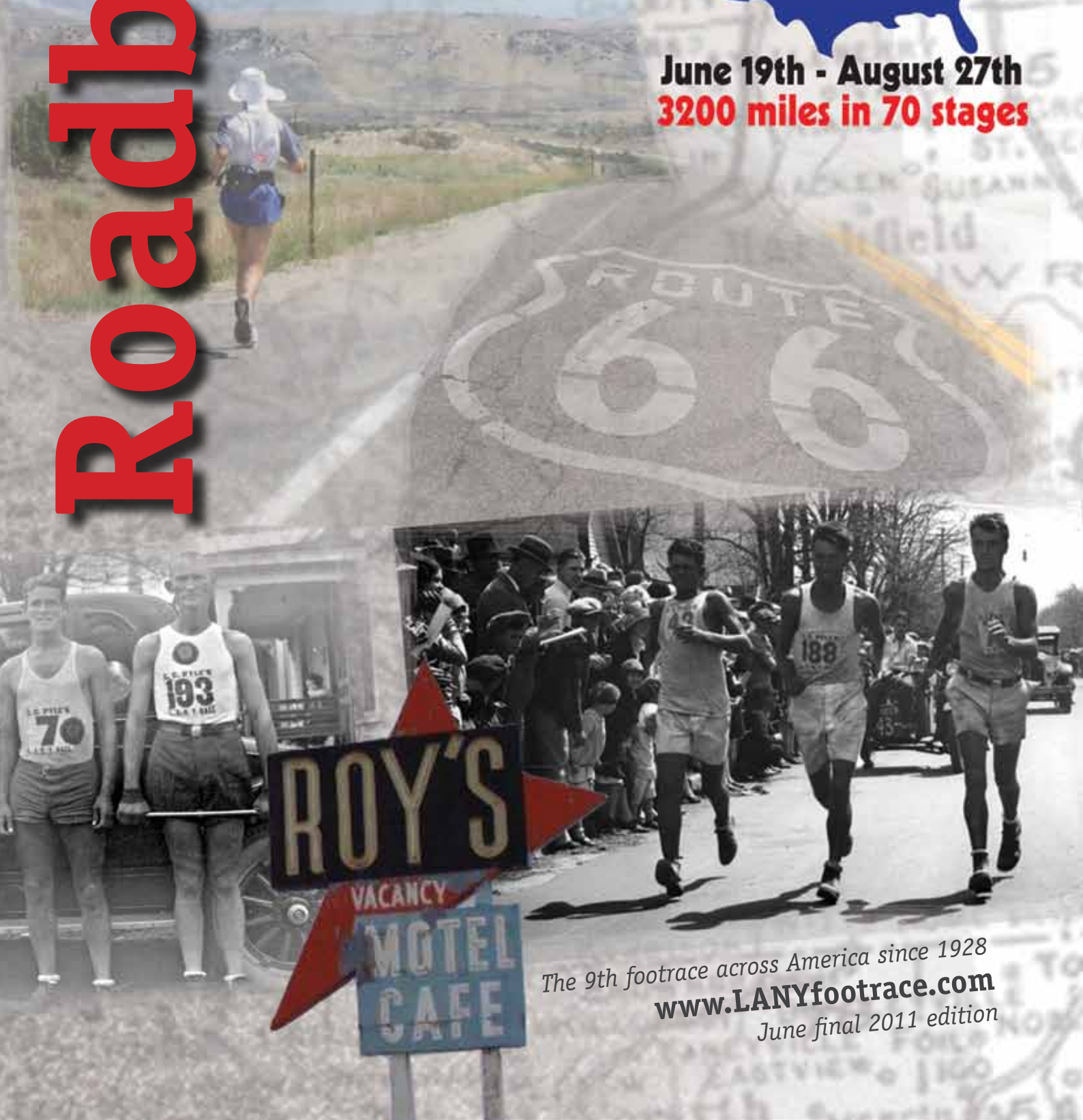


Roadbook

LA-NY Footrace 2011



June 19th - August 27th
3200 miles in 70 stages



The 9th footrace across America since 1928
www.LANYfootrace.com
June final 2011 edition

LA-NY Footrace 2011



June 19th - August 27th
3200 miles in 70 stages

Race schedule

Schedule subject to change

April 19th 2011

design: porcupine design agency.com

Day	Date	Stage	From	To	State	Miles	Miles total
Sunday	6/19	1	Huntington Beach	Norco	CA	45.7	45.7
Monday	6/20	2		Hesperia	CA	48.9	94.6
Tuesday	6/21	3		Barstow	CA	47.4	142.0
Wednesday	6/22	4		Ludlow	CA	50.9	192.9
Thursday	6/23	5		Amboy	CA	28.3	221.2
Friday	6/24	6		Fenner	CA	39.8	261.0
Saturday	6/25	7		Needles	CA	39.8	300.8
Sunday	6/26	8		Kingman	AZ	51.3	352.1
Monday	6/27	9		Truxton	AZ	42.3	394.4
Tuesday	6/28	10		Seligman	AZ	45.9	440.3
Wednesday	6/29	11		Ash Fork	AZ	30.5	470.8
Thursday	6/30	12		Williams	AZ	30.3	501.1
Friday	7/1	13		Flagstaff	AZ	42.8	543.9
Saturday	7/2	14		Birdspring	AZ	53.1	597.0
Sunday	7/3	15		Indian Wells	AZ	40.9	637.9
Monday	7/4	16		Kinlichee	AZ	48.9	686.8
Tuesday	7/5	17		Gas Station on Rd 491	NM	42.3	729.1
Wednesday	7/6	18		Crownpoint	NM	44.6	773.7
Thursday	7/7	19		Pueblo Pintado	NM	45.8	819.5
Friday	7/8	20		Cuba	NM	48.3	867.8
Saturday	7/9	21		Abiquiu Lake	NM	51.1	918.9
Sunday	7/10	22		Velarde	NM	37.8	956.7
Monday	7/11	23		Palo Flechado Pass	NM	46.9	1003.6
Tuesday	7/12	24		Cimarron	NM	37.1	1040.7
Wednesday	7/13	25		Point of Rocks Rest Area	NM	49.0	1089.7
Thursday	7/14	26		Clayton	NM	59.3	1149.0
Friday	7/15	27		Boise City	OK	44.6	1193.6
Saturday	7/16	28		Guymon	OK	56.6	1250.2
Sunday	7/17	29		Balko School	OK	48.8	1299.0
Monday	7/18	30		Hwy Crossing 412/283	OK	46.7	1345.7
Tuesday	7/19	31		Crossing Hwy 64/N1980	OK	37.0	1382.7
Wednesday	7/20	32		Alva	OK	47.5	1430.2
Thursday	7/21	33		Medford	OK	51.8	1482.0
Friday	7/22	34		Ponca City	OK	42.9	1524.9
Saturday	7/23	35		Pawhuska	OK	43.6	1568.5
Sunday	7/24	36		Oolagah	OK	48.4	1616.9
Monday	7/25	37		Vinita	OK	40.8	1657.7
Tuesday	7/26	38		Miami	OK	32.7	1690.4
Wednesday	7/27	39		Carthage	MO	47.7	1738.1
Thursday	7/28	40		Springfield	MO	54.0	1792.1
Friday	7/29	41		Philipsburg	MO	48.0	1840.1
Saturday	7/30	42		St Robert	MO	48.1	1888.2
Sunday	7/31	43		St James	MO	41.6	1929.8
Monday	8/1	44		Owensville	MO	28.4	1958.2
Tuesday	8/2	45		Hermann	MO	29.8	1988.0
Wednesday	8/3	46		Bowling Green	MO	54.9	2042.9
Thursday	8/4	47		Hannibal	MO	44.8	2087.7
Friday	8/5	48		Pittsfield	IL	35.7	2123.4
Saturday	8/6	49		New Berlin	IL	53.1	2176.5
Sunday	8/7	50		Decatur	IL	54.1	2230.6
Monday	8/8	51		Tuscola	IL	41.8	2272.4
Tuesday	8/9	52		Rockville	IN	57.9	2330.3
Wednesday	8/10	53		Indianapolis	IN	51.0	2381.3
Thursday	8/11	54		Dunreith	IN	47.2	2428.5
Friday	8/12	55		Crossing US40/Arlington Rd	OH	54.1	2482.6
Saturday	8/13	56		South Vienna	OH	47.4	2530.0
Sunday	8/14	57		Reynoldsville	OH	44.3	2574.3
Monday	8/15	58		Zanesville	OH	51.8	2626.1
Tuesday	8/16	59		Morristown	OH	58.4	2684.5
Wednesday	8/17	60		Washington	PA	46.6	2731.1
Thursday	8/18	61		Uniontown	PA	49.0	2780.1
Friday	8/19	62		Frostburg	MD	51.1	2831.2
Saturday	8/20	63		Hancock	MD	50.6	2881.8
Sunday	8/21	64		Waynesboro	PA	46.2	2928.0
Monday	8/22	65		York	PA	48.8	2976.8
Tuesday	8/23	66		Lancaster	PA	26.2	3003.0
Wednesday	8/24	67		Kutztown	PA	50.5	3053.5
Thursday	8/25	68		Washington	NJ	48.1	3101.6
Friday	8/26	69		W. Orange	NJ	51.5	3153.1
Saturday	8/27	70		New York	NY	34.4	3187.5



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Letters to the Runners



2011 LA-NY Footrace Runners Welcome,

So lucky are those of you entering this Summer's LA-NY 2011 Footrace. Opportunities like this are few and far between in our constantly changing and fleeting life that you have to jump on them before they, like time, slip through your fingers. I jumped in 1992, with 29 others, and had the most difficult, painful, and rewarding experience of my life - 3000 miles is tough!

The 13 of us that finished felt like warriors, in a brotherhood, that conquered the savage beast within ourselves. We felt honored to call ourselves transcontinental race finishers - and YOU can too, if you're patient, smart, and never say die.

Good luck, one and all, from the bottom of my heart. You will never regret the effort and sacrifice.

David Warady

1992 Trans America Footrace Champion



David Warady crossing the finish line at Central Park New York. August 22nd 1992

Left: the Father of American ultra-running Ted Corbitt, Right: George Hirsch editor of Runners World



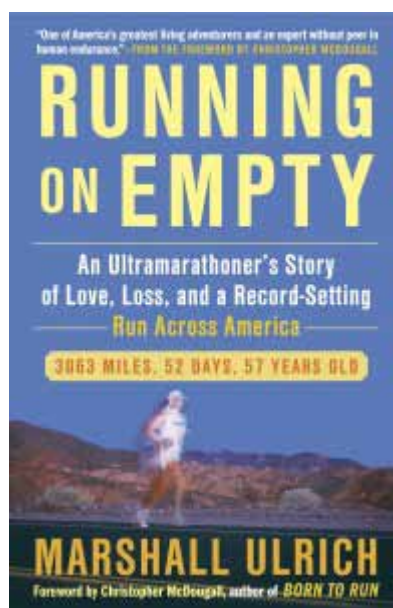
LA-NY Runners,

*You're embarking on an incredible and uncommon life journey. To date, less than 250 others have run across the entire United States. To put this in perspective, a great deal more than *ten times that many* have summited Mount Everest.*

So, when you're out there in the "breakdown lane," just remember to take it one step at a time. Don't get ahead of yourself or become overzealous; as they say in mountaineering, don't "let your brain go to your feet." Stay steady, strong, with your eyes nailed down the road.

Keep in mind this will be a life-changing experience forever to be cherished. And when you reach New York City, you can breathe air even more rarified than what you'd find at the top of Mount Everest. You'll truly be on the top of the world.

Marsh



Marshall Ulrich ran from San Francisco to New York in 2008 with the 3rd fastest recorded time in 52 days. His Book Running on Empty just hit the bookstores in USA.

Letter from the organisation



Hello Runners, crew members, sponsors and fans of the LA-NY Footrace

I organized since 1999 all the race running by Serge : Australia, South America, Africa, Paris-Tokyo, and European Tour (itinerary, logistic to cross each country, team's management, bringing up to date website). Each time, I learned more and more and I think to be ready to share my experience with you.

Serge during our inspection dreamt to run LANY Footrace 2011 but he promised me to be the Race Director : difficult to be runner and organizer and Serge has so much experience to understand long distance runner. He will be the best of us in this job – It is what I'm still thinking.

After 4 months and half with no race, no jogging, no training, Serge runs again since beginning of March and he dreamt one more time of LANY Footrace. With less than 20 runners, Serge told me "please Laure be the Race Director and let me participate". "Yes Serge, but I couldn't take care of you. My job will be to take care of all the runners who will participate".

I will be the Race Director of LANY Footrace 2011 and I am really impressed.

I will do my best with my French Team: Anne, Bérengère, René, Bertrand, Emilie and Ludovic. They are used to take care of long distance runners because all of us have been crew for Serge during Paris- Tokyo Footrace or European Tour Footrace. Everybody in this organization is knowledge of what means run 70 km or more, day after day and what represents investment of time and money expense to realize this dream.

It is why we hope to help you day after day to reach you goal with all our earth and energy even if we know it will be not easy every day with tiredness.

We wish you a good race and all the best in this great adventure to share with no moderation.

Good luck

Laure Magnan

Organizer of the LA-NY Footrace

Laure Magnan, France

Organized 4 times the 24 hours of Grainville-Ymauville and is a Marathon runner herself.

Competitors



James Adams, 31 Great Britain

London

Badwater (135 miles) 2010, Spartathlon (153 miles) 09,10 | Grand Union Canal Run (145 miles) 08,09 | Run the Moose (6 days 300 km) 08 | Marathon des Sables (6 days 250km) 90+ marathons/ultras

Website: www.runningandstuff.com



Mark Cockbain, 39 Great Britain

Northampton

4x Badwater (Including Double 300), 5x Spartathlon, John O'Groats to Lands End 859 (15days), Yukon Arctic Ultra 300, Trans 333(2nd, The High (1st), Thames Ring 250, 4 x Grand Union Canal, Atacama Crossing, Marathon Des Sables, 12h 85 miles, 24h 125 miles, Marathon 2:53

Website: markcockbain.com

Support crew: Kenneth Evans, USA



Gérard Bavato, 53 France

Villefranche de Lauragais

Diagonale des Fous, Spartathlon, Integrale de Riquet, Ascension Mont Cameroun Desert Cup Mali, Trans 333 Niger 1st place, Raid Amazonie 1st place, Badwater, World Record : Ascension du Kilimandjaro, Personal best: 100km 7:53h, Marathon 2:46h

Website: bavato.fr



Philippe Grizard, 58 France

Chaussin

Transe Gaule , 555, 333, RMV, Nove Colli, Badwater, Defi de l'Oisans, Fortiche de Maurienne, Transahariana, Libyan Challenge ,24H, 48H...



Patrick Malandain, 51 France

Montivilliers (Le Havre)

2010: Saint Malo - Rodez: 497 miles in 10 days

2009: Le Havre - Istanbul: 2007 miles in 53 days

2008: Agen - Barcelone: 335 miles in 7 days

2007: Le Havre - Agen: 478 miles in 13 days

171 miles in 48h indoor, 110 miles in 24h, 100km: 10:26h, Marathon 3:23h

Website: patrun.top-forum.net

Support crew: Fabienne Malandain

Competitors



Rainer Koch, 30 Germany

Dettelbach

Spreelauf 2001, La Transe Gaule 2002, Deutschlandlauf 2005, Trans-Europe Footrace 2009, Spartathlon 2000/08, Nove Colli 2001, Olympian Race 2004, 3 x 100mile, 15 x 100km, more than 100 Ultras,
Personal best: Marathon 2:39:28, 100km 7:05:24, 24h 220,094 km

Website: ultrakoch.org

Support crew: Hyunseek Ryu ("June"), Korea



Markus Mueller 47 Germany/USA

Eagle, CO USA (German)

Trans Australia Footrace 2001, Trans Germany Race 3rd Place, 11 x 100 miles including Hardrock 100 and 4x Leadville 100, Spartathlon 92, Personal best: 630 miles in 10 days, 133.074 miles in 24h, 100k 9:09:22h, Marathon 3:07:10

Website: markusmuellerultrarunning.com

Support crew: Dan Bakke, USA Klaus Schumacher, Germany



Italo Orru, 48 Italy

Sinnai Sardegna

5 x 100km Passatore

Marathon des Sables

Atacama Crossing

3 x Ultra Trail du Mont Blanc



Yoshiaki Bando, 44 Japan

Tokushima

1985 Hokkaido-tokyo walk 1600km

1986 Walk across japan hokkaido-kagoshima 2700km

1987 Walk across africa continent(Kenya-Cameroon) 5500km

2009 Marathon des sables 210km, 2009 Osj ontake urutra trail 103km

2010 Kawa-no-michi foot-race tokyo-niidata 520km

Japanese support team: Tsuyoshi Sugawara, Yasumasa Namikoshi, Satoru Iwata



Makoto Koshita, 60 Japan

Obihiro, Hokkaido

92-10 Hagi Ohkan Maranic 250km, finished 9 times | 92-93 Tokaido Journey

Run (6 stages) 506 km 97:23 | 94-10 Sakura-Michi Nature Run 250 km, finished 15 times | 98-00 Run Through Japan (Soya Cape - Kyan Cape) 3370.5km

2002 Run Across America 2002 (71 stages) 4966.8km 695:55:12 | 10 - 2011

Tokaido Journey Run (6 stages) 522.4 km 90:24

Personal Best 24h, 173 km, 100k, 9:58:12, Marathon, 3:15:57

Japanese support team

Competitors



11

Yoshiaki Ishihara, 66 Japan

Aioi, Hyogo Prefecture

MARATHON DES SABLES (Morocco 250km), Yamaguchi 100 HAGI-O-KAN MARANIC (Japan 250km), SPARTATHLON (Greece 245.3km), Sakura-midhi International Nature Run (Japan 250km), Sakura-midhi 270km Ultra Marathon (Japan 270km), TRANS YEZO (Japan 1,100km), Smile Run For Children "J.O.Arnn Memorial Run" (Japan 1,320km), Since the age of 55 Yoshimi completed more than 200 races with 100 km or more.

Japanese support team



12

Yoshimi Tanaka, 60 Japan

Koto-Ku - Tokyo

1983 IRONMAN TRIATHLON in Hawaii finisher, 1986 Journey Biathlon Challenge in WEST USA (4days/800km) Run (S.F.-Denver) Bike (Denver-.S.L) no support, 1989 Fossa Magna (Japan crossing Coast to Coast) Journey run Challenge(390km 5days), 1990/92 Quadruple-IRONMAN-Triathlon in HUNGARY 84/82 hours finisher, 1993 Japan Alps Mountain Run Challenge(14days 450km 85peaks from Pacific ocean to Japan-sea) finisher without support.

Japanese support team



13

Serge Girard, 57 France

Grainville-Ymauville

1997 – 2006 : Race across 5 continents= 40979km in 551 days

Finisher Transe Gaule 2002, Finisher Badwater 2008,

1000km de France in 9 days 12 H 22 minutes,

Around Europe Tour 16787 miles/27011 km in 365 days 2009/2010

Support crew: M. William Heudicourt, France



14

Jenni De Groot, 48 Netherlands

Leeuwarden

Several marathons, 60 km, 100 km and 24-hours.

Pieterpad 503 km, Rondje Nederland 1079 km

Trans Europe Footrace 09 Did not finish due to a pelvic fractures after 3300 km

Support crew: Anneke Kuiper on a bicycle



16

Alexandro Bellini, 32 Italy

Gazzolo d'Arcole VR

Marathon Des Sables, 2003, 2005 First man to cross the Mediterranean sea and the Atlantic Ocean on a lone trip using a rowing boat 7,5 meters long. The 10,000 km long crossing from Genova to Fortaleza (Brasil) takes 226 days.

2008, from Lima, Peru rowing his way into the Pacific Ocean to reach Australia. 18,000 km long and 294 days spent alone in the open ocean.

Website: alexbellini.it

Support crew: Simone Bortolotti, Italy

The average age of all 15 runners is 48.0 years

Special Competitors



Peter Bartel, 69 Germany

Berlin

Running: Spartathlon finisher, 204,121 km in 24 H, 100 km in 8:52:22 h, Marathon in 2:56:52 h

Treadmill: 24 H, 7 days, 1000 km

Kickbiking: Brunswick - Berlin 242 km / Berlin - Baltic Sea 324 km / TransEurope-FootRace (Bari-North Cape) 4487 km

Support crew: Hyunseek Ryu ("June"), Korea



Anneke Kuiper, 59 Netherlands

Leeuwarden

Anneke will support Jennke De Groot in the LA-NY Footrace

LA-NY Race organization



A Laure Magnan, Organizer LA-NY Footrace

B René Girard

C Anne Plaquevent

D Bertrand Plaquevent

E David Antonine

F Bérengère Courant

G Emilie Carion

H Ludovic Fortier

19/06/11 :

Huntington Beach - Norco 45,7 mi / 73,5 km

Breakfast No

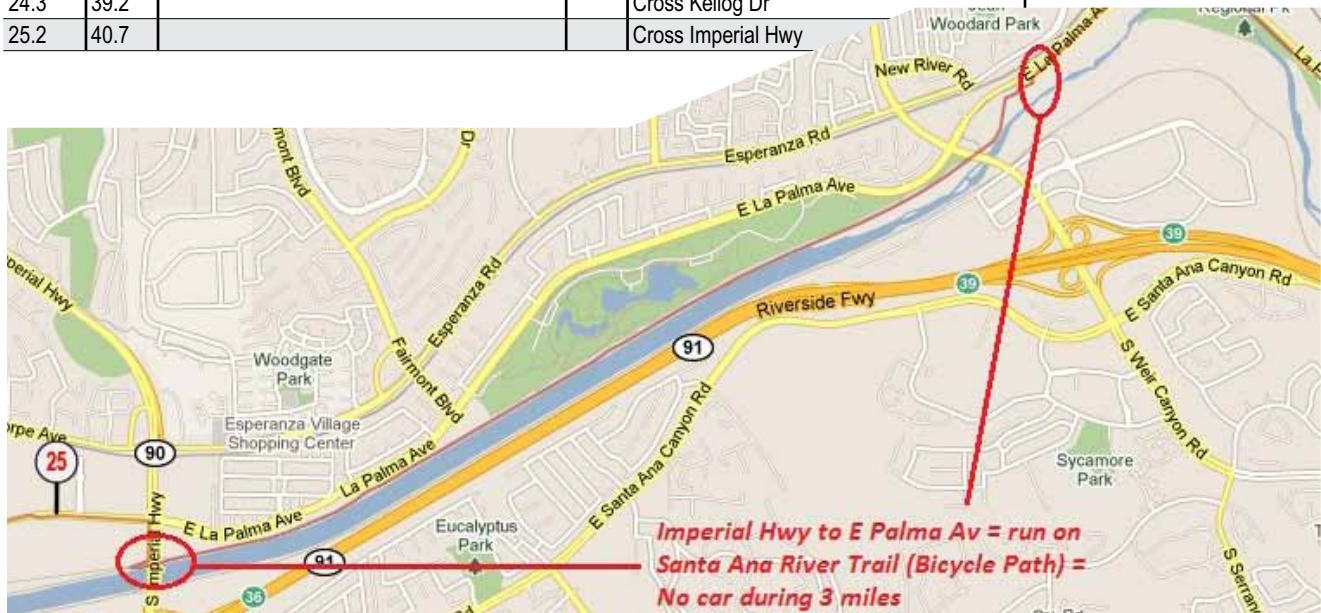
Restaurant Of your choice

Hotel Motel's Organization Regency



Mi	Km	Street Name		Indications	Comments
0	0	Pacific Coast Highway	Next turn 4,3mi/ 7km	Start from the Beach - Crossing Magnolia St and Pacific Coast Highway	Remember you must run on sidewalk when there are sidewalks
1.4	2.3			Cross Atlanta Av	
1.8	2.9			Cross Indianapolis Av	
2.2	3.7			Cross Adams Av	
2.7	4.5			Cross Yorktown Av	
3.2	5.3			Cross Garfield Av	
3.7	6.1			Cross Ellis Av	
4.3	7	Talbert Avenue	Next turn 6mi/ 9,7km	→ Turn Right onto Talbert Av	
4.7	7.7			Cross Bushard St	
5.2	8.5			Cross Brookhurst St	
5.5	8.9			bridge over 405 Frwy - Go straight	
5.8	9.4			Cross Ward St	
6.3	10.2			Cross Euclid St	
6.4	10.4			Cross Newhope St	
6.7	10.8	Talbert Avenue becomes W Macarthur Blvd		Bridge over Santa Ana River - Go straight	
7.3	11.8			Cross Harbor Bd	
7.5	12.2			Railway crossing	
7.7	12.4			Cross Susan St	
8	13			Cross Fairview St	
8.2	13.3			Cross Greenville St	
8.5	13.8			Cross Raitt St	
8.9	14.4			Cross Bear St	
9.1	14.7			Cross Plaza Dr	
9.3	15			Cross Bristol St	
9.8	15.8			Cross Flower St	
10.1	16.3			Cross Birch St	
10.3	16.7	Main St	Next turn 8mi/ 12,9mi	← Turn Left onto Main St	
11.1	17.9			Railway crossing	

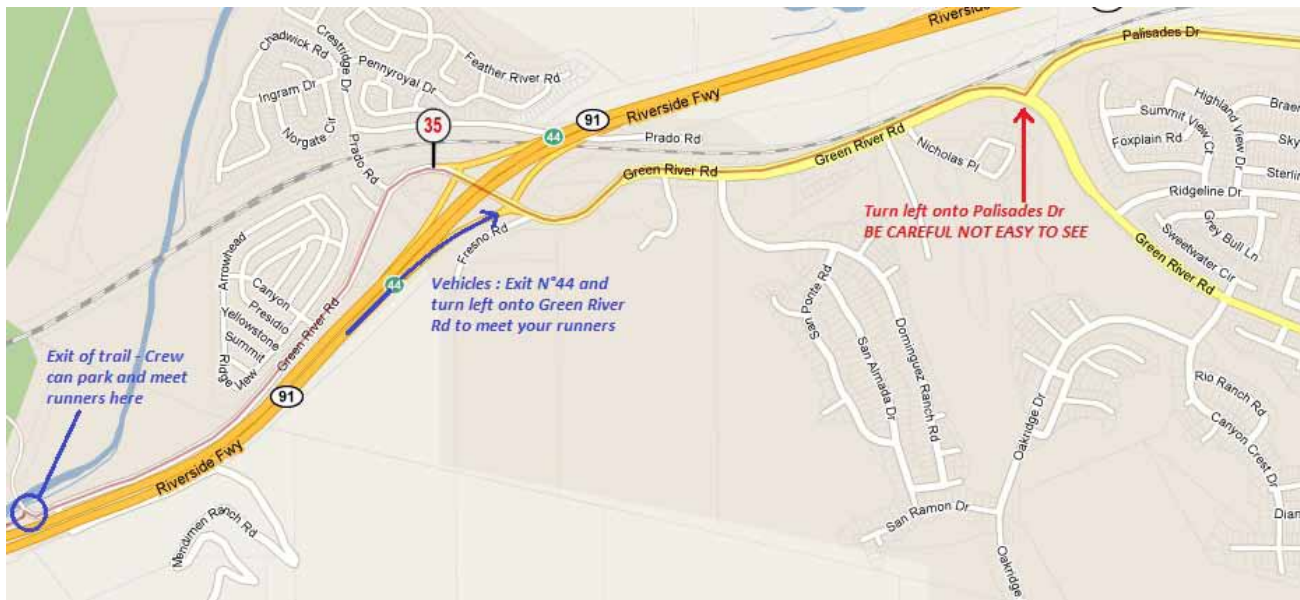
Mi	Km	Street Name		Indications	Comments
11.4	18.4			Cross Warner Av	Santa Ana Center City
12.1	19.6			Cross Edinger Av	
12.7	20.5			Cross Mac Fadden Av	
13	21			Cross Bishop St	
13.4	21.7			Cross First St	Then lot of roads to cross in new city center
14.1	22.8			Cross Washington St	
14.4	23.3			Cross 17th St	
14.9	24			Cross Buffalo Av and bridge over Freeway 5 - You have a big Black Cube on the left side at the end of the bridge	
15.4	24.8			Cross Memory Lane	
15.5	25			Cross City Place	
15.7	25.4			Bridge over Freeway 22	
15.9	25.6			Cross La Veta Av	
16.1	26			Cross Palmyra Av	
16.2	26.2			Cross Almond Av	
16.4	26.5			Cross Chapman Av	light curve
16.7	26.9			Cross Palm St	
16.9	27.3			Cross Walnut/Orangewood Av	
17.2	27.7			Railway crossing	
17.4	28.1			Cross Collins Av	
17.8	28.8			Cross Katella Av	
18.1	29.2			Railway crossing	
18.3	29.6	Taft Avenue	Next turn 0,3mi/ 0,4 km	→ Turn Right onto Taft Av	
18.6	30	Batavia Avenue	Next turn 1,6mi/ 2,1km	← Turn Left onto Batavia Av	
18.8	30.4			Cross Grove Av	
19	30.7			Railway crossing	
19.6	31.6			Flechter Av	
19.9	32.1	Lincoln Avenue		→ Turn right onto Lincoln Av	
20.5	33	Glassel St		← Turn Left onto Glassel St	
20.9	33.7	Riverdale Avenue	Next turn 2,3mi/ 3,7km	→ Turn right onto Riverdale Av - 7 Eleven at right corner	
21.5	34.7			Railway crossing and cross Orange Olive Rd on the right	
22	35.5			Cross Tustin Av	
22.1	35.7			Bridge Over Frwy 91	
22.4	36.1			Cross Finch St	
22.9	36.9			Cross Derfield St	
23.2	37.4	Lakeview Avenue	Next turn 0,5mi/	← Turn Left onto Lakeview Av	
23.4	37.8			Bridge over Santa Ana River - Go straight	
23.7	38.2	La Palma Avenue		→ Turn Right onto La Palma Av - Run on sidewalk on the left side	
24.3	39.2			Cross Kellog Dr	
25.2	40.7			Cross Imperial Hwy	



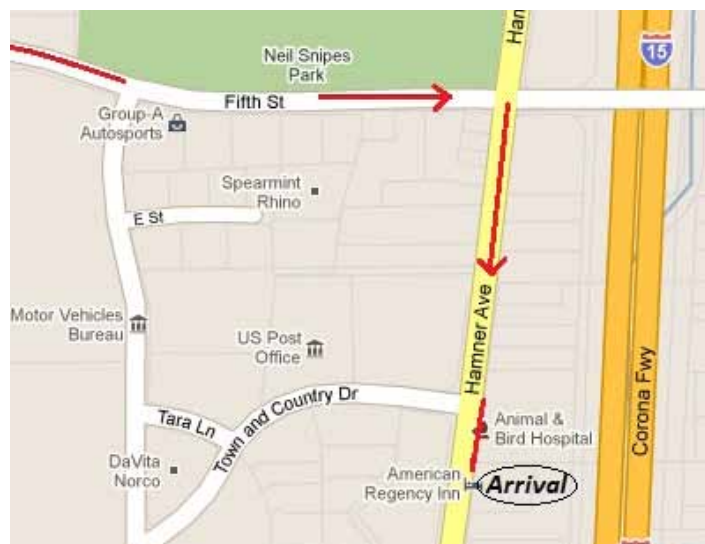
Mi	Km	Street Name		Indications	Comments
		Possibility to go right to take the Santa River Trail / Attached Map with this option			
26.2	42.3			Cross Fairmont Bld - Yorba Regional Park on the right side planted median strip in the middle of the road	
26.6	42.9			Cross Emogene St	
27.6	44.5			Cross Jenifer Rd	
27.9	45			Yorba Linda Blv / Cross at the traffic light to come on the right side of the road - Honda Garage at the corner where you have to cross the street	
28	45.1			Enter in Bicycle Trail	



Mi	Km	Street Name		Indications	Comments
28.2	45.4			Follow Bicycle Trail/Walkside	
28.5	46			Enter of Bicycle Trail on the right	Mercado Del Rio / last runners' aid station for 4 kilometers
30.1	48.5			Cross Lomas de Yorba E	
30.7	49.5	Gypsum Canyon Road	→	Turn Right onto the Bridge - Bicycle Trail on the right side	
31	50	direction Canyon RV Park	→	Follow Bicycle Trail (turn right just before the end of the bridge)	Go slow for crew. Outlet Road - stop just to feed runners (in front of you RV Canyon Camping) and go back to enter in Freeway 91 East - Then Exit 44 = Green River Road. Turn left onto Green River Rd and follow this road on 2,2km to go back at the exit of bicycle trail and find runners
34.1	55	Green River Rd	→	Runners follow the Bicycle Trail until Corona Golf Course and Green River Road - Bicycle Lane	Cars can wait runners at the exit of bicycle. In november lot of work Rd Perhaps a new road or a new Bicycle Trail - To check if it is finish
35.1	56.6			Gas Station Shell and Chevron and no more sidewalk or Bicycle Lane	



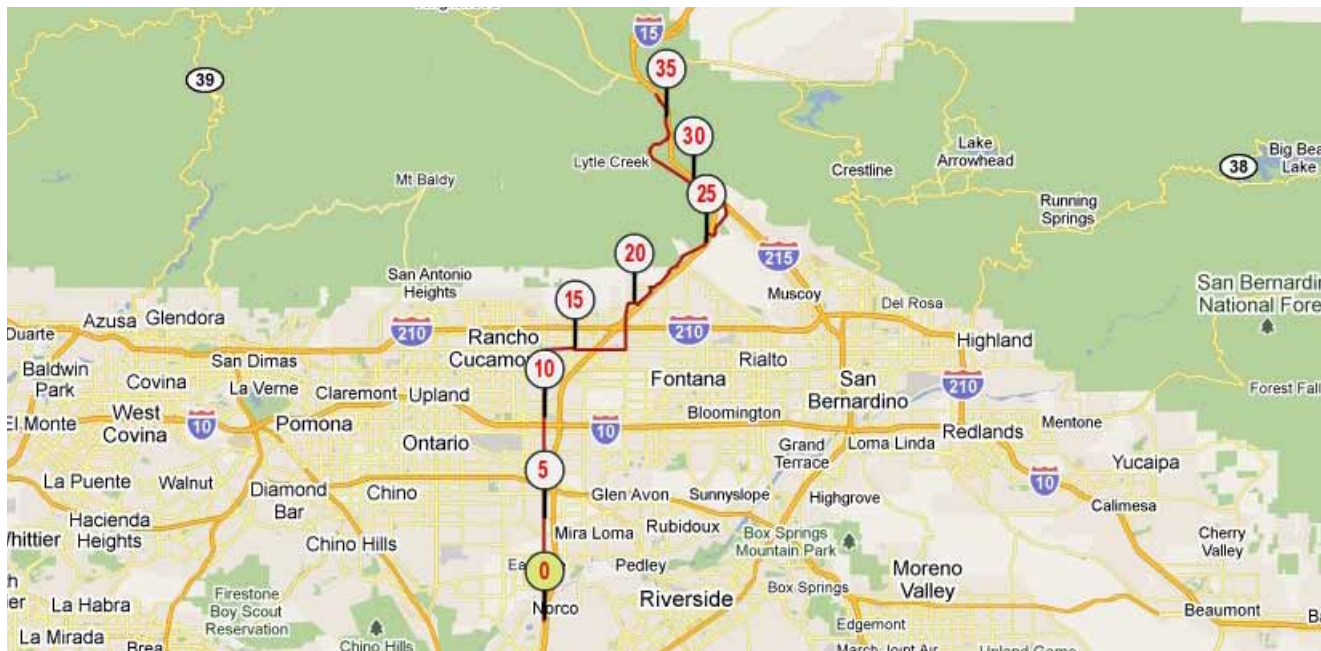
Mi	Km	Street Name		Indications	Comments
35.3	56.8			Bridge over Frwy 91 - Sidewalk on the right	
35.5	57.2			Run on the road - no sidewalk no bicycle	
35.7	57.6			Sidewalk on the right side	
36.3	58.5	Palisades Dr	←	Turn Left at 90° - No sign - Lane Bicycle on this road	yellow building at the corner = Storquest / Self Storage and we follow the railway which is on the
38	61.2	Serfas Club St	←	Turn left at T Serfas Club St	
38.1	61.4			Be careful run on the street in front of vehicles	
38.4	61.8			Cross under Frwy 91	
38.5	62.1	Serfas Club St becomes Auto Center Dr		Cross Wardlow rd	
38.6	62.2			Cross Pomona Rd	
38.9	62.6			Railway Crossing	
38.9	62.7	Railroad St	→	Turn right onto Railroad St	
40.4	65.1	Smith Avenue	←	Turn Left onto Smith Av	
40.8	65.8	Rincon St	←	Turn Left at T onto Rincon St	If flooding Road closed
41.7	67.1	Rincon St becomes Corydon St Next turn 2,4mi/ 3,9km		Follow main road with curve at 90°	
42.6	68.7			Cross River Rd	
44.1	71	5th St Next turn 1,2mi/ 2km	→	Turn right onto 5th st	Jail on the right side - Bridle Path on the left side
45.1	72.6			Cross Horses Carriage Dr	
45.3	73	Hamner Av	→	Turn right onto Hamner Av	
45.5	73.3			Cross Town and Country	Be on the left side
45.6	73.5			Regency Motel on the left side of the road	



06/20/11:

Norco - Hesperia 48,9 mi / 78,7 km

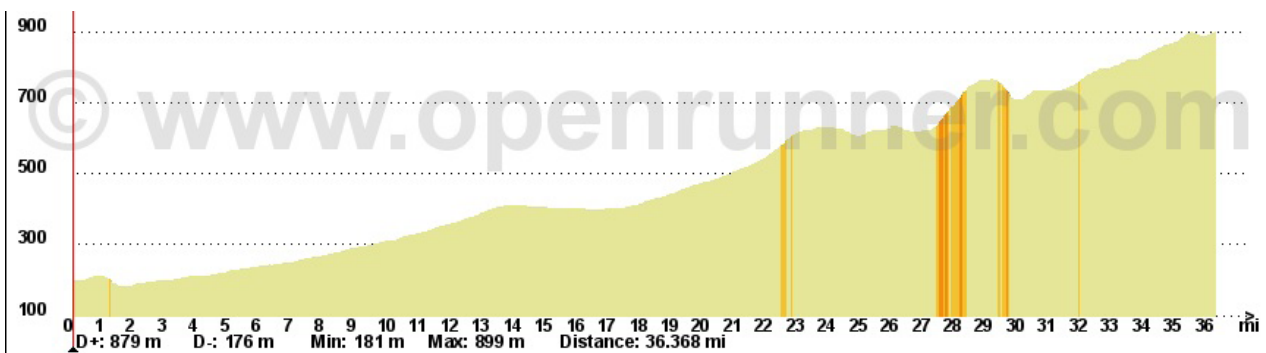
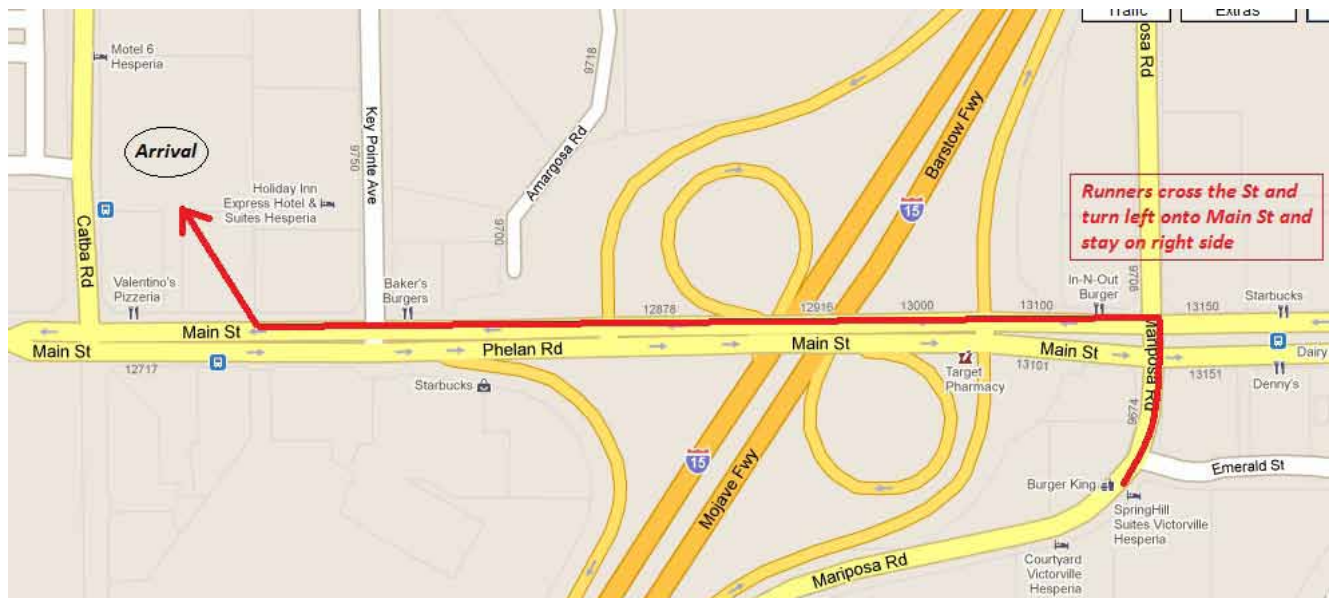
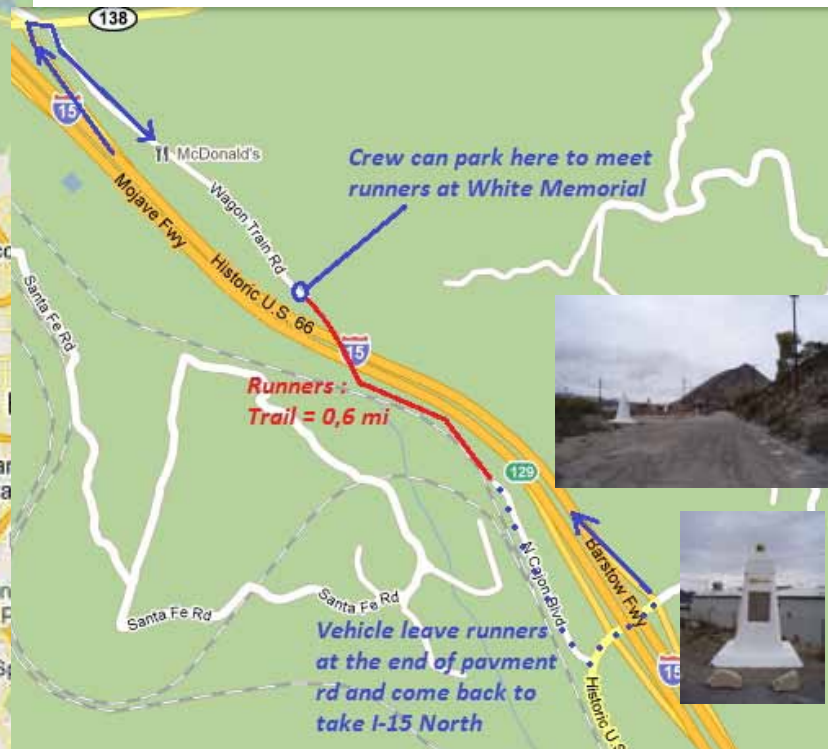
Breakfast In your room - packet given by organization
 Dinner Restaurant of your choice
 Hotel Hotel 6 (Organization) or Motel of your choice



