exchange 22 - Church of the Nazarene

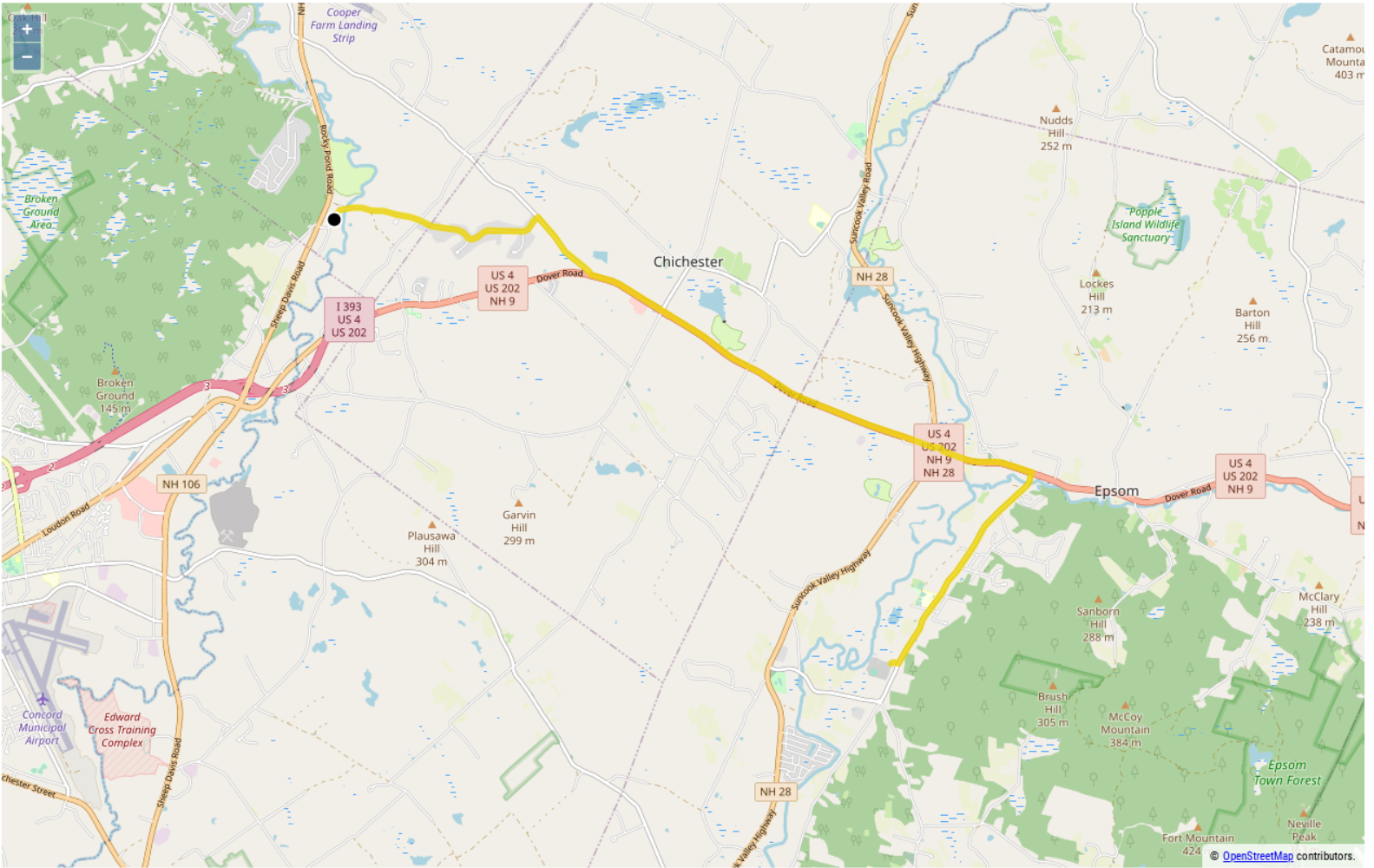
### ELEVATION





# Ragnar Road Reach The Beach

LEG	DISTANCE	DIFFICULTY	ELEVATION	EXCHANGE
23	8.3 miles	Very Hard	495.8 / -534.24	Epsom Bible Church 398 Black Hall Rd Epsom, NH [43.203143035, -71.367949622]



LEG NOTES	TURN BY TURN	VAN DIRECTIONS
<p>QUIET ZONE AFTER 9PM.</p>	<p>Depart Church of the Nazarene running against traffic on Staniels Rd                      1.8 Right to run against traffic on King Rd                      2.5 Left to run against traffic on Franklin Pierce Hwy                      5.6 Cross the traffic circle with police assistance and continue WITH traffic                      6.4 Right to run with traffic on Black Hall Rd                      8.3 Arrive at Exchange 23 - Epsom Bible Church</p>	<p>Depart Church of the Nazarene left on Staniels Rd                      1.8 Right on King Rd                      2.5 Left on Franklin Pierce Hwy                      6.4 Right on Black Hall Rd                      8.3 Arrive at Exchange 23 - Epsom Bible Church</p>



# Ragnar Road Reach The Beach

LEG DISTANCE DIFFICULTY ELEVATION EXCHANGE

24 5.9 miles

Moderate 331.73 / -337.81

Bear Brook State Park  
157 Deerfield Road  
Allentown, NH  
[43.163295518, -71.386053334]



## LEG NOTES

Exchange 24!  
The Exchange area: on left side of the road: The Allentown Vol Fire Dept is usually here (unless they get called to a fire) to cook up food for sale to benefit their Dept.  
There will be restrooms, porto-johns, and facility water available for use. The Allentown Volunteer Fire Department will be serving hot food at the pavillion near the exchange. They have been with us since Year 1, so be sure to pay them a visit!  
Tent City (on the right just before the exchange)- which is the only place at Exchange 24 where camping is allowed. We have set up a 60x120 tent with sides for sleeping and then behind and around it, you are free to set up your own tents! We have water and portojohns here. The exit out of tent city is a bit sketchy as it meanders through the dark woods but it works so put your most confident driver behind the wheel as you exit!  
Please do not dump food on the ground at Bear Brook State Park! The animals have sensitive stomachs. Pack it in, pack it out!

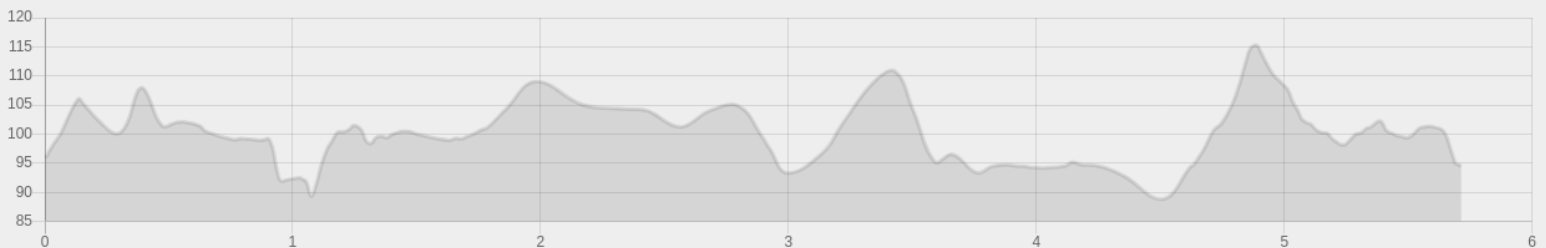
## TURN BY TURN

Depart Epsom Bible Church running south against traffic on Black Hall Rd  
0.4 Right to run against traffic on Short Falls Rd  
1.4 Right to run against traffic on Suncook Valley Hwy  
4.8 Left to run against traffic on Deerfield Rd  
5.9 Arrive at Exchange 24 - Bear Brook State Park

## VAN DIRECTIONS

Depart Epsom Bible Church left out of the parking lot  
0.4 Right on Short Falls Rd  
1.4 Right on Suncook Valley Hwy  
4.8 Left on Deerfield Rd  
5.9 Arrive at Exchange 24 - Bear Brook State Park