Mi	Km	Street Name		Indications	Comments
0	0	Hamner Av	Next turn 13,4mi/ 21,6km	Regency Inn Norco Motel	Difficult stage with elevation and 2 trails without cars. On trail you could follow organization markers
1.1	1.8			Pass on a bridge no shoulder for runner - Be careful	
3.3	5.4			Cross Limonite	
6.3	10.2			Cross Riverside	
6.7	10.9			Pass under Interstate 60	
9.3	15			Cross Airport Av	
9.6	15.5			Pass over Interstate 10	Sidewalk on the right side
10.3	16.7			Cross Fourth St	Enter Rancho Cucamonga
12.4	20			Cross Foothill Blvd	
13.4	21.6	Baseline	Next turn 4mi/ 6,4km	→ Turn Right onto Baseline	
14.6	23.5			Cross Day Creek Bld	
15.9	25.7			Underpass I-15	
17.4	28	Cherry Av	Next turn 2,3 mi/ 3,8km	← Turn Left onto Cherry Avenue	Very bad Shoulder
18.3	29.6			Underpass I-210 and I-15	Underpass 6 bridges in total
19.2	30.9			Overpass small river	
19.4	31.3			Cross Beach Av	
19.7	31.8	Bridlepath Dr	Next turn 1,5 mi/ 2,4km	→ Turn Right onto Bridlepath	Be careful - not easy to see
20.1	32.5	Bridlepath Dr becomes Coyote Canyon		I-15 is on right side	Sidewalk on left side
21.2	34.2	Duncan Canyon	Next turn 0,2mi/ 0,3km	→ Turn Right onto Duncan Canyon	
21.4	34.5	Lytle Creek Rd	Next turn 2 mi/ 3,3km	← Turn left onto Lytle Creek Rd	Don't overpass bridge in front of you / Be careful / Stay on left side of I-15 - Rd smallest
23.4	37.8	Sierra Av	Next turn 0,1mi/ 0,1km	← T - Turn left en 100m after	
23.5	37.9	Glen Helen Pky		→ Turn Right onto Glen Helen Pky	
24.1	38.8			Cross Sycamore Creek Dr on right side	
25.5	41.1			Underpass I-15	
25.7	41.4			Cross Clearwater Pky on right side	
26.9	43.3			Railway Crossing	
26.9	43.4			Railway Crossing	
27.2	43.9	Devore Rd		Cross Cajon Rd	Road up
27.3	44			Overpass I-15	

Mi	Km	Street Name		Indications	Comments
28.4	45.7	Kenwood Av	Next turn 1,1mi/ 1,8km	← Turn left onto Kenwood Av	Be careful - Curves
29.5	47.5			Underpass I-15	
29.6	47.7	Cajon Rd	Next turn 6,3 mi/ 10,1km	→ T - Turn Right onto Historic Route 66/Cajon Rd	Sign "66" on the pavement
36	58			← Turn left to stay on Cajon Rd (In front of you you can see bridge of interstate if you are under the bridge= go back you are too	
36.4	58.6	Piste		End of payment rd/Parking/Runners go down on trail near railway - underpass I-15 and Turn left to go up on pavement rd you can see White Memorial (see map)	Crew underpass I-15 and drive on I-15 Victorville direction. Take Exit 132 - Twice turn right. You are on Wagon Trail Rd .Go down after gas station (Mac Donalds) and park near White Memorial on right side.
36.9	59.5	900m à faire sur la piste		White Memorial - Pioneers	
37.2	60	Wagon Trail Road		Mac Do and gas station on left side	
37.5	60.4	Route 138		→ T - Turn right onto Hwy 138	
39.7	64	Piste		← Gravel Rd - Enter not easy to find - Orgnisation will be here	Crew last aid station here and go back to I-15 direction Victorville - Take Exit 138 and go to gas station to wait for you runner who arrive at the beginning of Mariaposa Rd
40.2	64.8			Railway Crossing	
40.3	64.9			Underpass Railway	
40.3	65			Railway Crossing Straight on main street	
41.3	66.5			← Turn Left - It is flat here and go up just after	
41.5	66.9			Top of the hill	
41.8	67.3			Tanks on right side	
42.1	67.8	Mariposa Rd		Asphalt Rd	4190 ft
42.6	68.6			Summit Inn Gas Station	
45.2	72.8			Overpass Railway	
47.7	76.8			Sign"Hesperia City" on right side	
48.2	77.7			Hotel PringHills et Courtyard on right side	
48.4	77.9	Main St		← Turn Left onto Main St	Big crossing
48.5	78.1			Pass Bridge over Interstate 15	Sidewalk on the right side
48.9	78.7			Station Service 76 - Motel 6 On the right	



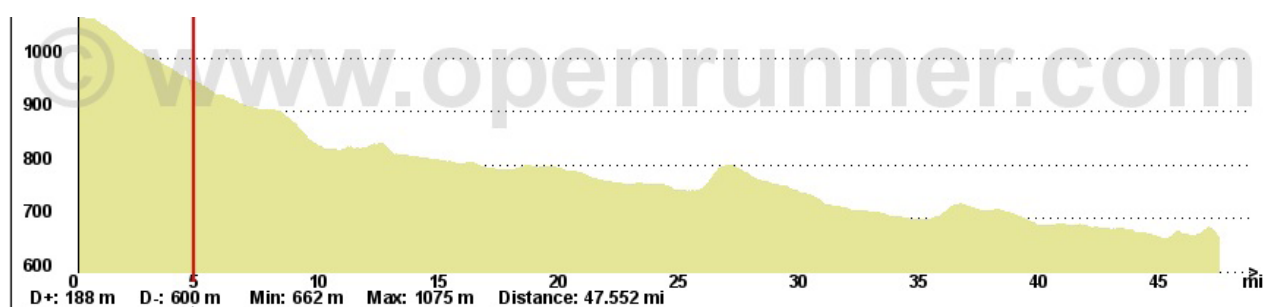


06/21/11:

Hesperia - Barstow 47,4 mi / 76,3 km

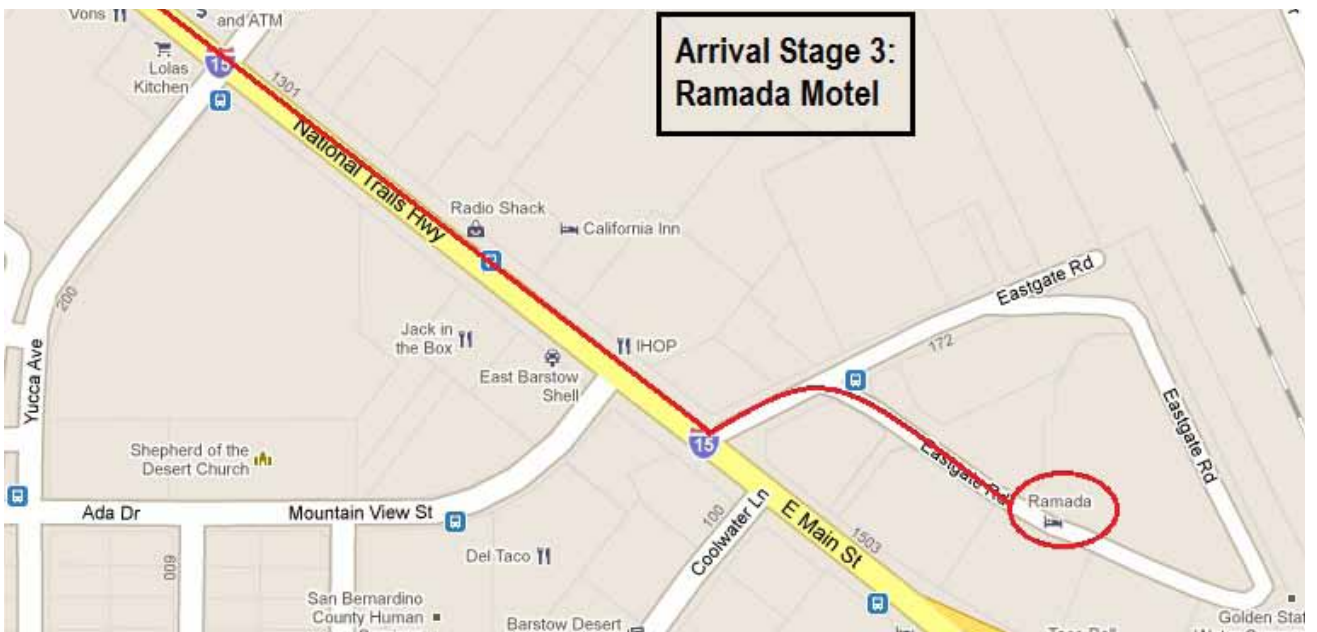
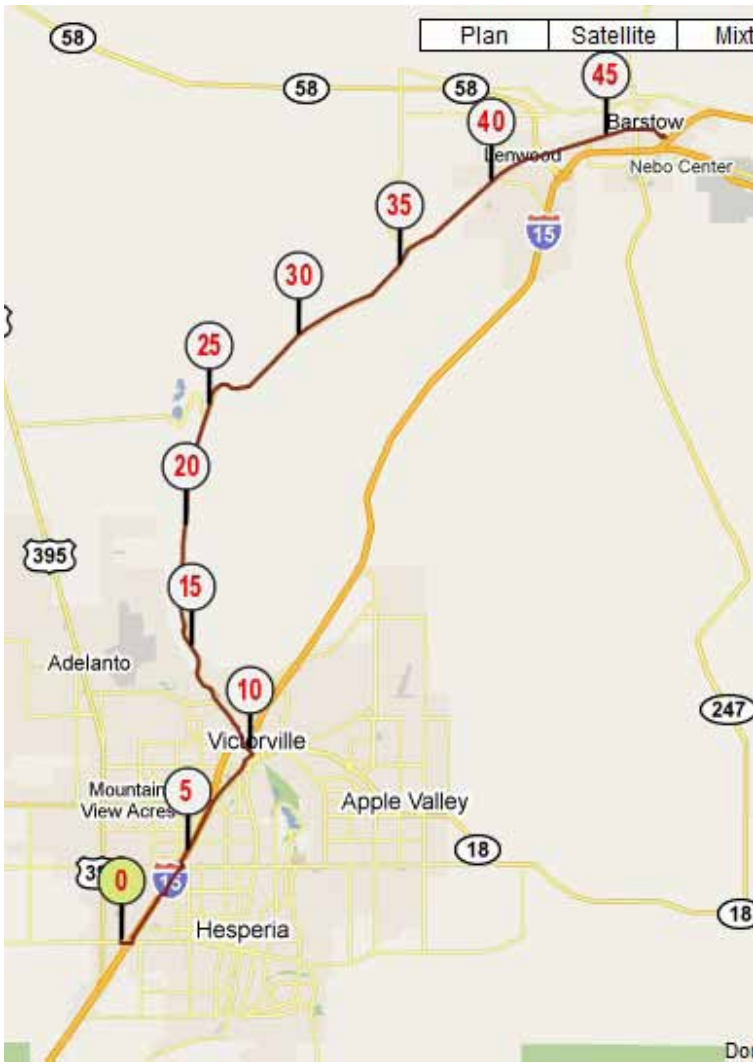
Breakfast In your room - packet given by organization
 Dinner Restaurant of your choice
 Hotel Motel of your choice - Organization's Motel = Ramada

Mi	Km	Street Name		Indications	Comments
0	0	Main St	Next turn 0,4mi/	Motel 6 Hesperia	Usually very warm / Be careful
0.3	0.6			Pass Bridge over I 15	
0.4	0.8	Mariaposa Rd	Next turn 6,8mi/	← Turn Left onto Mariaposa Rd	
4.2	6.8			Cross Bear Valley Rd	
4.4	7.2			Comfort Suites on right side	Supermaket on right side
4.9	7.9			Cross Cottonwood Av	
5.4	8.7			Cross Nisqualli Rd	
7.2	11.7	Seven ST mi/ 4,2km	Next turn 2,6	→ T - Turn right	Historic 66
7.7	12.5			Cross Lorene Dr	
7.9	12.8			Cross la Paz Dr	
8.2	13.3			Cross Desert Knol	
8.5	13.7			Cross Victor St	
9	14.5			Cross Mojave Dr	
9.2	14.9			Cross Forrest Av	
9.6	15.5			Cross B Street	
9.8	15.8	D Street anymore until motel	No turn	← T - Turn Left	No service - Nothing until Barstow
10.5	17	D Street becomes National Trails Hwy		Underpass I-15	
12.2	19.7			Cross airexpressway on left side	
12.9	20.9			Underpass Bridge	
15.4	24.9			Big company on right side	
15.7	25.3			Underpass Railway	
18.9	30.5			Ranch on left side	Hedendale City
31.2	50.3			"Hodge" sign on right side	
39	62.9			"Limit Barstow" first sign	You could see lot of Limit Barstow Sign after !!!
40	64.5	National Trails Hwy becomes Main St		"Lenwood" sign on right side	
42.2	68			Underpass I-58	
44.1	71			Cross Avenue L	
44.7	72			Cross Avenue H	
45.4	73.2			Cross Avenue A	
45.9	73.9			Cross N 1st	
45.9	74			Cross Seconde Av	
46.1	74.3			Cross Barstow Bd	KFC on right side
46.4	74.7			Croiss7 th Av	
46.7	75.2			Cross Muriel Dr	Dennys Restaurant on left side
46.9	75.6			Econolodge on right side	Economy Inn on left side
47.1	75.8			Cross Yucca Av	VONS supermarket on right side
47.2	76.1	Eastgate Rd		← Turn left onto Eastgate Rd	
47.4	76.3			Ramada Motel	27 motels in this city



CA

Stage 3



06/22/11:

Barstow - Ludlow 50,9 Mi / 81,9 Km

Breakfast In your room - packet given by organization

Dinner Dairy Queen at 76 Gas Station because Ludlow Cafe close at 6 pm

Hotel 10 rooms Ludlow Motel around 56 USD for 2 peoples = 9 rooms with 2 queen beds and 1 room with 2 queen and 1 single beds

Mi	Km	Street Name		Indications	Comments
	0			Ramada Motel	An Exception with crossing of Military Base. Every runners should be ran together to cross the military Base at 2,9mi of start line - It is an obligation
	0.2	Main St	←	Turn Left onto Main Street	
0.3	0.6			Overpass I-15	
0.4	0.8			Cross Cal Av	
0.5	0.9			Best Western on right side just before I-40	
0.7	1.2			Underpass I-40	
0.8	1.3	MainSt	←	Turn Left onto Main Street	Walmart / Big Supermarket
2.6	4.3			Cross Enter I-40 direction Needles on the right side and underpass I-40	
2.7	4.5			In front of Marine Logistics Base	
2.9	4.7			Enter Logistics Base	Everyrunner will run together to cross the Logistics Base
4.5	7.4			Exit Logistics Base	
4.9	7.9	Road 66	←	T - Turn Left onto Rd 66	
7.2	11.7			"Dagget" sign	
7.3	11.9			Cross Dagget Rd	
8.6	13.9			Electric Power plant on right side	
9.2	14.9			Company on right side	
10.1	16.4			Underpass Hightension Power Lines	
14.3	23.1			Cross Mineola Rd	
18.5	29.9			Mine on left side	
18.6	30			Gas Station on left side	Newberry Springs
19.3	31.1			Underpass I-40	And Gas Station
21.9	35.3			Bagdad Café	
23.7	38.2			Cross Fort Cady Rd	
32.8	52.9			Cross Hector Rd	Entry.Exit I-40
39.7	63.9			Cross Railway	
42.4	68.3			Overpass I-40	
50.6	81.5		→	T - Turn Right	Gas Station and Dairy Quiry Snack
50.7	81.6			Underpass I-40	
50.8	81.8		→	T - Turn Right into gas station and motel	
50.9	81.9			Ludlow Motel	



06/23/11:

Ludlow - Amboy 28,3 mi / 45,6km

Breakfast At Ludlow Cafe: open at 6 am

Dinner Ludlow Cafe close at 6 pm

Hotel 3 possibilities: Come Back to Ludlow Motel - Camping Amboy (only toilet) and no potable water - or Motel Twentynine Palms = 52 miles

Mi	Km	Street Name		Indications	Comments
0	0	National Trails Hwy = route 66		Ludlow Motel	Start at 7:00 am
0.8	1.3			Cross Main St	
2.5	4.1			Cross Railway	
9.5	15.3			Overpass a white wood Bridge	
14.7	23.8			Sign "Amboy 13 Needles 87 Kingman 150" on right side	
24.8	40			Sign "Amboy 3 Needles 77 Kingman 140" on right side	
26.4	42.6			"Amboy Crater" sign on right side	Have a look
27.8	44.8			Cross Railway	
28.1	45.3			Amboy - Founded in 1858	
28.3	45.6			Roy's = Gas Station on left side	

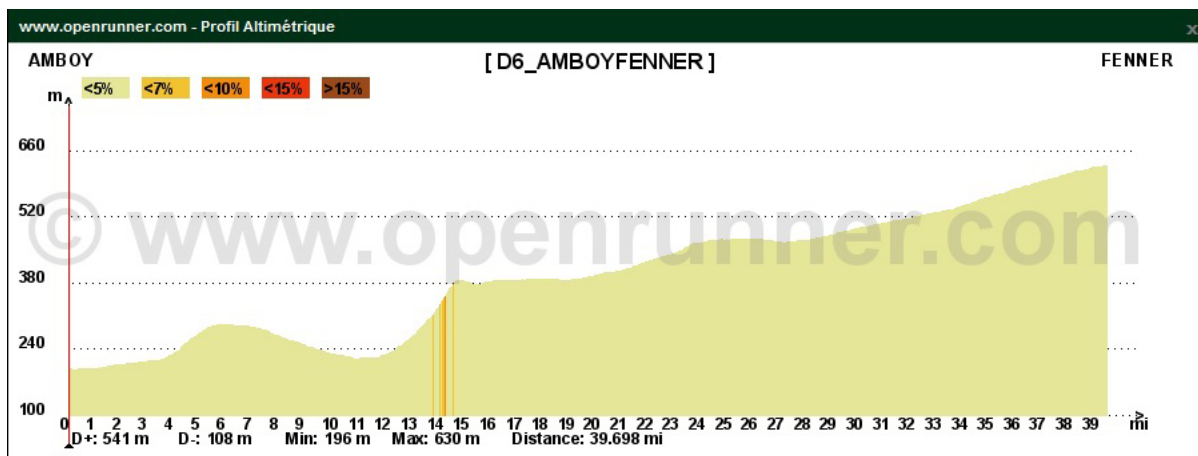


06/24/11 :

Amboy - Fenner 39,8 mi / 64km

Breakfast In your room - packet given by organization
 Dinner Restaurant at your choice
 Hotel Go back I-40 East to go to Needles - Motel's Organization : Needles Inn

Mi	Km	Street Name	Informations	Comments
0	0	National Trails Hwy = route 66 - Next turn 55,4km	Roy's Cafe - Gas Station	No service between start and finish points
0	0.1		School abandoned	
0.5	0.9		Strange Trees on right side	
2.4	4		Cross Saltus Rd	
5.7	9.3		Cross Kelbaker Rd on left side - Kelso 34	
11.1	17.9		Farm on left side (we are at Chambless)	
11.1	18		Cross Cadiz Rd on right side - Cadiz 3	Straight 26km - No curve
23.4	37.7		Cross Danby Rd on right side	
32.2	51.9		"Essex - 100 hab" - Elev 1775ft	End of straight rd
32.6	52.6		Cross Essex Rd on left side	
32.7	52.7		"Needles 41 - Kingman 104" Sign	
34.4	55.4	Goffs Rd	← Turn left onto Goffs Rd	Be careful - not easy to see
39	62.8		Overpass I-40	
39.7	64		Sahara Oasis - Gas Station on right side	Gasoline very expensive



06/25/11 :

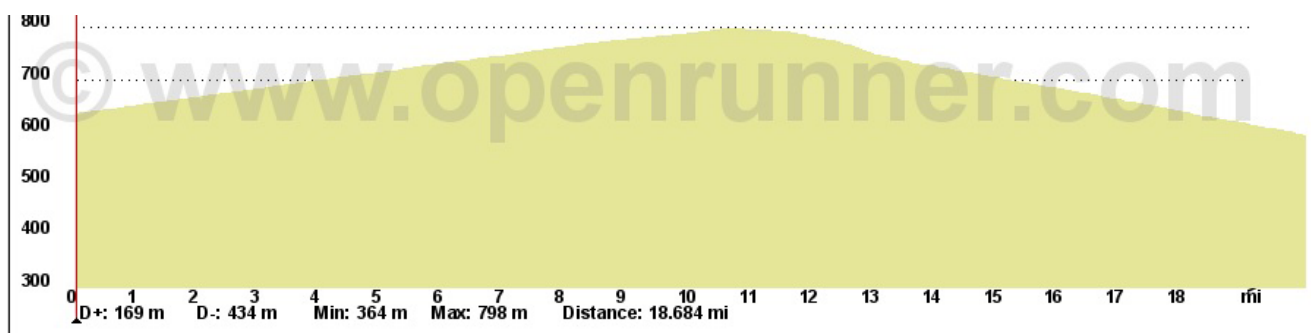
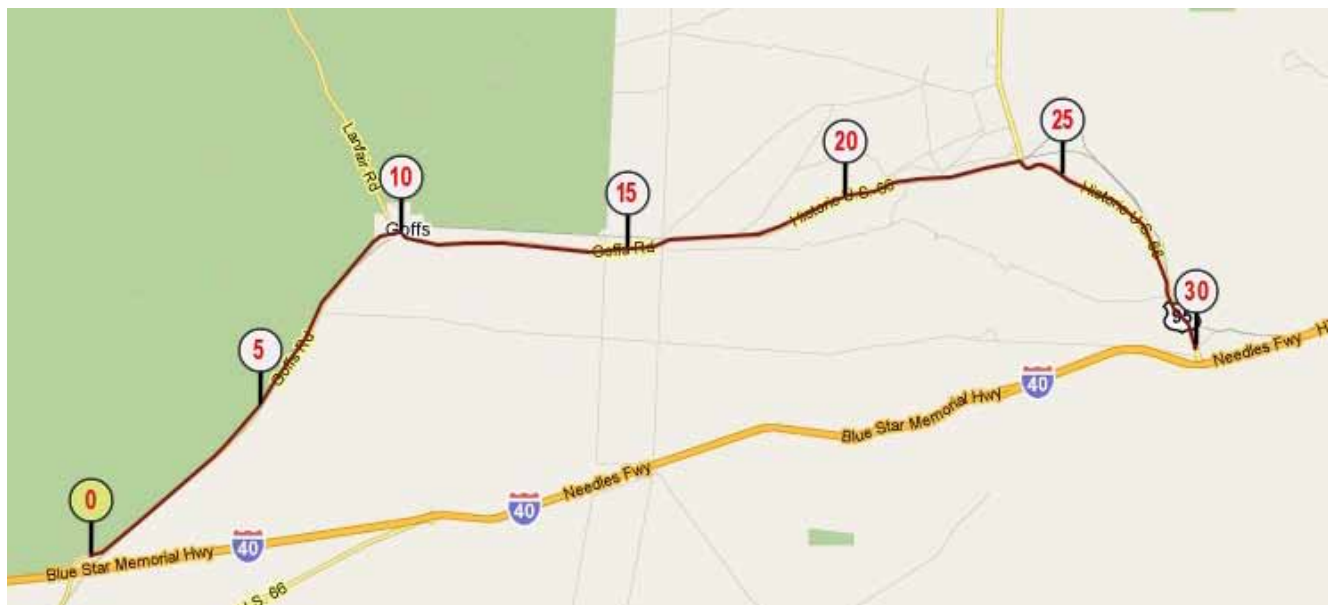
Fenner - Needles 39,8mi / 64km

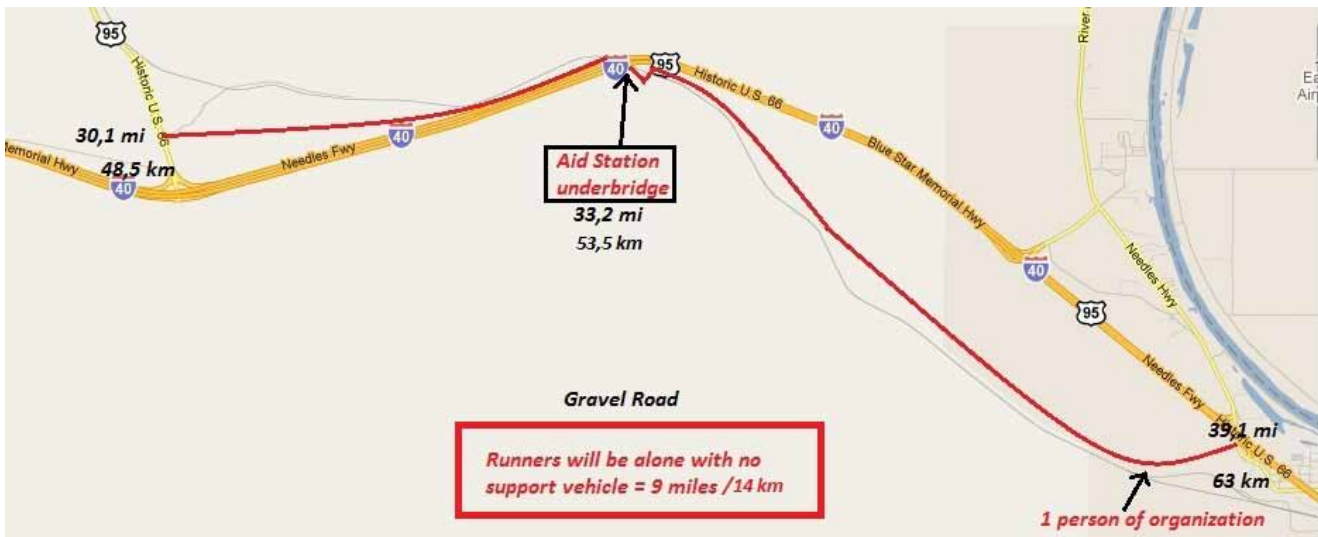
Breakfast In your room - packet given by organization

Dinner Restaurant at your choice

Hotel Motel's Organization : Needles Inn

Mi	Km	Street Name		Indication	Comments
0	0	Goffs Rd		Gas Station Fenner	Stage with a trail of 9,1mi/14,7km - 1 aid station by organization on this trail
9.9	16			Cross Lanfair Rd on left side	
10	16.2			Railway Crossing	
10.1	16.3			Cross Mountain Springs Rd on the right side	
24	38.7	US 95	→	T - Turn right - Needles direction	Shoulder very narrow to run on
30.1	48.5	No crew for 9,1 mi/14,7km	←	Turn left on gravel Rd	Somebody of organisation here - Vehicle can stop here to give aid station before taking I-40 and meet runner 15km/9mi further (See Map)
		Runners follow the gravel road at the right of railway			
33.5	54			Underpass I-40	Aid Station organisation
33.8	54.5			Cross Railway - where there is a special pass for cars and pedestrians	Trail and railway head away from I-40
38.7	62.3		←	Turn left - No sign	Somebody of organisation here
39	62.9		→	Turn right onto Columbus Dr and road is now asphalt road	
39.2	63.1			Taco Bell Parking	Vehicles and crews can park here to wait their runners
39.2	63.2				
39.3	63.3	Needles Hwy	→		
39.5	63.6			Hotel Best Western on the right side	
39.7	64	Needles Hwy becomes Broadway St		Needles Inn on left side	





06/26/11 :

Needles - Kingman 51,3 mi / 82,5km

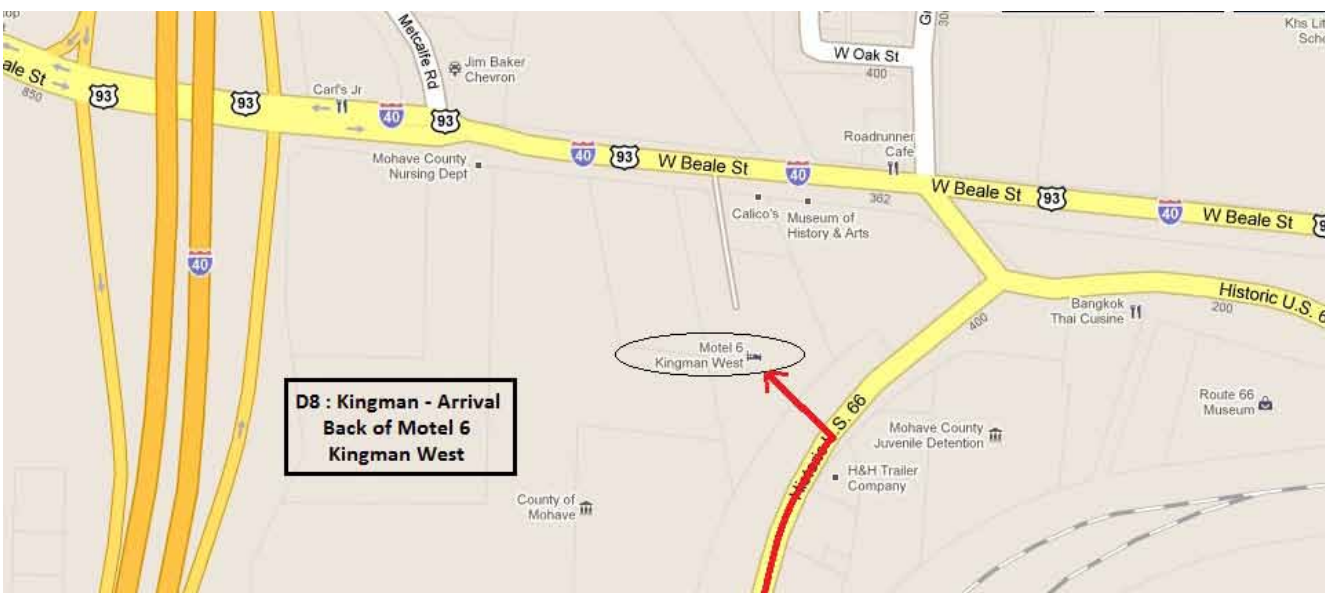
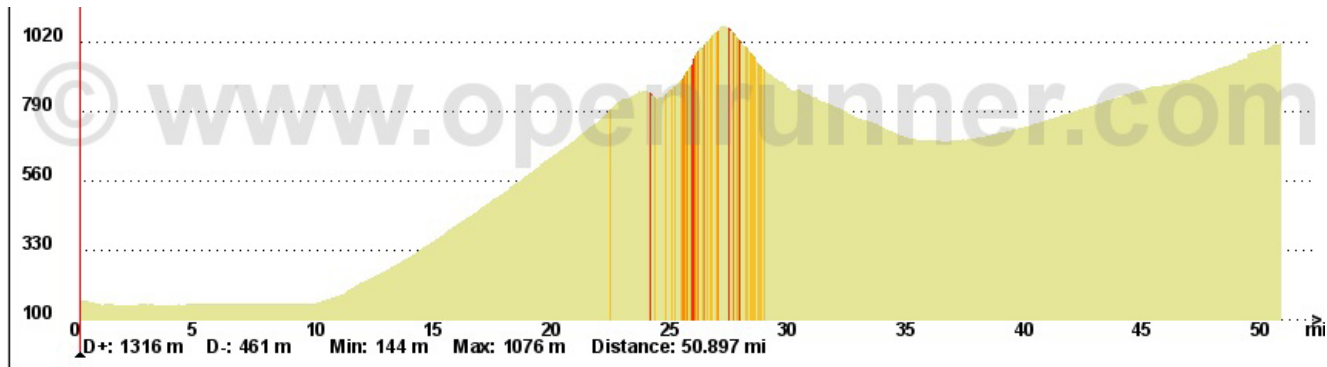
Breakfast In your room - packet given by organization
 Dinner Calico's Restaurant at 0,1mi
 Hotel Motel's Organization : Motel 6 West Kingman

Mi	Km	Street Name		Indications	Comments
0	0	W Broadway St		Needles Inn	Difficult stage = elevation and long
0.3	0.5			Budget Inn	
0.8	1.4	US 95 8,5mi/ 13,6km	Next turn	← Turn left onto US95 - Direction Laughlin / Bulhead	
1.4	2.4			"Arizona" Sign	Bye Bye California
2.3	3.8			Cross Courtwright Rd	Narrow Shoulder / Runner be Careful
4.3	7			Cross Laguna Rd	
5.3	8.6			Willow dr	
9.3	15	Boundary Cone Rd = Road 153 Next turn 36,5mi/ 58,8km		→ Turn right onto Boundary Cone Rd - Direction Oatman	Then it will go up about 29km
10.3	16.7			Cross Mountain View St	
20.5	33			Cross Historic 66 rd on the right side	
22.4	36.2			"Welcome Oatman Arizona"	
23.1	37.2			End of a typical city	830m elevation and then lot of curves /be careful
25.7	41.5			Gold Mine	
27.4	44.2			"SITGREAVES PASS"	3550 ft = 1086m
31.5	50.8			Snack on the left side	open Sunday ?
39.1	63			"41 miles" sign	
40.1	64.6			Cross Cattle Guard	
45.8	73.8	Shinarump Rd / Hwy 66	Next turn 0,5mi/ 0,8km	→ Turn right onto Shinarump Rd	
46.1	74.2			Pass under I 40	
46.3	74.6	US Historic 66 / Frontage Rd		← Turn left onto Historic 66	No shoulder be careful
49.4	79.5			Be careful curve and narrow	
50.5	81.3			"Kingman City Limits"	
50.9	82			"49 miles" sign	
51.2	82.5			Arrival on the left - parking at the back of Motel 6	



AZ

Stage 8



AZ

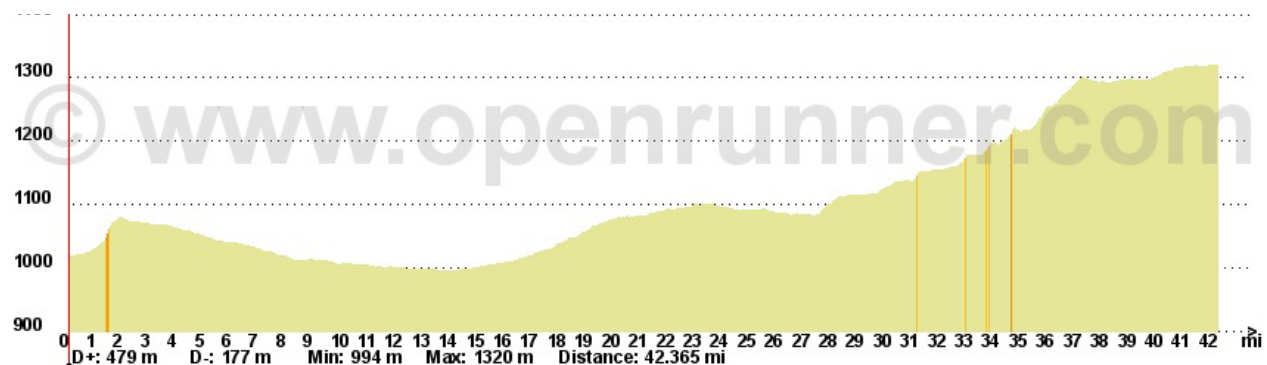
Stage 8

06/27/11 :

Kingman - Truxton 42,3 mi /68 km

Breakfast In your room - packet given by organization
Dinner Restaurant of motel closed at 8pm
Hotel Frontier Motel or Hualapai Hotel at 9mi/14km

Mi	Km	Street Name	Indication	Comments
0	0		motel 6 Kingman West	
0.1	0.2	Andy Devine Av	→ T - Turn right - Direction 66 - Andy Devine	
0.3	0.5	Route 66	Tourist Information on right side - Old Train On left side - You cross old city	
1.1	1.9		Arcadia Lodge on left side - End of old City	
1.7	2.8		Cross Stockton Hill Rd on left side and Hualapai Rd on right side	
3.5	5.7		Best Western on left side	
3.7	6		Days Inn puis Holidays Inn on left side	
4	6.5		Underpass I-40	I-40 Direction Las Vegas exit 51 - Big Supermarket Safeway
4.1	6.6		Lot of restaurants and hotel	
4.4	7.1		Motel 6 on left side	
4.4	7.2	Route 66 / Andy Devine Av	Days Inn	
4.6	7.5		Cross Airway Av	Divided road - Runners stay on left side - U turn for vehicles frequently
7.5	12.2		Gas Station on left side	
8	13		Cross Long Montain Rd	
8.7	14		Cross Mohave Airport Dr	End of divided road
13.4	21.6		"Hackberry 15 Flagstaff 149" sign	
17.8	28.7		"Valle Vista" sign	
18.5	29.8		Gas Station and caravan park on left side	
20.9	33.7		Curve end of 26km straight rd	
22	35.5		Cross Antares Rd on left side	
23.4	37.7		"Hackberry 5 Flagstaff 139" sign	
25.6	41.2		Underpass High Tension Line	
27.9	45		"Hackberry" sign on right side	Old Typical Store on left side - Have a look if it is open
29.8	48		Cross Hackberry Rd on right side	
30.8	49.7		"Peach Springs 19 Williams 97 Grand Canyon 158" sign on right side	
32.5	52.3		" Valentine" sign	
33.4	53.8		And Than Road becomes dangerous with curves	No aid station for 4mi/ 7km please
37.2	60		End of 2 double lanes road	Aid Station safety
41.9	67.5		Gas Station on left side	Truxton
42.2	68		Frontier Motel Rest on right side	





AZ

Stage 9/10

Maps Stage 10 Truxton - Seligman 45,9 mi/ 73,9km

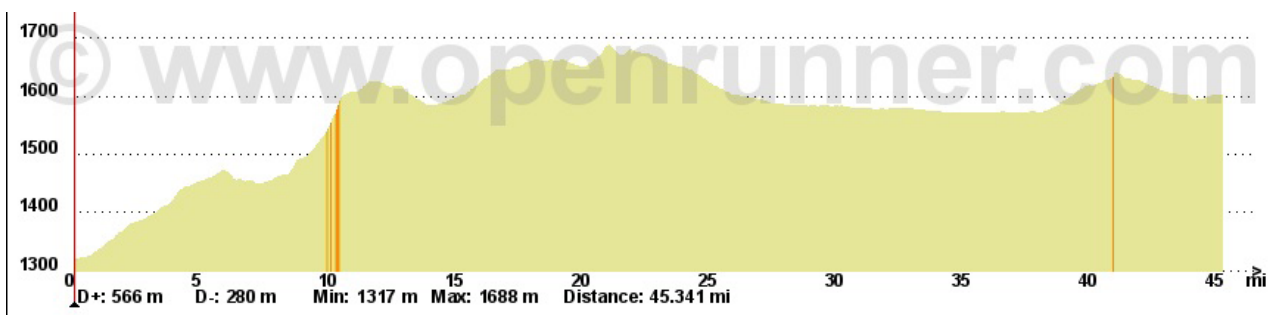


06/28/11:

Truxton - Seligman 45,9 mi/ 73,9km

Breakfast In your room - packet given by organization
 Dinner Restaurant in the city not a lot of choice
 Hotel Motel's Organization = Canyon Lodge - Other motel Deluxe Inn 0,2mi

Mi	Km	Name St	Indication	Comments
0	0		Frontier Motel	No turn at all and lot of straight roads
1.2	2		"Entry Hualapai Indian Reservation" sign	
2.3	3.8		School and stade and right side	elevation 1378 m
5.9	9.5		Cross Buck and Doe Rd on left side	elevation 1467 m
8	13		"Peach Springs"	
8.7	14		Hualapai Lodge hotel on right side	
9.4	15.2		"Seligman 36 Flagstaff 110" Sign	
10	16.1		Jail on left side	
11.1	18		Pass 1600m/	
15.6	25.2		Cross Frazee Well	
15.9	25.7		"Seligman 30 Grand Canyon 131" sign	
17.5	28.2		"Leaving Hualapai Indian Reservation" sign	
20.2	32.6		"Grand Canyon Caverns Rd" sign	
20.5	33.1		Gas Station on right side	
20.6	33.2		Caverns Inn Motel on right side	
21.1	34		"Seligman 25 Flagstaff 89" sign	
22.2	35.8		Cross Hyde Park Rd	
27	43.6		Church and a few houses	
30.6	49.3		"Seligman 15 Flagstaff 89" sign	
37.9	61.1		End of straight road	
41.5	66.8		"elevation 5400 ft"sign	elevation 1633 m
43	69.2		Cross Fort Rock Rd on left side	
44.9	72.3		Underpass Bridge	
45	72.5		Straight direction Seligman	
45.3	72.9		"Seligman" sign founded 1886	elevation 5250 ft = 1600 m
45.3	73		Gas Station on right side	
45.4	73.1		Motel Rte 66	
45.8	73.7		Supai Motel and Ronney Hotel	
45.9	73.9		Canyon Lodge on left side	



06/29/11:

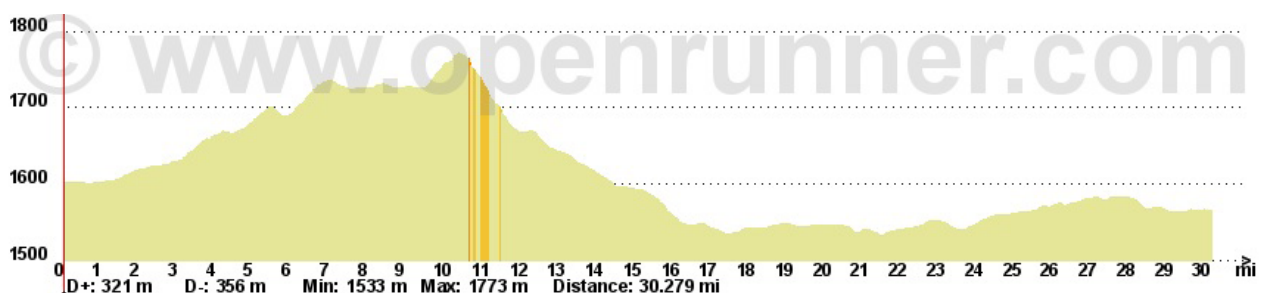
Seligman - Ash Fork 30,5mi / 49km

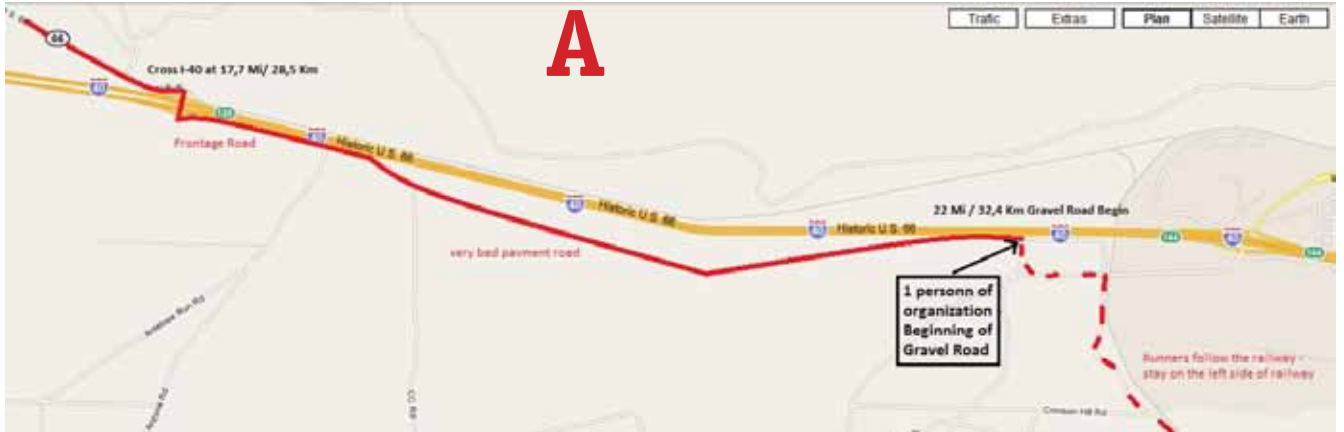
Breakfast In your room - packet given by organization
 Dinner Family restaurant
 Hotel Copperstate Motel (A lot of choice if you go to Williams)

AZ

Stage 11

Mi	Km	Street Name		Indication	Comments
0	0			Canyon Lodge	Trail for 7mi/4km without crew - Follow Marker organization
0.1	0.2			Aztec motel on left side	
0.3	0.5	Crookton Rd Next turn 13,2 mi/21,1km	→	Turn right - direction 66 - Be careful difficult to see	
0.5	0.9			"Crookton 8 Ash Fork 22"	
1.3	2.1			Overpass Hwy 66 Business Loop	
4.2	6.8			"145 mile"	
8.2	13.3			"149 mile"	
8.3	13.4			Overpass Railway	
9.2	14.9			" 150 mile" small sign	
10	16.1			"elevation 5700 ft" sign on right side	elevation = 1768 m
11.8	19.1			Cross Yucca trail on right side	
13.3	21.4			"154 Mile"	
17.7	28.5			Overpass I-40	
17.8	28.7		←	T - turn left onto Frontage Road after I-40 east enter	Crew can follow runners onto frontage for 6,7km/4,2mi
19	30.6		↖	Fork - Bear left	No sign - Marker by organization
20.6	33.2			Small Bridge - Very old road 66	very nice and easy to imagine runners of 1928 here
22	35.4	Trail	→	Gravel road begins	Somebody of organization will be here. Vehicle stop here and go back to I-40- Runners alone for 7km/ 4,2mi
22.4	36.2	Trail	→	Follow the railway. You are on right side of railway	
24.4	39.4			Follow the railway as close as possible.	
25	40.3			Cross Halfmoon Trail	
25.8	41.6			Cross Roselin Trail	
25.9	41.7			Cattle Guard	
26.1	42.1			Cross Railway	
26.2	42.2	Bullock Road		Pavment Road = Road N°36	Crew can wait here for runners
27.8	44.8	Route 89 south	←	T - turn left	Cattle Guard
30	48.3			Underpass I-40 (exit 146)	
30.2	48.7			"Ash Fork" 5144ft	
30.3	48.9			Gas Station	
30.4	49			Motel on left side (Copperstate Motel)	Motel was renovating in November 2010





B

New Time Zones

As you know, we will cross all of the US time zones. At each change of time the organizers will make an announcement the night before so that everyone can reset watches at the new time.