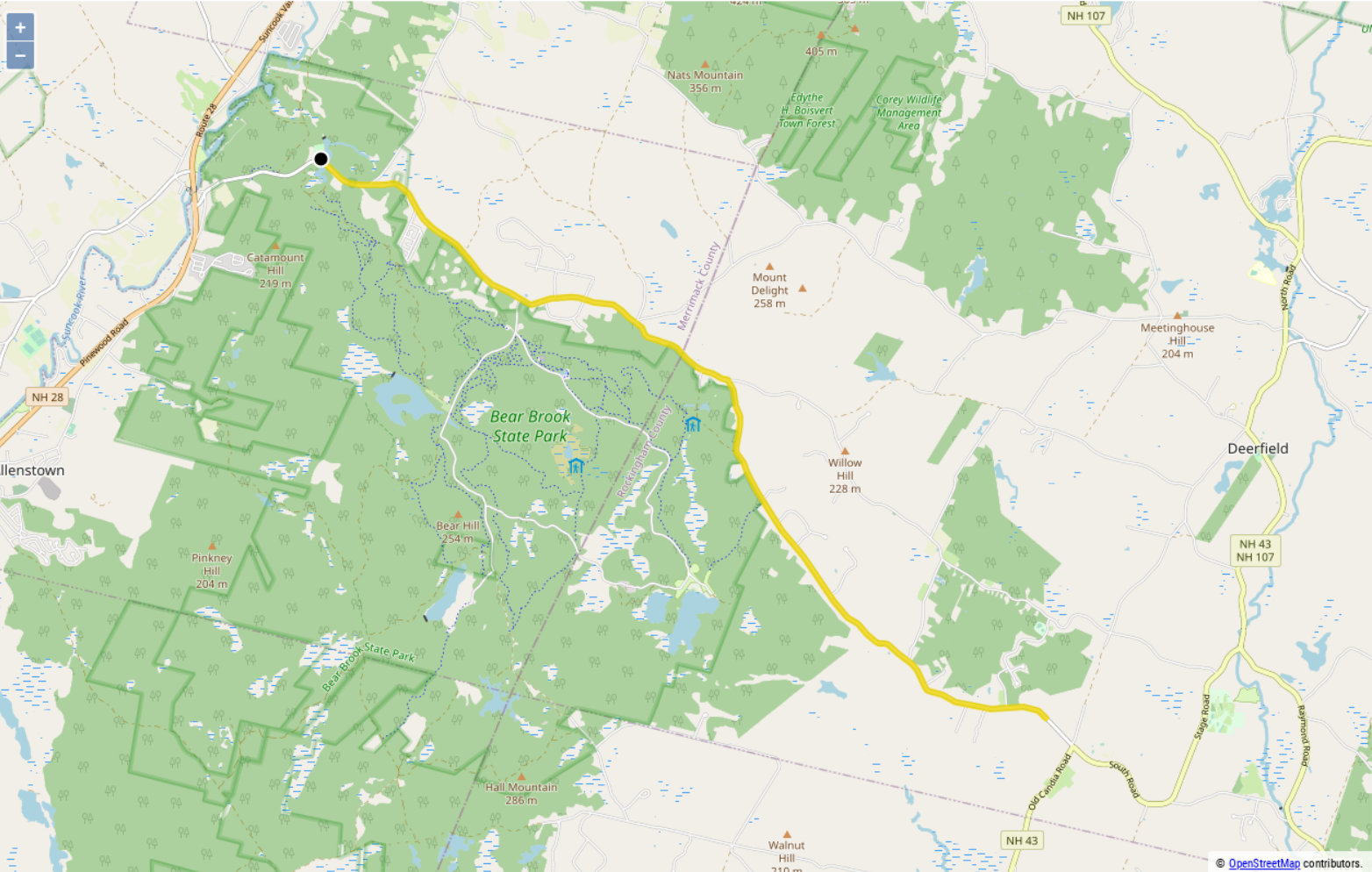
## ELEVATION





# Ragnar Road Reach The Beach

LEG	DISTANCE	DIFFICULTY	ELEVATION	EXCHANGE
25	8.0 miles	Hard	693.69 / -466.6	Choose Your Own Exchange South Road between Maple Ave and Old Candia Road - 4 mile transition area. Deerfield, NH [43.09920192, -71.272183656]



LEG NOTES	TURN BY TURN	VAN DIRECTIONS
<p>Leg 25 is the second 'Choose your Own' formerly called 'Wild Card' Transition. You will see signs at mile 4.5 declaring the "Choose Your Own Starts" and signs at mile 8.0 indicating where it ends.</p> <p>The challenge is to have the runner for this leg and the runner for the next leg agree how far each one wishes to run. The runner for Leg 26 simply drives in the team van to the agreed upon distance from Exchange 24 and waits for their teammate in order to handoff the baton.</p> <p>This is a Choose Your Own (or Wild Card) exchange. There will be no port-o-johns available for use during this leg.</p> <p>Please do not idle in front of people's homes or drive on their property.</p>	<p>0.0 Depart Exchange 24 running against traffic on Deerfield Road</p> <p>3.9 Right to run with traffic on South Road</p> <p>4.5 Begin Choose Your Own transition - look for the signs</p> <p>8.0 End Choose Your Own Transition</p>	<p>0.0 Depart Exchange 24 onto Deerfield Road (run on LHS of road)</p> <p>3.9 Turn right onto South Road</p> <p>4.5 Begin Choose Your Own transition - look for the signs. Be mindful of where you pull over and do not idle in front of someone's home.</p> <p>8.0 End Choose Your Own Transition</p>



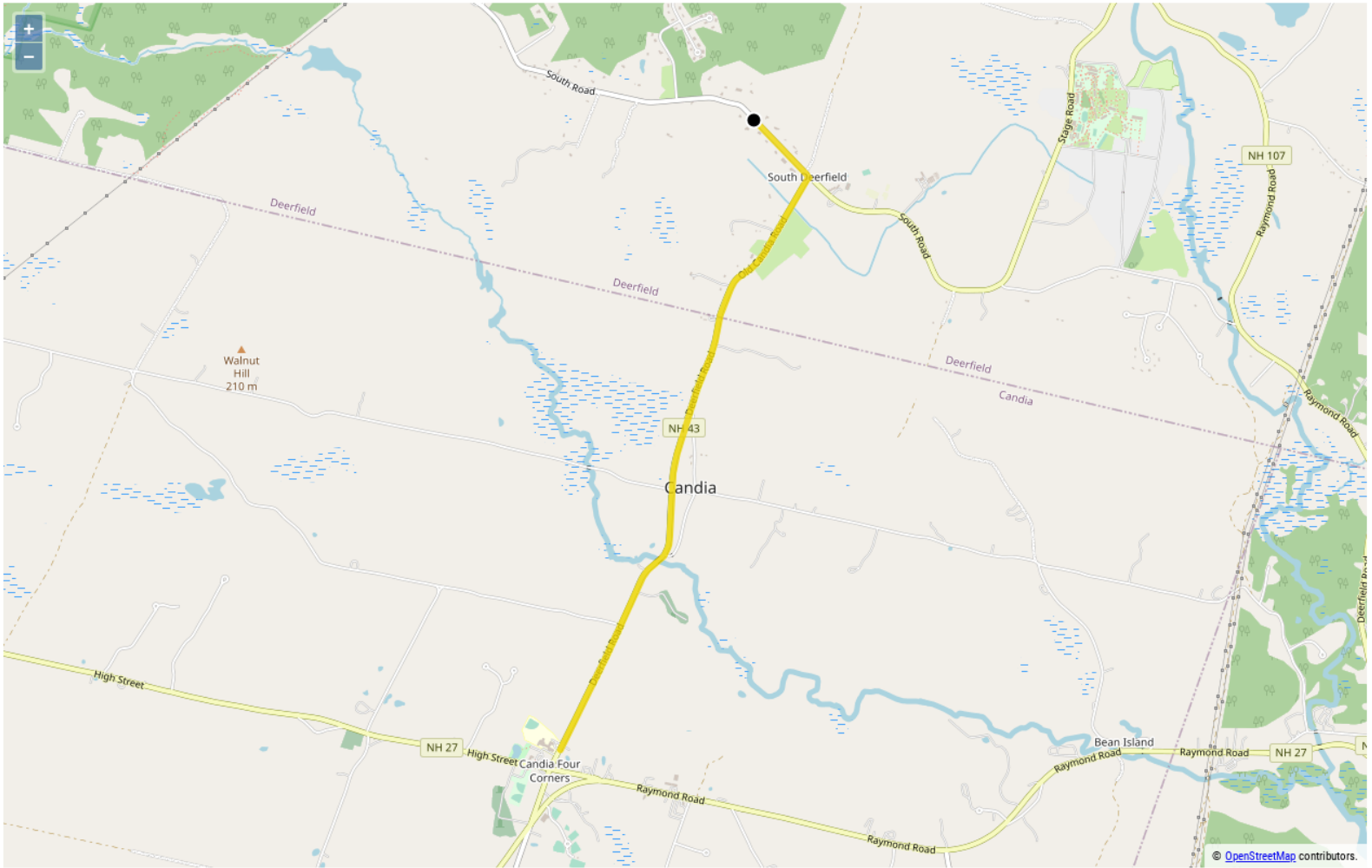
# Ragnar Road Reach The Beach

LEG DISTANCE DIFFICULTY ELEVATION EXCHANGE

26 2.9 miles

Easy 248.66 / -297.08

Henry W. Moore School  
11 Deerfield rd  
Candia, NH  
[43.062676321, -71.287555585]



### LEG NOTES

QUIET ZONE until 8:00am.  
Leg 26 continues the Choose Your Own transition. There will be restrooms, porto-johns, and facility water at the school.

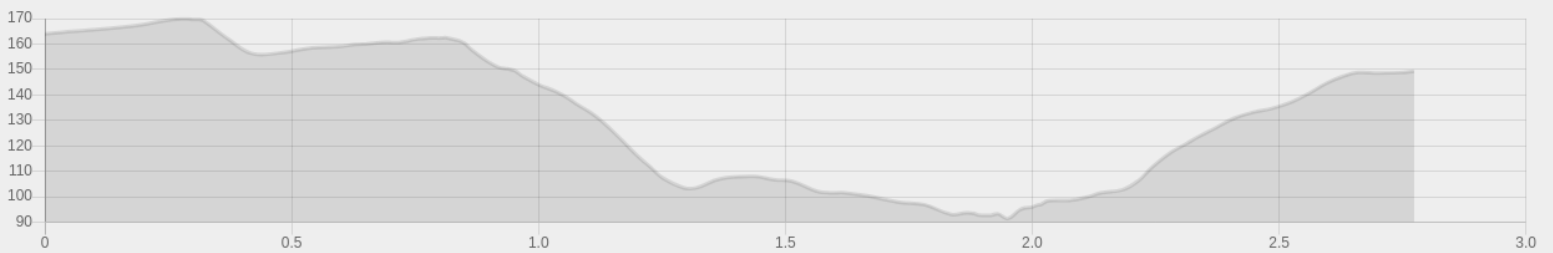
### TURN BY TURN

Depart Choose Your Own Transition  
3.5 End Choose Your Own Transition  
3.7 Rightt to run against traffic on Rte 43  
6.4 Arrive at Exchange 26 - Henry Moore School