The next morning departure will take place at 5:30 new time, in which case one hour of sleep will be lost. Should the departure times be changed, you will be notified at the end of the stage the day before.

Summertime:

CA, AZ GMT -7 | NM GMT-6 | OK, MO, IL, IA GMT -5 | OH, PA, MD, NJ, NY GMT -4

Arrival in Ash Fork



D12 : 06/30/11:

Ash Fork - Williams 30.3mi / 48,8km

Breakfast In your room - packet given by organization
Dinner Restaurant of your choice
Hotel Comfort Inn Williams

AZ

Stage 12

Mi	Km	Street Name		Indication	Comments
0	0			Copperstate Motel	Trail for 18mi/ 29km without crew - Follow Marker organization - aid station by organization during trail - Very pleasant stage in forest and mountain
0.1	0.2	Double A Ranch	→	Turn right	
0.3	0.5			Cross Railway	
2.2	3.7			Cross Cumberland Rd	Pass Grid
2.4	4			Cross Canyon Rd	
5.3	8.6			Cross Hillcrest Dr on right side	
6	9.8	Double A Ranch Rd = Rd N° 124	→	Turn right to stay on Double A Ranch	Be careful
6.1	9.9			"Route 124"	"Williams 24/ I40 23"
6.4	10.3			Cross Scenic Loop Bd on right side	
6.5	10.5			"Williams 24 Jnt I-40 23"	
6.7	10.8			Cross Cedar St on left side	
7.1	11.5	Piste N°124		Cross Northview Bld - Pass Grid	Gravel road here
9.3	15			Railway here - curve - No support crew anymore for 18 Mi/29km	Crew and light vehicles stop here - Vehicle Go back to Ash Fork and go to Williams by I-40 East. Exit N° 161 - Runners alone for 29km (See Map)
12.1	19.6			We follow railway which is on left side	
13.4	21.6	Straight		Cross trail on left side with underpass railway	Go Straight / Railway always on your left side
13.4	21.7			"Williams 17" sign	
19.1	30.8			Underpass Powerline	
22.2	35.8			"Williams 8"	elevation 2000m
26	41.9			Holden Lake on right side	
27	43.5			pavment road	You can meet crew here or drive up if ground is dry you can drive safely a bit more
27.2	43.8			"Williams 3"	Golf Course on left side
27.2	43.9			Cross Whispering Rd on right side	
27.9	44.9			Cross N Country Club Rd on left side	
28.6	46.1			Underpass Railway	
28.7	46.2		←	T - Turn left	I-40 in front of you
29.1	46.9			Underpass I-40 (exit 161)	
29.3	47.3			Gas Station Shell on right side	Best Western/ Day Inn
29.7	47.9			Williams Cemetery right side	
29.9	48.2	Run on right side		"Williams" on right side	Elevation 6742 ft = 2074m - Founded 1881
30.3	48.8			Comfort Inn on right side	Supermarket Safeway = easy to go on foot

AZ

Stage 12



Map for crew drive

Mile 9.3

Crew and light vehicles stop here - Vehicle Go back to Ash Fork and go to Williams by I-40 East. Exit N° 161 - Runners alone for 29km



07/01/11 :

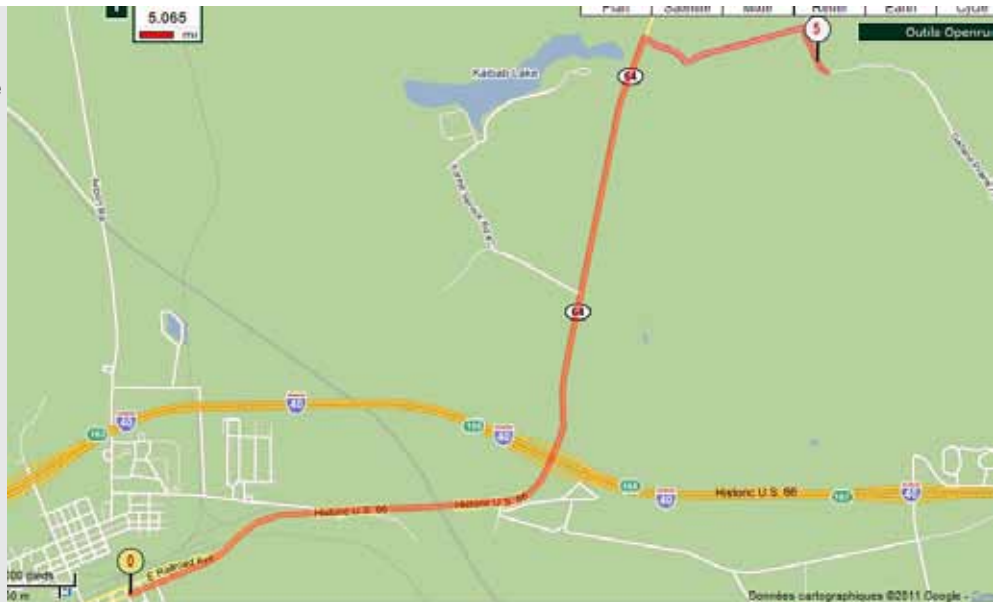
Williams - Flagstaff 42,8 Mi / 68,9 km

Breakfast In your room - packet given by organization
 Dinner Motel's Organization = Days Inn
 Hotel Restaurant of your choice - Sizzler Nearby

Mi	Km	Street Name		Indications	Comments
0	0			Comfort Inn Motel	Stage not easy - lot of turn - still
0.1	0.2			Motel 6 on left side	Cross City Center about 1 mile
0.9	1.5			"Flagstaff 32" sign	End of city
1.3	2.1			Underpass Railway	
1.7	2.8			Motel Super 8 on right side	
1.8	3			Gas Station on right side	
2.2	3.6			Underpass Railway	
2.8	4.6			Underpass I-40	
4.7	7.7	Trail 71	→	Turn right onto gravel road - No sign - Alone for 3 miles/5,5km	Somebody of organization will be here - No car - runners alone in the forest for 5,5km/3mi - Organization Marker
5.5	8.9			Gravel road curve right	Sign
7.2	11.7			Cattle Guard	
8.2	13.2	Trail 146 = Deer Farm Rd	←	Mile 0 of Trail 146	Vehicle and crew here to meet their runners
9.4	15.2			Cross Davenport Lake Rd on right side	
11.1	18			Deer Farm on left side	I 40 is on your right side
11.6	18.7	Old Route 66	→	T - Turn right	I 40 is on your right side

Mile 4

Somebody of organization will be here - No car - runners alone in the forest for 5,5km/3mi



AZ

Stage 13

Mi	Km	Street Name		Indications	Comments
12.8	20.6			Cross Sherwood Forest Rd on right side	
13.9	22.5			Pic Nic Area on right side under Pines	
16.9	27.2			Abandoned Gas Station on right side	
17.5	28.2			Cross Spring Valley on left side	Parks- Cafe at crossing
18	29.1			Cross Parks Rd on right side	
18.5	29.8			"Primitive Rd no pavement road"	
19	30.7	Route 66 becomes Branningan Park Rd		Cross Gvt Prairie Rd on left side	
22.1	35.7			Cross TransWestern Pump Rd on left side	
23.8	38.4			in front of you I-40	Frontage Rd
25.9	41.8		→	Turn Right- direction I 40 - Exit 185	Belmont - On left side Gas Station+ Mac Do
26.1	42			Overpass I-40	
26.1	42.1	Belmont Rd	←	Turn left onto frontage Road	"No Outlet 2 miles ahead"
28.4	45.8			Road stop - Gravel Road on the right - Road Sign by Organization	Leave your runner here and go back to I-40 - Runners alone for 3,6km/2,3mi
28.5	46			Follow Trail between Railway and I-40	
30.5	49.1	Attention	↖	Fork - Bear Left	
30.5	49.2			Underpass twice I40	
30.7	49.4			Exit - Fence to open	Fence to open - Somebody of organization here - You can wait for your runner here
		Trail Follow I-40			
31.8	51.2	A 1 Mountain Road	←	Turn Left onto pavement Road	Closed to Exit 190 of I-40
32.1	51.7			Gravel Road- Cattle Guard	Incline - Stay on main Trail
32.7	52.7			Cattle Guard	

Mile 27.7 runners leave pavement and follow trail along the railroad tracks



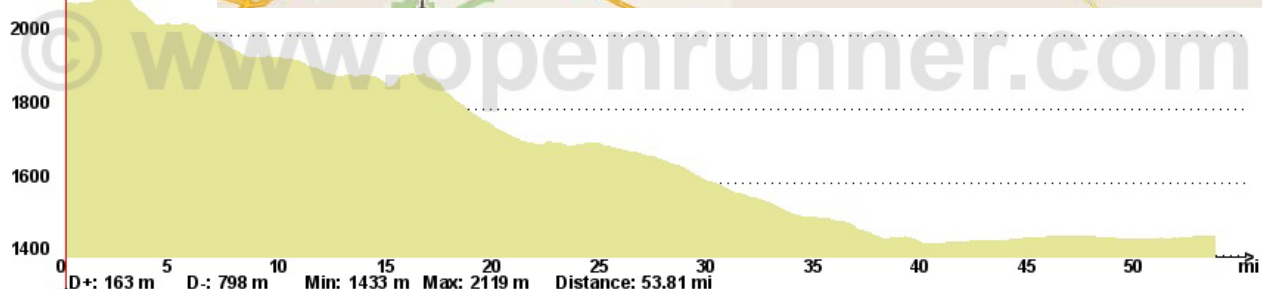
07/02/11 :

Flagstaff - Birdsprings 53,1 Mi / 85,4 Km

Breakfast In your room - packet given by organization
Dinner Diner by Organization
Hotel Camping No shower



Mi	Km	Street Name		Indications	Comments
0	0			Days Inn Motel	
0	0.1	Route 89 ext turn 2,7mi/4,3km	←	T - Turn left - Divided lane - run left side against cars	
0.3	0.6			Follow 89 North - Page	
1	1.7			Cross Market Place dr on right side	Flagstaff Mall on left side
1.4	2.4			Cross Empire Av	
1.8	2.9			Cross Smoke Rize Dr	KOA camping on left side
2.4	3.9			Gas Station on right side	
2.7	4.4	CampTownsend - Winona Rd = route 510 Next turn 8mi/ 12,9km	→	Turn Right - Be careful	Large Rd
5.1	8.3			Cross Koch Field St	
7.8	12.7			Montain View Market on right side - Sign 426 mile	Gas Station/ FoodMarket - 1959 m
10.7	17.3	Leup Rd = Rd 505 No turn until the end	←	Turn Left - Be careful not easy to see because bad marked	
11.3	18.2			Coffee Shop - bar on right side	
12.6	20.4			Auto recyclers on right side	
20	32.2			"Leaving Coconico National Forest" sign on left side	
22	35.4			Water Station on right side	
25.5	41.1	Rd 505 becomes Rd Route 15		"Welcome to the Navajo reservation" sign on right side	Elevation 1702 m - Plain
39.1	63			Leupp Public School on right side	
39.3	63.3			Gas Station and food market seem to be closed	
39.5	63.6			Post office on right side	
39.8	64.1			"Leupp boarding school" on left side	
40	64.4			Cross 99 south on right side	
40	64.5			"Dilkon 30" sign on right side	
40.4	65.1			"Little Colorado River" sign on right side	
48.3	77.8			"Transwestern Pipeline" small company on right side	
50.7	81.7			CrossLittle Signer School on right side	
52.8	85.1			"Birds Springs" sign on right side	
53.1	85.5			Chapter House on right side (like an igloo)	35°18'26.70"N - 110°44'43.00"O



AZ

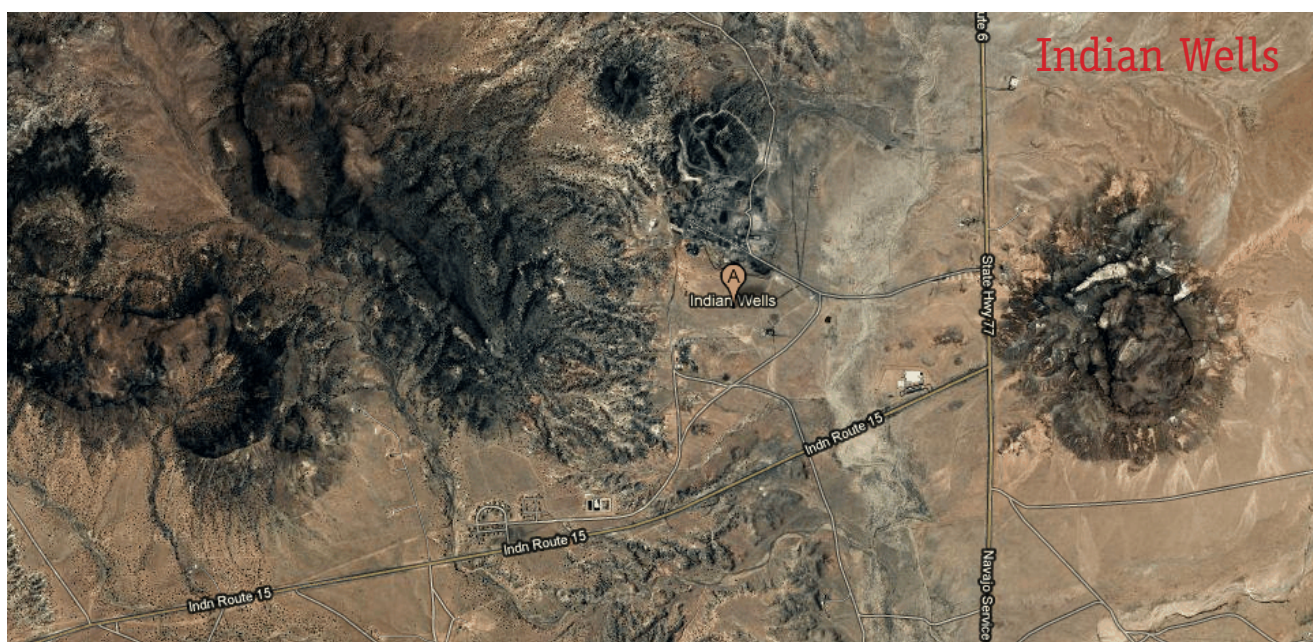
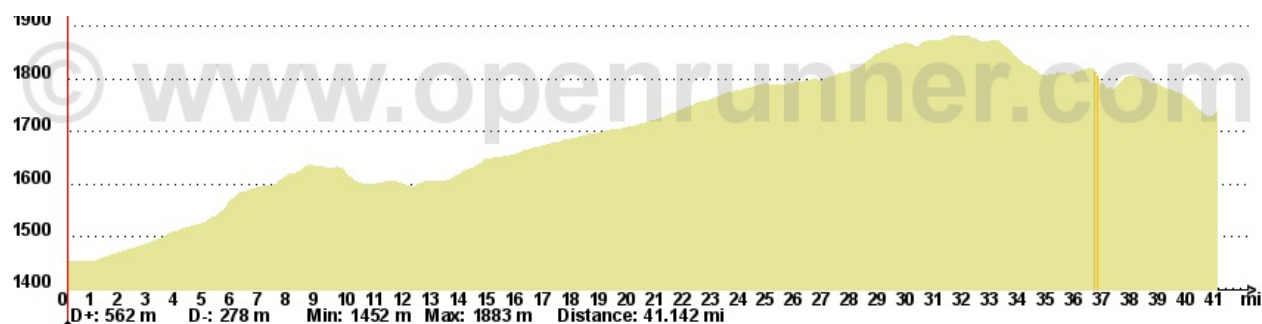
Stage 14

07/03/11 :

Birdsprings - Indian Wells 40,9 Mi /65,8 Km

Breakfast In your room - packet given by organization
 Dinner Diner by Organization
 Hotel Camping at the Chapter house, toilet, a shower will be build for us.
 Gas Station/ Foodmarket/Hotels are 38mi south in Holbrook

Mi	Km	Street Name	Indications	Comments
0	0	Rd 15	Chapter House	4786 ft - Stage with no turn
7	11.4		Overbridge	
12.1	19.6		Overbridge Whe Yol Da Sah - Wash Bridge	
20.2	32.6		Cross 87	Rd to go to Winslow
25.9	41.7		Dilkon City - Gas Station and Market on left side- only shops of stage	Laundry + Pizza
26.4	42.6		Chapter House Dilkon	
39.1	63		Few Houses	
40.8	65.8		School Indian Wells Elementary (to haladleeh elementary) on left side	Cross Rd 15/ Rd 77 - Elevation 1729 m



AZ

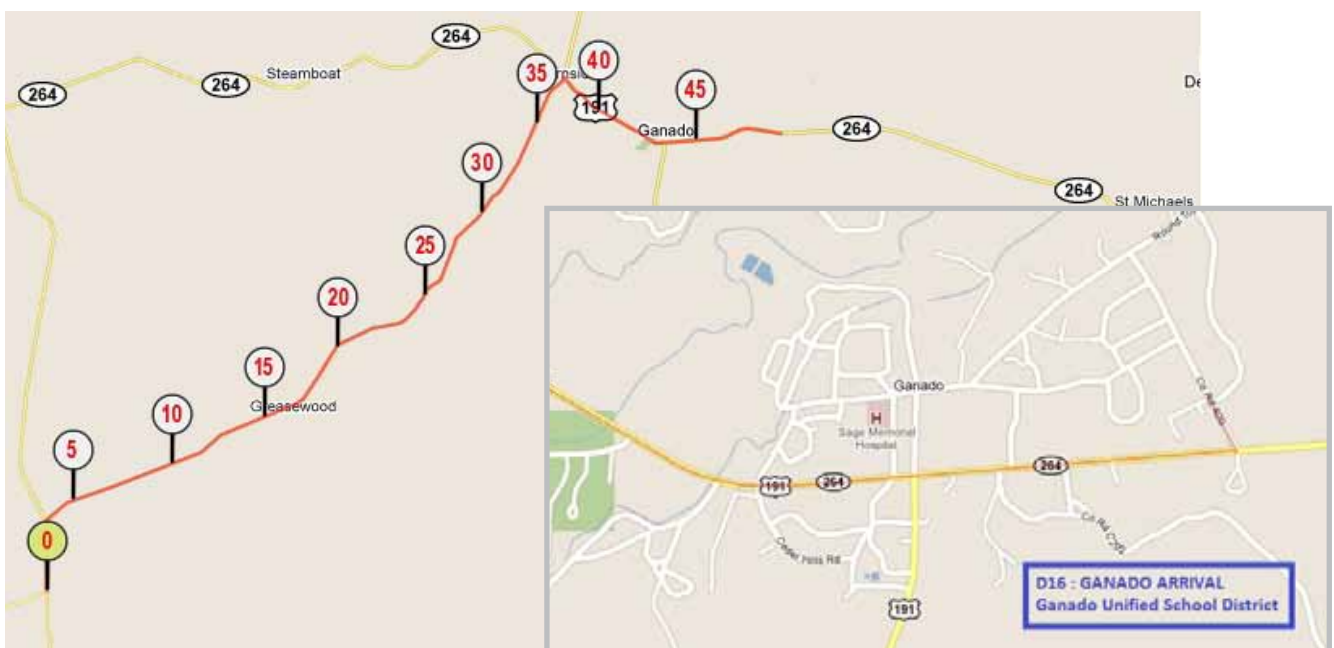
Stage 15

07/04/11 :

Indian Wells - Kinlichee 48,9 Mi / 78,8 Km

Breakfast In your room - packet given by organization
 Dinner Dennys Restaurant in St Michaels
 Hotel Navajo Land Inn Motel St Michaels at 20mi/32km

Mi	Km	Street Name	Indications	Comments
0	0		Indian Wells Elementary School	1729 m elevation
0.1	0.2	Route 77	← Turn left onto Rd 77	Follow direction Bidahochi et Keams Canyon
0.7	1.2		Church on left side	
3.4	5.5		Sign Ganado and Chinele to the right and Keams Canyon straight	
3.5	5.7	Route 15	→ Turn Right	
		55,7km		
7.2	11.6		Water on right side (tank?)	
14.4	23.3		Greasewood on right side	Few Houses
16.3	26.3		Cattle Guard	
17	27.4		Greasewood Springs Community Scholl	Few Houses
24.1	38.9		Sunrise ranch on right side	Small mountains on left side
25.2	40.7		Ruins on left side	
26.9	43.4		Cross C414 on left side	
29.1	46.9		Cross C415 on left side	
29.8	48.1		Cross Rd 15A on right side	
36.4	58.6		Power Station on right side	
37.1	59.7		Cross C451 on left side	
37.6	60.5		Ganado High School on lefts side	
37.8	60.9		Sign "Canyon Chelly straight , Ganado and Window Rock to the right"	Aquatic Center on left side
37.9	61	Route 191/ 264	→ T - Turn right	Gas Station
42	67.7		Sign "Ganado"	
43.1	69.5		Overbridge Ganado Wash	
43.5	70		"Dine College Ganado Center" on right side	
43.8	70.5	becomes only Route 264	Hospital on left side and cross Rd 191 South on right side	
44	70.8		Underpass "Burton Bar Overpas"	
44.1	71.1		Sign "Window Rock 29 -Gallup 53"	
44.2	71.2		Gymnasium and School on left side on a lower level	
44.4	71.6		Cross Rd 420 on left side	
45.1	72.7		Cross Ganado Lake Rd on left side	
46.6	75.1		Cross Rd 457 on left side	
48.2	77.7		Overpass "Fish Wash Creek"	
48.9	78.8		Sign "Kinlichee" on left side	Laundry and Pizza



AZ

Stage 16

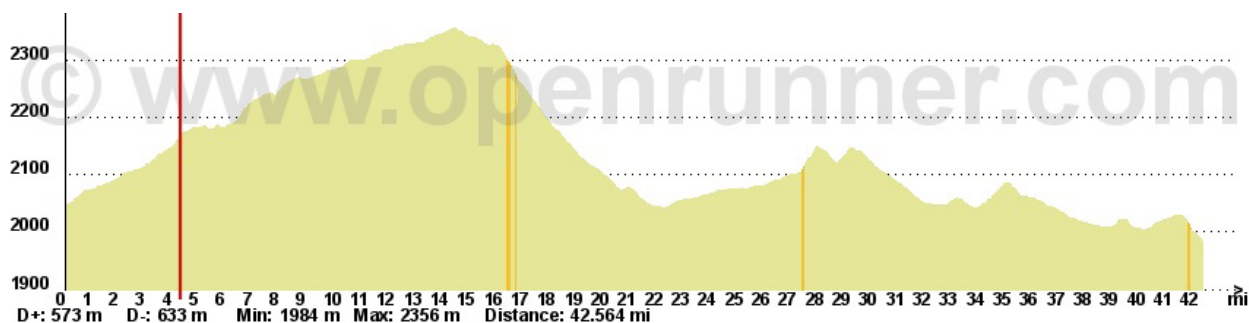
D17 : 07/05/2011 :

Kinlichee - 491 N (Gas Station) 42,3 Mi / 68,2 Km

Breakfast In your room - packet given by organization
Dinner Restaurant of your choice
Hotel Motel at Gallup (10mi/16km) of your choice

Mi	Km	Street Name	Indications	Comments
0	0	Rd 264	Sign "Kinlichee"	Laundry + Pizza
0.5	0.9		Cross Rd 450 on right side	
2.4	3.9		Sign " elevation 7000"	2100 m elevation
5.9	9.5		Cross Rd 324 on right side	
8.8	14.2		Cross Rd 306 on right side	
8.8	14.3		Sign "Window Rock 14 - Gallup 38"	
13.6	22		Divided lane with median strip for 6 miles	Pines along road
14.4	23.2		Cross Spring Rd on right side and Sawmill Rd - Sign"elevation 7750ft"	2352 m elevation
19.5	31.4		End of median strip - Stay 2 divided lanes	
19.8	31.9		Sign"St Michaels" on right side	
20.1	32.4		Navajo Land Inn Motel and Dennys on left side	
20.4	32.9		Gas Station on left side	
20.6	33.3		Over Bridge with pedestrian pass	
20.8	33.5		Laundry Snack on left side	
21.5	34.6		Cross Rd 12 South	
21.6	34.8		Sign"Window Rock" on right side	
22.4	36.1		Cross Rd 407 on right side	
22.8	36.8		Sport Center and Stadium on right side	
23.1	37.2		Mac Do on right side	
23.4	37.7		Cross Rd 12 North	At this Crossing Bank/ Gas Station/ Commercial Center
23.5	37.9		Quality Inn Motel on left side	
23.7	38.2		Navajo Tribal Museum on left side	
24.1	38.9		" Welcome to New Mexico" sign on right side - State N°3	just before KFC
24.6	39.7		Hilltop School on left side	Divided lanes with median strip/ Difficult to turn for vehicles- Be careful
28.2	45.5		Overpass Railway	
29.3	47.3		Gas Station on left side	U turn possible
35.6	57.4		Drink Shop	U turn possible
40	64.4	Route 491	← Go up and turn left onto Hwy 491 against cars (you run on the left side of the road)	Crew underpass Bridge and follow Shiprok - Hwy 491 North
40.2	64.7		Divided lane with median strip	Stay on the left side to run
42	67.7		free trinity mission on right side	
42.3	68.2		Gas Station Shell on left side - Yah Ta Hey	1972 m elevation

More maps next page

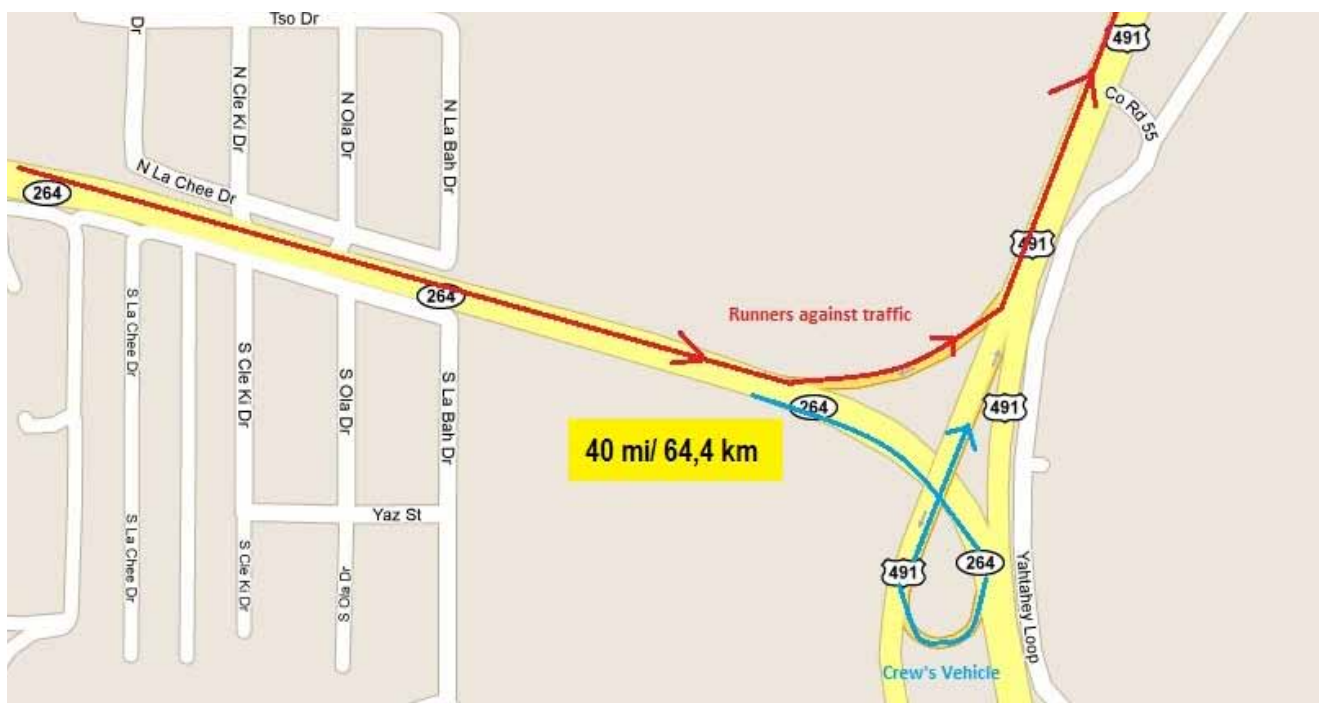


NM

Stage 17

NM

Stage 17



D18 07/06/11 :

491 N - Crownpoint 44,6 Mi / 71,8 Km

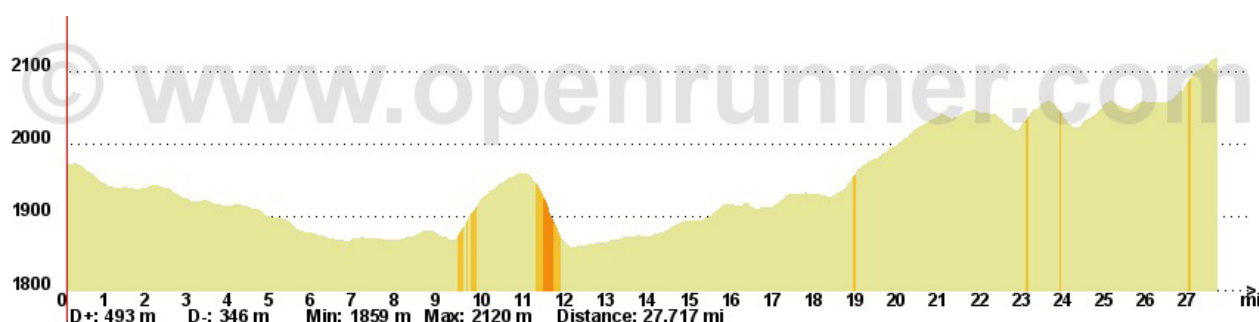
Breakfast In your room - packet given by organization
Dinner Restaurant of your choice
Hotel Motel of your choice in Gallup



NM

Mi	Km	Street Name		Indications	Comments
0	0	Route 491		Shell Gas Station Shell	2 divided lanes with median strip - 1972 m d'altitude - Aid Station when possible next 5 miles
0.3	0.5			Water tank on left side	
3.4	5.6			Twins Lake Chapel on right side	
5	8.1			Wind Turbine on left side	
5.3	8.6	Route 9	→	Turn right	
5.4	8.8			"Coyotte Canyon 10 Standing Ruiz 25 Crownpoint 40" sign	
9.3	15			"Dibe Lichie et Housing " sign on right side	
10.8	17.4			Overpass Bridge	
12.1	19.6			"Nizhoni Housing" sign on right side	
14.7	23.7			"speciale Ed à gauche et Coyotte Canyon" sign on right side	
14.7	23.8			Overpass bridge "Coyotte Canyon Wash"	
29.7	47.9			Cross Standing Rock on left side	
33.8	54.5			Cross Canyon loop on right side	
35.6	57.4			Nahodishgish and Chapter house on right side	
37.8	60.9			Wind Turbine on right side	
38	61.2			CrossCandstone Rd on left side	
38.2	61.6			Cross Canyon loop on right side	
40.2	64.7			"Daakhootza" sign on left side	
41.5	66.8			Cross Mariano Lake on right side	
41.6	67			Cross Rocky Canyon loop on right side	
43.5	70			Cross Regal Ridge Rd on right side	
44.1	71.1			Cross Chaco Bd	
44.6	71.8			Parking Shopping Center and hospital on left side	elevation 2121 m

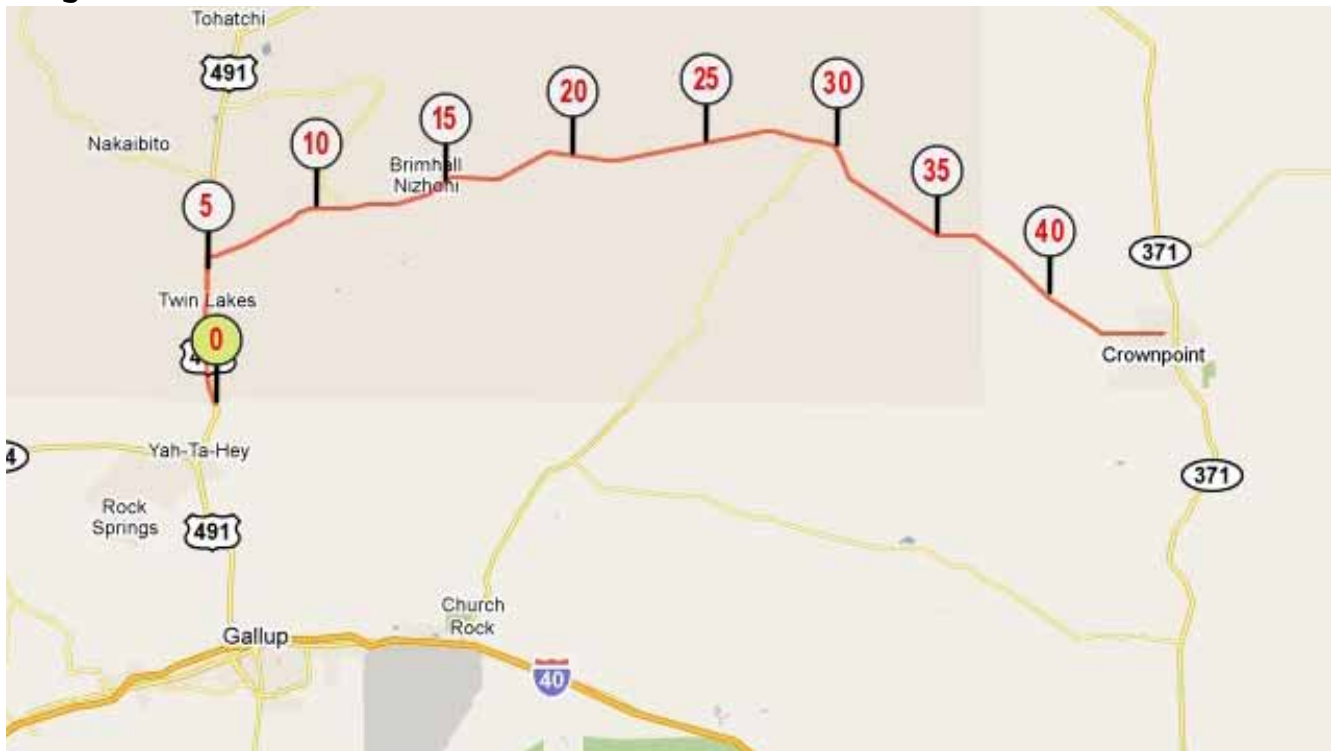
Stage 18



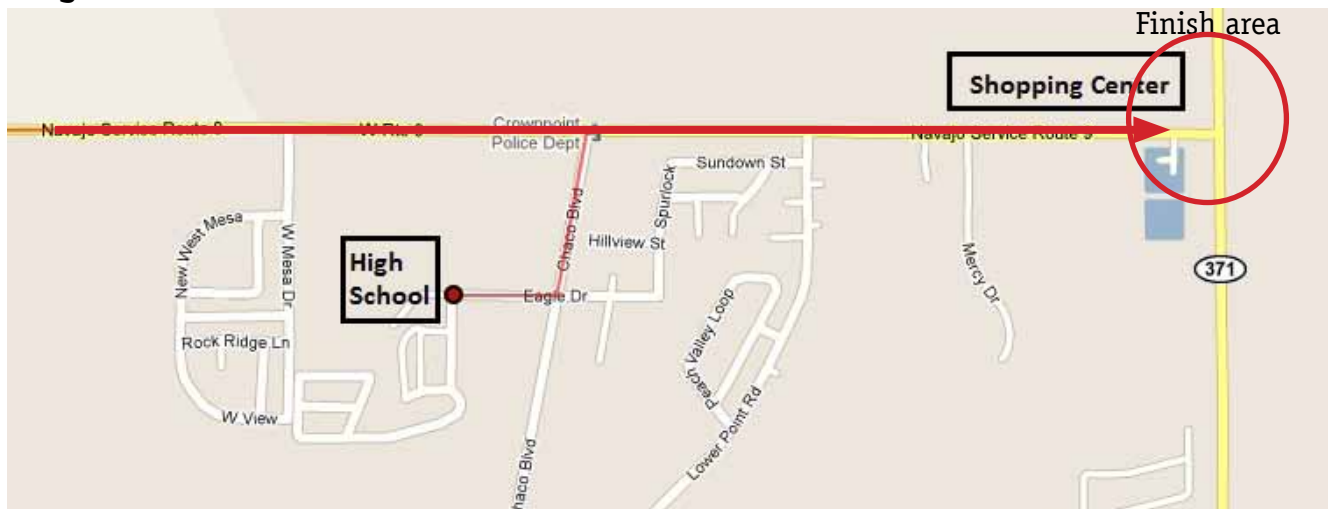
Stage 18

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Stage 18



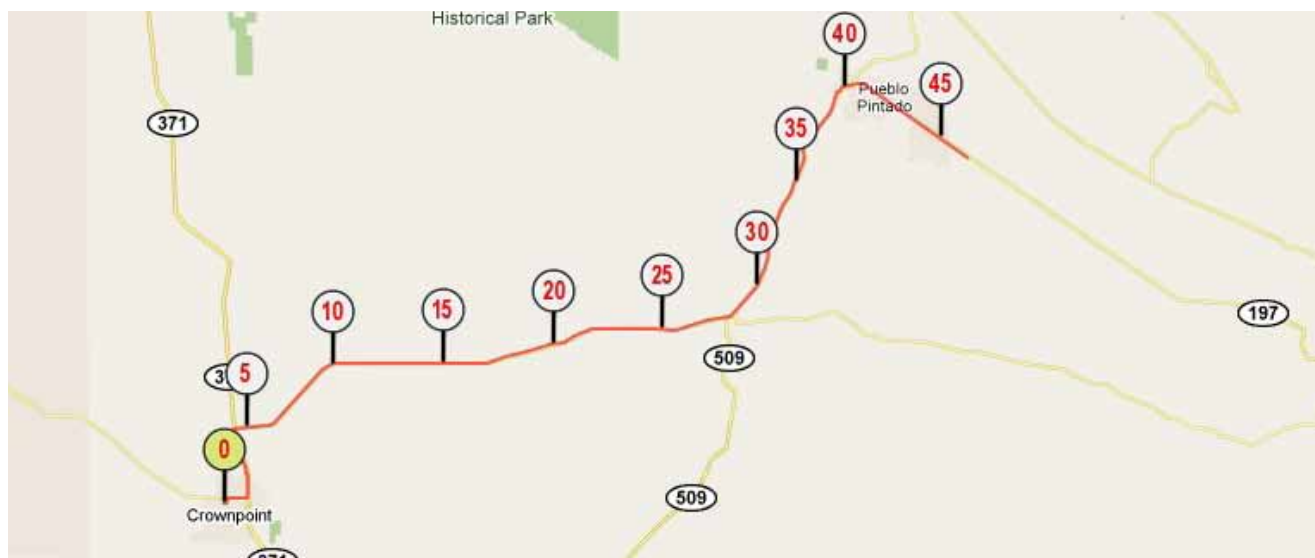
Stage 18 arrival



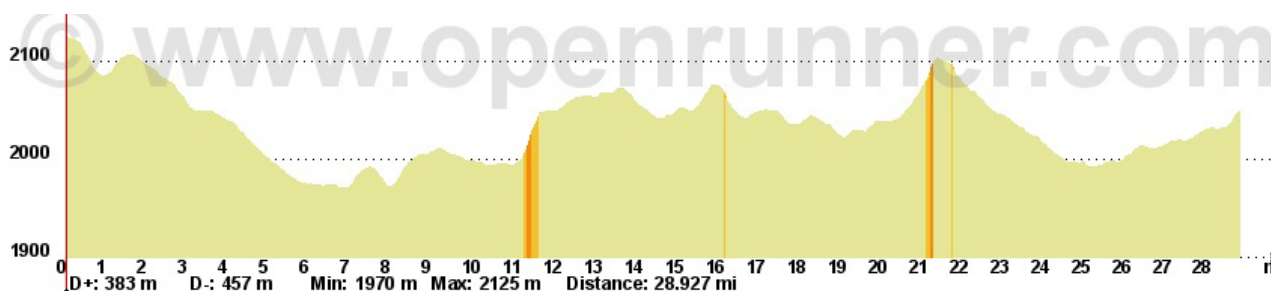
D19 07/07/11 :

Crownpoint - Pueblo Pintado 46,6 Mi / 75,0 Km

Breakfast In your room - packet gave by organization
Dinner By organization
Hotel Camping, no shower!