### VAN DIRECTIONS

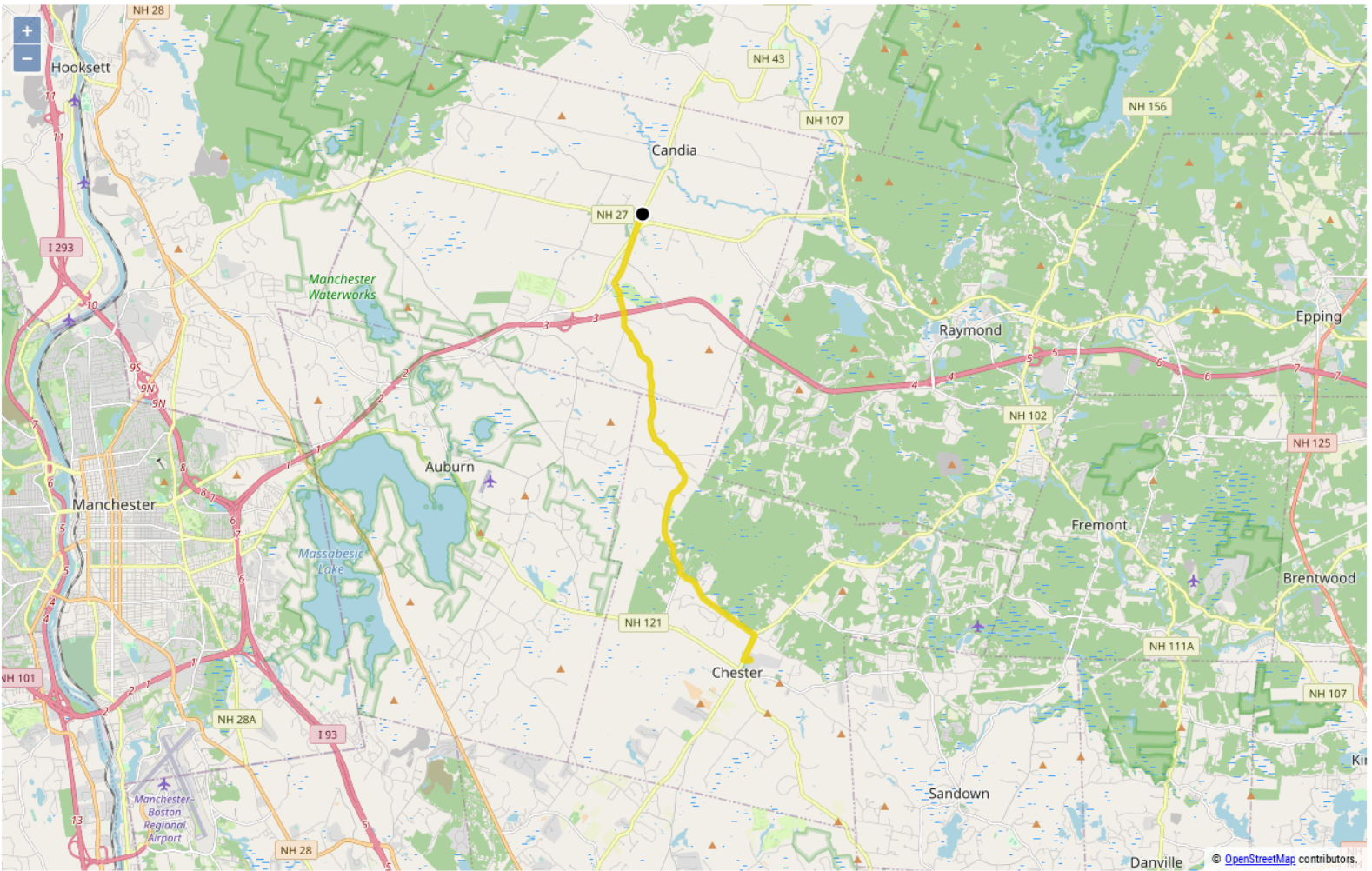
Begin Choose Your Own Transition. Please be mindful of where you pull over.  
3.5 End Choose Your Own Transition  
3.7 Turn right onto Rt. 43  
6.4 Arrive at Exchange 26 - Henry Moore School

### ELEVATION



# Ragnar Road Reach The Beach

LEG	DISTANCE	DIFFICULTY	ELEVATION	EXCHANGE
27	8.6 miles	Very Hard	545.32 / -604.4	Chester Academy 22 Murphy Drive Chester, NH [42.95953, -71.25318]



LEG NOTES	TURN BY TURN	VAN DIRECTIONS
<p>QUIET ZONE until 8:00am. Please obey the local speed limits and drive with extreme caution down these roads. There will be port-o-johns available for use at this Exchange. Food available for purchase: Breakfast Sandwiches, Hot Dogs, Coffee, Soft Drinks Organization: Chester Lions Club</p>	<p>Depart The Henry Moore School running against traffic on Route 43 0.2 Bear left to stay against traffic on Main Street 1.2 Left to run against traffic on Chester Rd 3.2 Continue against traffic on Candia Rd 6.4 Left to run against traffic on North Pond Rd 8.0 Cross over with Police assistance and turn right to run against traffic on Route 102 8.5 Left to run against traffic on Murphy Drive 8.6 Arrive at Exchange 27 - Chester Academy</p>	<p>0.0 Depart Exchange 26 onto Route 43 0.2 Bear left onto Main Street 1.2 Turn left onto Chester Rd 3.2 Continue onto Candia Rd 6.4 Turn left onto North Pond Rd 8.0 Turn right onto Route 102 8.5 Turn left onto Murphy Drive 8.6 Arrive at Exchange 27 - Chester Academy</p>





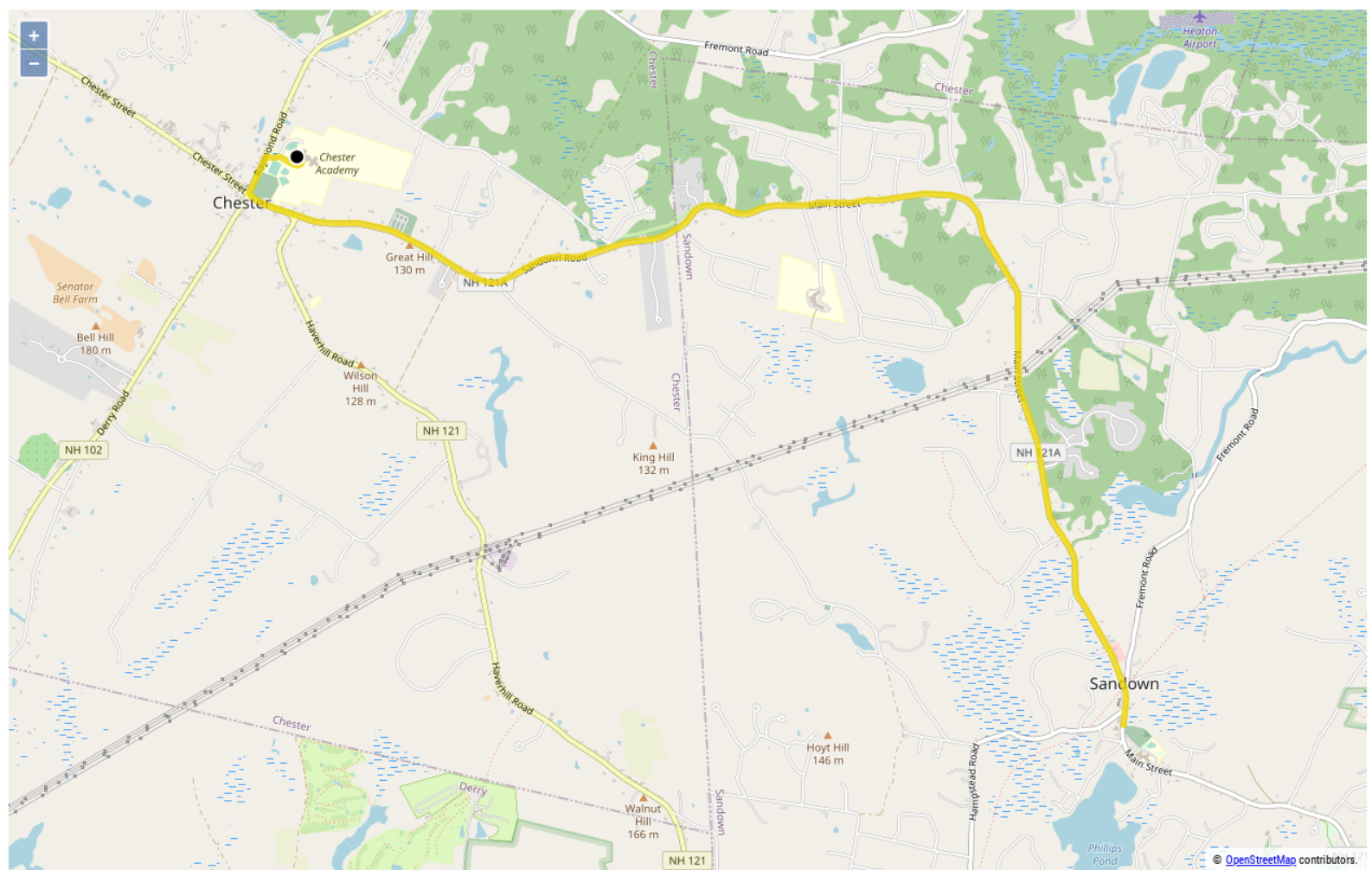
# Ragnar Road Reach The Beach

LEG DISTANCE DIFFICULTY ELEVATION EXCHANGE

28 5.7 miles

Hard 392.01 / -588.59

Sandown Town Hall  
320 Main Street  
Sandown, NH  
[42.926266189, -71.187077424]



## LEG NOTES

QUIET ZONE until 8:00am.  
Please obey the local speed limits and drive with extreme caution down these roads. Restrooms, port-o-johns, and facility water available for use at this Exchange.  
Food available for purchase:  
Food - Coffee, Tea, Drinks & Water  
Breakfast type goodies: Bake Goods, Bagels, Muffins & Oatmeal  
Soup: Sandown's Friends Chicken Soup and Vegetable Soup  
Boiled eggs, Granole Bars  
Organization:  
Friends of the Sandown Library

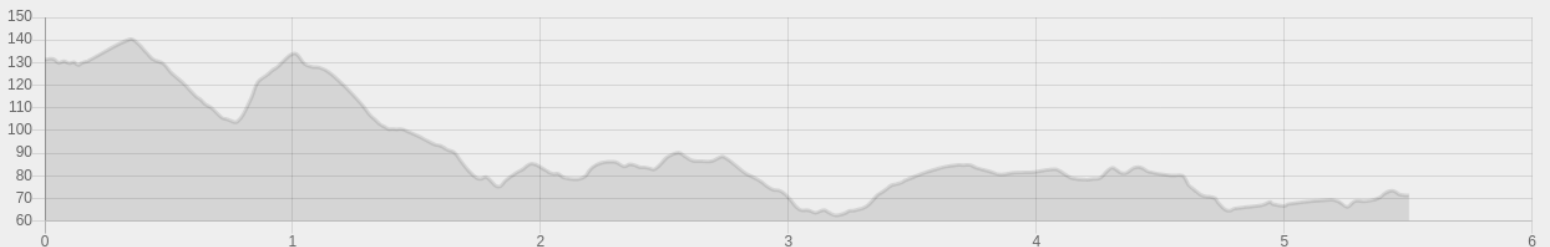
## TURN BY TURN

Depart Chester Academy running against traffic on Rte 102  
0.3 Left to run against traffic on Rte 121  
3.4 Continue straight against traffic on Rte 121A  
5.7 Arrive at Exchange 28 - Sandown Town Hall

## VAN DIRECTIONS

0.0 Depart Chester Academy left on Rte 102  
0.3 Turn left onto Route 121  
3.4 Continue straight onto Route 121A  
5.7 Arrive at Exchange 28 - Sandown Town Hall

## ELEVATION





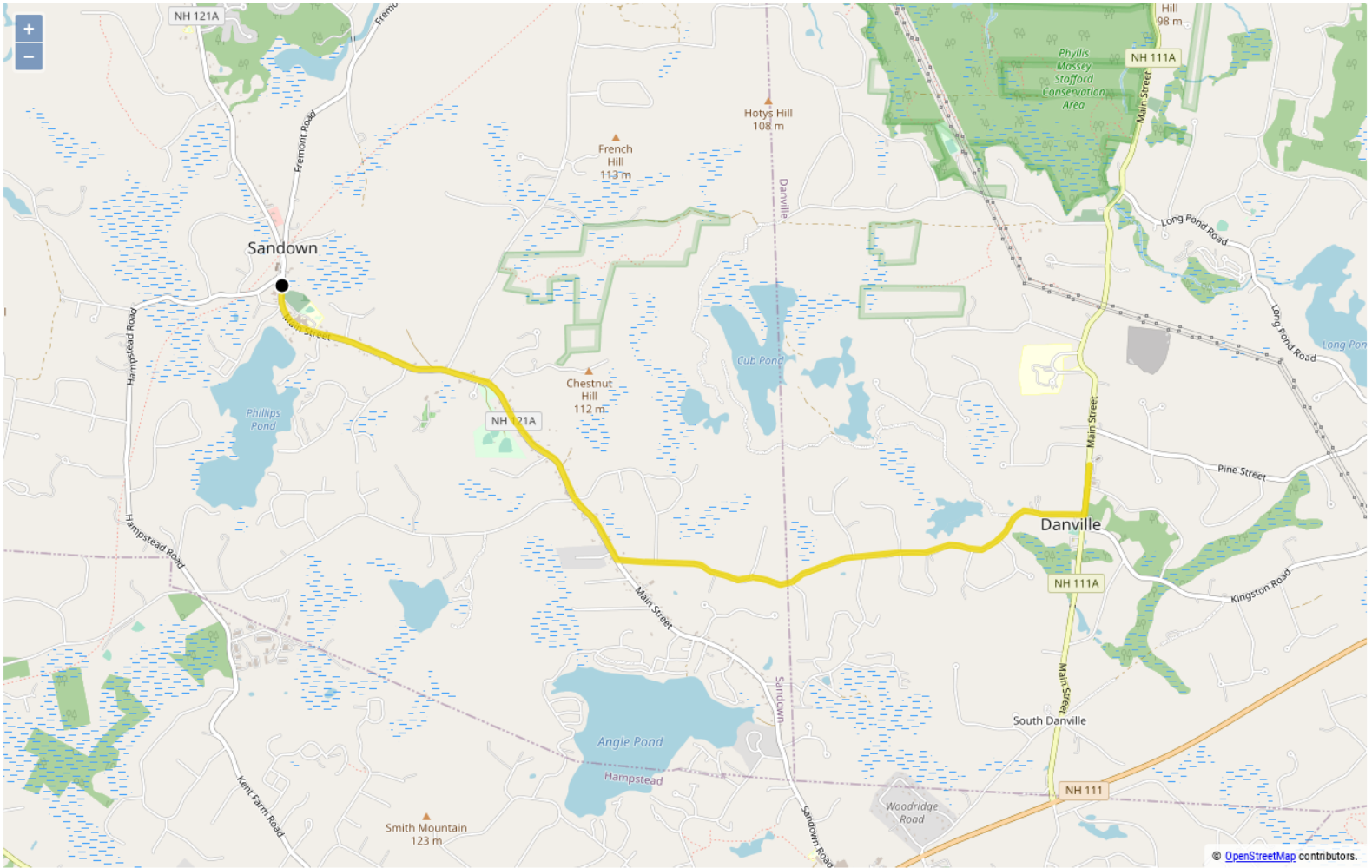
# Ragnar Road Reach The Beach

LEG DISTANCE DIFFICULTY ELEVATION EXCHANGE

29 4.1 miles

Easy 255.81 / -263.11

Danville Baptist Church  
226 Main Street  
Danville, NH  
[42.916026941, -71.123021845]



## LEG NOTES

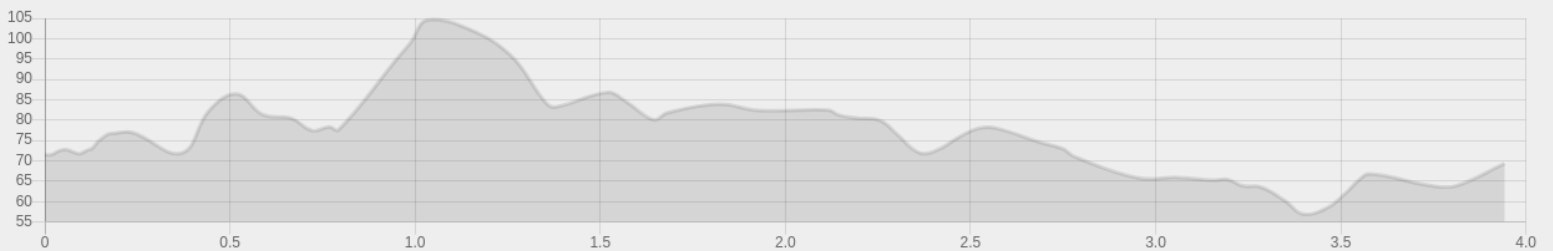
## TURN BY TURN

## VAN DIRECTIONS

Depart Sandown Town Hall running south on Rte 121A  
1.9 Left on to run against traffic on Hawkewood Rd - Hawkewood Rd becomes Colby Rd  
3.9 Left to run with traffic on Rte 111A  
4.1 Arrive at Exchange 29 - Danville Baptist Church

Depart Sandown Town heading south on Rte 121A  
1.9 Left on Hawkewood Rd - Hawkewood Rd becomes Colby Rd  
3.9 Left on Rte 111A  
4.1 Arrive at Exchange 29 - Danville Baptist Church

## ELEVATION



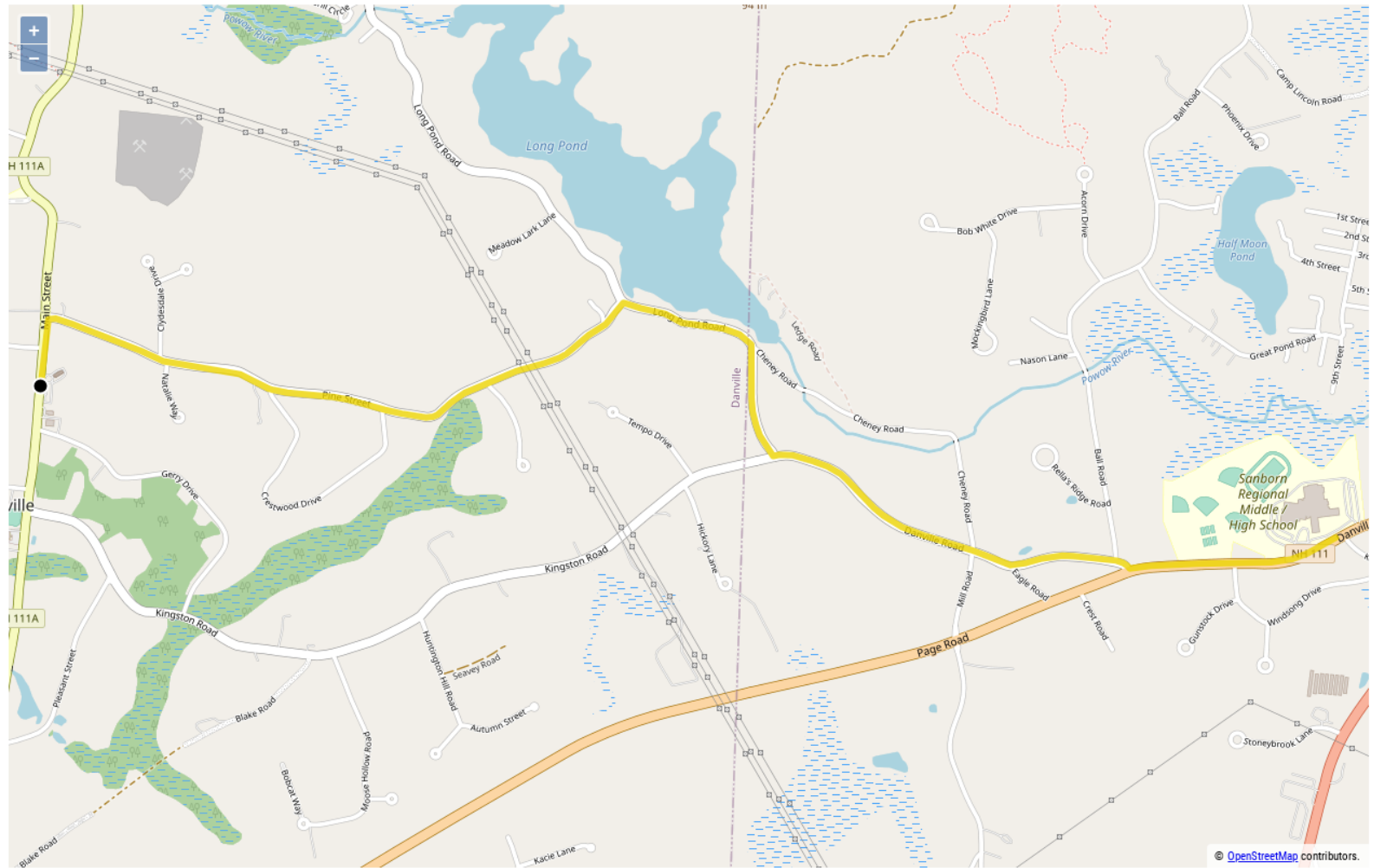
# Ragnar Road Reach The Beach

LEG DISTANCE DIFFICULTY ELEVATION EXCHANGE

30 3.1 miles

Easy 105.91 / -183.49

Sanborn Regional High School  
17 Danville Road  
Kingston, NH  
[42.911645442, -71.071571139]