Mi	Km	Street Name	Indications	Comments
0	0		Parking Shopping Center and hospital on left side	
0.3	0.6	Route 371 next turn 3,2 mi	← T - Turn left	
1.4	2.4		Wind Turbine on right side	
3.5	5.7		"Farmington and Chaco Canyon and Cuba" direction sign	
3.6	5.8	East Rd 9 - No turn anymore	→ Turn right	
3.6	5.9		"Chaco Canyon 33 Torreon 67 Cuba 94" sign	
11.9	19.2		Overpass bridge	
16.8	27.1		"White Horse 11 et Chaco Canyo" direction sign	elevation 2051 m
26.7	43.1		"White Horse Lake Chapter House" sign on left side	
27.1	43.7		Cross Rd 509 on right side	
30.4	49		Cross White Mesa Rd on right side	
39.4	63.5		Tank of water on left side	
40	64.4		"Welcome to Pueblo Pintado" sign on left side	elevation 1994 m
40.2	64.8		Gas station on left side	
40.9	65.9		Overpass bridge	
43.6	70.3		Cross Pueblo Alto Rd	
45.3	72.9		Chaco wash Landromat on left side	
45.3	73		Tanner Ranch on left side	
45.8	73.7		The Church of Jesus Christ of latter days saints on right side	elevation 2050 m
46.1	74.3		Chaco wash Landromat on left side	
46.2	74.4		Tanner Ranch on left side	
46.6	75.1		The Church of Jesus Christ of latter days saints on right side	elevation 2050 m



NM

Stage 19

D20 07/08/11 :

Pueblo Pintado - Cuba 48,3 Mi / 77,7 Km

Breakfast In your room - packet given by organization
 Dinner Restaurant of your choice
 Hotel Motel Frontier (2 others motels - Cuba Lodge Motel and Motel del Prado)

NM

Stage 20

Mi	Km	Street Name		Indications	Comments
0	0	Route 9 Next turn 47mi / 75,6km		The Church of Jesus Christ of latter days saints	Elevation 2050 m
3.1	5			Overpass Bridge	
5.2	8.5			" Torreon 4 et Ojo Encino" sign direction on left side	
5.3	8.6			Star Lake on left side	
10	16.1			Overpass Bridge	
10.8	17.4			Overpass Bridge	
13	21			"Tinian Baptists Church" sign on left side	
13.7	22.2			Cross Tinian rd on left side	
16.1	26	Route 9 becomes Route 197		Cattle guard	Road with good asphalt
17.7	28.6			"Rock springs" sign on right side	
20	32.2			"Ricon Marcus 14 Whitehorse 37" direction sign	Animals on the road
20	32.3			Gas station on left side	
20.8	33.5			"Welcome Torreon Star Lake Chapter" sign on right side	Small Village on right side
21.5	34.7			Overpass bridge	
27.4	44.2			"Torreon Navajo Mission 3 miles" sign on right side	
29.7	47.9			Cattle Guard	
31.1	50.1			Few Houses	
38	61.3			"Clara training post" sign on right side	1 house
46.3	74.5			Overpass bridge	
46.9	75.6	Route 550	←	Turn left	
47.9	77.2			Cross Rd 126 on right side	
48.1	77.5			Overpass "Rio Puerco "	
48.2	77.7			Frontier Motel on right side	elevation 2111 m - Cuba small city with post office/bank/Car wash/pizza/ Supermarket/Mac Do/Gas Station

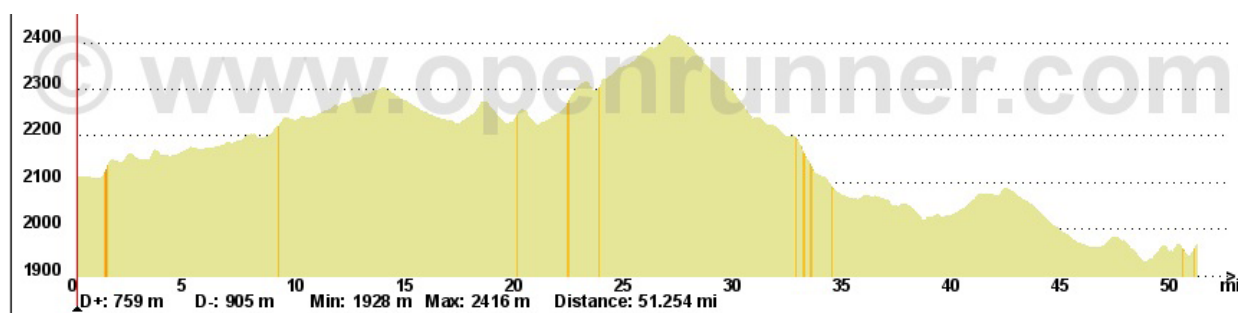


D21 07/09/11 :

Cuba - Riana Camping Abiquiu Lake 51,1 Mi / 82,2 Km

Breakfast In your room - packet given by organization
Dinner by organization
Hotel Riana Camping

Mi	Km	Street Name		Indications	Comments
0	0	Route 550 Next turn 3,3 mi / 5,4km		Frontier Motel Cuba	2 divided lane - Elevation 2111m
0.9	1.5			"Blomfield 87 - Aztec 95 - Farmington 100"	
1	1.7			" elevation 7000ft" Sign	
2.7	4.4			"San Jose Creek" sign on right side	
3.1	5.1			" Jct 96" sign	
3.3	5.4	Route 96 No turn	→	Turn right	no shoulder
3.4	5.6			" La Jara 2 - Regina 9 - Gallina 18" Sign	
5	8.1			Post Office La Jara on left side	
11.9	19.3			Regina Store/Gas Station on right side	
12.5	20.2			Regina Fire Dpt on left side	
14.7	23.7			"Rio Arriba County Line" sign on right side	
15.3	24.7			Cross Rd 595 on left side	
16.2	26.2			Cross Rd 112 on left side in a curve	Rd with curves
16.4	26.5			"Gallina 6" sign on right side	
18.3	29.5			Beautiful view - Elevation 2279m	
21.3	34.3			Gas station on right side	
22.1	35.6			Cross trail 416 on right side	
22.3	36			"Gallina" sign	elevation 2296m
22.5	36.3			Coronado High School on left side	
22.9	36.9			Post Office of Gallina on right side	
22.9	37			" Coyote 14 - US 84 Jct 27 - Abiquiu 34" sign	
25	40.3			Cross trail 422 on left side	Pines along the road
31.5	50.8			Coyote Ranger Station on right side	
32.1	51.7			"Coyote 5 - Abiquiu 26" sign	
36.4	58.7			" Coyote" sign	
36.7	59.1			"Branch Dinner" cafe store on left side	
36.8	59.3			Gas Station - foodmarket and Post Office	
36.9	59.5			Overpass "Coyote Creek"	
40.1	64.6			"Youngsville" sign on right side	
40.7	65.6			Cross trail 202 and Post Office on right side	
41.3	66.5			Cattle Guard	
44.8	72.2			Cross trail 199	
47.8	77			Cattle Guard	
48.2	77.7			Cross trail 194	
48.4	78			Passe sur "Canones Creek" - Panneau 45 mile	lake on the left
49.9	80.4			Cattle Guard	
50.1	80.7			Parking on left side with tables and shadow	
50.7	81.7			"Rio Chama Recreation area" sign on right side	
51	82.2			Riana Campground on left side by the lake	elevation 1974m



NM

Stage 21



D22 07/10/11 :

Abiquiu Lake - Velarde = 37,8 Mi / 61 Km

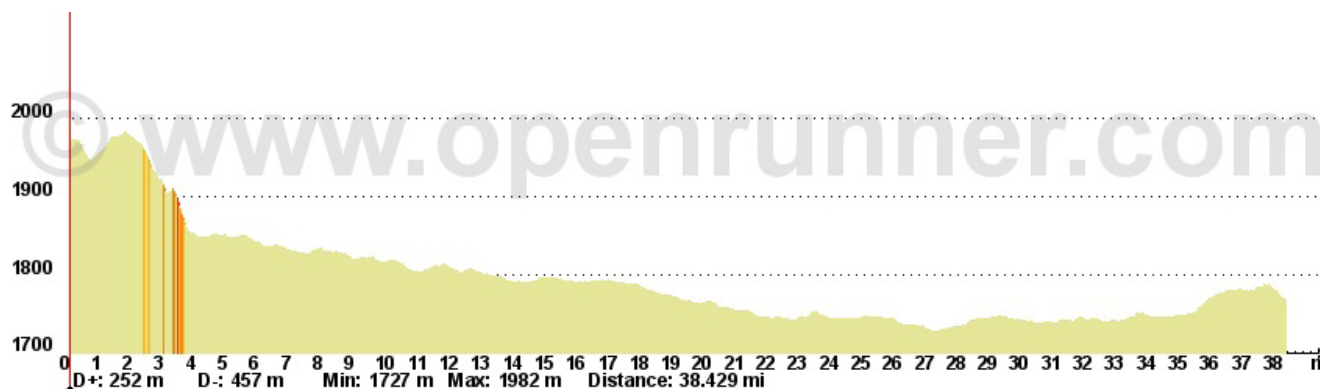
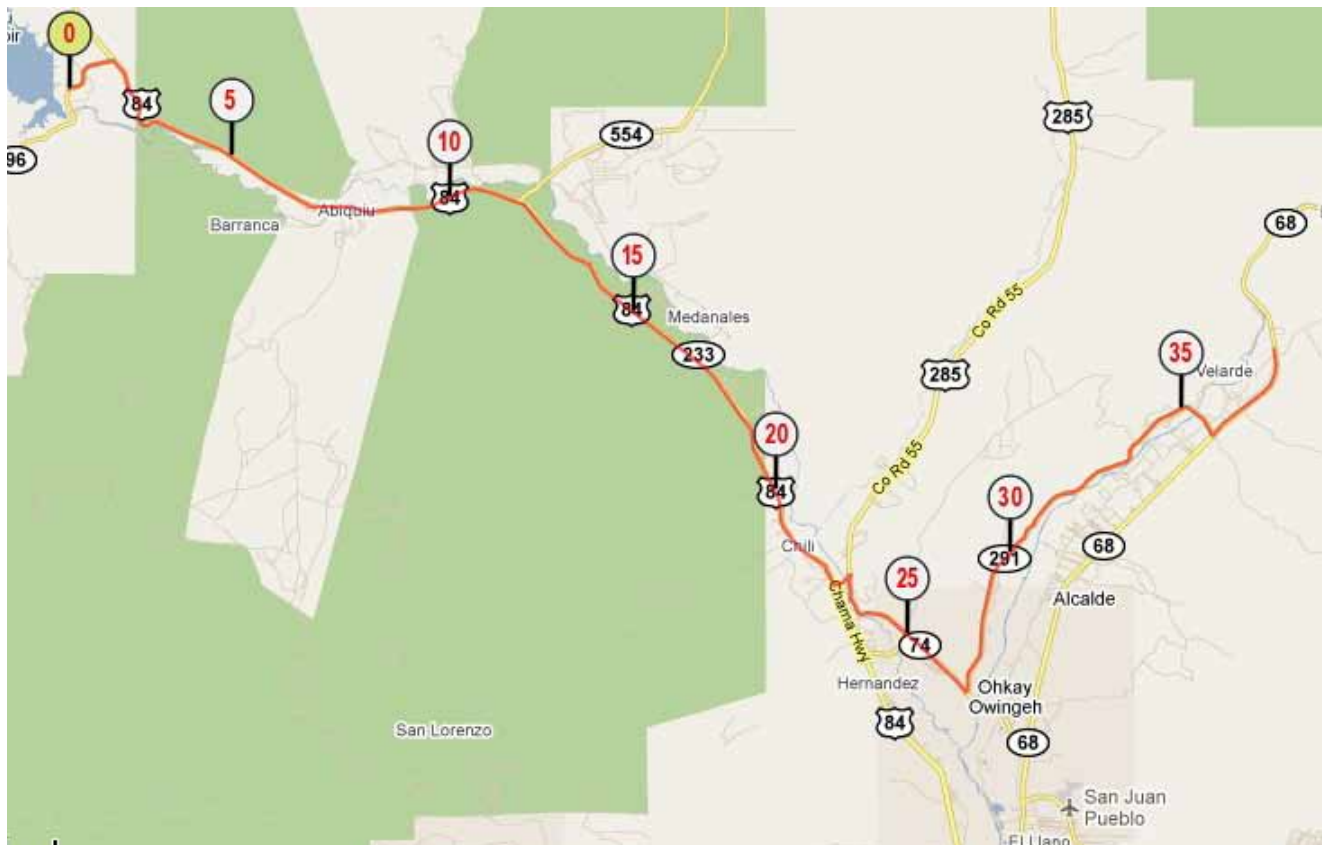
Breakfast Packet given by organization

Dinner Restaurant inside casino

Hotel Hotel Resort Casino Ohkay - 17,5km on Rd 68 south (direction Espaniola)

Mi	Km	Street Name		Indications	Comments
0	0	Route 96 Next turn 1,3mi / 2,1 Km		Riana Campground - Abiquiu Lake	elevation 1974 m
0.6	1			Picnic Area on left side	
1.3	2.1	Route 84 Next turn 21,1mi / 34,1 Km	→	T - turn right - Be careful dangerous road	No stop for car on this rd 84 very dangerous - except when possible picnic area for example
1.3	2.2			" Espanola 27 - Santa Fe 51" sign	
2.7	4.4			Picnic Area on left side	
6.2	10.1			Abiquiu Elementary School on left side	
7.5	12.2			Cross Rd 189 on right side	
7.7	12.4			Gas station on left side and Post Office on right side	
7.8	12.7			" Espanola 22 - Santa Fe 46" sign	
8.4	13.6			Hotel "The Abiquiu Inn" sur la gauche	
11.4	18.5			"El Prado Convenience Shop" sign	
11.7	18.9			" Espanola 18 - Santa Fe 42" sign	
14.9	24.1			Overpass "Madera Rio"	
18.2	29.4			Cross Rd 140 on left side	
21.1	34			Cross Rd 135 on right side	
22.4	36.2	Route 285 ext turn 0,4mi/ 0,6km	←	Turn left - Follow "Ojo Caliente/Tres Pedras"	
22.7	36.6			Overpass "Rio Chama"	
22.8	36.7			"Mile 337" sign on right side	
22.8	36.8	no name / 5,5km Next turn 3,4 Mi	→	Turn right Follow "Chamita" - Not easy to see	Not easy to see

Mi	Km	Street Name		Indications	Comments
24.9	40.2	Rd becomes Rd 74		Cross Rd 74	
25.1	40.4			" Ohkay Owingeh 2" Sign	
26.1	42.1			Cross Rd 56 on right side	
26.2	42.3	Rd 57 = El quique Rd Next turn 9,2 Mi / 14,8km	←	Turn left	
30.3	48.8			Chapel on right side	"Mile 4" sign
30.5	49.2			Cattle Guard	narrow road
34.6	55.8			Cross Rd 59 on left side	
34.8	56			Overpass rio	
35.2	56.7			Cross Rd 41	
35.4	57.1	Route 68 North Next turn 2,4 Mi / 3,8km	←	Turn left - 2 divided lanes with median strip	
36.2	58.4			Cross Rd 51 on left side and Rd 435 on right side	
37.7	60.8			Cross Rd 41 on left side	
37.8	60.9			Gas Station on right side - Velarde City	elevation 1768 m



NM

Stage 22

D23 07/11/11 :

Velarde - Palo Flechado Pass 46,9 Mi / 75,5 Km

Breakfast In your room - packet given by organization
 Dinner Restaurant
 Hotel Angel Fire Community Center (6 miles, kitchen, no showers)

NM

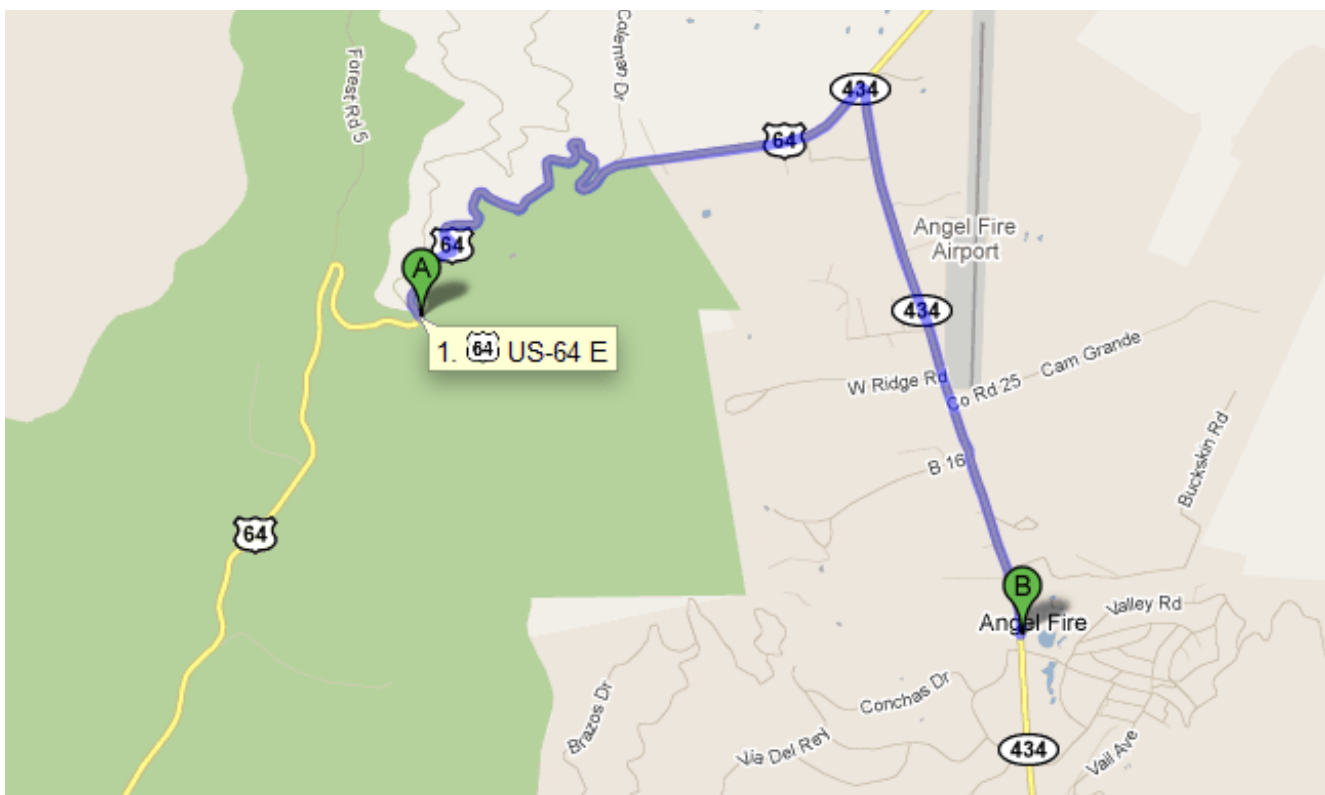
Stage 23

Mi	Km	Street Name		Indications	Comments
0	0	Route 68 North 29,1 Mi / 46,8 km	Next turn	Velarde - Gas Station Shamrock	elevation 1768 m
0.3	0.5			Post office on right side	
0.4	0.7			Cross frontage road on right side	Rio Grande on left side
0.9	1.5			"Taos 27 - Questa 53" sign	Small and narrow rd - No shoulders - Car stop when possible
5.8	9.4			Embudo Post office on right side	
6.2	10			Cross Rd 62 on left side	
6.5	10.5			Cross Rd 75 on right side	
7.8	12.7			"Espanola 22 - Santa Fe 46" sign	
6.5	10.6			"Taos 23 - Questa 50 - Eagle Nest 53" sign	
7.8	12.6			"Rinconada" sign	
10	16.1			"Taos county line" sign	
11.9	19.3			Footbridge in wood on left side	
13.4	21.7			"Rio Grande Gorge" sign on right side	
14.6	23.5			"Visitor center " sign on right side	
14.7	23.7			Cross Rd 570 on left side	
18.2	29.3			Rest Area with 1 table	After "32 mile" sign Beautiful panorama - Big Parking - elevation 2135 m
19.4	31.3			Rest Area with 2 tables	Big Parking
22	35.4			"Tierra Blanca" sign	
23	37.1			"Stake out dr" sign on right side	No shoulders
25.6	41.2			Cross Rd 110 on left side	
25.6	41.3			"Taos 4 - Eagle Nest 34 - Raton 96" sign	Urban area
27	43.6			"Ranchos Del Taos" sign	
27.1	43.7			Overpass Bridge "Rio Del Ranchos"	
27.4	44.1			Cross Rd 240 on left side and St Francisco Rd on right side	
27.6	44.5			Cross Rd 518 on right side - Gas Station shell on left side	
29	46.7			Visitor Center on right side	
29	46.8	Route 585 2,2 Mi / 3,5km	Next turn	→ Turn right at traffic light	
29.2	47.1			Succession de 3 Ronds Points	
31.2	50.3	Route 64 East 15,7 Mi / 25,2km	Next turn	→ T- Turn right - Rd dangerous - Be careful	Small rd without shoulder - please crew be careful - aid station and stop when you and the other are in security
31.4	50.6			"Angel Fire 24 - Eagle Nest 30 - Raton 94" sign	
31.5	50.8			"Carson National Forest" sign	
34.1	54.9			Camping Sierra Village Lodge on right side	
34.3	55.3			Cross Rancho Canyon on left side	
35.2	56.7			Hotel Taos creek on right side	
36.4	58.6			"Shady Brook" sign	
36.4	58.7			Shady Brook Inn	
41.2	66.3			Rio Fernando Fire District on right side "267 mile" sign	elevation 2566m
41.5	66.8			Vallee Escondido on right side	
41.7	67.1			Camping Caravane "Enchanted Moon" on right side	
45.2	72.8			"271 mile" sign	elevation 2682 m
46.9	75.5			Coffax County Line - Palo Flechado Pass	elevation 2783 m





6 mile drive to Community Center



NM

Stage 23

D24 07/12/11 :

Palo Flechado Pass - Cimarron 37,1 Mi / 59,7 Km

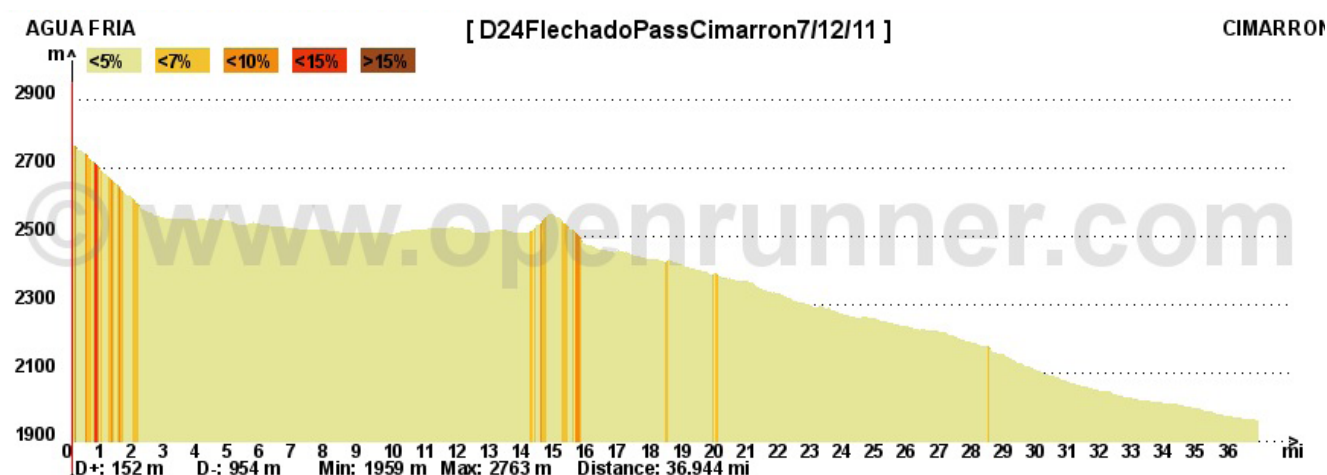
Breakfast Packet given by organization
 Dinner Restaurant Double C
 Hotel Canyon Inn Motel

NM

Stage 24

Mi	Km	Street Name	Indications	Comments
0	0	Route 64 / 59,8 km	Next turn 37,2mi	Coffax County Line - Palo Flechado Pass - No turn all stage long
0.3	0.6		" 273 mile" sign	Elevation 2783 m Narrow Rd without shoulder No aid station and no crew's next 2,5 mi/4km -
1.8	3		"Eliot Barker trail n°1" sign on right side	
2	3.3		"Leaving Carson National Forest" sign	
2.2	3.6		"Eagle 11 - Cimarron 35" sign	
3.2	5.3		Cross Rd 434 on right side	
3.4	5.6		"Eagle 9 - Raton 74 Clayton 156" sign	
4.2	6.8		Memorial on left side	
10.4	16.8		Church on right side	
11	17.8		"Eagle Lake" sign	
12.3	19.8		"Eagle Nest Limit 8253 ft " sign	Elevation 2575 m
12.5	20.2		Cross Rd 127 on left side	
12.8	20.6		Cross Rd 38 on left side	
13.1	21.2		Eagle Nest - nice a typical village	
13.4	21.7		Econolodge motel on right side	
13.6	21.9		"Cimarron 24 - Raton 65" sign	
16	25.8		"Cimarron State park" sign on right side	Crew stop when possible - Be careful
19	30.6		Picnic Area on left side	
20	32.3		Picnic Area "Pay station" on right side	
21.3	34.4		Picnic Area on right side	
22.6	36.5		Camping "Maverick" on left side	
22.7	36.6		Camping on right side	
24	38.7		Gas Station and Pine Ridge motel on right side	Elevation 2250 m - Village on right side
24.1	38.9		"Cimarron 13 - raton 54" sign	
26.2	42.3		"Chamron District" sign on right side	Around 52,5 km end of mountains - Vast Plain
35.8	57.7		Tourism information on right side	
36.2	58.3		"Cimarron Village limit 6430 ft" sign	Elevation 1973 m
36.6	59		Cross Rd 21 on right side	Landromat and Supermarket on right side.

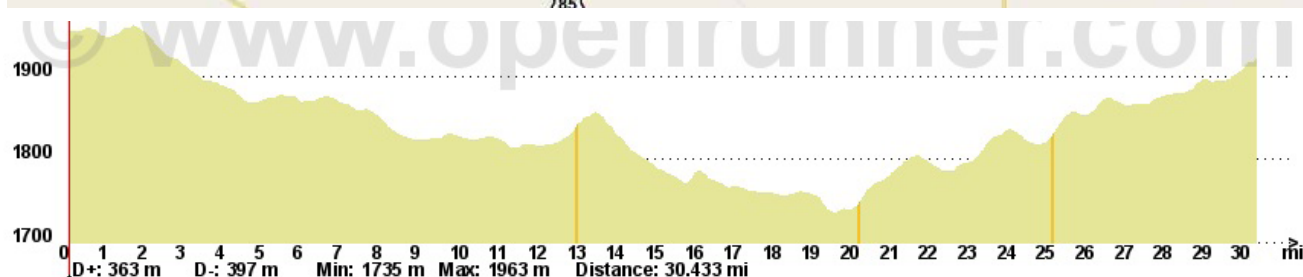




D25 07/13/11 :

Cimarron - Point of Rocks Rest Area 49 Mi /78,8 Km

Breakfast	Packet given by organization
Dinner	Snack or Restaurant in Springer
Hotel	Camping at Gladstone Mercantile (11,8mi/19km east) small store with small restaurant,
	Shelly is looking forward to cook for you. Another option Oasis Motel 1001 Railroad Ave, Springer, NM (575) 483-2777 (24,1mi/39km west)



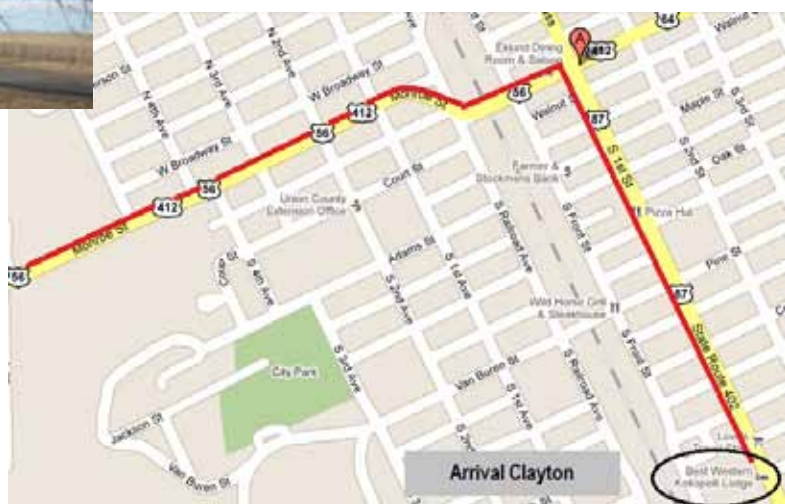
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Stage 24/25

NM

Stage 25

Mi	Km	Street Name		Indications	Comments
0	0	Route 64 / 0,1 Mi Next turn 0,1 Km		Canyon Inn Motel	Elevation 1963 m
0	0.1	Route 58 30,3km / 18,8mi Next turn	→	Turn right	Narrow shoulder for runner
0.1	0.2			"Springer 25 Las Vegas 92 Clayton 108" sign	
7	11.4			" Ponil Creek"	
10.3	16.7			"Springer 14 - Las Vegas 82 " sign	
18.8	30.4	frontage Rd 7,3km Next turn 4,6mi/	→	Turn right - The I-25 is on your left side Don't go straight don't overpass bridge here	
21.8	35.2			Straight at the crossing	
23.1	37.2			Cattle Guard	Curve
23.3	37.5	follow Frontage Rd		Overpass bridge over I-25	Exit N° 414
23.4	37.7			Cattle Guard	
23.4	37.7	frontage Rd 3,1 km Next turn 1,9 mi/	→	T - Turn right and follow Clayton	
24.3	39.2			"Springer - 5857 ft" sign on right side	Elevation 1784 m
24.6	39.7			Scenic Historic Springer sign on right side	
24.7	39.9			Cross rd 468 on right side	
24.8	40			Gas station	
24.9	40.1			Oasis Motel on right side	
24.9	40.2	becomes Maxell Av		Gas Station	
25.1	40.4			Church on left side	
25.3	40.8	Route 56 / 412 = Fourth St No turn anymore	←	Turn left follow Clayton	Shoulder and long straight lane
25.4	40.9			"Gladstone 35 - Clayton 83" sign	
25.5	41.1			Underpass Railway - Pedestrian pass on right side	
31.5	50.7			"Taylor Spring" sign	
35.6	57.3			"Clayton 71 - Boise City 114" sign	
35.9	57.8			"Chico Creek" sign	
38	61.2			Cross Rd C44 on left side	
42	67.7			Cross Rd C46 on left side	
43	69.3			Cross Rd C36 on right side	
44.8	72.2			"Abbott" sign on right side	
45	72.5			Cross Rd C48 on left side and Rd 39 on right side	
45.3	73			"Gladstone 16 - Clayton 61 - Boise City 104" sign	"20 mile" sign
47.1	75.8			Cross Craft Rd on right side	
49	78.9			"Point of Rocks" Rest area on left side with 2 tables	Dorsey Mansion sign on left side + small power station - Elevation 1927 m



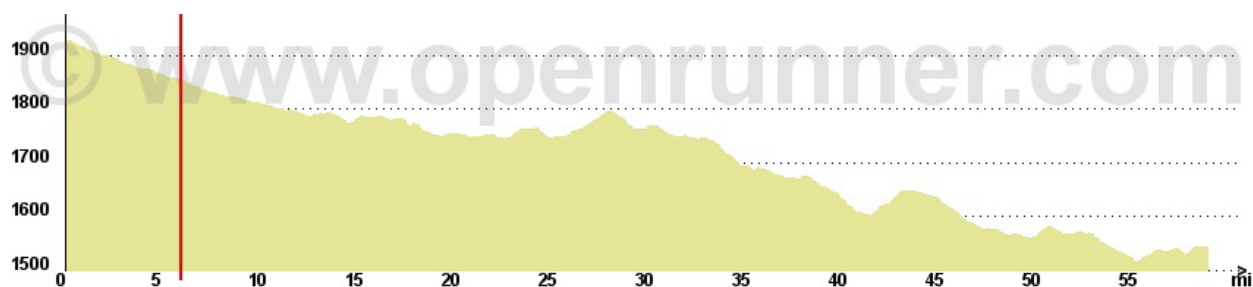
Stage 26 Arrival
Clayton

D26 07/14/11:

Point of Rocks Rest Area - Clayton 59,3 Mi / 95,4 Km

Breakfast Packet given by organization
 Dinner Lot of restaurant on Hwy 87south
 Hotel Best Western Kokopelli Lodge or a lot of motels on Hwy 87 south

Mi	Km	Street Name		Indications	Comments
0	0	Route 56 / 412		"Point of Rocks" Rest Area	Dorsey Mansion on left side + small electric power Altitude 1927 m
5.6	9.1			"Clayton 55 - Boise City 98 "	
7.9	12.8			Cross Rd 193 on left side and Rd C40 on right side	
8.1	13.1			"Clayton 51 - Boise City 94 " sign	
8.8	14.3			Cross Rd C43 on right side	
9.9	16			Cross Rd C64 on left side and "Union County Line" sign on right side	
11.8	19.1			Mercantile shop Gladstone	Interesting and typical place : drinks, antiques...
14.5	23.4			"Ute Creek"	
19.9	32.1			Cross Rd 120 on right side	
30.2	48.7			Cross Rd 453 on left side	
30.3	48.9			"Clayton 21 - Boise City 64 " sign	
33.2	53.5			Wind Turbine on left side	
36.3	58.5			"Clayton 27 - Boise City 70 " sign	
41	66			"Carrizo Creek"	
42	67.7			Cross Rd A016 on right side	
42.2	68			"mile 66"	
43.1	69.4			Cross Rd A016 on left side	
44.4	71.6			Cross A017 on left side	
46.5	74.9			"Clayton 11 - Boise City 54" sign	
47.1	75.8			Cross Rd A020 ion right side	
53.9	86.8			First houses of Clayton	
57.3	92.2			"Clayton" Historic sign	
57.3	92.3			"Clayton - 5050 ft" sign	Elevation 1527 m
58.2	93.8			Clayton Motel on right side - " Mile 82 " sign	
58.6	94.3			Cross Rd 402 on right side	
58.6	94.4			Cross Railway	
58.7	94.5			Laundromat on left side	
58.7	94.6	Rd 87	→	Turn right onto Rd 87 - stay on right side on walkside	"87" sign not easy to see
59.3	95.5			Best Western Kokopelli Lodge on right side	



NM

Stage 26

D27 07/15/11 :

Clayton - Boise City 44,6 Mi / 71,8 Km

Breakfast Packet given by organization
Dinner Restaurant or organization
Hotel Motel Townsman

Mi	Km	Street Name		Indications	Comments
0	0	87		Best Western Kokopelli Lodge	
0.4	0.8	412/64/56 Next turn 43,4mi/ 69,7km	→	Turn right onto 412/64/56	
1.1	1.9			Cross Rd 538	
1.3	2.1			"Jct 406 3 - State Line 11" sign	
3.8	6.2			Cross Rd 406	
3.9	6.3			"State Line 8 - Boise City 40" sign	
11.9	19.3			"Leaving New Mexico" sign on left side	
12.1	19.5			"Entering Central time zone" sign	Change Time Zone
12.3	19.8			"Oklahoma" sign on right side	OKLAHOMA = State N°4
12.6	20.4			Small parking with 2 tables on left side	No shoulders anymore. No miles sign anymore. Straight lanes
18.3	29.6			"Boise City 56 - O City 412" sign	
22.3	35.9			grain silo on right side	
24.1	38.9			silo on right side	Few Houses
24.5	39.5			"Boise City 19 - Guymon 81" sign	
31.8	51.3			Overpass bridge	
36.4	58.6			grain silo and ranch on right side	
40.5	65.3			Cross Rd 385 on right side	
42.5	68.5			Overpass Railway	
43	69.3			Cemetery on let side	
43.1	69.5			"Welcome to Boise City"	
43.8	70.5	Route 56/64/412/3 Next turn 0,1 mi / 0,1 km	→	Turn right follow Guymon	County Court House in front of you
43.8	70.6	Route 56/64/412/3 Next turn 7,7mi/ 12,4 Km	→	Turn right follow Guymon	
44.1	71.1			"Amarillo Tx 123 - O City 327" sign	
44.6	71.9			Motel Townsman on left side	Elevation 1259m



D28 07/16/11

Boise City - Guymon 56.6 Mi / 91,1 Km

Breakfast Packet given by organization
 Dinner Restaurant at the Hotel, lots of other options
 Hotel Ambassador Inn



Mi	Km	Street Name		Indications	Comments
0	0			Townsmen Motel	
0.6	1			Overpass Railway	No shoulders
0.8	1.3			Cross Rd 287 on right side	
1.3	2.1			" Elkart Ks 38 - Guymon 61 - O City 325 " sign	Railway on your left side
6.8	11.1	Route 64/412/ 3	→	Turn right	Lots of traffic
7.1	11.5			"Guymon 56 - O City 321" sign	
11.5	18.6			Cimetry on right side	
11.6	18.8			Grain Silo on right side	
14.6	23.5			Cross Rd 171	
26.7	43			"Texas county " sign	
29.5	47.6			Power Station on right side	
30.5	49.1			Cemetery on left side	
32.9	53			Cross Rd 95 on right side	
33.5	54			Four Corners built on left side	
33.6	54.2			" Texhoma 24 - Guymon 28 - O City 293" sign	
36.8	59.3			Wind Turbine on left side	
38.5	62			Cross Rd 95 on right side	
38.7	62.3			" Guymon 23 - O City 288"sign	
42	67.6			Antenna on right and left side	
46.4	74.8			Cemetery on right side	
51	82.2			Overpass Bridge "Little Goff Creek"	
53	85.3			Camping on right side	Rd becomes 2 lanes divided
55.2	88.9			End of 2 lanes divided	
56.6	91.2			Cross Rd 136 on left side	
56.6	91.2			Cross Rd 136 on left side	

OK

Stage 28

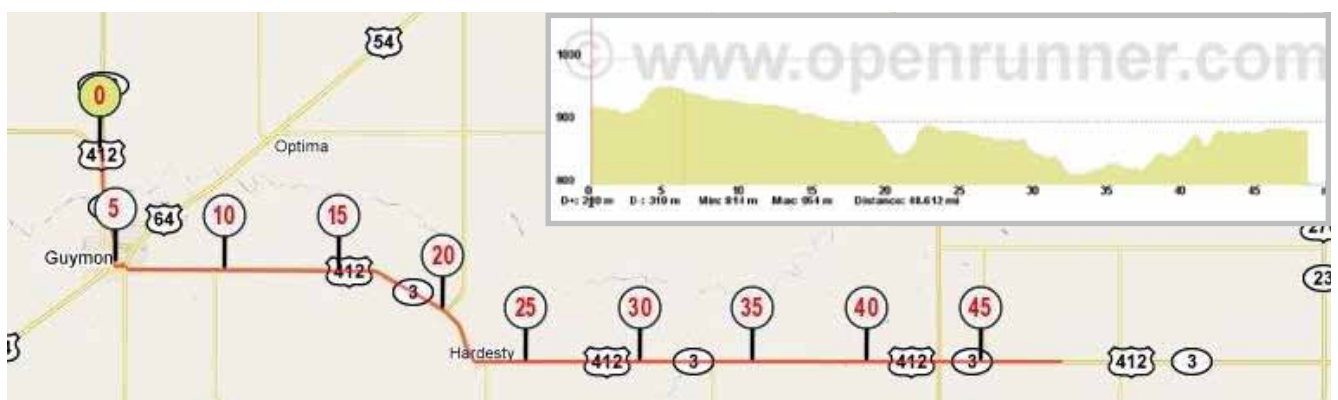


D29 07/17/11

Guymon - Balko School 48,8 Mi / 78,5 Km

Breakfast Packet given by organization
 Dinner By Organization
 Hotel Probably in the school

Mi	Km	Street Name		Indications	Comments
0	0	Route 64/412/ 3		Cross Rd 136 on left side	
0.2	0.3			" Guymon 3" sign	
1.1	1.7			Overpass "Little Goff Beaver River"	
1.3	2			Overpass "Beaver River"	
3.1	4.9			"Guymon" sign	Hotels nearby
3.2	5.1			Cross 24 th St	
4	6.4			Cross 15th st	
4.3	6.9			Cross 12th st	
4.7	7.5			Cross Sixth St	
4.8	7.7			Cross Fifth St	
4.9	7.8			Cross Fourth St	
5	8			Overpass Railway	
5.1	8.2	US 54	Next turn 0,5mi/ 0,7 Km ←	Turn left	
5.2	8.3			Cross Crumley St	
5.5	8.8	Route 412/3	→	Turn right	
6.2	9.9			" Hardesty 18 - O City 265" sign	
10.9	17.5			Parking with 2 tables on right side	
15.5	24.9			Cemetery on right side	
20.2	32.5			Cross Rd 94 on left side	
20.3	32.6			"Hardesty 3 - O City 250" sign	
20.7	33.3			Overpass Bridge "Cold Water Creek"	
22.7	36.5			" Hardesty" sign	
23.2	37.3			Gas station on left side	
23.4	37.6			"Beaver 50 - Oklahoma City 245" sign	
27.7	44.5			Wind Turbine on left side	
28.2	45.3			Cemetery on right side	
29.3	47.1			cross Adams Rd on left side	
32.3	51.9			Overpass Bridge	
33.6	54			Overpass Bridge "Chiquita Creek"	
33.7	54.2			Cemetery on right side	
36.3	58.4			"Beaver County"	
37.2	59.8			Overpass Bridge "Fulton Creek"	
39.4	63.3			Parking with 1 table on right side	
42.2	67.8			Power station on left side	
43.3	69.6			Cross Rd 83	Gas Station here
43.5	69.9			"Beaver 30 - Woodward 83 - O City 227"	
46.2	74.3			Cimetry on left side	
48.8	78.5			Balko School on left side	



OK
 Stage 29

D30 07/18/11

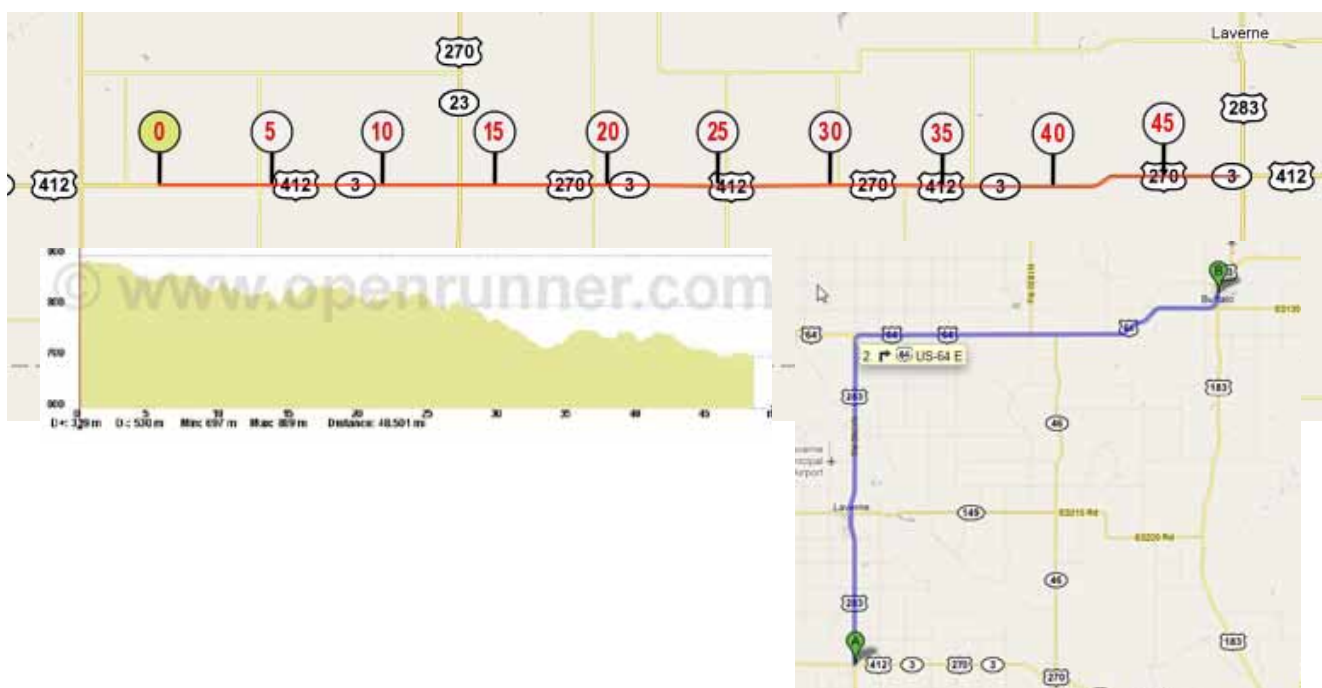
Balko School - Hwy Crossing 412/283 46,7 Mi / 75,1 Km

Breakfast Packet given by organization
Dinner Restaurant or organization
Hotel School in Buffalo 28 miles northwest

Mi	Km	Street Name	Indications	Comments
0	0	Route 412/3/270	Balko School	
2.3	3.8		"Central Balko" factory on left side	
2.4	4		Overpass bridge "N Fork Clear Creek"	
7.4	12		Overpass Bridge" S Fork Clear Creek"	
11.3	18.3		"Elmwood" sign	
11.5	18.6		Cross Rd 270/23 - Gas Station	Elevation 825 m
11.6	18.7		" Woodward 70 - O City 210" sign	
16.2	26.2		Power Station each side	
16.4	26.5		Cemetery on right side	
16.8	27.1		Refinery on left side	
17.4	28		Overpass bridge "Duck Pond Creek"	
22.4	36.2		Antenna on right side	
23.4	37.8		Cross Darrouzett Rd on right side	
25.4	41		Clear Lake on left side	
26.3	42.4		Church Midway and antenna on left side	
31.3	50.4		Overpass Bridge "Kiowa Creek"	
34	54.8		Parking with 1 table on left side	
34.3	55.3		"Slapout" sign	
34.5	55.6		Gas Station on left side	
35.4	57.1		Cemetery on left side	
40.4	65.1		"Happer County"	
41.8	67.3		Cimetry and power station on rught side	
46.4	74.7		Log Cubin Corner	
46.7	75.2		Crossing with Rd 283	Motel at 6 miles Laverne

OK

Stage 30



D31 07/19/11

Crossing Hwy 283- Crossing Hwy64/N1980 Rd 37 Mi / 59,5 Km

Breakfast Packet given by organization
 Dinner Restaurant or organization
 Hotel Camping in a gym

Mi	Km	Street Name		Indications	Comments
0	0	Route 283		Crossing 283/ 412	
6	9.8			Cross 149	
13	21	Route 64 E	→	Turn right onto route 64	
27.9	45	route 183/ 64	←	Turn left onto route 183/ 64	
29.8	48	Route 64E		Cross 183 N	
36.9	59.5			Stop at crossing N1980 Rd	



D32 07/20/11

Crossing 64/N1980 Rd - Alva 47,5mi/ 76,4 km

Breakfast Packet given by organization
 Dinner
 Hotel Americas Best Value Inn

Mi	Km	Street Name		Indications	Comments
0	0	Hwy 64		Stop at crossing N1980 Rd	
6.9	11.2			Cross Rd 34 South on right side	
10.4	16.8			Cross Rd 34 North on left side	
22.2	35.8			Cross Rd 50 on right side	
45.3	73			Railway Crossing	
47.2	76			Cross 8th St	
47.5	76.4			Cross 6th St	



OK
 Stage 31/32

D33 07/21/11

Alva - Medford 51,8 Mi/ 83,3 Km

Breakfast

Dinner

Hotel Medford Motel

Mi	Km	Street Name	Indication	Comments
0	0	Route 64	Motel Americas Best Value Inn	
16.9	27.2	becomes Rd 11	Cross 11 N on left side / 64 S	
27.8	44.8		Cross Rd 38	
34.8	56		Cross 132	
51.7	83.2		Cross 81 - Stop Motel	



D34 07/22/11

Medford - Ponca City 42,9 Mi/ 69 Km

Breakfast

Dinner

Hotel Lot of hotels

Mi	Km	Street Name	Indication	Comments
0	0	Rd 11	Medford Motel	
9.9	16		Cross Rd 74 on right side	
21.6	34.8		Cross Interstate 35	
24.8	40		Cross Hwy 177	
36.8	59.3	Rd 11 /77	→ Turn right onto Rd 11/77	
39.9	64.2	Rd 77	Cross Rd 11 on left side	
42.8	69		Cross Hartford Av	



OK

Stage 33/34

D35 07/23/11

Ponca City - Pawhuska 43,6 Mi/ 70,0 Km

Breakfast

Dinner

Hotel Black Gold Motel

Mi	Km	Street Name		Indication	Comments
0	0			Motel	
1	1.7	Lake Rd	←	Turn left onto Lake Rd	
11.6	18.7	Hwy 60	←	Turn left onto Hwy 60	
22.9	37			Divided Rd	
23.3	37.5	Hwy 60/ 11		Cross Rd 18	
23.6	38			End of divided Rd	
43.5	70			Cross Lynn Av	



D36 07/24/11

Pawhuska- Oologah 48,4 Mi/ 77,9 Km

Mi	Km	Street Name		Indication	Comments
0	0			Motel	
1.1	1.9	Rd 11/ 99		Turn right onto Rd 11/ 99	
6.3	10.2		←	Turn left onto Rd 11	
15.7	25.4	Rd 11	←	Turn left to follow Rd 11	
17	27.5			Cross Rd 123 on left side	
22.6	36.5		←	Turn left onto Co Rd 2300	
31.1	50.1			Cross Hwy 75	
31.2	50.3	4th St	→	Turn right onto 4th St	
32	51.5	2nd St	→	Turn right onto 2nd St	
32.8	52.9	N 3995 Rd	→	Bear Right	
34.1	55			Cross W 3500 Rd	
38.4	61.8		←	Turn left onto Weldon Av	
40.3	65	W 3900 Rd	←	T - Turn left	
48.4	77.9			Cross Hwy 169	



OK

Stage 35/36

D37 07/25/11

Oogalah - Vinita 40,8 Mi / 65,6 Km

Breakfast Packet given by organization
 Dinner Restaurant or organization
 Hotel Parks Hill Motel and RV

Mi	Km	Street Name		Indication	Comments
0	0	W390		Cross Rd 169	Oologah village on right side - Will Rogers was born in this village
0.1	0.1			Cross Railway	
0.6	0.9			Cross Oologah Rd	
1.1	1.8	S 4110	Next turn 1Mi/ 1,6 Km →	Turn right	
2.1	3.4	Route 88	Next turn 4,4Mi/ 7,1 Km ←	Turn left	
2.6	4.2			"Oologah Lake" on right side	
2.9	4.7			Rest area on left side	You can swim here
3	4.8			Bridge	
3.7	6			End of bridge -Rest Area with restroom on left side	
5.2	8.4			Gas station on right side	
5.7	9.1			Bridge	
6.3	10.1			"Will Rogers Country Centennial Trail" on left side	Big Parking
6.5	10.5	EW 42	Next turn 1Mi/ 1,6 Km ←	Turn left - be careful not easy to see - No sign	
7.5	12.1	4150 Rd = Owalla Rd	Next turn 2,1Mi/3,3 Km ←	Turn left	" Spencer Creek Cove - Blue Creek Cove" sign on let side
8.6	13.8			Cross EW 410	
9.6	15.4	E 400	Next Turn 4,9Mi/ 7,9 Km →	Turn right	dead end in front of you and left side
10.6	17			Cross Andrew Acres = N4160	
12.5	20.1			Cross S 4180	
14.5	23.3	S 4200	Next turn 0,2Mi/ 0,4 Km →	Turn right	
14.7	23.7	Fourth St	Next turn 0,4Mi/ 0,6 Km ←	Turn left	
14.9	24			Cross Railway	
15	24.1			Cross Rd 66	
15	24.2			Andy Payne Historic Marker on left side	
15.1	24.3	Andy Payne Bld	→	Turn right	
15.2	24.4			Cross third St	
15.7	25.3			Cross 4200 St	
15.8	25.5			Parking on right side - Esplanade Andy Payne	Elevation217 M
		Detour			
16	25.7			Cross 4200 st	
16.5	26.6			Cross Third St	
16.7	26.8	Frontage rd	Next turn 0,1 Mi/0,2km →	Turn right onto frontage rd	
16.8	27.1	Rd 28	Next turn 0,1 Mi/ 0,1km ←	Turn left	
16.9	27.2	Route 66	Sur 17,8 Km / 11 Mi →	Turn right onto Rd 66 - Run on roght side because no shoulder on left side	
17	27.3			"Chelsea 9 - Vinita 27" sign	
17.7	28.4			Cross NS4200 on right side	



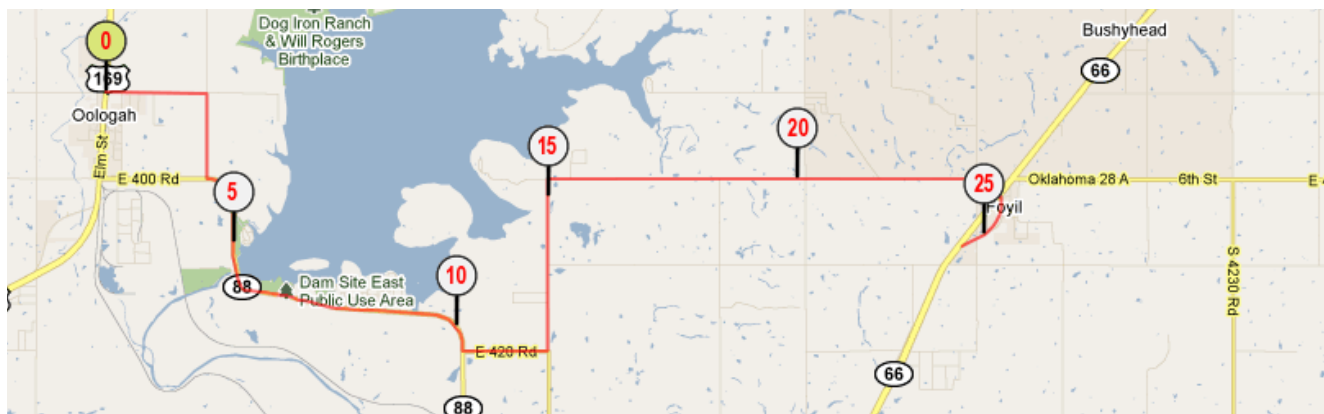
Andy Payne and Peter Gavuzzi somewhere in Oklahoma

OK

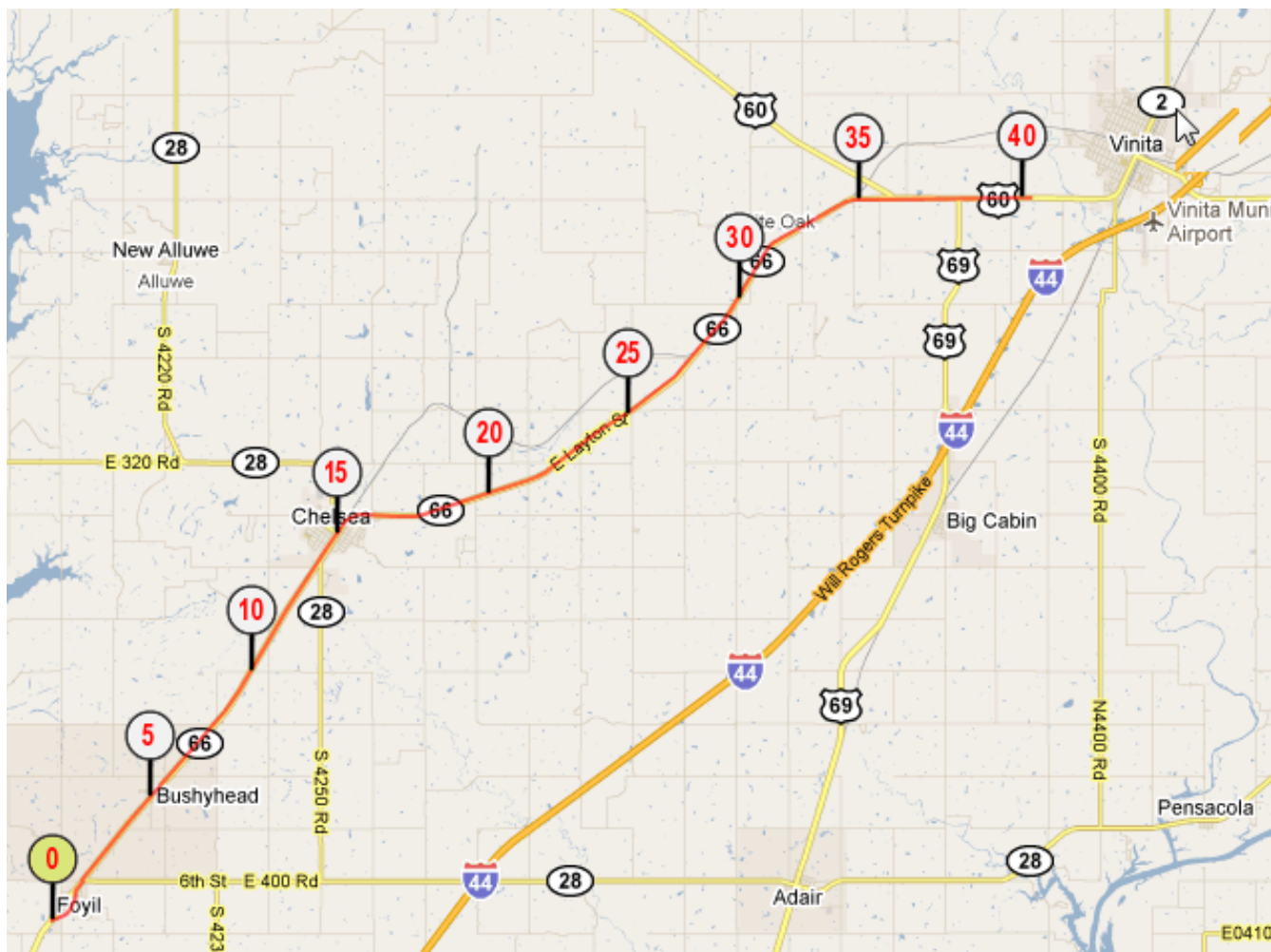
Stage 37

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Stage 37



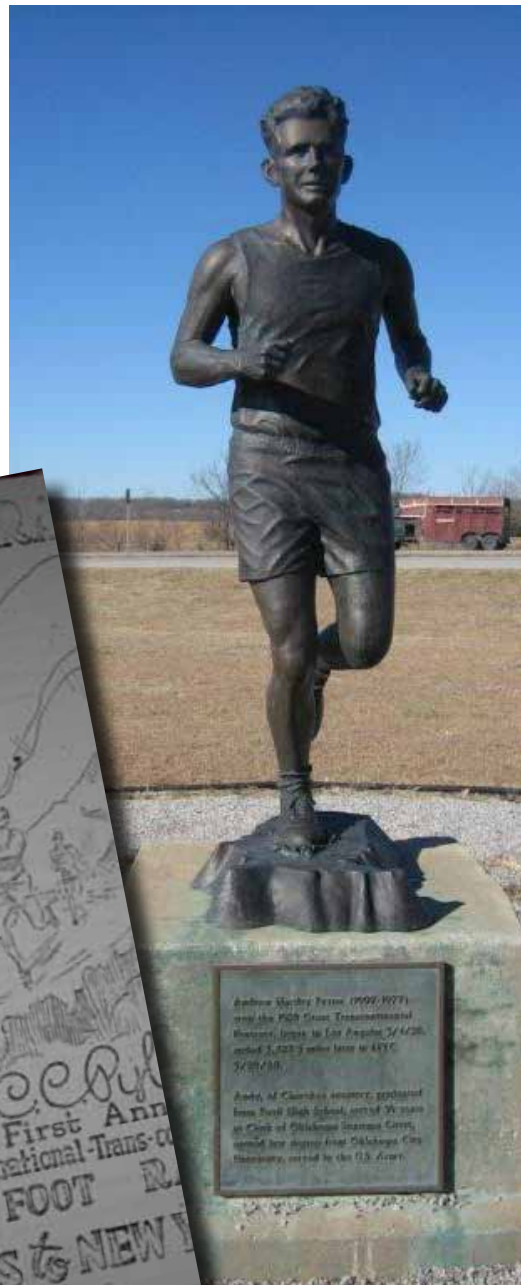
Mi	Km	Street Name	Indication	Comments
18.1	29.2		Cross E390 on right side	Railway on left side
20.8	33.4		Cross NS423	
23.4	37.7		Cross W360	
23.6	38		Antenna on right side	
24.1	38.8		"Chelsea" sign	
25	40.2		Gas Station on left side - Pizza Restaurant on right side	
25.1	40.4		Cross 6th St	
25.8	41.5		"Vinita 18 - Miami 48" sign	
26	41.9		Overpass Bridge "Pryor Creek"	
27	43.4		Cross 4270 rd on right side- No shoulder on right side. Cross the rd to run on left side	
28	45		Cross 4280	
34.2	55		Cross 290 Rd	
37.8	60.8		2 divided lanes	
39.5	63.5		Cross Hwy 69 on roght side	
40.5	65.1		Cross Rd 4380	
40.8	65.6		Park Hills Motel and RV	



Andy Payne November 16, 1907 – December 1977

In 1927 the young farm boy Andy Payne from Foyil, Oklahoma, traveled to Los Angeles to find a job. All he could find was an ad about the upcoming LA-NY Footrace in 1928. Back in Oklahoma he started training and looking for the funds of \$100 for the race fee. At the end his father believed more in his sons running ability than his farming skills and he gave him the money. Payne hitchhiked back to LA to join C.C. Pyles trainings camp. He teamed up with Tom Young who served as his trainer. Andy ran a very clever race for his age, never got into stage finish battles and even walked a couple of days while he was ill. While some professional runners like Arthur Newton from Rhodesia and the Finn Kolehmainen had to quit, Andy was running along in the top five of the field. Peter Gavuzzi had a lead of still 6 hours when he had to dental problems and not able to eat solid food for more than two weeks.

Andy Payne finished with 573:04:34 and got the \$25,000 prize money. Nobody ever would win that much in a Trans Continental Footrace. Andy Payne paid of the farm of his dad and lived in Oklahoma City where he worked as a clerk for the supreme court.



Andy Payne (43) . Patrick De Marr (188) Bill Kerr(7) running in El Reno April 13th 1928

Credit to El Reno Library, OK

OK

Stage 37

D38 07/26/11

Vinita- Miami 31,4 Mi/ 50,6 Km

Breakfast

Dinner

Hotel Super 8, Microtel Inn and Suites

Mi	Km	Street Name		Indication	Comments
0	0	Rd 69/60		Park Hills and RV	
0.9	1.6			Cross Ramp I-44	
9.9	16		←	Turn left to follow Rd 69 / 60	
13.6	22		→	Turn right to follow Rd 69 /60	
				Cross Afton	Afton Station aidstation !
16.1	26		←	Turn left onto S 520 Rd	
17.4	28			Overpass I-44	
18	29		→	Turn right onto E 200 Rd	
18.9	30.5		←	Turn left onto Hwy 59/Hwy 69	
24	38.7			Cross Rd 25	
24.9	40.2		→	Turn right onto E 140 Rd	Enjoy original Route 66 road!
26.1	42		←	Turn left onto Rd S 540 Rd	
27	43.5		→	Turn right onto E 130 Rd	
28.4	45.8		←	Turn left onto E st SW	
29.5	47.5			Cross Rd 125	
30.4	49			Cross E 110 Rd on left side	
31.5	50.7		→	Turn right onto Hwy 69/ Rd 10	
32.7	52.7			Super 8 Motel	

Afton

Mile 15: Laurel Richards Kane has a really nice Museum/Store for Route 66 stuff with some wonderful cars on display.

She will set up an aidstation for us.

www.postcardsfromtheroad.net/afton.shtml

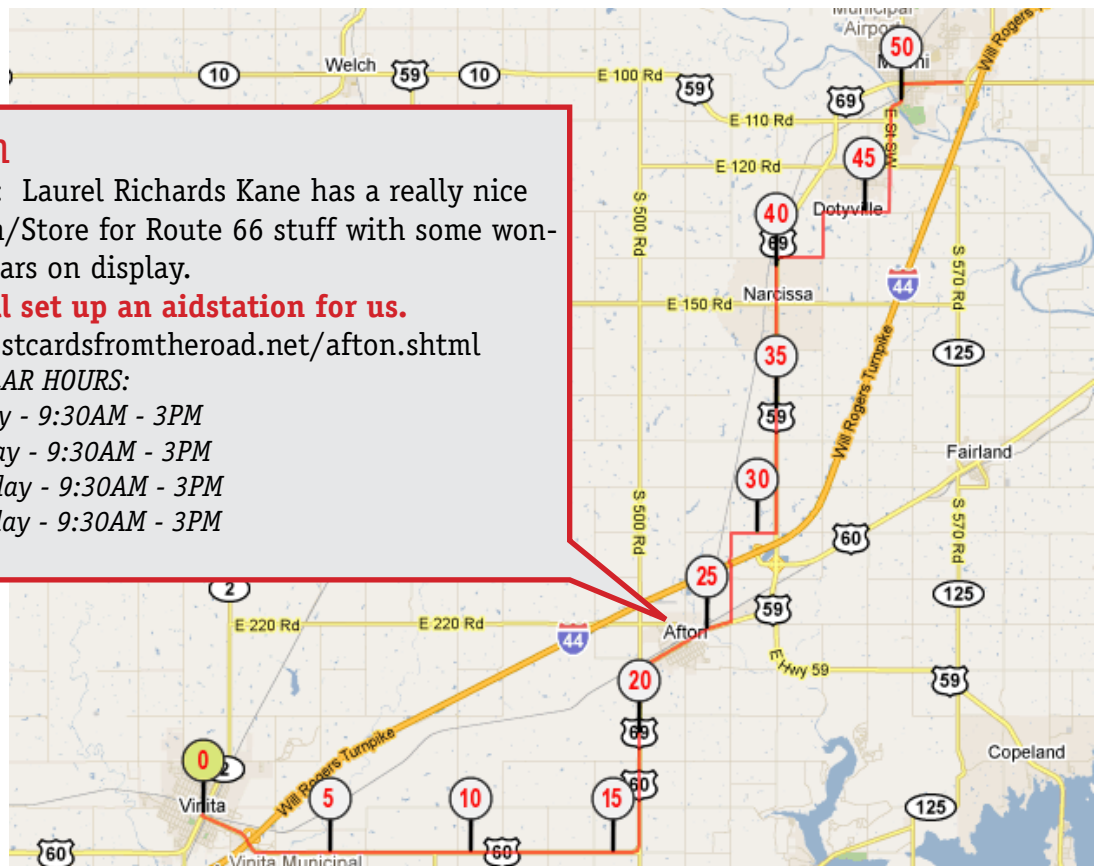
REGULAR HOURS:

Sunday - 9:30AM - 3PM

Tuesday - 9:30AM - 3PM

Thursday - 9:30AM - 3PM

Saturday - 9:30AM - 3PM



D39 07/27/11

Miami - Carthage 47,6 Mi / 76,6 Km

Breakfast

Dinner

Hotel Econo Lodge

Mi	Km	Street Name		Indication	Comments
0	0	10		Motel	Oklahoma
0.1	0.3	Industrial Pkwy	←	Turn left onto Industrial Pkwy	
5.3	8.6	69	→	T - Turn right onto Hwy 69	
8	13		←	Turn left to follow Hwy 69	
13.1	21.2			Cross E10 Rd - Oklahoma Kansas Border Line	Kansas
14.2	23			Cross E 22nd St	
15	24.2	Hwy 166 = E12th St	→	Turn right onto E 12th St	
20.1	32.4			Cross Hwy 400/166 on right side and Rd 26 on left side	
21.2	34.2			Border Line Kansas - Missouri	Missouri
25.2	40.6	Coyote Dr	←	Turn left onto Coyote Dr	
25.6	41.3	McClelland Bdv	→	Turn right onto McClelland Blv	
27.9	45	W 32nd St	→	Turn right W 32nd St	
28.8	46.5			Cross Rd 43	
30.8	49.7	Hwy 71	←	Turn left onto Hwy 71	
32.9	53			Cross Hwy 66	
36.7	59.2			Cross Hwy 71/ Rd 171	
37.2	60	W Broadway St	→	Turn right onto W Broadway St	
37.9	61		←	T - Turn left and follow W Broadway St	
38.4	61.9			Cross Railway	
38.7	62.3		←	Turn left onto	
38.8	62.5	Main St	→	Turn right onto	
39.4	63.5	Pine St	←	Turn left onto Pine St	
40.7	65.5		→	Turn right onto Old Business 66	
43.2	69.6		→	Turn right to follow Old Business 66	
43.5	70			Underpass I - 70	
47	75.7			Underpass I - 70	
47.3	76.2	Baker St	←	Turn left onto Baker St	
47.4	76.4	Central Av + Rd 96	←	Turn left onto Central Av	
47.6	76.7			Stop Motel	



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Stage 39

D40 07/28/11

Carthage - Springfield 54 Mi/ 86,9 Km

Breakfast

Dinner

Hotel Ramada, Best Budget Inn

Mi	Km	Street Name		Indication	Comments
0	0	Central Av/ Rd 96		Motel	
1.4	2.3	Rd 96	←	Turn left onto Rd 96	
2.4	4	Old 66 Blvd	→	Turn right onto Old 66 Blvd	
4.1	6.6	Rd 96	→	Turn right onto Rd 96	
10.8	17.5			Cross Rd 37 on right side	
11.8	19			Cross Rd 37 on left side	
21.7	35			Cross Rd 97	
27.5	44.3			Cross Rd 39	
35.6	57.4	266	←	Turn left onto Rd 266	
39.6	63.8			Cross Missouri Z	
44.2	71.2		←	Turn left to follow Rd 266	
48.1	77.4			Cross Missouri T	
53.1	85.5			Cross Ramp I-44 Underpass Interstate	
54	86.9			Stop Motel	



D41 07/29/11

Springfield - Philipsburg 47,9 Mi/ 77,1 Km

Breakfast

Dinner

Hotel In Conway or Lebanon

Mi	Km	Street Name		Indication	Comments
0	0	W Chestnut Expy		Motel	
1.3	2.1	Hwy 160	←	Turn left Hwy 160	
3.3	5.4		→	Turn right onto Rd 744	
8	13			Cross I-44	
10.1	16.4			Cross Rd 65	
15.5	25.1			Cross Rd 125 on right side	
16.8	27.1			Cross Rd 125 on left side	Frontage Rd
23.9	38.5			Cross State Hwy B	
29	46.8			Cross Rd 38 on left side	
29.3	47.2	State Hwy CC	←	Bear left onto State Hwy CC	
31.1	50.2			Cross Eln St on right side	
43.1	69.5			Cross State Hwy J	
47.9	77.1			Cross Missouri C	



D42 07/30/11

Philipsburg - St. Robert 48,1 Mi / 77,4 Km

Breakfast

Dinner

Hotel Comfort Inn

Mi	Km	Street Name		Indication	Comments
0	0	Missouri C	←	Turn left onto Missouri C and underpass I-44	
0.3	0.6	State Hwy W	←	Turn right onto state Hwy W	
9.9	16	W Elm St	←	Turn left onto W Elm St	
11.1	18		→	Turn right to follow W Elm St	
13	21		←	Turn left onto Seminole Av	
13.9	22.5			becomes Pecos Dr	
18.3	29.5	Hwy F	→	Turn right onto Hwy F underpass I-44	
18.8	30.4	Pennington Dr	←	Turn left onto Pennington Dr	
19	30.6	becomes Glacier Point Rd			
31	50		→	Bear right to stay on main rd	
35.7	57.5	Rd 17		Cross Rd 17 on right side	
39.3	63.3			Underpass I-44 - Follow Rd 17	
43	69.3	Rd 17/ I44		Cross Ishord Av on right side	
44.1	71.1			Cross Swedeborg Rd on left side	
44.7	72	I-44		Cross Rd 17 on lefts side	
46.6	75	St Robert Blvd	←	Turn left onto St Robert Blvd	
48.1	77.5			Stop Motel	



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Stage 42

D43 07/31/11

St. Robert - St. James 41,6 Mi / 67 Km

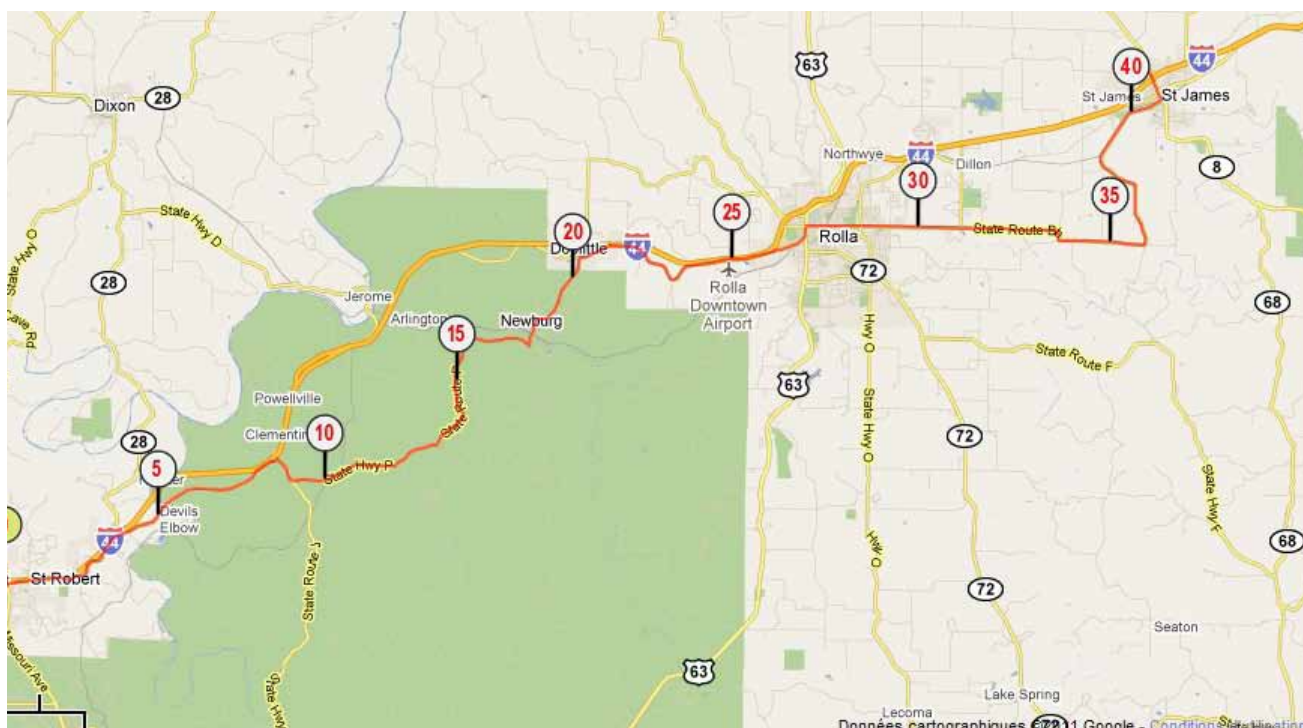
Breakfast

Dinner

Hotel

Days Inn

Mi	Km	Street Name		Indication	Comments
0	0	St Robert Blvd		Motel	
0	0.1	Missouri Y	→	Turn right onto Missouri Y	
0.4	0.8	Hwy Z	←	Turn left onto State Hwy Z	
8.5	13.7	State Hwy J	→	Turn right onto State Hwy J	
9.1	14.8	State Hwy P	←	Turn left onto State Hwy P	
10.5	16.9			Cross Railway	
17.8	28.7	State Rd T	←	Turn left State Rd T	
20.5	33	Eisenhower St	←	Turn left onto Eisenhower St	
26.1	42	Kingshingway = I-44	→	Turn right Kingshingway	
26.9	43.3		←	Turn left onto Hwy 63 / Rd 72	
27.2	43.9	W 10th St	→	Turn right onto W 10th St	
28.5	46	becomes State Hwy Bb		Cross Forum Dr	
35.8	57.7			Curve 90° follow Hwy Bb	
40.7	65.6	Rd 8/ 68	←	Turn left onto Rd 8 / 68	
41.4	66.7			Underpass I-44	
41.6	67			Stop Motel	



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D44 08/01/11

St. James - Owensville 28,3 Mi/ 45,5 Km

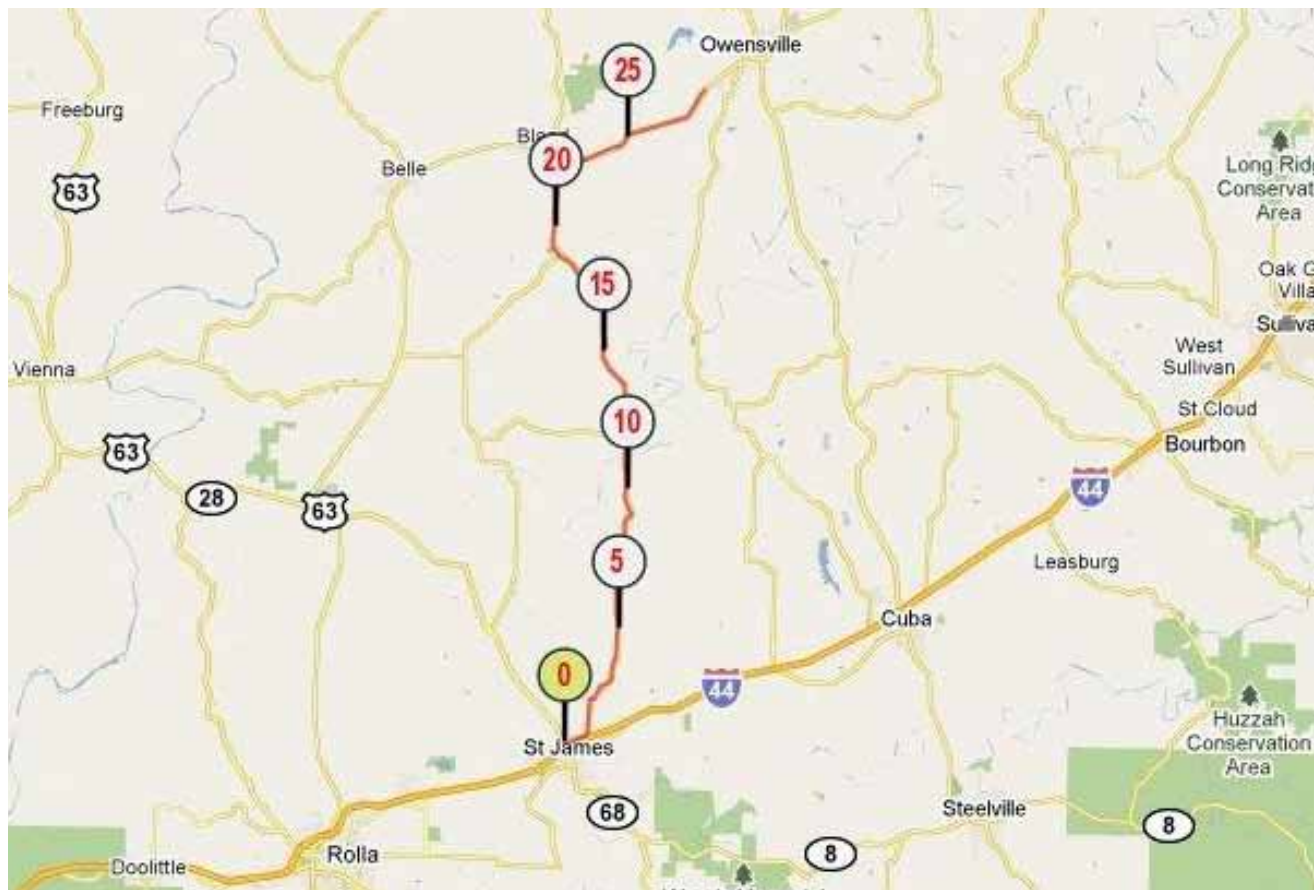
Breakfast

Dinner

Hotel

Motor Inn

Mi	Km	Street Name		Indication	Comments
0	0	Rd 8/ 68		Motel	
0	0.1	State Rd B	→	Turn right onto State Rd B	
11.8	19.1			Cross State Hwy U	
22.3	36		→	Turn right onto Rd 28	
28.3	45.6			Motel Stop	



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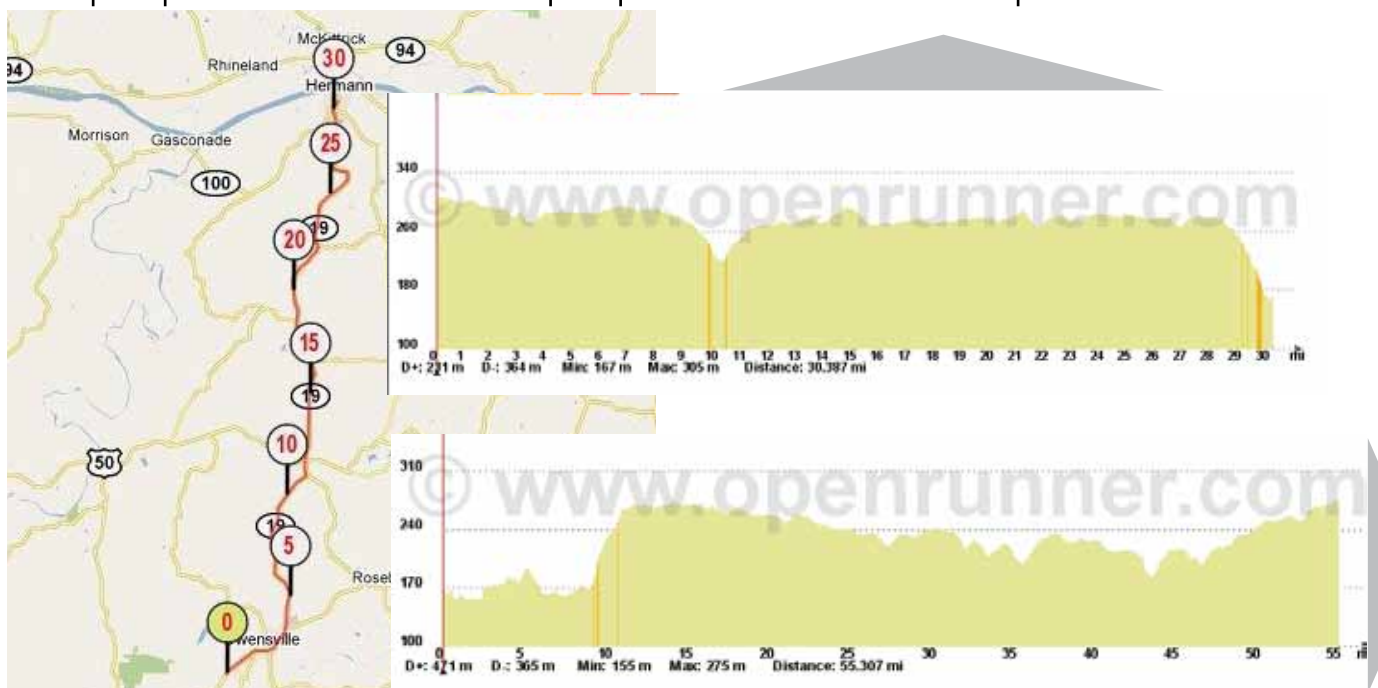
Stage 44

D45 08/02/11

Owensville - Herman 29,8 Mi / 47.9Km

Breakfast Packet given by organization
 Dinner Restaurants at Market St
 Hotel Hermann Motel

Mi	Km	Street Name		Indications	Comments
0	0			Motor Inn	
0.4	0.7			Cross Rd Y on left side	
0.9	1.6			Cross Rd EE on right side	0,2miDominos Pizza
1.4	2.3			Cross Rd P	
1.6	2.7			Cross Rd 19 south	Mac Do
2.3	3.8			Cimtery on left side	
2.7	4.4	19 North	Next turn 8 Mi/ 12,9km	← Turn left	Big WalMart
3.2	5.3			Overpass old Railway	
3.6	5.8			Middle School on right side	
3.8	6.2			High School on right side	
9.6	15.5			"Second Creek"	
10.7	17.3	19 N / 50W	Next turn 19,1mi/ 30,8km	← T - Turn left	
11.3	18.3	19N		cross rd 50 on left side	
11.4	18.5			Cross rd ZZ on right side	
12.9	20.9			Antenna on left side	
15.9	25.7			Cross Rd E on right side - "Hermann 14" sign	Power Station
18.1	29.2			Cross Rd F on left side	
18.2	29.3			"Swiss"	Restaurant
18.6	30			Cross Rd NN on right side	
19.5	31.4			"Sherrif Dept"	
21.9	35.3			Cross Rd Z on right side	
23.6	38.1			Cimtery on left side	
24.6	39.7			Antenna on left side	
28.2	45.5			Parking on left side	Rd go down
29.4	47.4			Cross rd 100 on left side	
29.8	48.1			Hermann Motel on right side	Elevation 211m Lot of B&B on Market street until Missouri River. Old German Colony - Vineyard and Wine in this area



D46 08/03/11

Herman - Bowling Green 54,9 Mi/ 88,3 Km

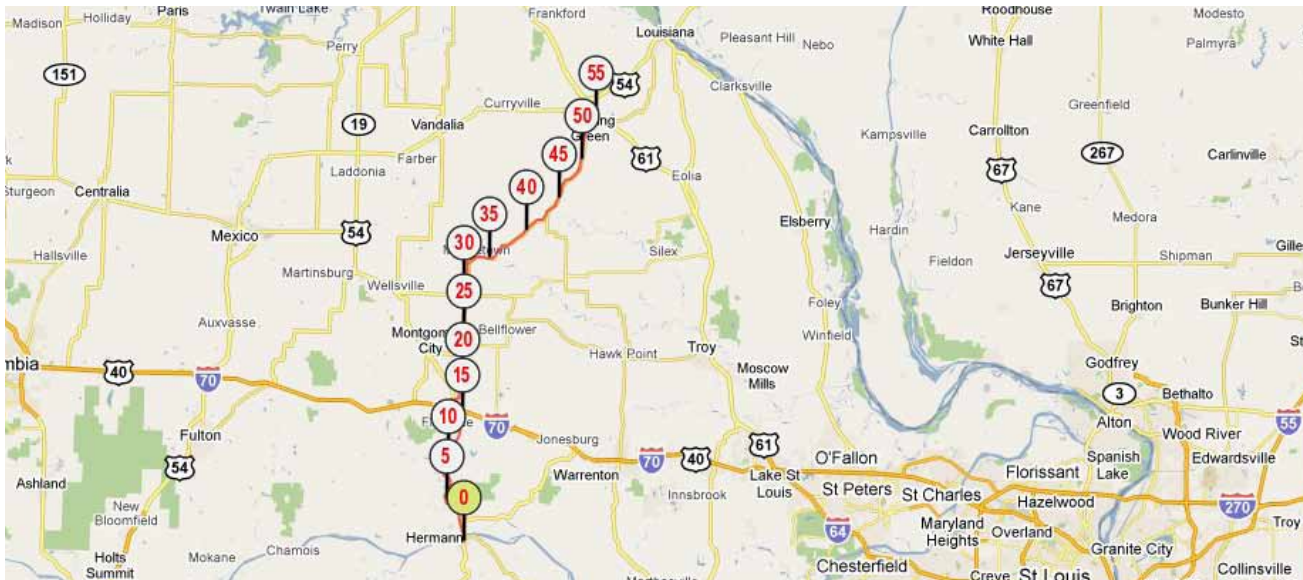
Breakfast Packet given by organization
 Dinner Restaurant nearby
 Hotel Super 8 Motel