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## LEG NOTES

Showers available for donation! Bring your own towel and support the Sanborn High School Boosters!  
CONCESSIONS AVAILABLE

- Chicken Caesar Wrap
- Egg Sandwich (egg, bacon, or sausage)
- Grilled English Muffin
- Oatmeal
- Gatorade
- Water/Soda/Juice
- Coffee
- Fruit Cup
- Fresh Fruit (loose)
- Donuts

## TURN BY TURN

- Depart Danville Baptist Church running north with traffic on Main St
- 0.2 Right to run with traffic on Pine St
- 1.4 Right to run with traffic on Long Pond Rd
- 1.6 Right to run with traffic on Long Pond Rd
- 1.9 Left to run against traffic on Danville Rd
- 2.7 Left to run against traffic on Danville Rd/Rte 111
- 3.1 Arrive at Exchange 30 - Sanborn Regional High School

## VAN DIRECTIONS

- Depart Danville Baptist Church right on Main St
- 0.2 Right on Pine St
- 1.4 Right on Long Pond Rd
- 1.6 Right on Long Pond Rd
- 1.9 Left on Danville Rd
- 2.7 Left on Danville Rd/Rte 111
- 3.1 Arrive at Exchange 30 - Sanborn Regional High School

## ELEVATION



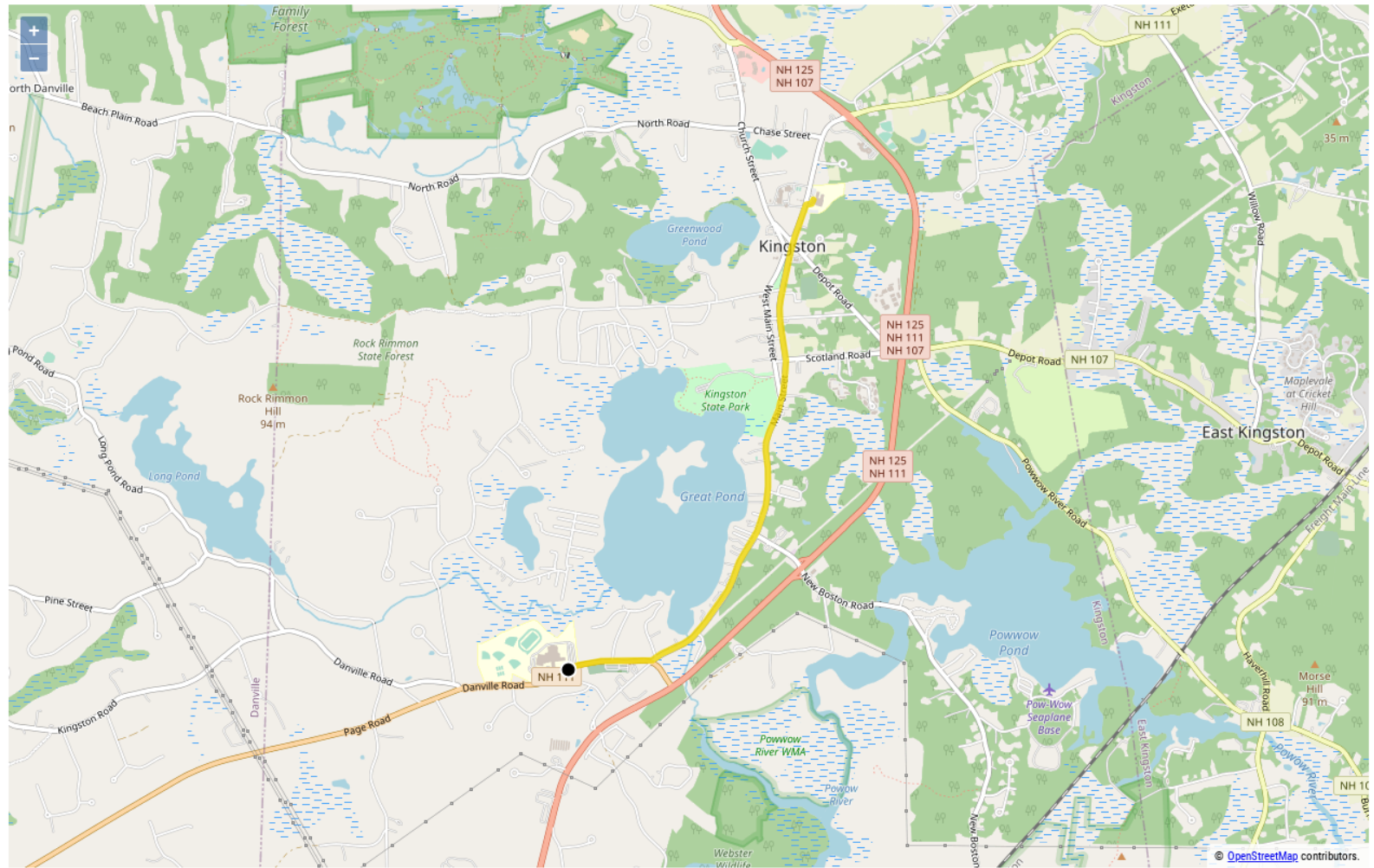
# Ragnar Road Reach The Beach

LEG DISTANCE DIFFICULTY ELEVATION EXCHANGE

31 2.5 miles

Easy 44.36 / -63.41

DJ Bakie School  
179 Main Street  
Kingston, NH  
[42.939147428, -71.051718542]



### LEG NOTES

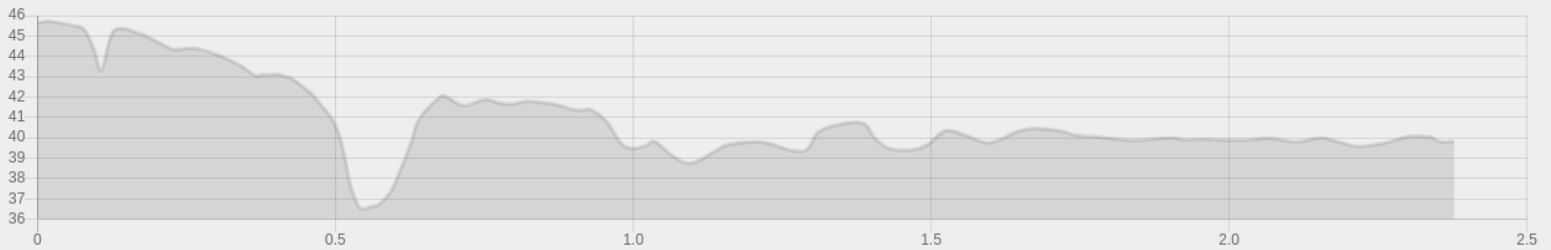
### TURN BY TURN

### VAN DIRECTIONS

Depart Sanborn Regional High School running east against traffic on Rte 111  
0.3 Left to run against traffic on Main Street  
1.6 Cross Main Street and continue with traffic  
2.5 Arrive at Exchange 31 - DJ Bakie School

Depart Sanborn Regional High School east on Rte 111  
0.3 Left on Main Street  
2.5 Arrive at Exchange 31 - DJ Bakie School