Mi	Km	Nom de Rue		Indications	Comments
0	0	19 N Km	Next turn 17Mi/ 27,5 Km	Hermann Motel	Elevation 211m
0.1	0.3			Overpass "Frene Creek"	
0.4	0.7			2 lanes divided	
0.5	0.9			Missouri River - Overpass Bridge of 0,3mi lenght - pedestrian pass on left side	No aid station until 1,5mi
0.7	1.2			"Entering Montgomery County" We are always on the bridge over Loutre River	
1.5	2.5			End of bridge and 2 divided lanes	
1.9	3.2			"Jct I70 13" sign	
2.1	3.5			Cross Rd 94	
2.8	4.6			Cross Rd Mc Kittrick on right side	Narrow Shoulders
3.8	6.2			Golf Loutre Country Club on left side	
4.5	7.4			Loutre Island Cemetery on left side	
7.2	11.7			"Bear Creek"	
7.8	12.7			Cross Rd Y on right side	
8.4	13.6			"Big Spring"	
8.6	13.9			Cross Rd K on left side	
9.1	14.8			"Mill Creek"	
9.3	15			Cross Rd J on left side	
11.2	18.1			Antenna in left side	
15.7	25.4			Car raceway on right side	
16.2	26.1			Overpass I-70	
16.3	26.3			Gas Station/ motels Mac Do each side of road	
16.4	26.4			"Montgomery 6" Sign	
17	27.5	Picnic Rd becomes Prairie Next turn 1mi/ 1,5 Km	→	Turn right - Between People Savings Bank and Nursing Care Center - Be careful not easy to see	Not easy to see - No sign
17.5	28.3			Cross Main St	
17.7	28.6			Cross Railway	
17.8	28.7			Cross First St/ 2nd St/ 3rd St/ Fourth St	
18	29	Sunbeam Rd	Next turn 1,3 mi/ 2,1km ←	Turn left - No asphalt rd for 4,6mi/ 7,4mi	
18.5	29.9			Cross Gabs Rd	
19.3	31.1	Next turn 0,2mi/ 0,4km	→	Turn right - We stay on Sunbeam Rd	Farm with grain silo on left side
19.5	31.5	Next turn 12,8mi/ 20,5km	←	Turn left - We stay on Sunbeam Rd	
21.6	34.8			Cross long Rd	
22.6	36.4	161 North		Cross Davis Rd on right side and straight Asphalt rd	
23.6	38			Cross Rd V on right side - "Middletown 10" sign	Small shoulder
26.2	42.2			"Buell"	
27.1	43.7			"Elkhorn Creek"	
28.7	46.2			Cross Rd CC - "Middletown 5"	
30.7	49.5			Cross Rd MM on right side	
32.3	52	161 North	→	T - Turn right	Stay on Hwy 161 North
33.1	53.3			"Middletown"	200 people
33.1	53.4			"Coon Creek"	
33.2	53.5			Cross Rd AC on left side	Follow New Hartford
35.1	56.5			Bridge with only 1 lane	

MO

Stage 46

Mi	Km	Nom de Rue		Indications	Comments
35.3	56.8			Cross Rd T on right side	
36.6	58.9	161 North	Next turn 17,4mi/ 28,1km	↗ Fork - Bear Right - Follow New Hartford 8	Stay on Hwy 161 N
36.9	59.4			"Entering Pike County"	
41.2	66.4			Croise la route K sur la gauche	
42.2	67.9			Cross Rd O on right side	
43.1	69.4			Overpass "Indian Creek"	
43.2	69.6			"New Hartford"	
44.1	71			Cross rd PP on right side	
46.1	74.3			"Cuivre River"	
47.5	76.5			Quarry on left side	
48.1	77.4			Cross Rd Z on left side - "Bowling Green 6"	
49	78.9			Cemetery on left side	
50.1	80.7			"Saint Clement"	
50.2	80.9			Cemetery on right side	
50.5	81.4			Cross Rd J on right side	
53.8	86.6			"Bowling Green"	3200 people
54	87	161 / 61 Business	Next turn 0,8mi/ 1,3km	→ Turn right	
54.8	88.3			← Turn left - before crossing with US 61 - After Shell Gas Station	
54.9	88.4			Super 8 Motel	Elevation 272m

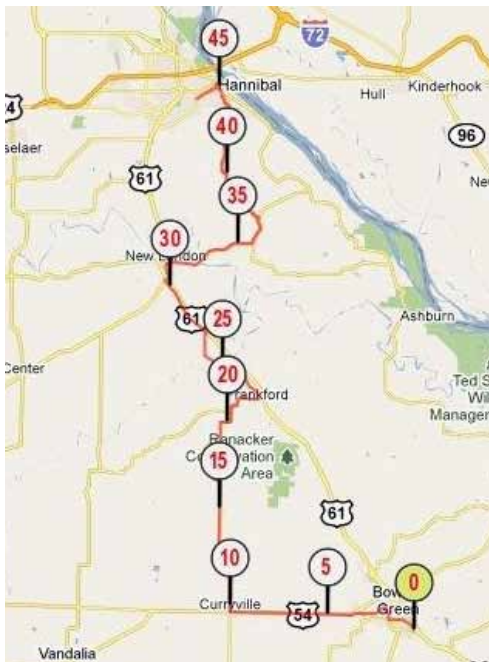


D47 08/04/11

Bowling Green - Hannibal 45,1 Mi / 72,6 Km

Breakfast Packet given by organization
 Dinner Free Dinner from the Oakwood Christian Church Hannibal
 Hotel Armory at crossing 3rd Rd (79) / Collier St 301 Warren Barrett Drive
 or Best Western Hotel

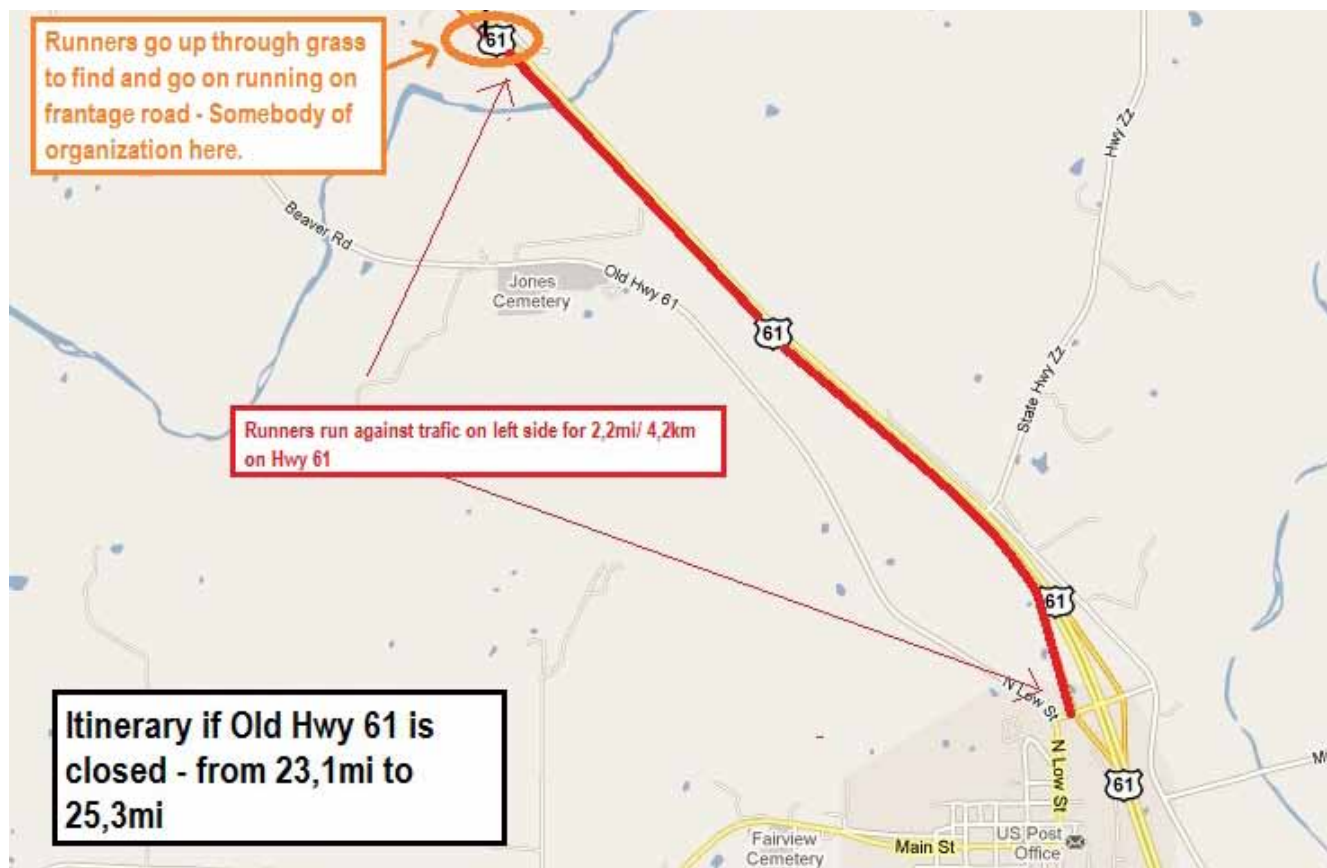
Mi	Km	Street Name		Indications	Comments
0	0			Motel Super 8	Close to Mac Do/ Subway/ Walmart
0	0.1		→	Stop - Turn onto the right	
0.1	0.3	US 61 Business		Circle - Turn onto US 61 Business	
0.8	1.4			Cross 161 (S court St)	
2.2	3.7	Old US 54	←	Turn left onto old US 54	Hotel Heart...on the left at the crossing
2.5	4.11			Crystal Restaurant on the right side	
3.7	6	US 54 West	←	Turn left onto US 54 West	
9.3	15			"Curryville"	
9.8	15.8	E	→	Turn right onto road E	
15.2	24.5			Cross MM Rd	
20.8	33.6	C		Straight on C Rd	
22.1	35.6			"Frankford"	



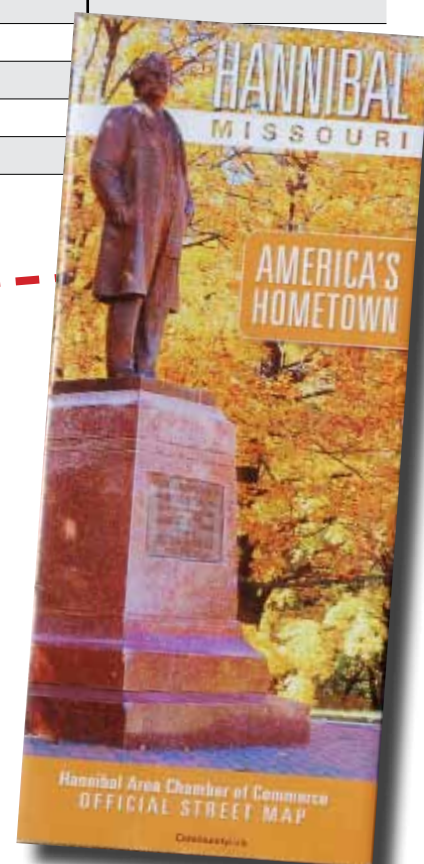
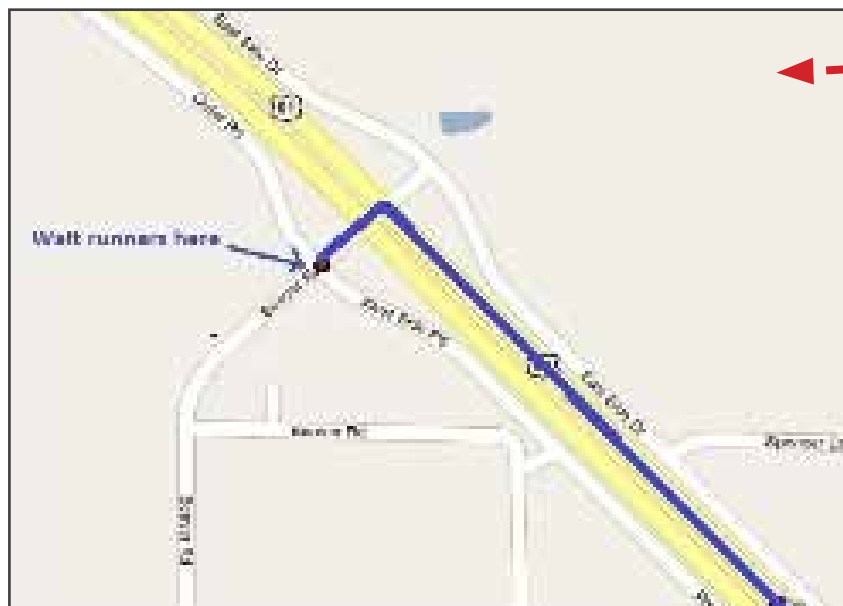
Mi	Km	Street Name		Indications	Comments
22.6	36.4	C	←	Turn Left onto N Low ST (C Rd)	
22.9	37	C and	→	Turn right onto rd C	If Old Rd 61 open go straight (closed for vehicles)
23.1	37.2	US 61	←	Turn left onto ramp of US 61	You are front of vehicles
					vehicle pass under bridge and turn left onto 61 North
25.3	40.8			Bridge over Spencer Creek	
25.4	41	Frontage rd		Walk up on grass, a frontage road begin on the left side	Road sign here or somebody of organization
26.9	43.4	Frontage rd is now unpavment		Cars can cross the US 61 and go to frontage road on the left side to meet runners here	

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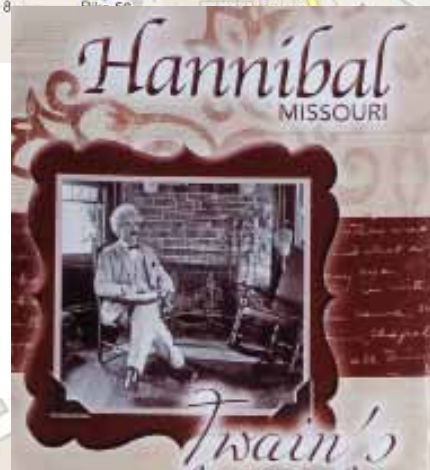
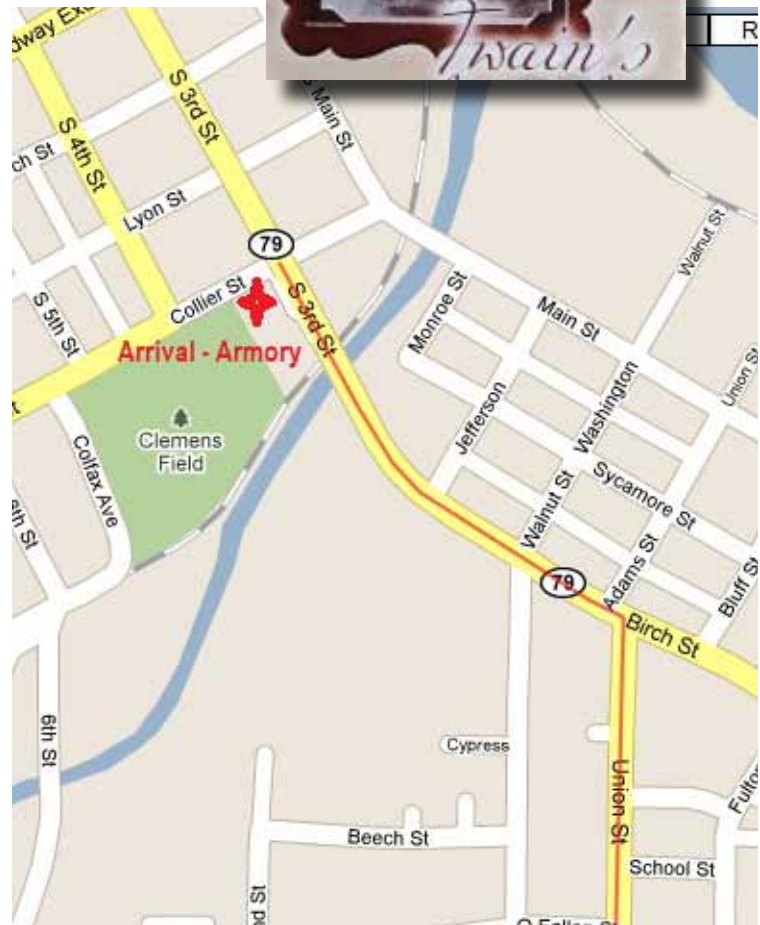
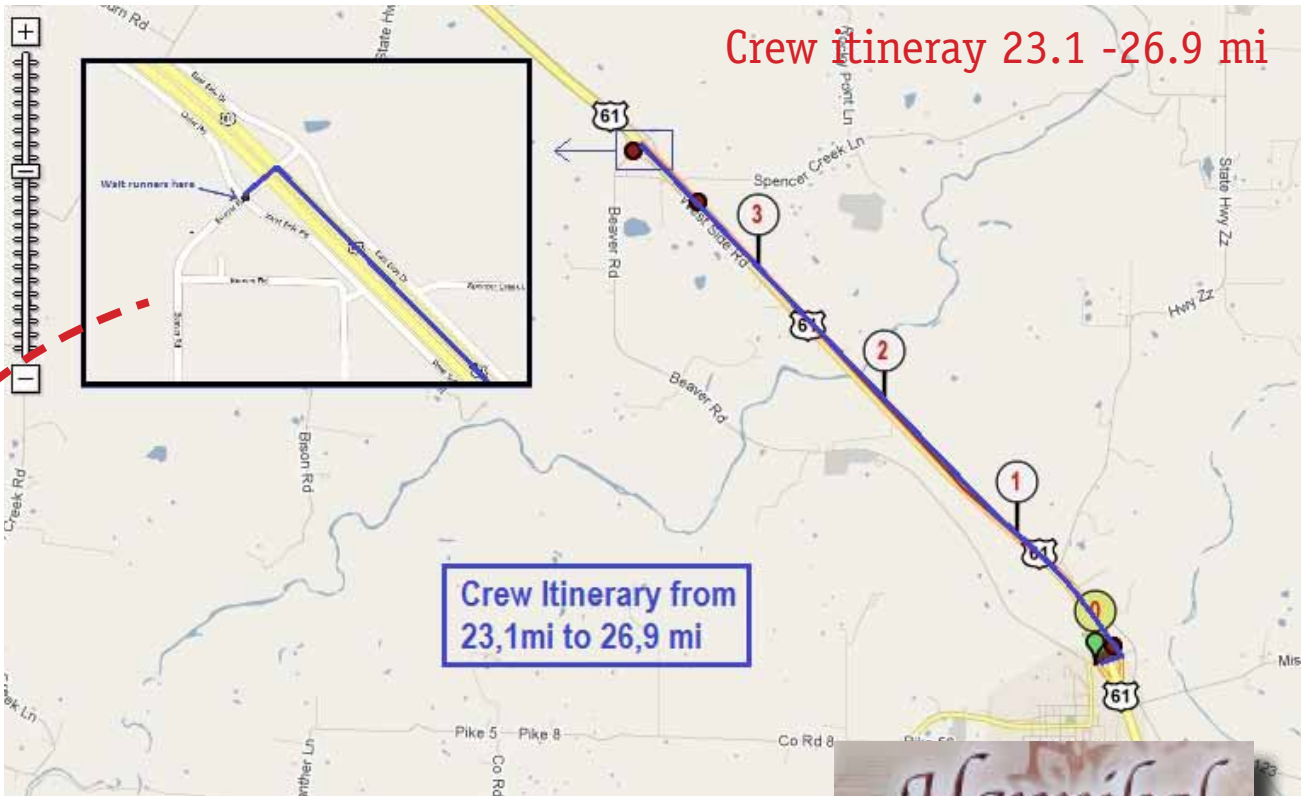
Stage 47



Mi	Km	Street Name		Indications	Comments
28.5	46	Frontage rd is pavement		Stop - Straight / Cross FF rd	
30.2	48.6	19	Next turn 0,9mi/ 1,5km	→ Turn right onto 19	
30.2	48.7	US 61 Business		Cross bridge over US 61	
30.5	49.2			"New London"	
31.1	50.1	V	Next turn 4,5mi/ 7,2km	→ Turn right onto road V / 79 North	up and down and curves/ runners be careful
35.6	57.3	T	Next turn 1,4mi/ 2,3km	← Turn Left onto road T	
37	59.6	T	Next turn 7,1mi/ 11,4km	← Turn Left to stay on road T	
42.8	68.9			"Hannibal"	
43.9	70.7			Curve follow the main road	
44.1	71	79 (Birch St)	No turn anymore	← Turn Left onto the 79	
				Several crossing - Straight	
44.7	72	Collier St		Turn left into Collier St	
44.8	72.1			Armory on left side	



Crew itinerary 23.1 -26.9 mi



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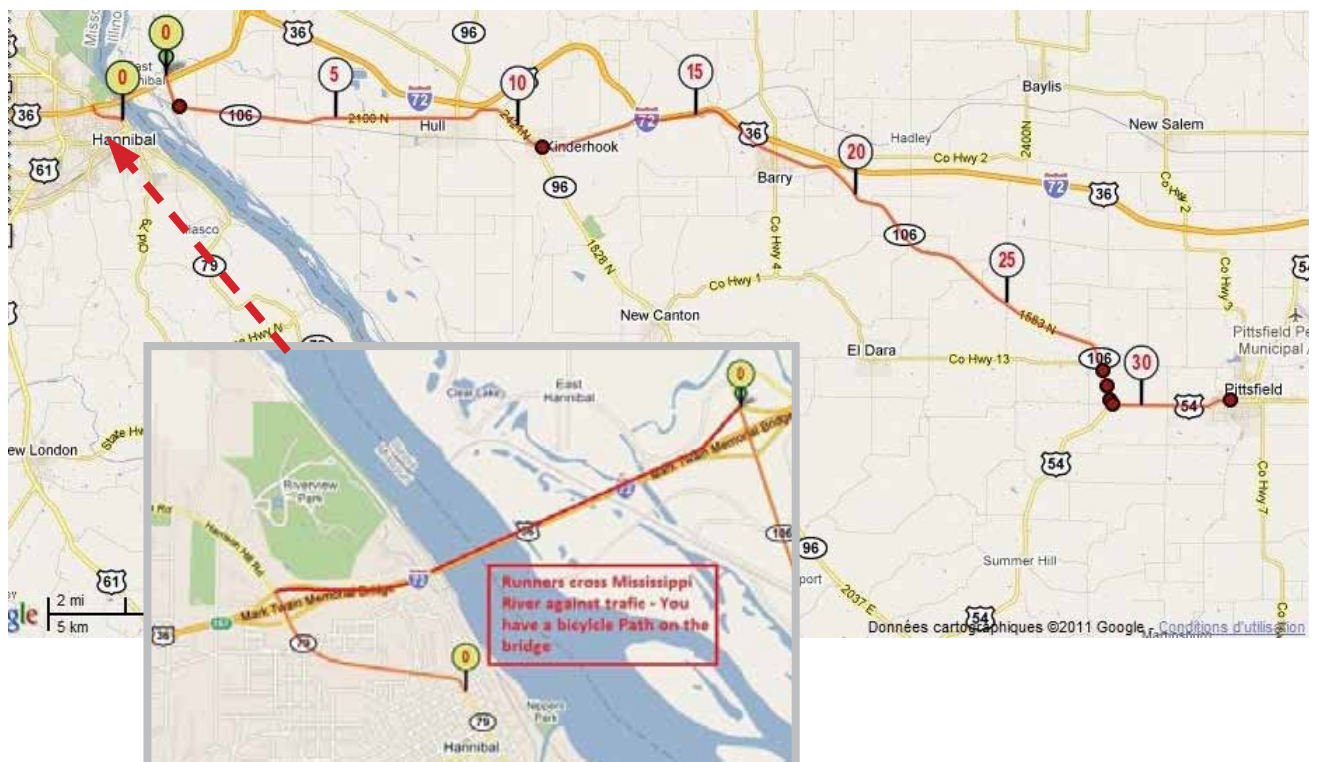
Stage 47

D48 08/05/11

Hannibal - Pittsfield 35,5 Mi / 57,1 Km

Breakfast Packet given by organization
Dinner Restaurants in Washington St
Hotel Motel Green Acres (24 rooms)

Mi	Km	Street Name		Indications	Comments
0	0	Crossing 79/ Collier St	Next turn	Armory	
	2			Best Western on left side	
0.5	0.9			american Best Values Motel and Best Way Inn	Restau mexican food closed to these 2 motels
0.7	1.6			Go straight	Cars turn right onto Hwy 36 and leave at next exit to wait runners
1	1.7			Pass under Bridge	
1.1	1.9	72/36	Next turn 1,8mi/ 2,9km	→ Turn right onto ramp hwy 36 - Stay on Bicycle Path	
1.6	2.7			Mississippi River	
1.9	3.1			"Illinois" in the middle of the bridge	
2.7	4.4			Exit ramp Hwy 36	
2.9	4.8	106 East	Next turn 29,5mi/ 47,5km	→ T - Turn right onto 106 East	
3.2	5.2			Exit for car and then car can wait for runners	
10.4	16.8			"Hull"	
13.7	22.1			"Kinderhook"	
14.1	22.7			Cross 96	
20.3	32.8			"Barry"	Gas station on the left side
31.4	50.6			Cross Co Hwy 13	
32.5	52.3	US 54/US106	No turn anymore	← Turn left onto US 54/106 - Pittsfield direction	
33.9	54.7			"Pittsfield"	
35	56.4			Motel Pike on the left side	Wal mart in front of and KFC
35.7	57.5			Motel Green Acres on the right side	Mac Do in front of motel
57.1	91.9			Gas Station on left side	Be careful Narrow Shoulder
57.5	92.6			Cross Billie Creek Old 36	
57.9	93.2			Billie Creek inn on right side	Big Parking



IL
Stage 48

D49 08/06/11

Pittsfield - New Berlin 53,1 Mi /85,4 Km

Breakfast Packet given by organization
 Dinner Restaurant or by organization
 Hotel Fairgrounds building (Kitchen and showers)

Mi	Km	Street Name		Indications	Comments
0	0			Motel Greens Acres	
0	0.1	106/54	→	Turn right onto 106/54 W Washington St	
0.4	0.7			Cross Madison St	
0.6	1			Cross Jackson St (54)	
6.9	11.2			"Detroit"	
7.6	12.3			Cross 100 on the right side	
11.2	18.1			Cross bridge on Illinois River	
11.9	19.2			End of bridge	
13.2	21.3			Cross 100 on the left side	
15.7	25.3			Cross Hillview Rd on the right side	
17.5	28.2			Cross Cr 14	
18.8	30.3			Cross 106	
20	32.3			Cross Winchester Rd on the right side	
22.6	36.4			Overpass US 72/36	
24.9	40.2			"Riggston"	
27.9	44.9			"Morgan County"	
32.8	52.8			"Jacksonville"	
35.1	56.6	Morton Av		Motel Super 8 on the right side	Avenue with every convenience shops
36.1	58.1			Cross Main St	
36.4	58.7			Cross Hardin Av	
37.5	60.4			Cross 104 rd	Large road with 2 lanes
39.4	63.4	becomres Old US 36		Overpass US 72	Rd with 1 lane of each side
40.3	64.9			Underpass Railway	
44	70.8			"Orleans"	
45.9	73.9			"Alexander"	
49.1	79.1			"Sangamon County"	
52.2	84			"New Berlin"	
52.3	84.3			Cross road to go to US 72	
52.4	84.4	W Birch St		Bear left	
52.7	84.9			FairGround Sangamon County Fair	



IL

Stage 49

D50 08/07/11

New Berlin - Decatur 54,1 Mi /87 Km

Breakfast Packet given by organization
 Dinner Close to Subway and Conference hotel has 2 restaurants
 Hotel Days Inn

IL

Stage 50

Mi	Km	Street Name	Indications	Comments
0	0	old road 36 becomes old road 54	New Berlin (Post Office)	
7.5	12.2		"Curran"	
8.2	13.3		Underpass Railway	
9	14.6	Wabash Rd	Underpass I-72	
9.3	15		Cross Ash Grove Rd	
10	16.1		Cross Archer Elevator	
10.5	17		Cross Mercantile Dr	
11.1	18	Koke Mill Rd Next turn 2,9mi/ 4,6km	← Turn Left onto Koke Mill Rd	
11.4	18.5		Cross Heddley Rd	
11.9	19.2		Cross Iles Avenue	
12.9	20.9		Cross Old Jacksonville Rd	road begins to be narrow
13.5	21.8		Koke Mill Christian Church on the left side	
14	22.6	Washington St Next turn 1,5mi/ 2,4km	→ Turn right onto Washington St	Sidewalk on the right side
14.4	23.3		Cross Veterans Parkway	
15.5	25	Burns Ln Next turn 1mi/ 1,7km	← Turn left onto Burns Ln / Chattam Rd on the right	
16	25.9		Cross Jefferson St	
16.5	26.7	N. Grand Av N Next turn 7,1mi/ 11,3km	→ Turn right onto N. Grand Av. W / Claire Dr on the left side	
17.5	28.3		Cross MacArthur Bd	
17.8	28.7		Cross Walnut St	
0			Straight	Lot of traffic lights
18.8	30.3		Cross Railway	
19	30.7		Cross 11th St	
19.2	31		Robin Roberts Stadium on the left side	
19.3	31.2		Cross Railway Twice	
20.5	33		Cross Railway	
20.5	33.1	N. Grand Av N becomes Ridge Av	Curve	Gas Station
21	33.8		Cross Dirksen Parkway	
21.1	34.1		Cross Hill St	
21.6	34.8	Ridgely Hwy	Right Curve	
21.8	35.1		Overpass I-55	



Mi	Km	Street Name			Indications	Comments
23.6	38	Camp Butler Rd 0,2mi/ 0,3km	Next turn	→	T - Turn right onto Camp Butler Rd	
23.7	38.2				Cross Hwy 36	
23.8	38.3	Oak Crest Rd 2,1mi/ 3,4km	Next turn	←	T - Turn left onto Oak Crest Rd	
24.2	39				Overpass I-72	
24.5	39.5				Bridge (Small)	
25.9	41.7	Overpass Rd 1,1mi/ 1,8km	Next turn	←	Turn left onto Overpass - not easy to see	Narrow Rd - Be careful
26.6	42.8				Overpass I-72	
27	43.5	Old 36 Road 15mi/ 24,1km	Next turn	→	Turn right onto old Rd 36	
30.3	48.9				"Dawson 500" Green Sign on the right	
32.9	53				"Bufallo 500" Green sign on the right	
34.3	55.3				Cross Railway	
36.4	58.6				"Lanesville" Green Sign on the right	
39.5	63.6				Cross Pulaski Rd	
40.5	65.2				Industriel Company on the left side with strange built	
41.3	66.5				Underpass Railway	
41.5	66.8				Cross Illiopolis Rd	
42	67.6	Old 36 Road/ rado St	Eldo- rado St Next turn 11,6mi/ 32,7km	←	Turn left onto Old Rd	Be careful to turn left
46.9	75.5				Cross Niantic Rd	
50.5	81.4				Road divided in 2 lanes	Stay on left side front of traffic
51	82.1				Cross Meridian Rd	
52.9	85.2				Cross Glasgow Rd	
53	85.4				Underpass I-72	
53.6	86.3	US 36 0,3mi/ 0,5km	Next turn	→	T - Turn right onto US 36	
53.9	86.8	Wickles Rd				
54	87				Days Inn on the right	



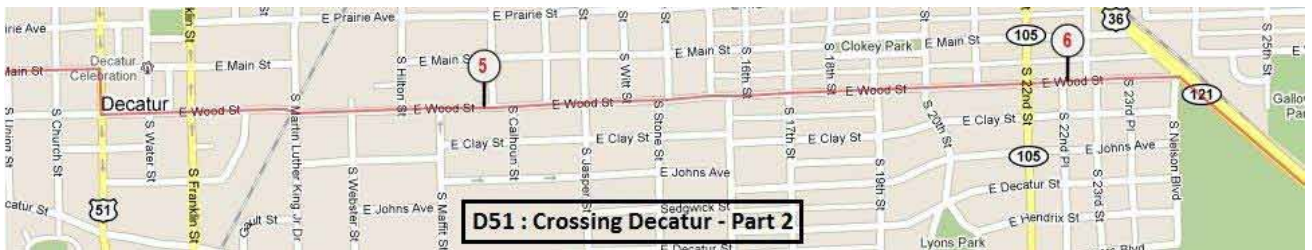
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Stage 50

D51 08/08/11

Decatur - Tuscola 41,8 Mi / 67,3 Km

Breakfast Packet given by organization
Dinner Lot of restaurants close to the hotel
Hotel Super 8



Mi	Km	Street Name	Indications	Comments
0	0	Wickles Rd		Days Inn Motel
0.3	0.5	Main St	←	Turn Left onto Main St
1.8	2.9			"Stevens Creek" Green sign on the right
3.1	5.1			Cross Fairview Av
3.3	5.4			Overpass Railway
3.4	5.5			Cross Oakland Av
3.7	6			James Milkin Homestead on the left side
3.9	6.3			Cross Monroe St
4.2	6.8			Cross Church St
4.3	7	Main St	→	Turn Right onto Main St
4.4	7.1	Wood St	←	Turn Left onto Wood St
4.4	7.2			Cross Water St
4.5	7.3			Franklin St
4.7	7.6			Cross Railway
5.2	8.4			Cross Jasper St
5.9	9.6			Cross 22nd st
6.2	10	US 36	→	Turn right at the traffic light (Second rd on right = Biggest Rd)
6.7	10.9			"Lake Decatur" Green Sign on right side
6.8	11.1			Bridge
7	11.4			Road divided in 2 lanes
7.2	11.7			Traffic light Cross the road to be on the left side in front of traffic
7.8	12.7			Cross 36th St
8.1	13.1			Cross Baltimore Av
8.4	13.6			Cross 44th St
8.9	14.4			Cross Airport Av
9.3	15			Divided Road End

IL

Stage 51

80

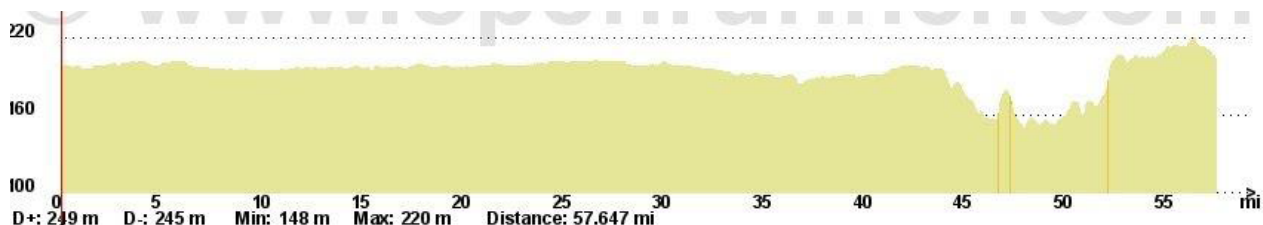
Mi	Km	Street Name	Indications	Comments
10.2	16.5		Gas station on the right side	
12.4	20.1		Cross Dalton City Rd on the right side	
17.8	28.7		Cross Hwy 32	
20.5	33.1		Cross Lintner Rd on the left side	
22.3	36		Natural Gas Pipeline on the left side	
24.4	39.4		"Hammond 550" Green sign on right side	
24.7	39.8		Gas Station on small market on the left side	
25.6	41.2		Cross Bement Rd on the left side	
28	45.2		Cross Pierson Rd on the left side	
31	49.9		Cross Arthur Rd on the right side	
31.5	50.8		"Atwood 1300" Green sign on the right side	
36.6	59		"Kaskaskia River" Green signe on the right side	
40	64.4		Underpass Railway	
40.5	65.2		Cross Hwy 45 on right side	
40.6	65.4		Underpass Railway Twice	Road Narrow Be careful
40.7	65.5		"Tuscola 1500" Green sign on right side	
41.3	66.6		Cross Embarrass St	
41.8	67.3		Super 8 Motel on the right side	Close to Mac Do



D52 08/09/11

Tuscola - Rockville 57,9 Mi / 93,2 Km

Breakfast Packet given by organization
Dinner 2 restaurants close to Parke Bridge Motel
Hotel Parke Bridge Motel or Billie Creek



82

D52 : Arrival
Parke Bridge or Billie Creek Inn

rd dangerous

Billie Creek Inn Rockville

D53 08/10/11

Rockville - Indianapolis 51 Mi / 82,1 Km

Breakfast Packet given by organization
Dinner One restaurant Grill nearby
Hotel Microtel Inn and Suites

Mi	Km	Street Name	Indications	Comments
0	0	US 36 Next turn 37,6mi/ 60,6km	Billie Creek inn	
5.1	8.3		"Bellemore"	
5.4	8.8		Cross Hwy 59	
7	11.3		Gas Station/ road house / Gas Station left side	
7.9	12.8		"Cecil M Harden Lake" Brown sign on right side	
14.4	23.3		"Morton" Green sign on right side	
17.3	27.9		Cross Hwy 231	
20.7	33.4		"Brainbridge" Green sign on right side	
21	33.9		Gas Station on right side	
21.3	34.4		Supermarket / Family Dollar on left side	
22.9	36.9		"Big Walnut Creek" Green sign on right side	
26.1	42.1		"Groveland"	
26.2	42.2		BP Gas Station on right side	
29.7	47.8		"New Winchester"	
29.8	48.1		Cross Hwy 75	
35.6	57.3		Gas Station on right side	
35.9	57.8		Cross Mackey Rd	Sidewalk in the Danville City
36.1	58.2		Cross Hwy 39 North on left side	
36.4	58.7		Cross Hwy 39 South on right side	
36.6	58.9		Cross Jefferson St	
36.6	59		Hendricks County Court House on right side	
36.7	59.1		Cross Tennessee St	
36.8	59.3		Townhall of Danville on left side	
37.2	59.9		No sidewalk - Be careful	
37.2	60		Cross Stratford Way	
37.5	60.4	Prepare to turn left	Mac Do and supermarket on right side	
37.6	60.6	Old 36 / Main St Next turn 4,4mi/ 7km	← Turn left at the Traffic Light (No name)	
37.9	61		Hendricks Regional Health Care / Hospital	
38.2	61.5		Pizza Hut on left side	
40.3	65		Cross 400E on right side	
41.5	66.8		Avon District Office on right side	
41.6	67		Cross CR 525	
42	67.6	US 36 Next turn 8,9mi/ 14,4km	← Divided Road 2 lanes	
43.5	70		Cross Hwy 267	
44.5	71.7		Cross Dan Jones Rd	Commercial Area
44.7	72		Super 8 on right side	
46.7	75.2		Cross Shiloh crossing Dr	
48.6	78.2		Underpass Railway	
49.4	79.5		Cross Girls School Rd	
50.4	81.1		Cross High School Rd	
50.4	81.2		Cross Ramp I- 465 / Be careful	
50.5	81.4		Overpass I-465	
50.7	81.6		Cross Ramp I- 465 / Be careful	
50.8	81.8		Cross the road to finish on right side	Be careful specially if it is night
50.9	82		Microtel Inn&Suites	

IN

Stage 53

Maps Stage 53

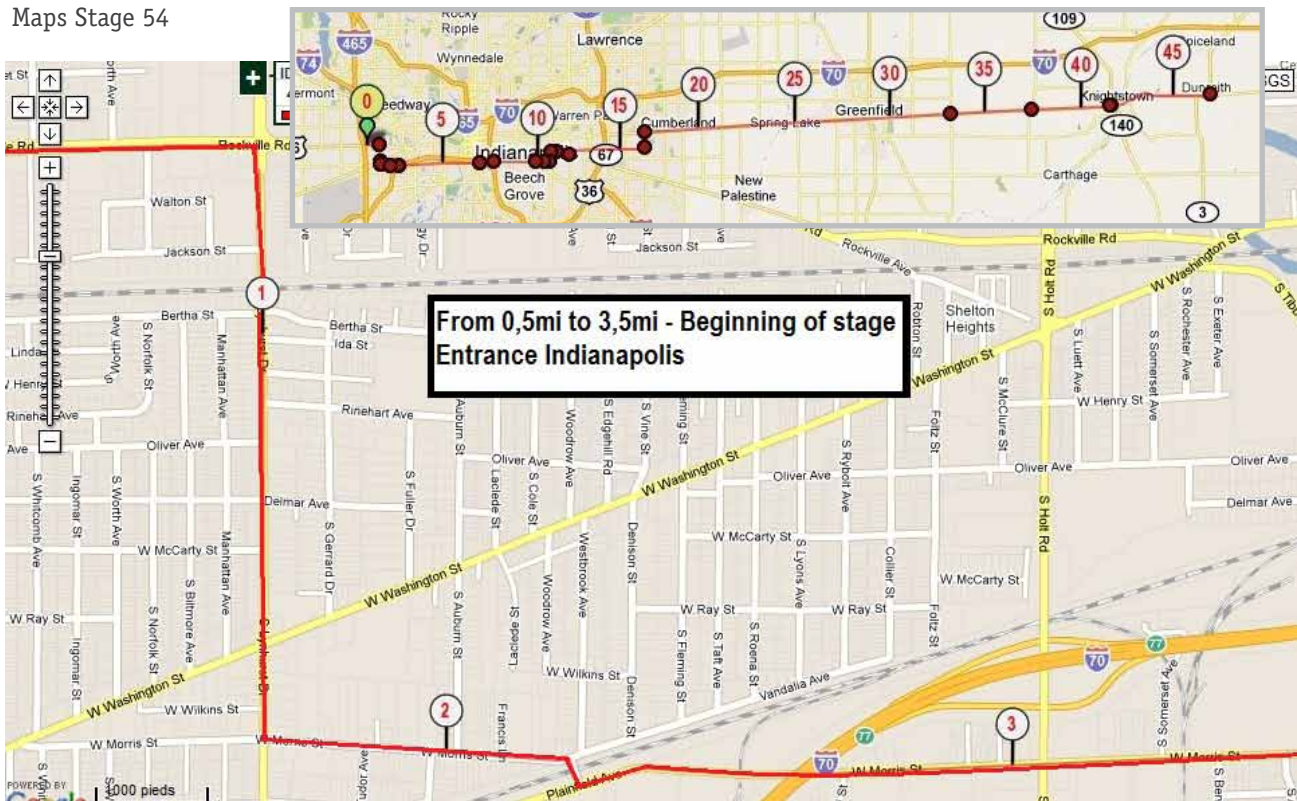


D54 08/11/11

Indianapolis - Dunreith 47,2 Mi / 75,9 Km

Breakfast Packet given by organization
Dinner Restaurant on site
Hotel Flamingo Restaurant Motel

Mi	Km	Street Name		Indications	Comments
0	0	US36 / Rockville Rd Next turn 0,6mi/1,1km		Microtel Inn&Suites	Run on the right side - Sidewalk
0.1	0.2			Cross Mickley Av	
0.6	1.1	Lynhurst Dr Next turn 1mi/1,6km	→	Turn right onto Lynhurst Dr	
0.8	1.4			Cross Railway	
1.4	2.4			Cross Washington St	
1.6	2.7	Morris St Next turn 0,5mi/ 0,8km	←	Turn left onto Morris St	Speedway Gas Station at the left corner
2.1	3.5	Morris St and	→	Stop and turn right	
2.2	3.6	Plainfield Av/Morris St Next turn 5,5mi/ 8,8km	←	Underpass Railway and Traffic Light	
2.4	4			Cross Railway	
2.6	4.2			Underpass I-70	
3	4.9			Cross Holt Rd	
3.2	5.3			Cross Railway	
4	6.5			Cross Warman Av	
4.5	7.3			Cross Belmont Av	
5	8.1			Cross Harding St	Big Crossing
0				Divided Road 2 lanes	Sidewalk
5.2	8.5			Cross Division Rd	
5.5	8.9			Cross Kentucky Av on left side	
5.7	9.2			Bridge	Sidewalk
5.8	9.4			Cross White River Pky	End of bridge
6.1	9.9			Cross West St	
6.5	10.6			Cross Meridian St	Cross St if you are on left side to be now on the right side
6.8	11			Underpass 2 bridges	
7	11.3			Burger King on left side	Rd of 2 lanes divided by house You are on the right side
7	11.4	Straight		Cross East St	
7.2	11.7			Cross Ramp I-65	



Mi	Km	Street Name		Indications	Comments
7.3	11.9			Underpass I-65	
7.6	12.3			Cross Shelby St	
7.7	12.4	Prospect St	→	Turn right onto Prospect St	
8.4	13.6			Cross Churchman St	
8.6	13.9			Cross Keystone Av	
8.7	14.1			Underpass Railway	
9.6	15.5			Cross Sherman Dr	
9.9	16			Stop - Cross Southeastern St	
10.6	17.2	Emerson Av	←	T - Turn Left onto Emerson Av	
10.8	17.5			Underpass Railway Twice	
11.1	18	English Av	→	Turn Right onto English Av	
11.7	18.9			Cross Ritter Av	
12.2	19.7	Arlington Av and	←	Turn Left onto Arlington Av and	

Mi	Km	Street Name		Indications	Comments
12.4	20	English Av Next turn 4mi/ 6,4km	→	Turn Right onto English Av	Be careful narrow road and no light
12.8	20.6			Railway Crossing	
12.9	20.8			Stop - Cross Kitley Av	
12.9	20.9			Railway Crossing	
13.5	21.8			Underpass Shadeland Hwy	
13.6	22			Stop - Road become narrow	
14.2	23			Overpass I-465	
14.4	23.2	English Av become Rawles Av		Stop - Cross Franklin Rd	
15.3	24.7			Cross Post Rd	
16.4	26.4	Mitthoefer Rd Next turn 0,8mi/ 1,3km	←	Turn left onto Mitthoefer Rd	
17.2	27.7	US40 / Washington Rd Next turn 29,8mi/ 48km	→	Turn right - Divided Road 2 lanes - Sidewalk	Commercial Area
17.8	28.8			Traffic Light - Wal Mart big supermarket on right side	
18.2	29.3			Cross German Church Rd	
18.7	30.2			Cumburland Town Hall on right side	
19.7	31.8			Road 4 lnes with sidewalk	
20.3	32.8			Cross 700 W	
21.2	34.2			Cross 600 W	
22.1	35.7			Cross 500 W	
24.3	39.2			"Sugar Creek" Green Sign on right side	
24.7	39.8			"Philadelphia" Green sign on right sign	
25.2	40.7			Cross CR 200 W	
26.5	42.7			"Greenfield" Green sign on right side	
27.2	43.9			Cross Meridian St	
27.5	44.4			"Welcome to Greenfield" Sign on right side	Supermarket and restaurant along the road
28.2	45.4			Cross Franklin St	
28.5	45.9			Cross Broadway St	
28.9	46.6			Cross Pennsylvania St	
29.1	46.9			Cross Hwy 9	
29.5	47.5			Riley Park on left side	
29.7	47.8			Cross Morristown Pike	
30.7	49.5			Divided Rd 2 lanes	Shoulder very narrow now except in city (sidewalk)- Be careful
35.4	57			"Cleveland" Green Sign on right side	
37.2	60			"Charlottesville" Green Sign on right side	
41	66			Knightstown "Senior High School" on right side	
41.6	67			Cross Hwy 109/ Mac Cullum St	
41.7	67			Cross Railway	
42	67.6			Cross Jefferson St	
42	67.7			Cross Washington St	
42.1	67.8			Cross Adam St	
46.3	74.5			Cross Hwy 3 south	
46.7	75.2			"Dunreith"	
47	75.7	Hwy 3 North	←	Turn Left onto Hwy 3 N	
47.2	76			Motel Restaurant Flamingo	Small Country motel of 10 rooms



D55 08/12/11

Dunreith - Crossing US40/Arlington Rd 54,1 Mi / 87 Km

Breakfast Packet given by organization

Dinner Restaurants nearby

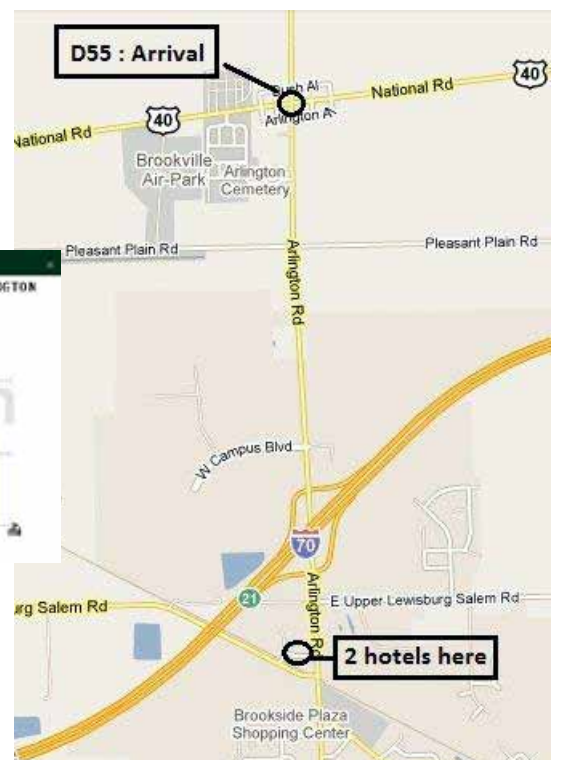
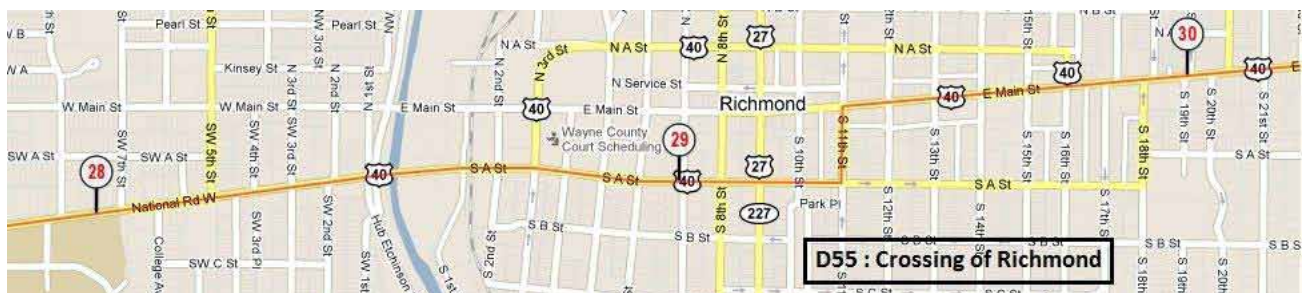
Hotel Holidays Inn Express or American Best Values to 1,7mi/2,7km from arrival crossing

Mi	Km	Street Name		Indications	Comments
0	0	3 North		Motel Flamingo	
0.1	0.2	US 40 East Next turn 29,2mi/ 47km	←	Turn Left onto US 40	Always Divided Road with 2 lanes and narrow shoulder except in the city
0.3	0.6			Divided 2 lanes	
4.2	6.9			"Louisville" Green sign on right side	
4.4	7.2			Cross Hwy 103 on left side	
7.5	12.1			"Straughn"	
7.7	12.5			Cross Main St	
11.4	18.4			"Enter Wayne County" Green sign on left side	
11.9	19.2			"Welcome to Dublin" Green sign on right side	
12.1	19.5			Cross Johnson Rd	
12.8	20.6			"Welcome to Mount Auburn" right side	
13.5	21.8			"Cambridge City" on right side	
13.6	22			Cross Railway	
14	22.6			Cross Green St	
14.2	23			Cross Center St	
14.4	23.3			Cross Lincoln Dr	
15	24.2			Cross SR 1	
15.7	25.3			"eastgerman town" Green sign on right side	
16	25.9			Cross Milton St	
17.2	27.8			"Pennville" Green sign on right side	
22.9	36.9			"Centerville" Green sign on right side	
23.4	37.8			Cross Morton St on left side	
23.7	38.2			Gas Station on right side	Richmond Motel a bit far away on right side
24.7	39.8			City View Motel on right side	
25.5	41.1			Cross Round Barn Rd	
26.2	42.3			Mac Do and supermarket on left side	
26.4	42.5			"Richmond" - Cross Salysbury Rd	
26.9	43.3			Pizza Hut on left side	and lot of restaurant Taco Bell / KFC
27.9	45			Earlham College on right side	
28.5	45.9			Cross 1st St	
29	46.7			Cross 7th St	
29.1	46.9			Cross Hwy 227/27	
29.2	47.1			Cross 10th St	
29.3	47.2	11st ST and	←	Turn Left onto 11ST St - To 40 East ... and	
29.4	47.4	Main St / Hwy 40 East No Turn anymore	→	Turn right onto Main St	
29.5	47.5			Cross 12st ST	
29.9	48.2			Mac Do on right side	
30.2	48.7			Cross 22nd St	
30.3	48.8			Glen Miller Park on left side	
30.8	49.7			Knights Inn on left side	
31.1	50.2			Traffic light - Wall Mart on right side	
32.6	52.6			Holidays In Express on right side	
32.7	52.7			Cross Industrial Pky	
32.8	52.8			Underpass Railway	
32.8	52.9			Days Inn/ Best Western	
33	53.2			Cross Ramp I-70	Be careful

IN

Stage 55

Mi	Km	Street Name	Indications	Comments
33.2	53.5		Underpass I-70	
33.4	53.8		"Ohio Welcomes you" Blue sign	Bye Indiana - OHIO
34.4	55.5		Cross Hwy 320	
37.5	60.4		Cross Newpairs Gettysburg Rd	
40.7	65.6		Cross Hwy 726	
42	67.7		Cross Monroe Central Rd	
43.3	69.7		Cross Hwy 127	
44.6	71.8		Cross Lewisburg Western Rd	
45	72.5		Cross Yohe Rd	
47	75.7		"Lewisburg"	
47.6	76.7		Restaurant on left side	
48.1	77.5		Cross Hwy 503	
51.1	82.3		"Clay" Green Sign end Cross Preble County-line Rd	
52.2	84.1		"Bachman" Green sign in right side	
53.2	85.7		Cross Dodson Rd	
53.9	86.8		"Arlington"	
54.1	87.2		Cross Arlington Rd	To go to hotel drive south Arlington Rd underpass I-70 - Motel on right side 3,6 km



D56 08/13/11

US40/Arlington Rd - South Vienna 47,4 Mi / 76,3 Km

Breakfast Packet given by organization
 Dinner Organization
 Hotel School / Camping a bit far away or motel?

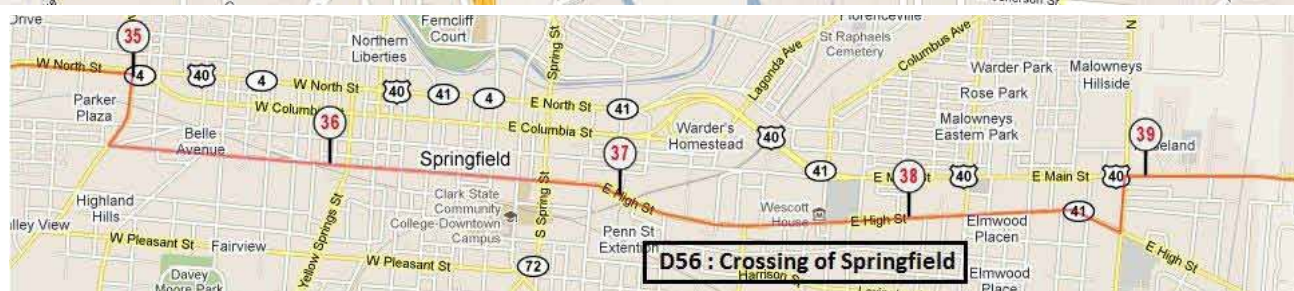
Mi	Km	Street Name		Indications	Comments
0	0	Hwy 40 10,8km	Next turn 6,7mi/	Cross Arlington Rd	2 hotels Holidays In Express and American Best Values
2.5	4.1			Cross Hwy 49	
3.1	5.1			"Clayton" Green Sign on right side	
4.2	6.9			Northmount High School	
5.1	8.3			Englewood Health Center on right side	
5.2	8.4			"Welcome to Englewood" on right sign	
6.2	10			Mac Do on right side	
6.7	10.8		→	T - Turn right to stay on Hwy 40 East	
7.6	12.3	Prepare to turn		Cross Taywood Rd	Speedway Gas Station on right side
7.7	12.4	National Rd /Hwy 40 Next turn 6,5mi/ 10,6km	←	Turn left to stay on Hwy 40 East	
0				Narrow Bridge - Be careful	
8	13			"Butler" Green Sign on right side	
8.7	14			End of Bridge	Crew can park on left side to wait for runners
9.4	15.2			Cross Frederik Park	
10.3	16.6			"Vandalia" Stone sign on the right	
11.1	18			Cross Ramp I-70	
11.3	18.2			Overpass I-70	
11.4	18.4			Cross Ramp I-70	
0				No shoulder be careful and run on shoulder or Sidewalk	
11.9	19.3			Run on Sidewalk on right side	
13.3	21.4			Cross Dixie Dr	
13.6	22			Cross Ranchview Dr on right side	
13.7	22.1			Cross ramp I-75	
13.8	22.3			Overpass I-75	
13.9	22.4			Cross Ramp I-75	
14	22.6	Prepare to turn		Cross Foley Dr	
14.2	23	Brown School Rd Next turn 1mi/ 1,6km	→	Turn right to stay on Hwy 40 East	
14.9	24.1			Cross Sholtz Dr	
15.2	24.6	Next turn 19,9mi/ 32km	←	Turn left to stay on Hwy 40 East	Be careful difficult to see / Am-vets Company Build on right side where you must turn
0				Narrow Bridge - Be careful	
16.2	26.2			Parking on the left side at the end of the bridge	
17.2	27.7			"Bethel" Green sign on right side	
18.6	30			"Phoneton" Green sign on right side	
18.8	30.4			Cross Hwy 202	
20.8	33.6			"Brandt" Green sign on right side	



OH

Stage 56

Mi	Km	Street Name		Indications	Comments
21.5	34.6			Cross Hwy 201 (BP Gas Station)	
22.4	36.2			Cross Palmer Rd	
23.5	37.9			"Enter Clark County" Green Sign on right side	
24	38.7			Cross Hwy 235	
25.6	41.3			Cross Hwy 571	
28.8	46.4			"Donnelsville" Green sign on right side	
30.7	49.5			Cross Hwy 369	



32.8	52.9			Rockway School on left side	
33.2	53.5			End of bridge - Divided road begins - Runners run up on ramp and stay to the left side	Crew stay on right side
33.8	54.4			Cross Ramp 68 - Go straight	
33.8	54.5			Underpass I-68	
34.3	55.3			"Springfield" Green Sign in middle of 4 lanes	and Sidewalk on left side
35.1	56.6	Bechtle Av	Next turn 0,3mi/ 0,4km	→ Turn right onto Bechtle Av	Cross Street at Traffic Light
35.3	56.8			Cross Railway	
35.3	56.9			Cross Main St	
35.4	57	High Street	Next turn 3,5mi/ 5,6km	← Turn left onto High St	Robert Auto Sales at far left corner
36.1	58.1			Cross Railway	
36.7	59.1			Cross Fountain Av	Downtown
36.8	59.3			Cross Limestone St	
37.3	60.1			Cross S Yorn St	
38.4	61.8			Cross Belmont Av	
38.9	62.6	S. Burnett Rd and		← Turn Left onto S. Burnett Rd and	
39	62.8	E. Main St	xt turn 8,4mi/ 13,6km	→ Turn Right onto Main St	
39.7	63.9			The Drake Motel on left side / Cross Old Columbus Rd	
40	64.5			Cross Tuttle Rd	Wal Mart and Restaurant on right side
40.7	65.5			Cross Bird Rd	
41.4	66.7			Springfield Motel on left side	In front of Restau. Both are not clean
42.7	68.8			"Harmony" Green sign on right side	
42.9	69.1			Harmony Motel on right side	12 rooms : 10 with 1 bed and 2 with 2 bed
43.3	69.7			Cross ramp I-70	
43.4	69.9			Underpass I-70	
43.9	70.7			rv Resort 2 sides of the road	
44.3	71.4			Road divided far away for 0,8 miles or 1,2km	
45.1	72.6			Road divided no so far You can see the other side now	
45.7	73.6			Cross Buena Vista Rd	
46.9	75.6			"South Vienna" Green sign on right side	
47.4	76.4			← Turn left Urbana Lisbon Rd	School on left side
				School	

OH

Stage 56

D57 08/14/11

South Vienna - Reynoldsburg 44,3 Mi / 71.4 Km

Breakfast Packet given by organization
 Dinner Restaurant Nearby (Good Japan Steak House a bit expensive)
 Hotel Days Inn Reynoldsburg



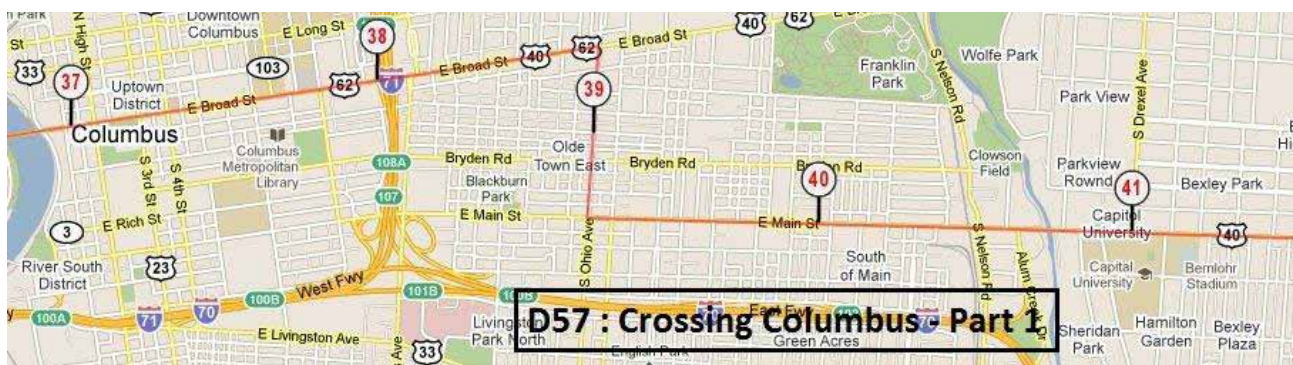
Mi	Km	Street Name	Indications	Comments
0	0	Hwy 40 Next turn 35,2Mi/ 56,7km	Urbana Lisbon Rd	School on left side
2.6	4.2		"Brighton" Green sign on right side	
3.9	6.4		"Enter Madison County" Green Sign on middle of 4 lanes	
6	9.7		"Summerford"	
6.4	10.3		Cross Hwy 56	Shoulder narrow and Gravel
8.5	13.8		Cross Hwy 38	
10.7	17.3		"Lafayette" right sign on right side	
11	17.7		Cross Hwy 42 South on the right side	
11.2	18.1		Cross ramp Hwy 42	
11.4	18.4		Underpass Hwy 42	
11.6	18.7		Cross Hwy 42 North on the left side	
15.7	25.4		"West Jefferson" Green sign on the right side	
16.3	26.3		Cross Hwy 29 on left side	
17.4	28		Cemetery on left side	
17.9	28.9		Cross Hwy 142 South on right side	
18	29		Underpass Railway	
18.7	30.2		Mac do	
19.1	30.8		Cross Plain City Georgesville Rd	
20.1	32.4		Cross "Big Darby Creek"	
20.1	32.5		"Franklin County" and "Prairie" 2 green signs on right side	
20.5	33		Cross Hubbard Rd on left side	
23.2	37.4		"Alton" Green Sign on right side	
24.4	39.4		Cross Galloway Rd	
24.8	40		Cross Westwoods Blvd	
25.1	40.5		New Rome Motel on left side	
25.2	40.6		Cross Norton Rd	
26	41.9		2 hotels : 1 left side and 1 right side	
26.2	42.2		Cross ramp I-270	
26.3	42.4		Overpass I-270	
26.7	43.1		Cross Philippi Rd on left / Georgesville Rd on right	
27.2	43.9		Motel 40	Mac DO/ Burger King
27.5	44.4		Cross Wilson Rd	
27.6	44.5		"Columbus" Small green sign on right side	Sidewalk now
27.8	44.8		Underpass Bridge	
28.7	46.2		Cross S Hague Av	
29.6	47.7		Cross Whitehorne Av on right side	
30	48.4		Cross Ramp I-70	
30.2	48.6		Underpass I-70	
30.5	49.1		Cross Central Av	



OH

Stage 57

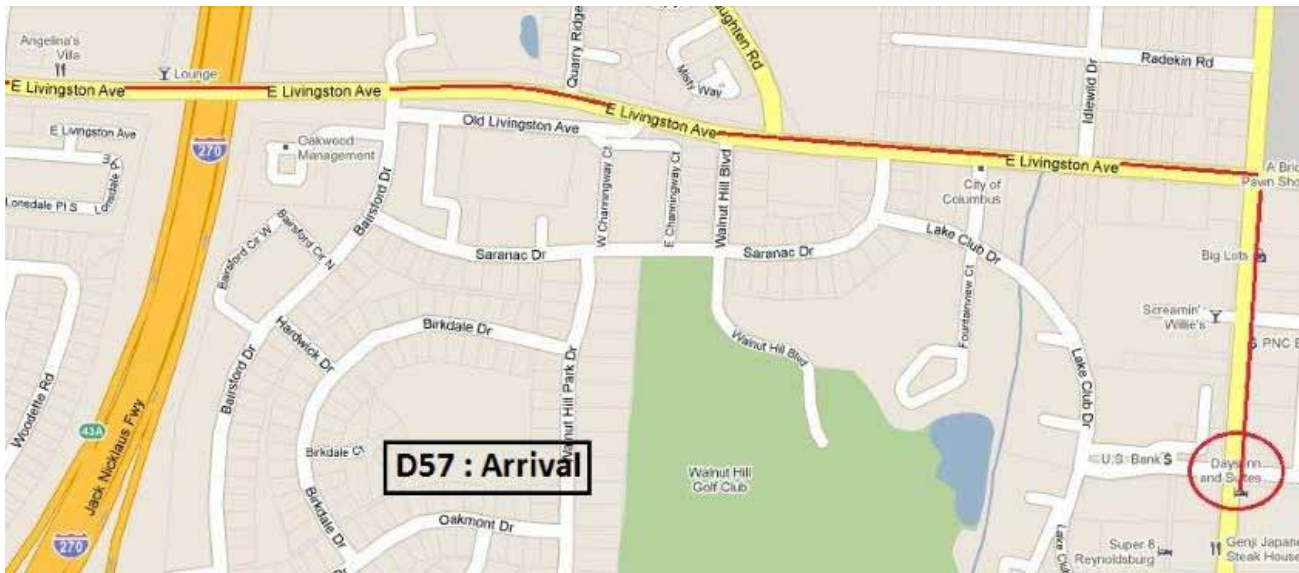
Mi	Km	Street Name		Indications	Comments
31.6	50.9			Overpass 305	
31.6	50.9			Inn Towne Motel on right side	
31.9	51.4			Underpass Railway twice	
32.2	51.9			Overpass Scotio River	
33	53.2			Cross Grant Av	
33.3	53.6			Cross Washington Av	
33.4	53.9			Cross exit I-71	
33.6	54.1			Overpass I-71	
35.2	56.7	S Ohio Av	Next turn 0,6mi/ 1km	→ Turn right S Ohio Av	
35.3	56.9			Cross Madison Av	
35.6	57.4			Cross Bryden Rd	
35.8	57.7	Main St	Next turn 2,9mi/ 4,7km	← Turn left onto Main St	
36.3	58.5			Cross Miller Av	
37	59.6			Underpass Railway	
37.1	59.7			Cross Nelson Rd	



37.9	61			Historic Marker "The National Rd" on sidewalk on right	
38.3	61.7			"Columbus Corporation Limits" Green sign on right side	
38.7	62.4	James Rd	Next turn 0,7mi/ 1,1km	→ Turn right onto James Rd	BP Gas Station at the far left corner
39.4	63.5	Livingston Rd	Next turn 4,6mi/ 7,3km	← Turn left onto Livingston Rd	
39.9	64.3			Cross Barnett Rd	
40.5	65.3			Cross Railway	
41.4	66.7			Cross Hamilton Rd (= Hwy 317)	
43.1	69.4			Cross Over I-270	
43.3	69.7			Cross Bairsford Dr on right side	
44	70.8	Brice Rd		→ Turn Right onto Brice Rd - Cross the street at the traffic light to run on left side	Speedway gas station at the corner
44.3	71.4			Days Inn on the left side	
48.9	78.7			Days Inn on the left side	

OH

Stage 57

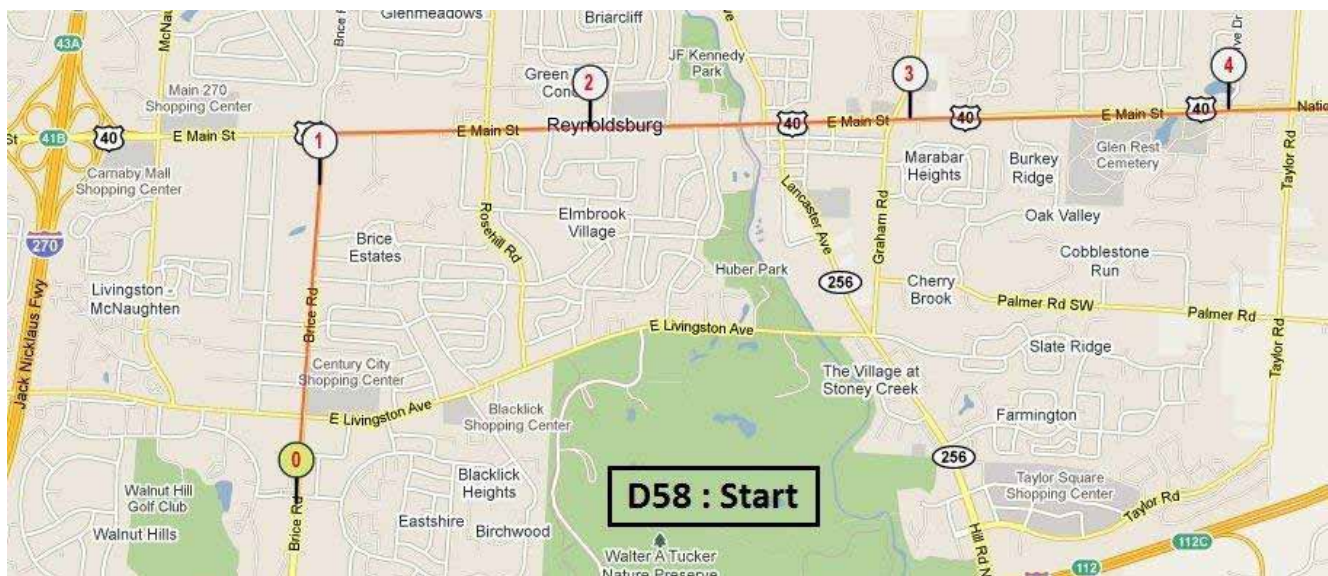


D58 08/15/11

Reynoldsburg - Zanesville 51,8 Mi /83,3 Km

Breakfast Packet given by organization
 Dinner Denny's/ Wendy's/MacDonald's nearby
 Hotel Zanesville Best Western (a bit expensive) or Best Values

Mi	Km	Street Name		Indications	Comments
0	0	Brice Rd		Days Inn Motel	Be careful turn after 45mi - Still
0.3	0.5			Cross Livingston Rd	
1.2	2	Main St / 40 East Next turn 43,9mi/ 70,7km	→	Turn right onto Main St	
1.6	2.7			Very Big Laundry Jeggs on right side	
2.4	4			Cross Davidson Dr	
2.9	4.8			Cross Graham St	
3.7	6			"Enter Licking County" Green sign on right side	
4.2	6.8			Cross Taylor SW	
5.2	8.5			Cross Summit Rd on left side	
5.4	8.8			Cross Rolen Rd on left side	
6.2	10.1			"Wagram"	
6.4	10.4			Cross Mink St	
8.3	13.4			Cross Colombia Rd on left side	(Lynns Rd on right side)
8.4	13.6			"Etna"	
9	14.5			Cross Hwy 310	



OH

Stage 58

Mi	Km	Street Name		Indications	Comments
12.6	20.4			Cross Hwy 158 on right side	
12.9	20.8			"Kirkersville" Green sign on right side	
16.2	26.2			National Trail Raceway on the left side	
16.8	27.1			"Luray"	
16.9	27.3			Cross Hwy 37	
18	29.1			"Hebron" Green sign on right side	
19.2	30.9			Cross Hight St	
19.8	31.9			Underpass Hwy 79	
21.8	35.1			Middle School Lakewood on right side	
22.8	36.8			"Jaksontown" Green sign on right side	
23.3	37.6			Cross Hwy 13	
24.8	40			"Amsterdam" Green Sign on right side / Fairmont Cemetery left side	
26.9	43.3			"Linnville" Green side on right side	
31.5	50.7			"Brownsville" Green sign on right side	
31.7	51.1			Cross Hwy 668 on right side	
32.9	53			Cross Old US 40 on left side	
33.1	53.3			"Muskingum County" Green sign on right side	
34.2	55.1			"Licking County" Green sign on right side	
34.9	56.2			"Muskingum County" Green sign on right side	
36.2	58.4			"Hopewell"	
39	62.9			Cross old national rd on left side	
43	69.2			Mac do	
43.1	69.4			Underpass I-70	
43.1	69.5			Cross Ramp I-70 - Be careful	
44.1	71.1			"Zanesville"	
44.5	71.7			Cross State St	
44.9	72.4			Cross S Pine St	
45	72.5			Bridge	
45.1	72.7	Bear Right	Next turn 0,7mi/ 1km	↗ "Y" in middle of bridge - Bear Right	
45.3	73			Cross Railway	
45.6	73.4			Cross 6th St	
45.7	73.6			Cross 7th St	
45.8	73.7	Hwy 40		← Turn Left to follow Hwy 40 East	Big Church at the left corner in front of you
45.8	73.8	Greenwood Av		↗ And Bear Right at "Y" to follow 40 East	
46.6	75	Hwy 40 East/ Hwy 22		Greenwood Cemetery on left side	No shoulder, no sidewalk - Be careful
48.1	77.5			Cross Hwy 93 on left side	
49.2	79.3			"Ohio departement of Transportation"	
50	80.5			"Station Hwy Patrol" on right side	
51.3	82.6			Ramada motel on left side	





D59 08/16/11

Zanesville - Morristown 58,4 Mi / 94 Km

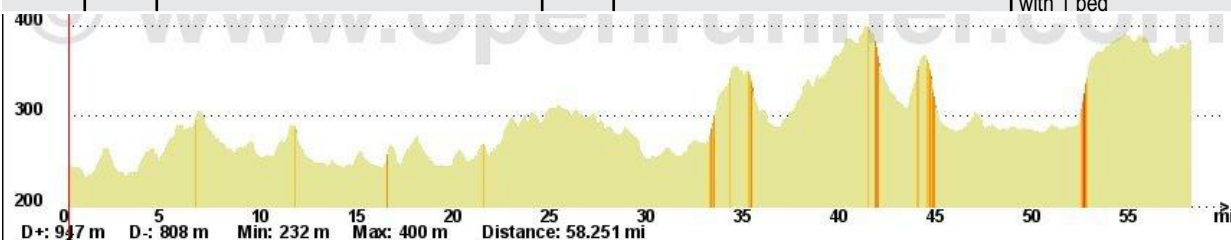
Breakfast Packet given by organization
 Dinner By Organization
 Hotel LiteHouse Inn

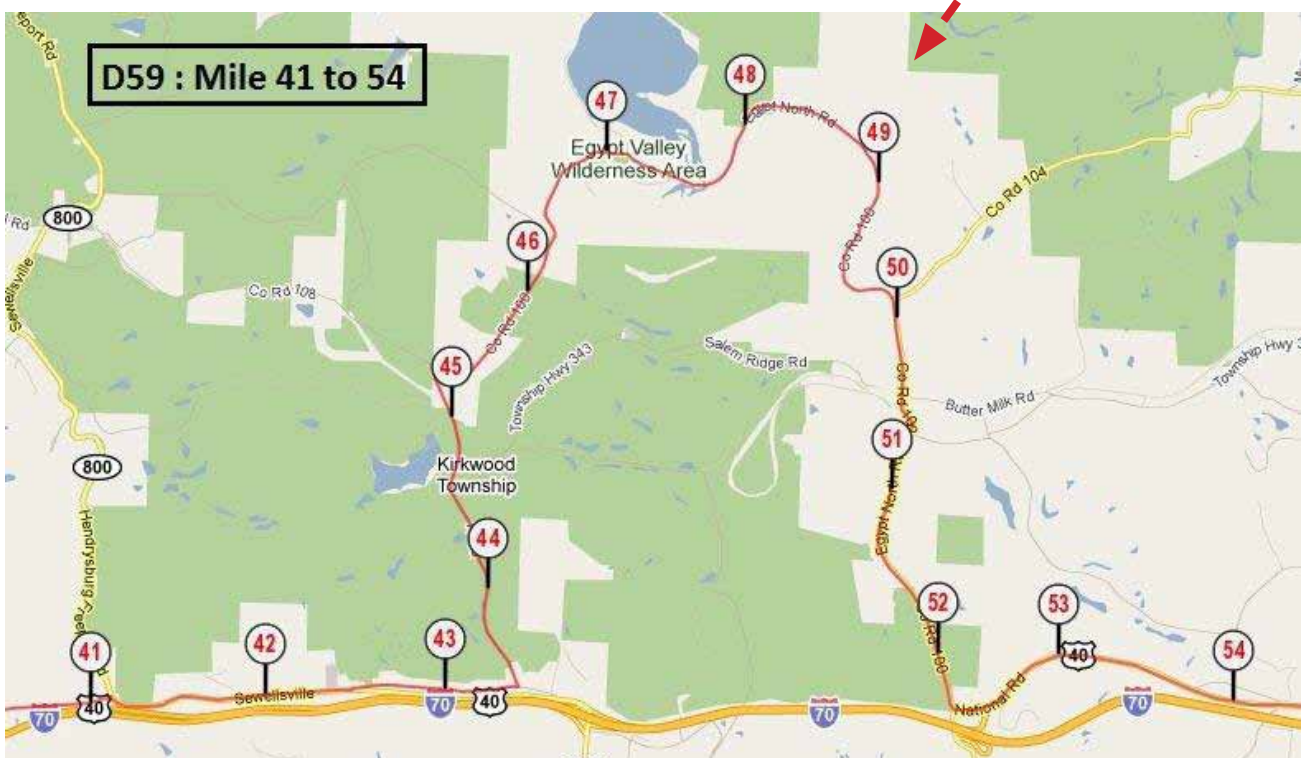
Mi	Km	Street Name		Indications	Comments
0	0	Hwy 40 East/Hwy 22		Best Western	Not easy with direction - be careful - Trail but easy to drive for all the car
0.1	0.2			Cross Airport Rd	
2.2	3.6			Perry Elementary School on left side	
3.6	5.8			Underpass I-70 twice	
7.9	12.8			"New Concord" Green sign on right side	
8.7	14.1			Cross Hwy 83	
9.3	15			"Guernsey County" Green sign on right side	Narrow Shoulder
15.2	24.5			Cross Hwy 723 on right side	
16.1	26			"Hwy Patrol" on right side	
16.7	26.9			"Cambridge" Green sign on right side	Nice City
17.3	27.9	Hwy 40 East/Hwy 22	←	Turn left to follow Hwy 40 East - Frisbee Motel at the corner	
17.1	27.6			Bridge - Sidewalk each side	
17.3	27.9			Cross Hwy 209 on left side	
17.6	28.4			Cross Hwy 209 on right side	
17.7	28.6			Cross 10th St	
17.9	28.9	Hwy 40 East	↗	Cross Hwy 22 on left side - Bear right to stay on Hwy 40	Narrow Shoulder
19	30.7			Cross Ramp I-77	
19.1	30.8			Overpass I-77	
19.2	31			Cross Ramp I-77	
20.5	33			Cross old national rd on left side	
21.6	34.9			Cross Hwy 265 on right side - Endly on left side	
25.2	40.7			"Old Washington"	
25.9	41.7	Straight		Cross Hwy 285/ Hwy 40 East	

OH

Stage 59

Mi	Km	Street Name		Indications	Comments
0				Don't turn right on 40 East	
26.4	42.6	County Home Rd	→	Turn right onto County Home Rd = Historic 40	
26.5	42.7			Pass Over I-70	
26.6	42.8		←	Turn left onto 670 County at end of overpass	
29.7	47.9	Frankfort Rd	←	"T" Turn left onto Frankfort Rd	
29.8	48			Pass Over I-70	
29.8	48.1	Bridgewater Rd = 690 Guernsey County road	→	"T" Turn right onto 690 Guernsey County	
31.8	51.3			"middlebourne" Green sign on right side	
32.6	52.6	690 Guernsey County Rd		Stop - Straight (Gas Station at this crossing)	
33.2	53.5	690 Guernsey County Rd		Right Curve - Follow main road	"Map below"
34.4	55.4	Pisgah Rd / 94 Rd	←	Turn left onto Pisgah Rd - Small Sign be careful	
34.6	55.8			Pisgah Church on right side	
35.3	56.8	964 Guernsey County/ Logan Rd	↗	"Y" - Bear Right	Follow Old National Rd (sign)
35.8	57.7	964 becomes 698 Guernsey County / Whitely Rd		Straight	
36.6	58.9	967 Guernsey Rd / Waymor Rd	→	Stop - turn right / Old abandoned farm in front at T	Follow Old National Rd (sign)
38.3	61.7			Left Curve and Pavment Rd	
38.4	61.9			Cross Barber Rd on left side	
39.4	63.5			Cross Pennyroyal Rd on left side	
40	64.4	Straight		Don't turn right on 40 East	
41.2	66.3		→	"T" Turn right onto 800 south	"Map below"
42.5	68.4	Prepare to turn		"Birthplace Hopalong Cassidy" Brown sign on right side	
42.5	68.5		←	Turn left at sign "Hendrysburg" and immediately	
		Old National Rd	→	Immediately turn right onto Old National Rd	
43.4	69.9		←	Turn left onto Belmont County 108	Not easy to see
44.7	72			Cross Gravel rd "Kirwood 343" right side	
45.3	72.9		→	Turn right onto a gravel rd (No name) - just a stop	We are on Egypt Valley Rd but no sign - Thanks GPS
46.3	74.5			Cross K546 on left side	
47.1	75.8			Cross another gravel rd on left side	
47.4	76.4			Overpass Bridge (until 16 tons)	
49.9	80.4			Cross Gravel rd on left side and first sign "County 100"	
50.7	81.6			Cross gravel Rd on left side	
51.8	83.4			Carreer on left side	
52.3	84.3		←	Stop - Turn left onto 40 East - Pavment rd is back	
52.5	84.6			Cross rd to 70 and Hwy 40 West	
54.5	87.8			"Morristown"	
54.9	88.4			"Arrowhead motel" on left	apartments
55.6	89.6			Cross Hwy 149 on left side	
55.8	89.8			Cross Hwy 149 on right side	
56.8	91.5			Sunset Motel on left side	Only 6 rooms and often workers weekly
58.4	94			Lite-House Inn on left side	10 rooms : 7 with 2 beds and 3 with 1 bed





OH

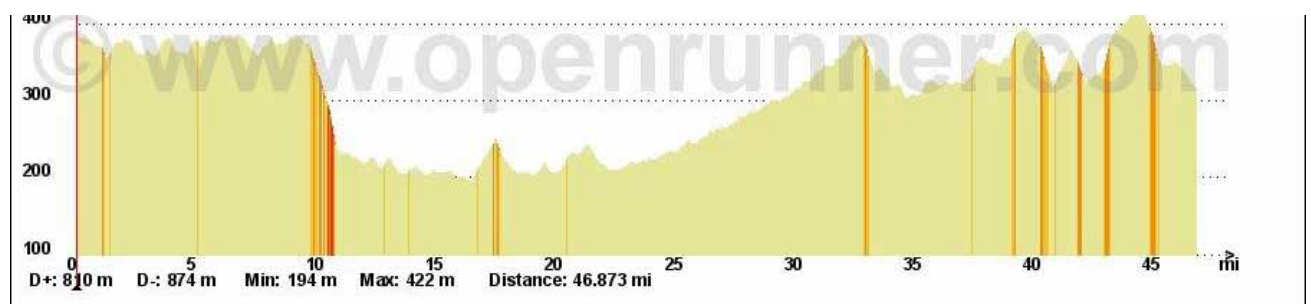
Stage 59

D60 08/17/11

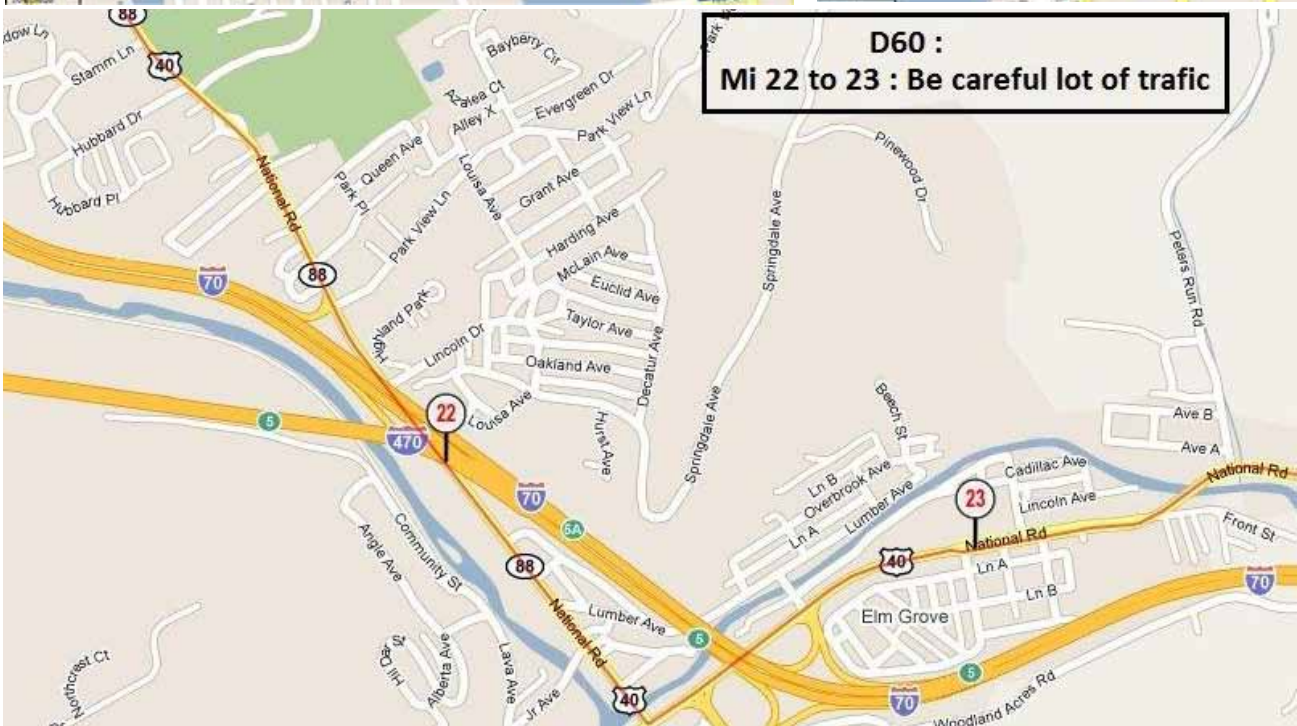
Morristown - Washington 46,6 Mi / 75 Km

Breakfast Packet given by organization
 Dinner Bob Evans/Mac Do
 Hotel Days Inn or Red Roof or American Best Value