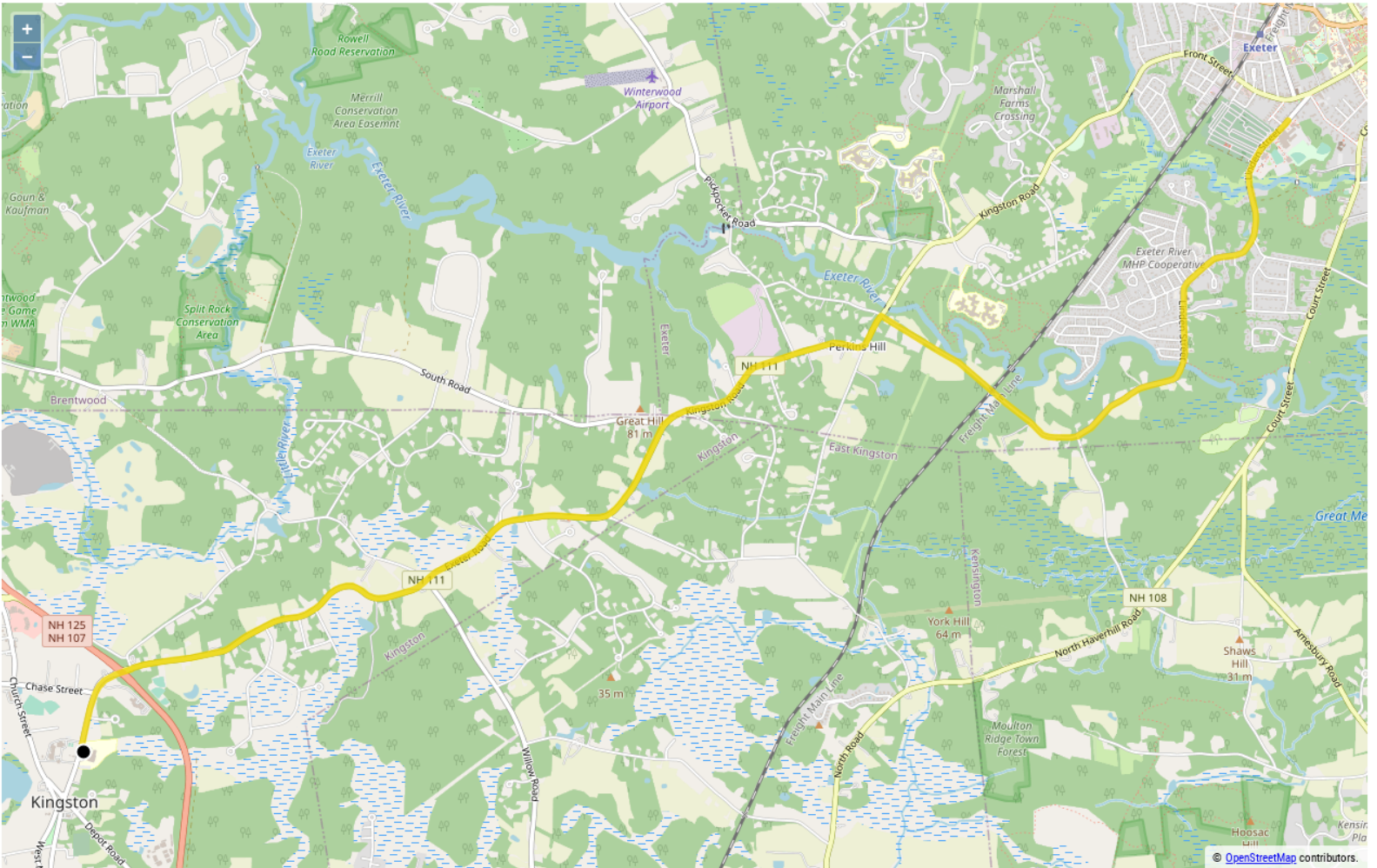
### ELEVATION





# Ragnar Road Reach The Beach

LEG	DISTANCE	DIFFICULTY	ELEVATION	EXCHANGE
32	6.7 miles	Easy	397.67 / -477.55	Tuck Learning Campus 30 Lindon Street Exeter, NH [42.975982641, -70.956501987]



### LEG NOTES

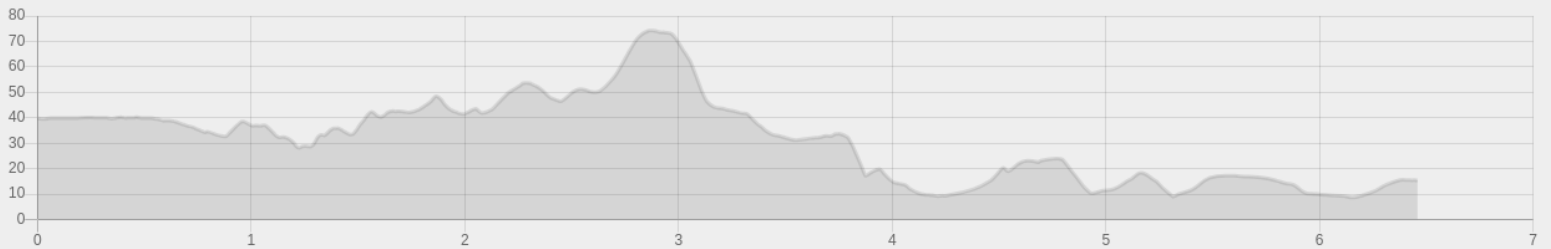
### TURN BY TURN

### VAN DIRECTIONS

Depart DJ Bakie School running north with traffic on Main Street - Main Street becomes Exeter Rd, then Kingston Rd  
 3.9 Bear left to stay on Rte 111  
 4.0 Right to run with traffic on Powder Mill Rd - Powder Mill Rd becomes Linden St  
 6.7 Arrive at Exchange 32 - Tuck Learning Campus

Depart DJ Bakie north on Main Street - Main Street becomes Exeter Rd, then Kingston Rd  
 3.9 Bear left to stay on Rte 111  
 4.0 Right on Powder Mill Rd - Powder Mill Rd becomes Linden St  
 6.7 Arrive at Exchange 32 - Tuck Learning Campus

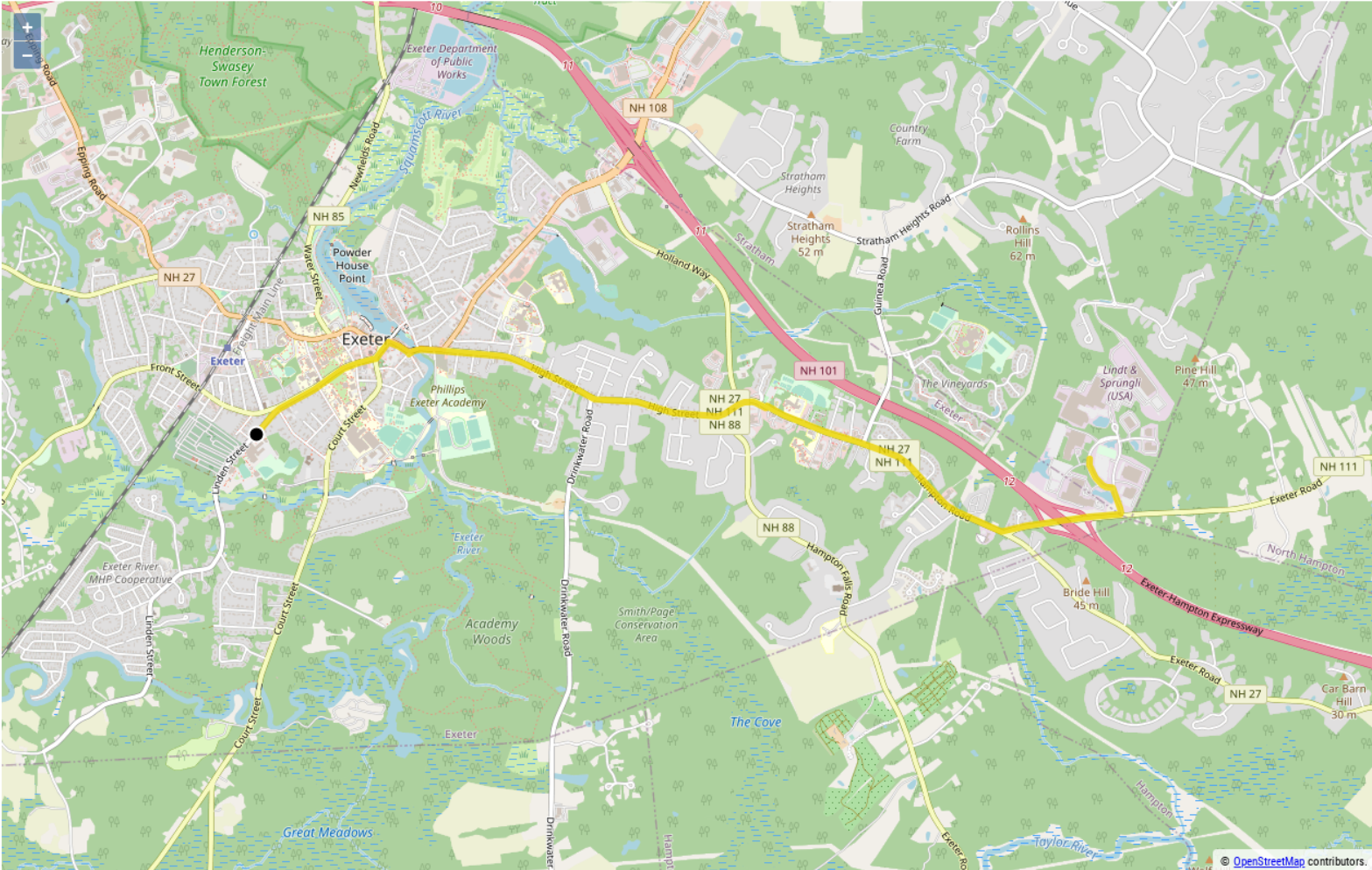
### ELEVATION





# Ragnar Road Reach The Beach

LEG	DISTANCE	DIFFICULTY	ELEVATION	EXCHANGE
33	4.1 miles	Easy	187.8 / -152.2	Timberland Corp 200 Domain Drive Stratham, NH [42.974574111, -70.890896295]



LEG NOTES	TURN BY TURN	VAN DIRECTIONS
	Depart Tuck Learning Campus running north on Linden St 0.1 Continue on the sidewalk with traffic on Front Street 0.6 Right to stay on the sidewalk with traffic on Water St 0.7 Left to run on the sidewalk with traffic on High St 2.3 Cross and continue running against traffic on Hampton Rd 3.3 Left to run against traffic on Rte 111 - Cross highway entrance and exit with extreme caution! 3.8 Left to run against traffic on Marin Way 3.9 Left on Domain Dr 4.1 Arrive at Exchange 33 - Timberland Corporation	Depart Tuck Learning Campus right out of the parking lot on Linden St 0.1 Continue on Front Street 0.6 Right on Water St 0.7 Left on High St 3.3 Left on Rte 111 3.8 Left on Marin Way 3.9 Left on Domain Dr 4.1 Arrive at Exchange 33 - Timberland Corporation



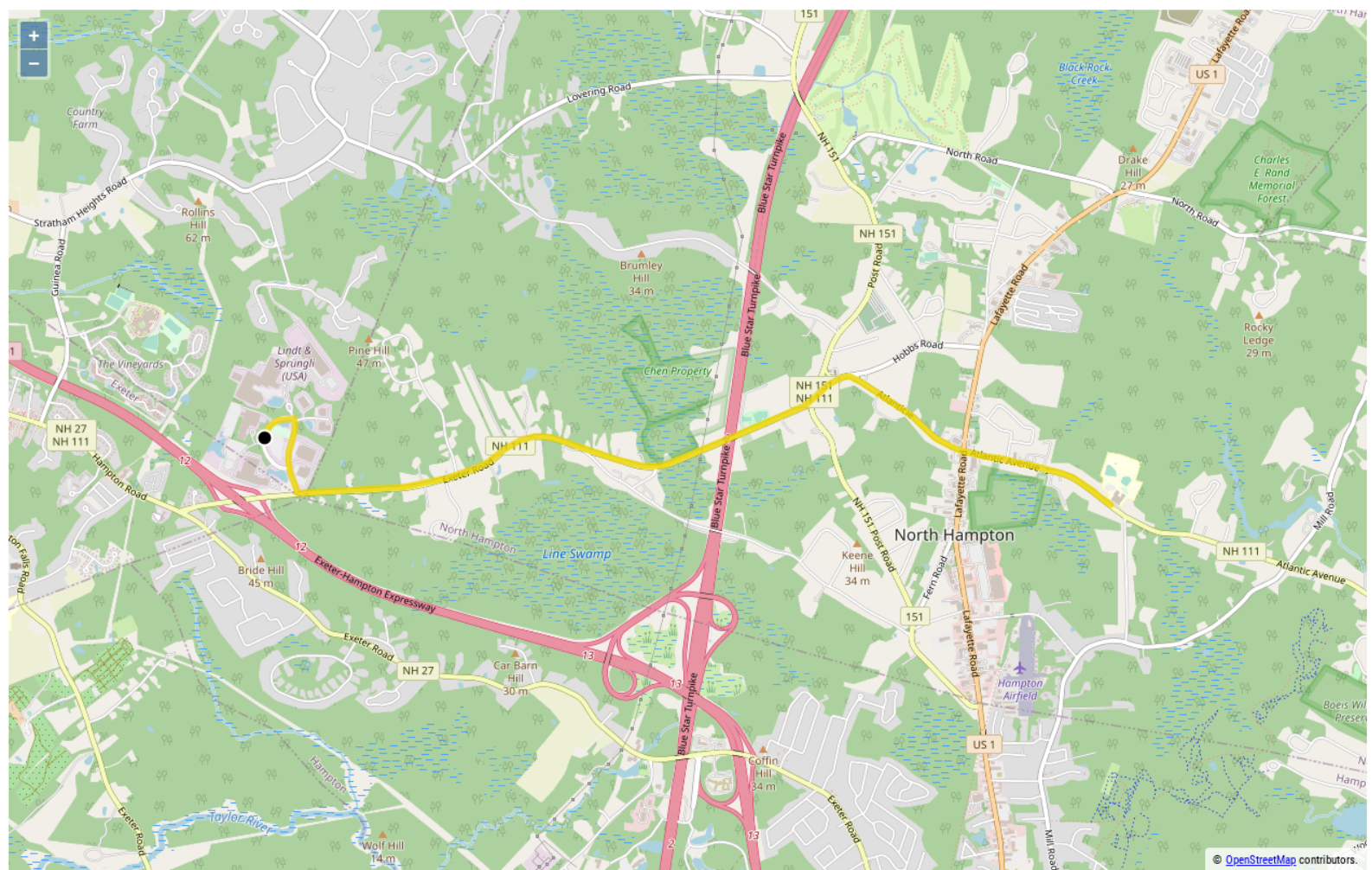
# Ragnar Road Reach The Beach

LEG DISTANCE DIFFICULTY ELEVATION EXCHANGE

34 4.0 miles

Easy 165.74 / -152.76

North Hampton School  
201 Atlantic Ave  
North Hampton, NH  
[42.970714657, -70.823495722]



## LEG NOTES

The last mile and a half(ish) of this leg is NO VAN SUPPORT. Follow van directions.

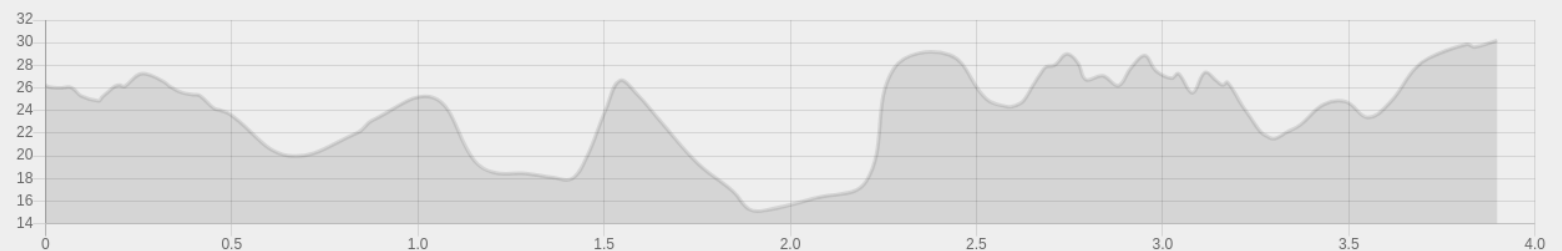
## TURN BY TURN

- Depart Timberland Corporation running north on Domain Dr, then take an immediate right to run against traffic on Marin Way
- 0.5 Left on Exeter Rd
- 2.7 Cross Rte 111 and continue straight with traffic
- LEG BECOMES NO VAN SUPPORT AT THIS POINT
- 2.8 Right to run with traffic on Atlantic Ave
- 3.5 Use caution to cross Atlantic Ave and continue straight against traffic
- 4.1 - Arrive at Exchange 34 - North Hampton High School

## VAN DIRECTIONS

- The last mile and a half(ish) of this leg is no van support and you will be away from your runner. Your team will receive a violation if you support in this area!
- Depart Timberland Corporation right on Domain Dr, then take an immediate right to run against traffic on Marin Way
- 0.5 Left on Exeter Rd
- 2.7 Right on Post Road
- LEG BECOMES NO VAN SUPPORT AT THIS POINT - Don not follow your runner!
- 3.7 Left on South Rd
- 4.9 Left on Lafayette Rd
- 6.8 Right on Atlantic Ave
- 7.4 Arrive at Exchange 34 - North Hampton School

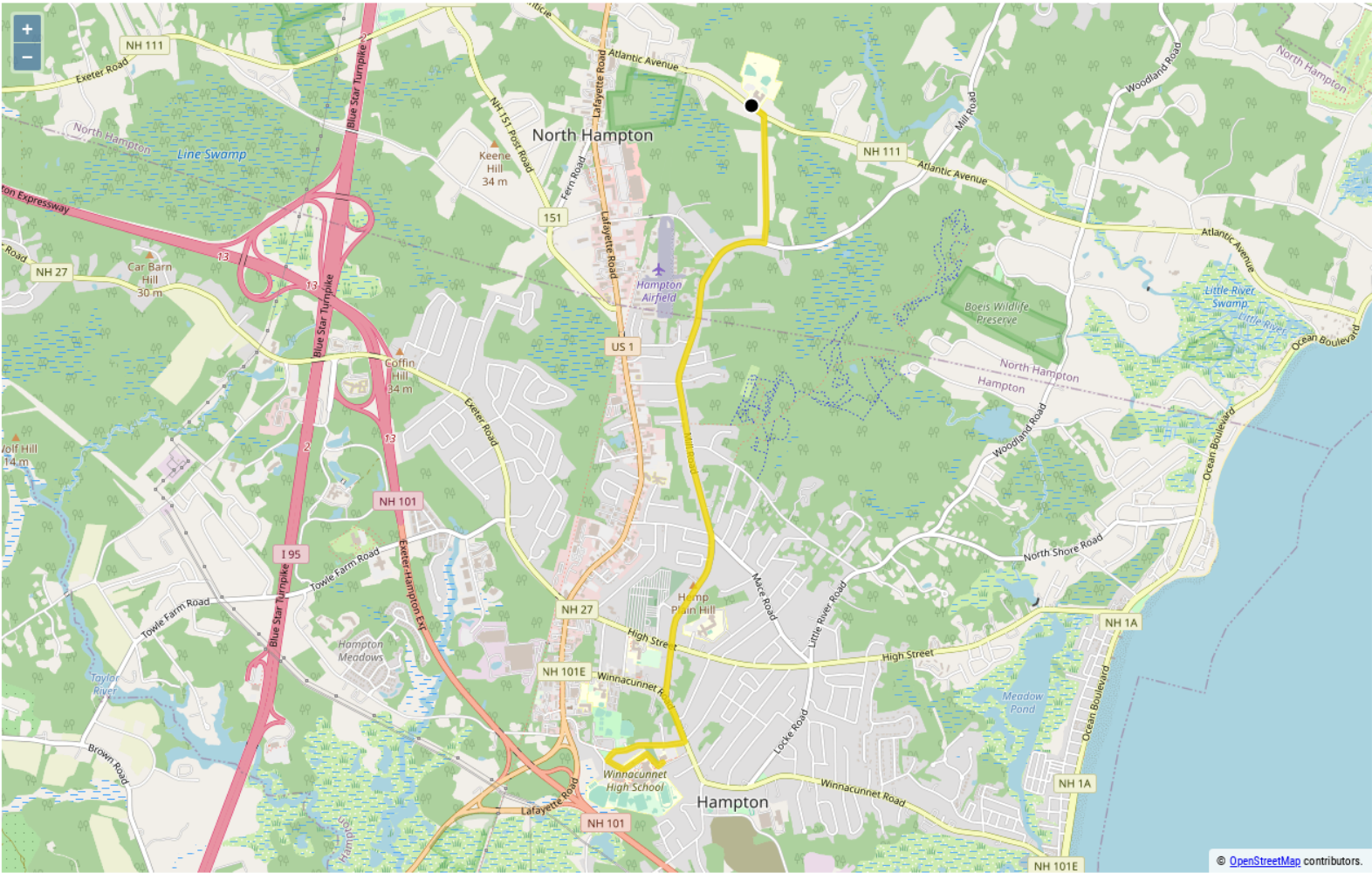
## ELEVATION



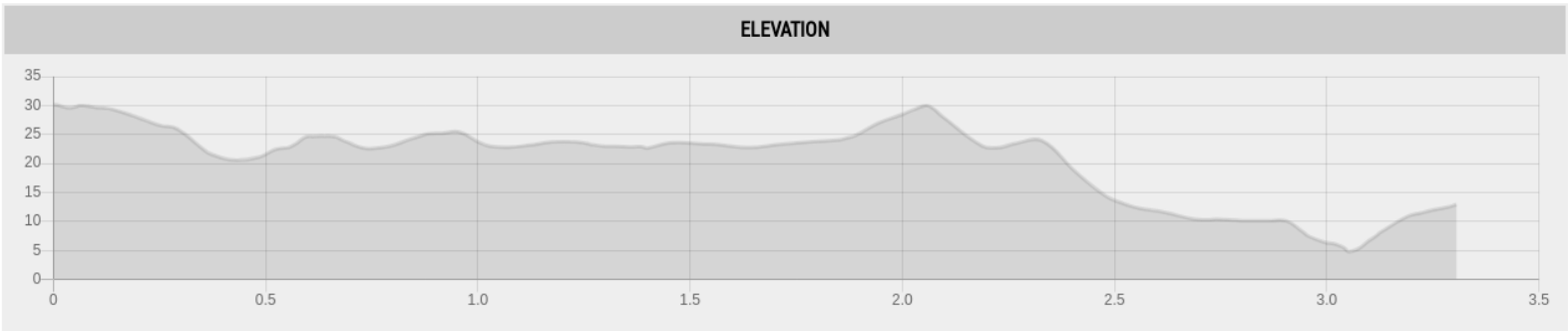


# Ragnar Road Reach The Beach

LEG	DISTANCE	DIFFICULTY	ELEVATION	EXCHANGE
35	3.4 miles	Easy	84.54 / -141.05	Winnacunnett High School 1 Alumni Drive Hampton, NH [42.932681673, -70.830426432]

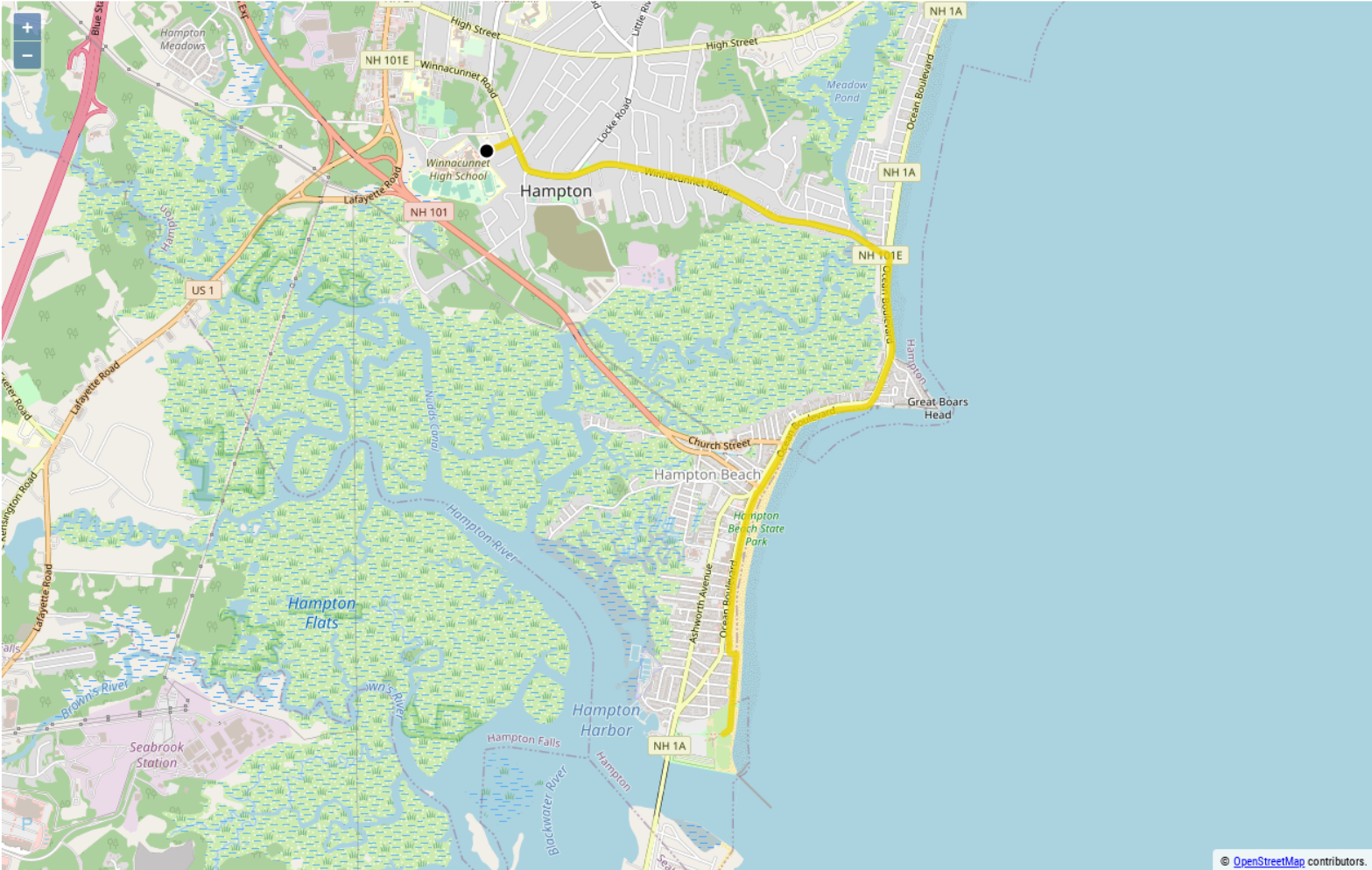


LEG NOTES	TURN BY TURN	VAN DIRECTIONS
	<p>Depart North Hampton School running east against traffic on Atlantic Ave, then take an immediate right to run with traffic on Pine Rd</p> <p>0.6 Right to run with traffic on Mill Rd</p> <p>2.6 Left to run against traffic on Winnacunnett Rd</p> <p>2.8 Right to run against traffic on Park Ave</p> <p>3.1 Stay left against traffic on Cross Ln and take an immediate left on Alumni Dr</p> <p>3.3 Right to run through the parking to toward Winnacunnett High School</p> <p>3.4 Left on Alumni Drive</p> <p>3.4 Arrive at Exchange 35 - Winnacunnett High School</p>	<p>Depart North Hampton School left on Atlantic Ave, then take an immediate right on Pine Rd</p> <p>0.6 Right on Mill Rd</p> <p>2.6 Left to run against traffic on Winnacunnett Rd</p> <p>2.8 Right on Park Ave</p> <p>3.1 Stay on Cross Ln and take an immediate left on Alumni Dr</p> <p>3.3 Right through the parking to toward Winnacunnett High School</p> <p>3.4 Left on Alumni Drive</p> <p>3.4 Arrive at Exchange 35 - Winnacunnett High School</p>



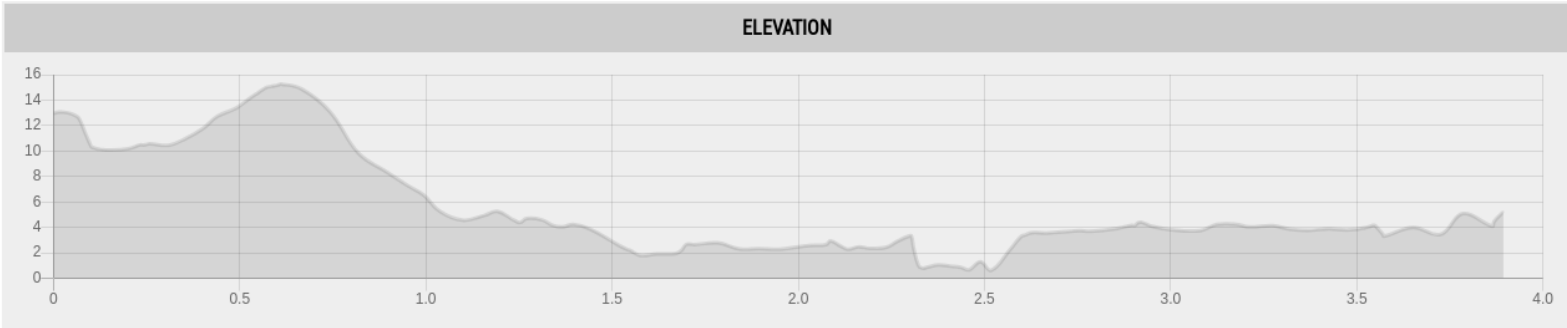
# Ragnar Road Reach The Beach

LEG	DISTANCE	DIFFICULTY	ELEVATION	EXCHANGE
36	4.0 miles	Easy	61.18 / -86.88	Hampton Beach State Park 1 Ocean Blvd Hampton, NH [42.899088455, -70.811699928]



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LEG NOTES	TURN BY TURN	VAN DIRECTIONS
The last mile of this leg is no van support. Please follow van directions to the finish line.	Depart Winncunnet High School running east against traffic on Alumni Dr 0.2 Right to cross with police assistance and run on the sidewalk against traffic on Winncunnet Rd 1.7 Cross 1A with police assistance and take a right to run south on the sidewalk - Check out that view! 2.2 Bear right to continue running on the sidewalk against traffic on Ocean Blvd 3.7 Left to depart the boardwalk and take an immediate right to run across Hampton Beach 4.1 Arrive at the Finish Line!	The last mile of this leg is no van support. Please follow van directions to the finish line. Depart Winncunnet High School left out of the parking lot on Alumni Dr 0.2 on Winncunnet Rd 1.7 Right on Ocean View Drive 2.2 Bear right to continue Ocean Blvd 3.1 Left on Ashworth Ave 4.2 Arrive at the Finish Line!





# Ragnar Road Reach The Beach

EXCHANGE

QR CODE

EXCHANGE

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1



2



3



4



5



6



7



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# Ragnar Road Reach The Beach

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