Mi	Km	Street Name		Indications	Comments
0	0	Hwy 40 East/ 22 Next turn 16mi/ 25,8km		Lite House Motel	Rd like a wave today - Run on sidewalk when possible - We reach 3 states : Ohio- West Virginia - Pennsylvania - Not really easy with direction- crews and runners be careful
1.9	3.1			"Ohio University on left side	
2.3	3.8			Cross Hwy 331	
4.3	7			Overpass I-70 - Be careful Enter and exit ramp	
4.6	7.5			Big Parking for vehicle on right side	
4.9	8			"St Clairsville" Green sign on right side	
5.9	9.5			Cross Hwy 9	
7.7	12.5			Walmart Supermarket on right side	And after Motel and restaurants
8.3	13.5			Cross enter To I-70 and no shoulder Be Careful	Hwy patrol on right side
11.6	18.7			"Lansing" Green sign on right side	
13.1	21.2			"Wolfhust" Green sign on right side	
14.1	22.8			"Boydsville" Green sign on right side	
14.8	23.9			"Bridgeport" Green side on right side	
15	24.2			Pizza Hut on right	
15.6	25.2			Cross Hwy 250	No aid station
				Stay on left side - underpass Hwy 7	
15.7	25.3			"Welcome West Virginia" sign on right side	Bye bye Ohio
16	25.8	I-70 / Hwy 250/ 40	↖	Go up Ramp to go to I-70 and cross the bridge on left side	Crew see the map: Exit 1A and follow 40 East
16.5	26.6			End of bridge - go on sidewalk and take exit against traffic	
16.5	26.7	8th St	→	Turn right onto 8th St	
16.6	26.8	Market St	←	Turn left onto Market St and cross st	Where crew arrive/ Aid Station if you can park - organization here
16.7	27	40 East 8,5km	↗	"Y" Bear right and go up	After Y - No aid station
17	27.4	National Rd		Straight - Up cross road - Side walk on right side when down run on left side	No aid station
				When down -run left side	
18.3	29.6			Cross Mt de Chantal Rd on right side	
18.8	30.3			Cross 88 N on left side	
19.7	31.8			Cross Washington Av	
20.8	33.5			Pass Wheeling Park on left side	



Mi	Km	Street Name		Indications	Comments
21.5	34.6			Underpass I-70	
22	35.5			Bridge and turn immediately	
22	35.5	Bethlehem Blvd	Next turn 9,3mi/ 14,9km	←	Turn left onto Hwy 40 East - Mac Do at the corner Map
22.2	35.8			Underpass I-70	
22.4	36.1			Super 8 Motel on right side - Walkside on right side	
23	37.1			"Triphiladelphia" Green sign at end of bridge	
27	43.6			"Valley Grove " Green sign on right side	
28.5	46			Cross Valley Grove Rd on right side	
30.4	49			"Mt Echo" Green side on right side	
31.3	50.4	Bear Left	No turn anymore	↖	Bear left and cross Ol US 40 on right side
31.5	50.7			Old marker state of Pennsylvania on left side	
31.5	50.8			"Welcome to Pennsylvania" - "Washington County" White sign right side	Bye bye West Virginia
34.3	55.2			Cross old Bridge	
37.1	59.8			Cross enter To I-70 on right side	
37.4	60.2			"Welcome to Claysville" Wood white sign on right side	
37.7	60.8			Cross Hwy 231 S on right side	
40.5	65.2			Outside Swimming Pool on right side	
41.8	67.3			Cross Hwy 221 - Flashing light	
44.1	71.1			"North Franklin" white sign on left side	
46.1	74.3			Cross ramp I-70	
46.3	74.5			Underpass I-70	
46.6	75			Days Inn on right side	2 other motels on left side : Red Roof Inn and American Best Values

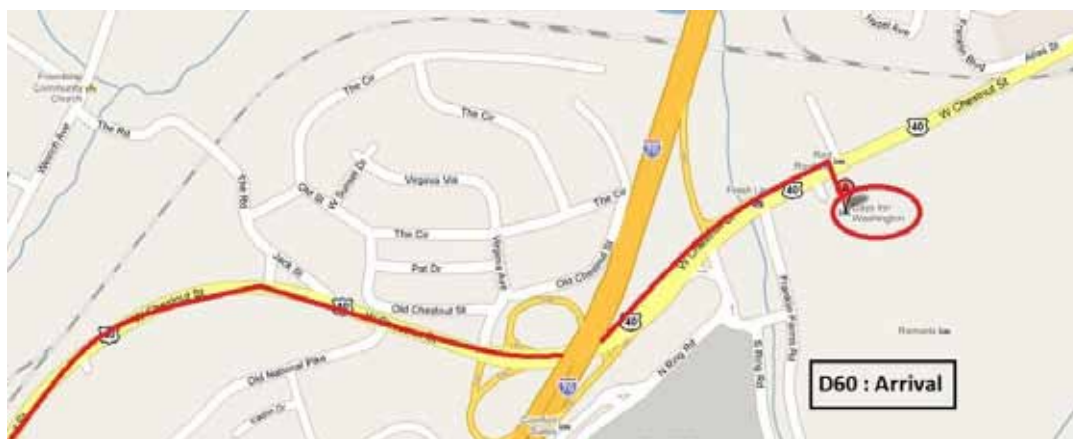


PA

Stage 60



Arrival map Stage 60



D61 08/18/11

Washington - Uniontown 49 Mi / 78,8 Km

Breakfast Packet given by organization
 Dinner Not really close very small parking not easy to cook - Easier = Delivery Food
 Hotel Heritage Inn

Mi	Km	Street Name		Indications	Comments
0	0	Hwy 40 East	Next turn 1,2mi/ 2km	Days Inn	Up and down today
0.3	0.6			Underpass Railway	
1.2	2	Jefferson Av / 40 East	Next	→ Turn right	
1.8	3			Cross Main St	
2.1	3.5			Underpass Railway	
3.9	6.4	Hwy 19	Next turn 15,3mi/	→ Turn right - Do not follow 40 East	
4	6.5	24,5km		"Amwell Township" White sign right side	
5.7	9.3			Underpass I-79	
7.1	11.5			Cross ramp I-79	
7.3	11.9			Underpass I-79 one more time	
7.4	12			Cross ramp I-79	
0				Up ans small shoulder be careful	
11.6	18.8			Amity School on right side	
15.6	25.2			"Greene County" White sign on right side	
18.9	30.5			Cross Ramp I-79 on left side	

PA

Stage 60-61

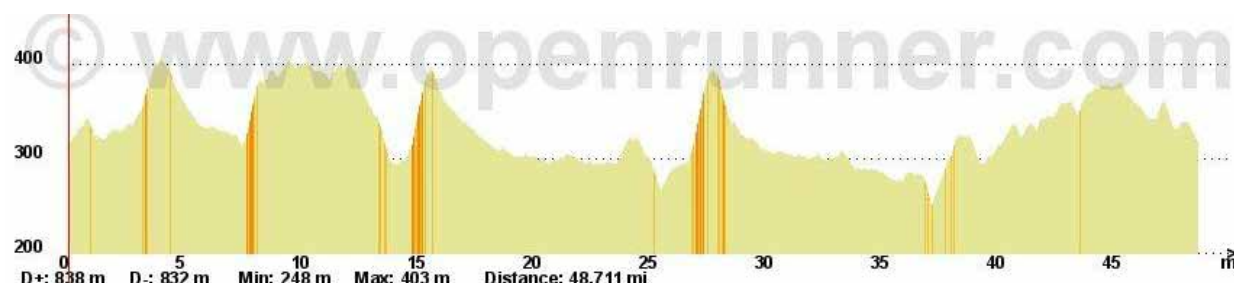
Mi	Km	Street Name		Indications	Comments
19	30.7			Village of Ruff Creek" White sign on right side	
19.2	30.9	221 South Next turn 4,8mi/ 7,8km	←	Turn left onto 221 South - BP Gas station at the far left corner	
19.3	31.2			Underpass I-79	
20.8	33.5			"Morgan Township" White sign on left side	
22.6	36.5			"Village of Lippincott" white sign on right side	
24	38.7	188 East Next turn 2,6mi/ 7,8km	←	Turn left onto 188 East - End of 221 South	
24.5	39.5			Greene County Memory Park on left side	
26.2	42.2			Morgan Jefferson School on left side	
26.6	42.8	Pine St Next turn 3,2mi/ 5,2km	→	Turn right onto Pine St - Narrow rd be careful	
27.7	44.6	becomes Havers Hill Rd		Cross Ridge Rd	
29.8	48	21 East / Roy Furman Hwy Next turn 3,2mi/ 5,1km	←	Turn left on 21 East	
33	53.1	Bear right - 21 East No turn until 0,1mi before arrival	↗	Bear right at flashing light- Runner cross the road to follow 21 East	Be careful
35.3	56.9			"Village of Paysley" White sign right side	
35.4	57.1			Divided Rd begins	
35.7	57.5			Cross Hwy 88	
37.1	59.8	Sidewalk on left side to cross Bridge		"Hartfields Ferry Power Station" on left side - At the sign go behind metal security railing to follow walkside on left side	
37.5	60.4			End of Bridge - "Masontown" White sign on right	
37.9	61			"Welcome to the Laurel Highlands" Blue sign on right	
38.2	61.5			Commodities : Market and restaurant	
39.6	63.8			Cross Lardin Farm on left - Yvras farm Rd on right	
39.9	64.3			Cross 166 North on left side	
41.3	66.6			"Mac Clellandtown" White sign on right side	
41.6	67			Cross Blain Av on left side - Puritan Rd on right side	
42.6	68.7			"Messmore Village" White sign on right side	
45.5	73.3			"South Union Township" White sign on right side	
46.7	75.2			Springdale Golf Club on left side	
47.7	76.9			Cross jction to 119/ to 40	
47.9	77.1			Cross Work Pkwy on left - Gabriel Plaza on right	Mac Do and Supermarket
48.2	77.6			Cross Unionmall on left	
48.3	77.8			"Welcome to Uniontown" Big Green sign on right side	
48.5	78.1			Oakland cimetry on left side	
48.9	78.7		→	Turn right - Hwy 40 Business East - Exxon at the corner	
48.9	78.8			Cross the road at traffic light - Motel Heritage Inn is just in the other side of the road	



More maps next page

PA

Stage 61



PA D62 08/19/11

Uniontown - Frostburg 51,1 Mi / 82,2

Breakfast Packet given by organization
 Dinner Steak House 0,2mi and 0,9mi Fatboy Pizza
 Hotel Charlies Motel

Mi	Km	Street Name		Indications	Comments
0	0	Hwy 40 Business East	Next	Heritage Inn - cross st and run right side	Mountains
0.1	0.3	turn 1,1mi/ 1,9km		Cross S Mt Vernon Av and go to right side	
0.3	0.6	run right side		Cross Morgantown St	
0.6	1			Cross Railway	
0.8	1.3			Cross Pennsylvania Av	
0.9	1.6			Union Area High School on right side	
1.1	1.9	US 40 / Cumberland Rd	→	Turn right or Bear right	
		Next turn 1,8mi/ 2,9km			
1.9	3.2			Blue mountain motel on left side	
2.4	3.9			Hopewood motel on left side	
2.8	4.6	US 40		Go straight "Do not enter" sign to run against traffic	No aid Station fot 6km/3,6mi
2.9	4.8	Bear Left	↙	Runners bear left onto highway ramp against traffic and run on shoulder on the left side	Vehicle follow US 40
0				Hwy 40 divided with hard wall between right and left lanes.	No aid Station
6.2	10			Summit Hill	Parking ok but dangerous to do aid station here
6.5	10.5			Parking on right side	ok for aid station - crew be careful when cut the road
7.8	12.6			"Village of Chalk Bill" White sign on right	
11	17.8			Cross Fort Necessity National Battlefield on right	
12.1	19.5			"Village of Farmington" White sign on right	
12.1	19.5			Cross Hwy 381 South	Pizza Hut on right
12.1	19.6			Cross Hwy 381 North	
15.1	24.4			"Henry Clay Township" white sign on right	
16.2	26.1			National Trail Motel on left side	

PA

Stage 61-62

Mi	Km	Street Name		Indications	Comments
17.2	27.7			Muller High School on left side	
19.7	31.7			Cross 281 South on right side	
19.8	32			Cross 281 North on left side	
22	35.5			Pass Jockey Hollow Visitor Center on left side	Narrow Rd be careful
25.5	41.1			"Addison Township" White sign on left	
26.8	43.2			Cross Hwy 523 N	
28.4	45.7			"Winding Ridge Summit" 2601 ft - Allegheny Mountains	
29.4	47.4			"Marylands Welcomes You" Blue sign on left	State - Pennsylvania we will come back
32.1	51.8			Left Curve and FOLLOW ALT US 40 UNTIL THE END OF STAGE	
32.2	51.9	Alt US 40		Cross Jction I-68/Hwy 40	
32.3	52			Mac do on right side	
34.6	55.7			"Negro Mountain" 2875 ft (880m)	
36.9	59.5			"Welcome to Grantsville" Wood sign on right	
37.4	60.2			"Welcome to Grantsville" Green sign on right	
37.4	60.3			Cross Hwy 669 on left side	
37.7	60.8			Cross Hwy 495 S on right side	
38.4	61.9			Overpass Bridge	
39.8	64.1			Cross New Germany Rd on right side	
40.8	65.8	Alt US 40		Cross Hwy 219 - Hill Top	Fruit Market on left side
41.8	67.3			"Meadow Mountain 2900ft - 840 m"	
45.9	74			Pass Route 40 Elementary School on right side	
47.8	77			Cross Hwy 546 on right side	
48.4	78			"Little Savage Mountain 2810 ft"	
49.2	79.3			"Big Savage Mountain 2900 ft"	
49.6	79.9			"Allegary County"	
51	82.1			"Frostburg"	
51	82.2			Charlie Motel on right side	



MD

Stage 62

D63 08/20/11

Frostburg - Hancock 50,6 Mi / 81,4 Km

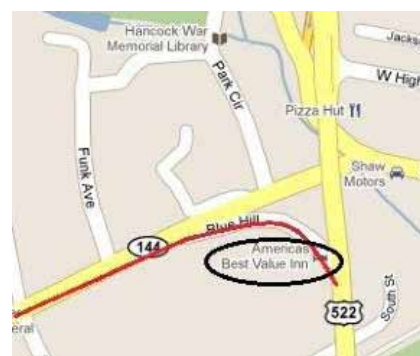
Breakfast Packet given by organization
 Dinner Restaurant in front was closed in Nov. We hope it will be open in August
 Hotel Best Value or Super 8

Mi	Km	Street Name		Indications	Comments
0	0	Hwy 40 East Next turn 9,8mi/ 15,8km		Charlie's Motel	Mountains
0.1	0.2			Steakhouse on right side	
0.6	1			Cross 36N / Water St on left side	
0.7	1.2			Cross Broadway on right side	
0.9	1.5			Pizza Fatboy on left side - good pizza	
1.1	1.8			Cross 936S/ Grant St on right side	
1.6	2.7			Cross 36S on right side	Supermarket/Restaurant...
2.6	4.2			Cross 638	
3.4	5.5			Cross Hwy 55 on right	
4.4	7.1			Parking on right side	
5.7	9.3			Cross Hwy 53 and to I63 on right side	Lot of motels and restaurants in this area
8.2	13.3			Cross Long Dr on left side	
9.8	15.8			Cross Mont Savage Rd -	
9.8	15.8	Bear Right	↗	Bear Right under railway	
9.8	15.8	Next turn 1,1mi/ 1,8km	→	Turn right at the traffic light	No shoulder on this part Be careful
10.4	16.8			Fruit Store	
10.6	17.1			Pass small bridge on "Wills Creek"	
10.8	17.5			"Welcome to Cumberland" red sign on right side	
10.9	17.6	Bear Left / Henderson Av Next turn 0,9mi/ 1,5km	←	Bear left at traffic light to stay on Alt 40	
11	17.8			Overpass Red metal Bridge	sidewalk on left
11.5	18.6			Cross Knox St on left side	
11.8	19			Underpass bridge and immediately	
11.8	19.1	Frederik Rd Next turn 2,1mi/ 3,4km	←	Turn left onto Frederick St	
11.9	19.2			Cross Decatur St - One way road	
13.7	22.2			2 way road	
13.9	22.5	Naves Cross Next turn 0,6mi/ 0,9km	→	Turn right at flashing yellow light	
14.2	23			Cross Ramp I-68	
14.5	23.4	Christie Rd Next turn 0,1mi/ 0,1km	→	Turn right onto Christie Rd / Sign To North 220 here	
14.6	23.5			Underpass I-68 and immediately	
14.6	23.6	Ali Ghan Next turn 16,9mi/ 27,1km	←	Turn left onto Ali Ghan Rd	
14.9	24	144 East		Cross Ramp I-68 on left	
15.2	24.5			Cross Hwy 220 North on left side	



MD
 Stage 63

Mi	Km	Street Name		Indications	Comments
15.4	24.8	144 East		Overpass I-68 and divided Hwy	
16.7	27			Underpass I-68	
19.5	31.4			Cross Pleasant Valley on left side	
20.8	33.5			Overpass I-68	
21.2	34.2			Overpass I-68	
22.3	36			Cross Street Rd	
24.1	38.8			Cross Ramp to I-East	
24.8	40			Cross Rd to go to I-West	
25	40.3			Flintstone School on right side	
26.2	42.2			Cross Town Creek	
27.2	43.9			Cross Tensor Lane on left side	
29.8	48			Cross Old Williams Rd	
30.9	49.8			Overpass I-68	
31.5	50.7	Scenic 40 / Fifteen Mile Rd Next turn 6.9mi/ 11.1km	←	T - Stop - Turn left onto fifteen Mile Rd	No shoulder on this part but no so busy Be careful
31.6	50.9			Cross Fifteen Mile Creek - narrow Bridge	
32.9	53			Cross Green Ridge Rd on left side	
33.8	54.5			Cross Mountain Rd on right side	
35.5	57.2			Town Hill / B&B on left and Scenic View on right	"Town Hill 1680 ft"
37.1	59.7			Cross Orleans Rd	
38.4	61.8	Scenic 40 East / Main Rd Next turn 1.1mi/ 1.8km	→	Stop - Turn right onto Scenic 40 East	
38.4	61.9			Overpass I-68	
38.5	62	Scenic 40 East / Turkey Farm Rd Next turn 3.6mi/ 5.8km	←	Turn left onto Turkey Farm Rd	
40	64.5			Cross enter for I-68 and 40 east but Straight Follow 40 Scenic	DON'T FOLLOW 40 EAST (freeway)
40.3	65			Sign "End Scenic 40"	
40.7	65.5			Cross Narrow Bridge	
41.2	66.4			Cross Roberts Rd on right side	
41.8	67.4			Cross Jerome Rd on left and Hixon on right side	
42.1	67.8	Scenic 40 East / National Pike No turn anymore	→	Stop - T - Turn Right onto National Pike / East Scenic 40	
43.3	69.7			Big left curve	
45.1	72.6			Cross Rice St	
47.2	76	Hwy 144 East (now)		Sign "End Scenic 40"	
48.1	77.5			Cross Willow Rd on right side	
49.2	79.3			Casper Rd on right side	
50	80.5			"Welcome to Hancock" sign on right side	
50.4	81.1			Bear right to follow 522 South	Runners cross the Hwy to reach 522 south
50.6	81.5			Up and immediately on the right	Other choice super 8 not so far



MD

Stage 63

D64 08/21/11

Hancock - Waynesboro 46,2 Mi / 74,3 Km

Breakfast Packet given by organization

Dinner Good and expensive restaurant next to Pizza Hut = 0,3mi

Hotel Days Inn

Mi	Km	Street Name		Indications	Comments
0	0	522 South		Best Values Inn	Border Maryland/Pennsylvania all syage long
0	0.1		←	Turn Left Go back down	
0.1	0.2	Hwy 144	→	Turn right onto Hwy 144V East	
0.1	0.3			Underpass Hwy 522	
0.4	0.8			Cross Pensylvania Av	
1.3	2.2	Old Route 40	←	Turn left onto Old Route 40	
1.9	3.2			Overpass Bridge	
2	3.3		←	T - Turn left	
2.1	3.4			Underpass I-70	
4.4	7.1			"Fulltown County" white sign on right side	
4.4	7.2			Welcome to Pennsylvania	Bye bye Maryland and welcome back at Pennsylvania
4.7	7.6	Orchad Rd	→	Turn right onto Orchard Rd	
6	9.7	Heavenly Acres Ridge	←	Turn left onto Heavenly Acres Ridge	
6.2	10	Dyer Rd	→	Turn right onto Dyer Rd	and Then lot of curves
7.4	12			Welcome to Washington County	Maryland Back
8	13			Cross Maple Ridge	
9.3	15	Hollow Rd	←	Turn left onto Hollow Rd	
10.8	17.5	456 North / Little Cove Rd	→	Turn right onto 456 N	We went back to Pennsylvania
		Next turn 12mi/ 19,3km			
12.7	20.5			Cross Furnace Rd on left side and Forge Rd on right side	
20.3	32.7			"Saundersa Camping"	
20.8	33.6			"Cove Valley Youth Camp" - No shoulder	Be careful dangerous for runners
22.8	36.8	16 South Buchanan Trail	→	Turn right onto 16 S	
		Next turn 5,1mi/ 8,2km			
24	38.7			Village of Cove Gap	
27.2	43.8			Mac Do and Family Dollar	
27.3	44			Cross 416 S/ 75 on left side	
27.6	44.5			Big Crossing - Park Av on right side/ Oregon St on left side	
27.9	45	No turn anymore	↖	Y - Bear left to follow 16 S	
28	45.2			Cross 75 S on right side	
28.4	45.7			Cemetery on right side	
30.1	48.5			Cross 416 S on right side	
32.9	53			Cross 995 S on right side	
33	53.2			"Petertown" white sign on right side	

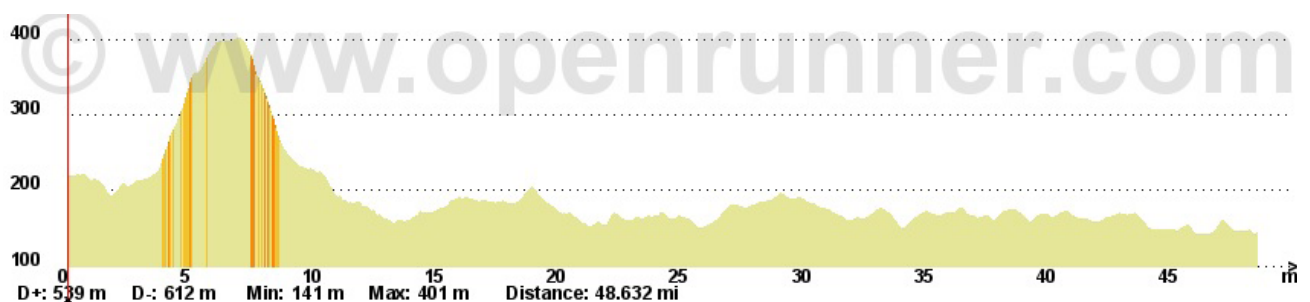


D65 08/22/11

Waynesboro - York 48,7 Mi / 78,4 Km

Breakfast Packet given by organization
Dinner Mary's Jane Restaurant 0,1mi
Hotel Smith Motel

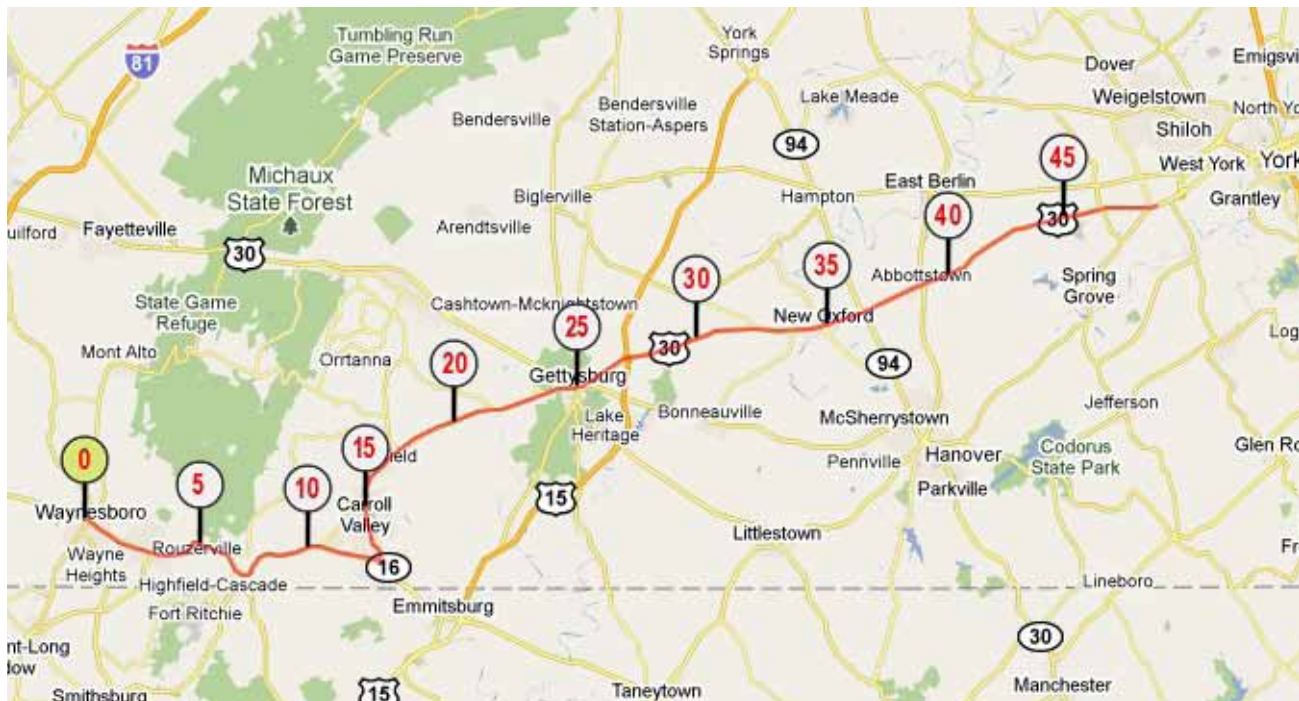
Mi	Km	Street Name		Indications	Comments
0	0	16 East 5km		Days Inn	From this stage - roads begin to be really busy be careful and run on sidewalk when possible
0.1	0.2			Cross 316 N	
0.1	0.3			Cross 316 S	
0.4	0.7			Cross Church St/ 997 N	
0.5	0.9			Cross Broad St	
0.6	1.1			Cross 997 S	Mac Do / Pizza Hut
0.9	1.5			Waynesboro Hospital on left side	
1	1.7			Big Mark supermarket on right side	
2.9	4.7			Cross Olf Forge Rd on left side/ Grandview on right side	
3	4.9			Cross Midvale Rd on right side	
3.1	5	Next turn 9,8mi/ 15,8km	↖	Y - Bear left - Stay on 16 East	
3.8	6.2			End of Commercial area	Go up
6.6	10.7			"Village of blue Ridge Summit" white sign	
7.1	11.5			Cross Railway	
8	12.9			"Adams County" White sign on right side	
8.7	14			"Hamiltonban Township" white sign on right side	
10.5	16.9			Cross Jacks Mountain Rd on left side	
12.9	20.8	Fairfield	←	Turn left onto Fairfield Rd	Frontier Bar at the corner
16.4	26.5			"Fairfield Area School" on right side	
22	35.5			"Gettysburg Campground" on right side	
24.9	40.1			Cross Washington St	We are at Gettysburg city
24.9	40.2	15 Business Baltimore St	←	Turn left onto 15 Business	
25.1	40.5	16 East/ 30 =York St	→	Circle - Turn right onto 30 E /16 E	
25.2	40.6			Cross Stratton St	
25.3	40.8	30 East = York St No turn anymore	↖	Y - Bear left onto 30 East	
25.6	41.2			Cross 4th St	
25.7	41.4			Motel 6 on left side	
26.2	42.2			Days Inn on right side	
27.3	44			Overpass I-15 - Be careful Ramp	
28	45.2			Cross Cavalry Field Rd on right side	
34.1	55			"Welcome to New Oxford" white sign on right side	



PA

Stage 65

Mi	Km	Street Name		Indications	Comments
34.5	55.6			7Eleven Convenience Shop	
34.8	56			Cross Railway	
35	56.4			Circle - Straight	
35.6	57.3			Supermarket	
35.6	57.4			Cross Lincoln St on right side	
36.6	58.9			Cross 94	Lot of Restaurants around this crossing - and 0,2 mile Motor Inn on left side
39.1	63			Circle - Cross 194	
40.7	65.6			Obriens Motel on left side	
43.2	69.6			Paradise Elementary School on let side	
44.7	72			Jefferson Motel	
45.5	73.3			York Airport on right side	
46.3	74.5			"Thomasville" sign right side	
46.7	75.2			Cross Biesecker Rd	
46.9	75.6			Cross Railway	
47.6	76.7			Cross Bowman on left side	
47.9	77.1			Briardwood Golf Course on left side	
48.3	77.8			Cross 116 - 2 divided Lanes	
48.7	78.5			Smith Motel on left side	



PA

Stage 65

D66 08/23/11

York - Lancaster 26,2 Mi / 42,2 Km

Breakfast Packet given by organization
Dinner Indian Restaurant inside motel
Hotel Travelodge

Mi	Km	Street Name		Indications	Comments
0	0	30		Smith Motel	Busy road but no lot of turn - Run on sidewalk
0.5	0.9			Cross 616 S on right side	
0.8	1.4	30 becomes 462 East		462 East straight	
0.9	1.5			Ramp I-30 - Be careful	
2.3	3.8			Cross Railway	
2.6	4.2			Cross 234 W	
2.9	4.8			Cross 182 East on right side	
3.2	5.3			Cross Summer St	
3.7	6.1			Dollar General Supermarket	
3.9	6.3			Cross Railway	Supermarket
4	6.5			"City Of York" on right side	
4.3	7			Cross Carlisle Av	
4.8	7.8			Cross Penn St	
5	8.2			Cross Railway	
5.5	8.9			"The York Town Hotel"	City Center
6	9.7			Cross Railway	
7.3	11.8			Cross Ramp I-83	
7.3	11.9			Underpass 83	
8.3	13.5			Quality Inn Motel on right side	
10.2	16.5			Cross Railway	
12.1	19.5			"Welcome to Hallam" on right side	
16.3	26.3			Cross Cool Spring Rd on left side	
17	27.4	Stay 462	↗	Bear right to stay on 462 - Sidewalk on right side	
				Overpass Susquehanna River	
18.4	29.7			Cross Third St	
18.6	30	462 East = Lancaster Av	→	Turn right onto Lancaster Av - stay on 462 East	
18.9	30.5			Cross Cherry St	
20.1	32.5			Mac Do - Supermarket	
21.3	34.3			Cross Prospect Rd	
23.8	38.4			Donnerville Rd	
26.1	42.1			Cross 741	
26.2	42.3			Travelodge on left side	



PA

Stage 66



PA

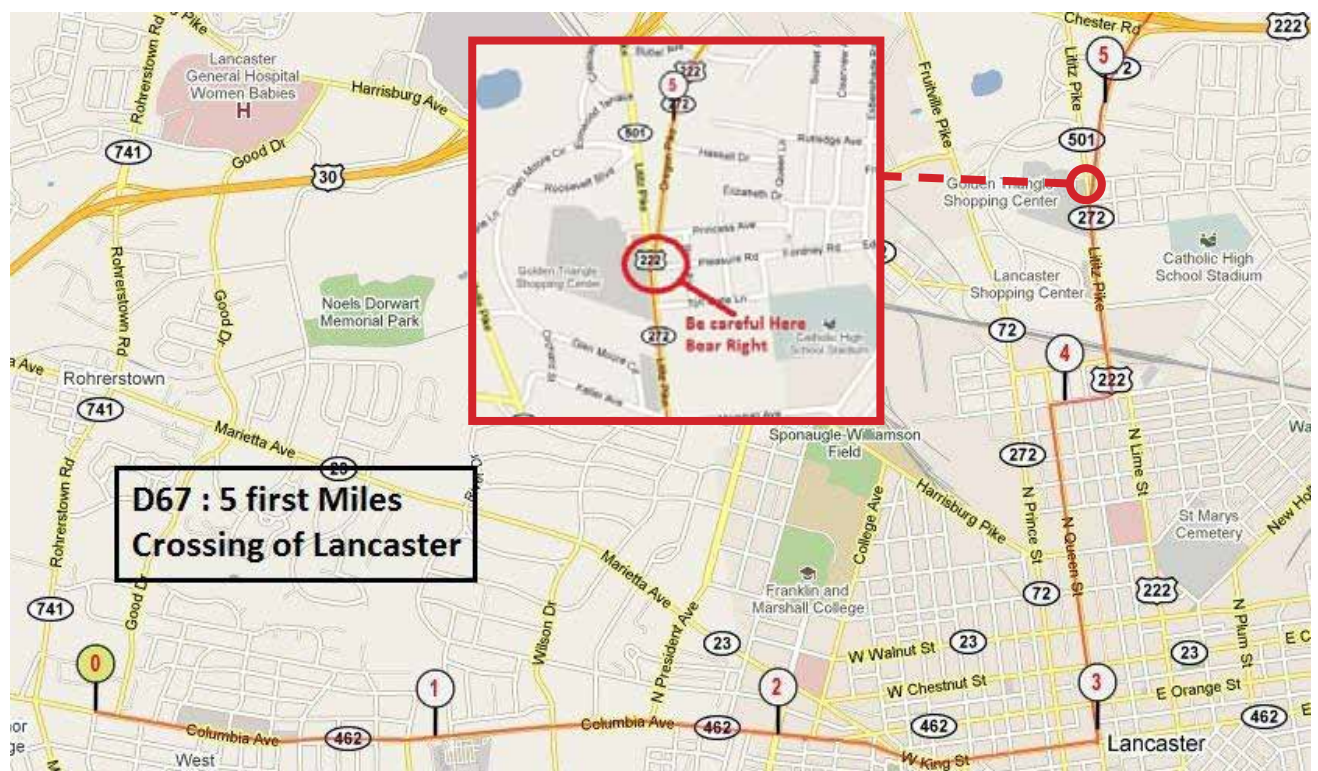
Stage 66

D67 08/24/11

Lancaster - Kutztown 50,5 Mi / 81,3 Km

Breakfast Packet given by organization
 Dinner Family Restaurant airport 0,3 mi or Organization
 Hotel Campus Inn

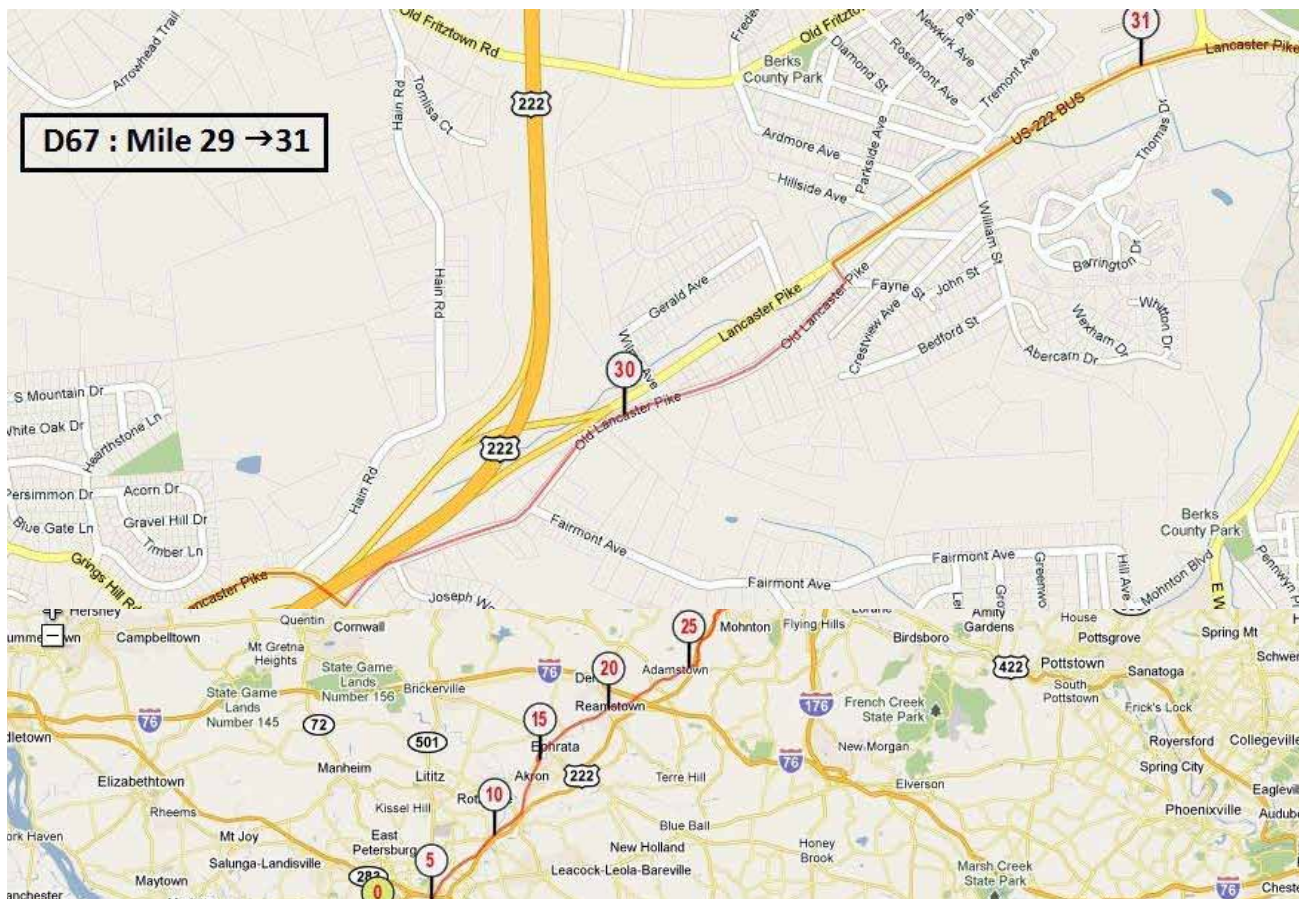
Mi	Km	Street Name		Indications	Comments
0	0	462 East = Columbia Av Next turn 2,9mi/ 4,8km		Travelodge Motel	Run on Sidewalk when possible - Stage with lot of turns - be careful long and not easy stage with traffic map
1	1.7			Cross Jackson Dr on left side	
1.6	2.7			Cross President Av on left side	
2.1	3.4			Cross Pear St on right side	
2.2	3.6			Follow 462 East	
2.8	4.6			Cross 222 - Prince St	
2.9	4.8	Queens St Next turn 1,1mi/ 1,7km	←	Turn left - circle with statue in the center	
3.1	5			Cross Orange St	
3.2	5.3			Cross Walnut St	
3.5	5.7			Cross James St	
4	6.5	Liberty St	→	Turn right onto Liberty St	Follow 222 N / 501 N
4.1	6.6			Cross Duke St	
4.2	6.8	222 N = Lititz Av	←	Turn left onto 222 N	Walkway on left side
4.3	7			Overpass Railway - Follow 272 N / 222 N / 30 N	
4.6	7.5	Be careful		before Buger King cross the road to turn right - "Golden Triangle" Sign	
4.7	7.6	272 N Next turn 9,9mi/ 16km	↗	Y - Turn right onto Liberty St	Map
5.1	8.3			Cross Butler Av	



PA

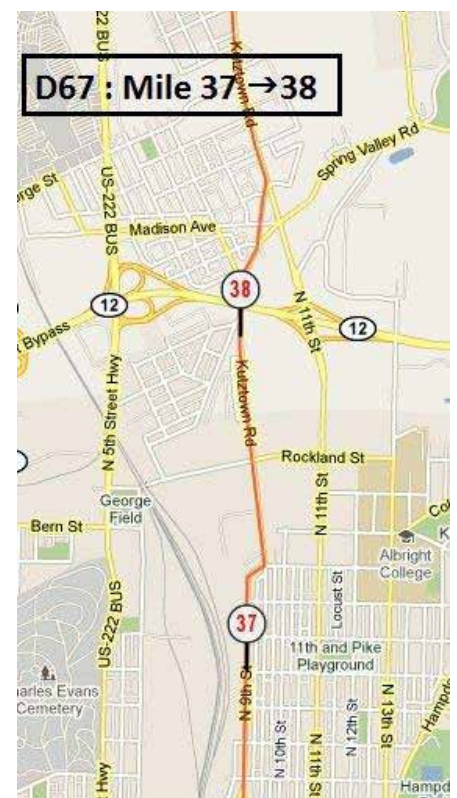
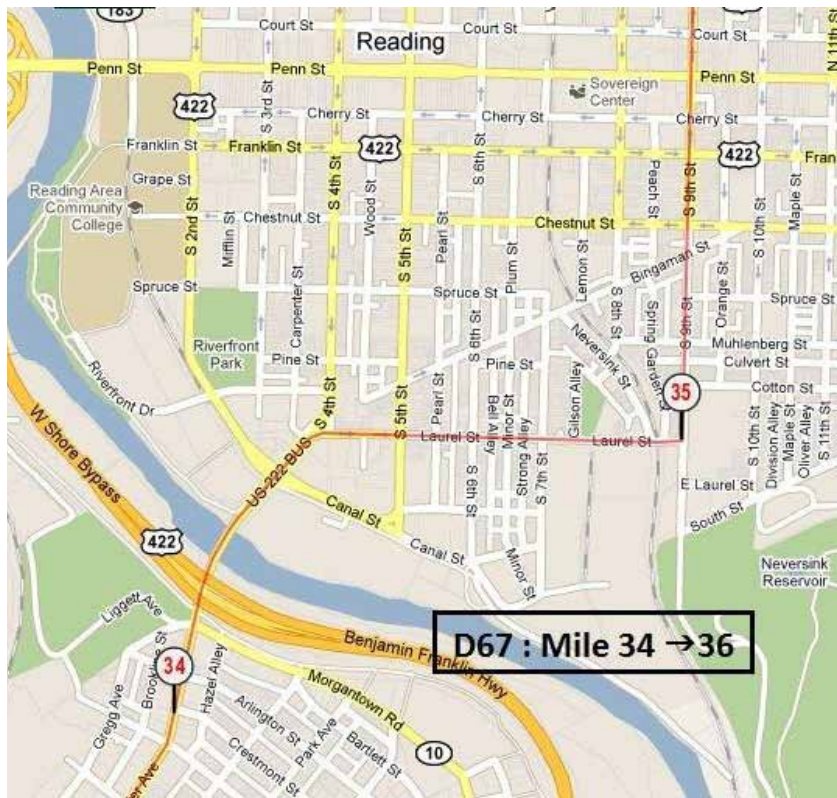
Stage 67

Mi	Km	Street Name		Indications	Comments
5.3	8.6			Overpass I-30 - Be careful Ramp	
5.4	8.8			Best Western on right side	
7.1	11.5			Universal Athlétic Club on right side	
7.3	11.8			Cross Landis Valley Rd	
11.6	18.8			Cross 772/ Newport Rd	
13.6	22			Cross Main St	
14.6	23.5			Parkview heights Rd	
14.6	23.6	Stay 272 N 17,4km	Next turn 10,8mi/ 17,4km	↖ Y - Bear left - Stay on 272 N	
15.4	24.8			Cross Meadow Valley Rd	
15.9	25.6			Overpass 322 - Be careful Ramp	
16.1	26			Cross Martin Av	Mac Do on left side
16.6	26.8			Commercial area with Pizza Hut....	
18.2	29.4			Evergreen Acres Shop (vegetables store)	Map
19.2	30.9			Overpass Small and Narrow bridge	
19.2	31			"Welcome to Reanstown" Green Sign	
19.8	32			Cross Church St	
20.8	33.5			Railway Station Antique - Parking Right side	
21.3	34.4			Confort Inn on right side	
22.7	36.6			Cross 897 = Swartzville Rd	Map
25.1	40.5			Underpass 222	
25.4	41	Deer Creek Rd 2,2km	Next turn 1,4mi/ 2,2km	← Turn left onto Deer Creek Rd	
26	41.9			"Spring" White sign on right side	
26.8	43.2	Old Lancaster Pike	Next turn 2,5mi/ 4km	→ Stop - Turn Right	
28.4	45.7			Overpass 222	
29	46.8			Cross Grings Hill Rd and then lot turns!!	
29.3	47.2			Overpass 222 and immediatly turn left	
		Old Lancaster Pike		← Turn left just after Overpass 222	
30.3	48.9	Fayne St		← Turn left onto Fayne St and imediately	Map
		222 Business		→ Turn right onto 222 Business	

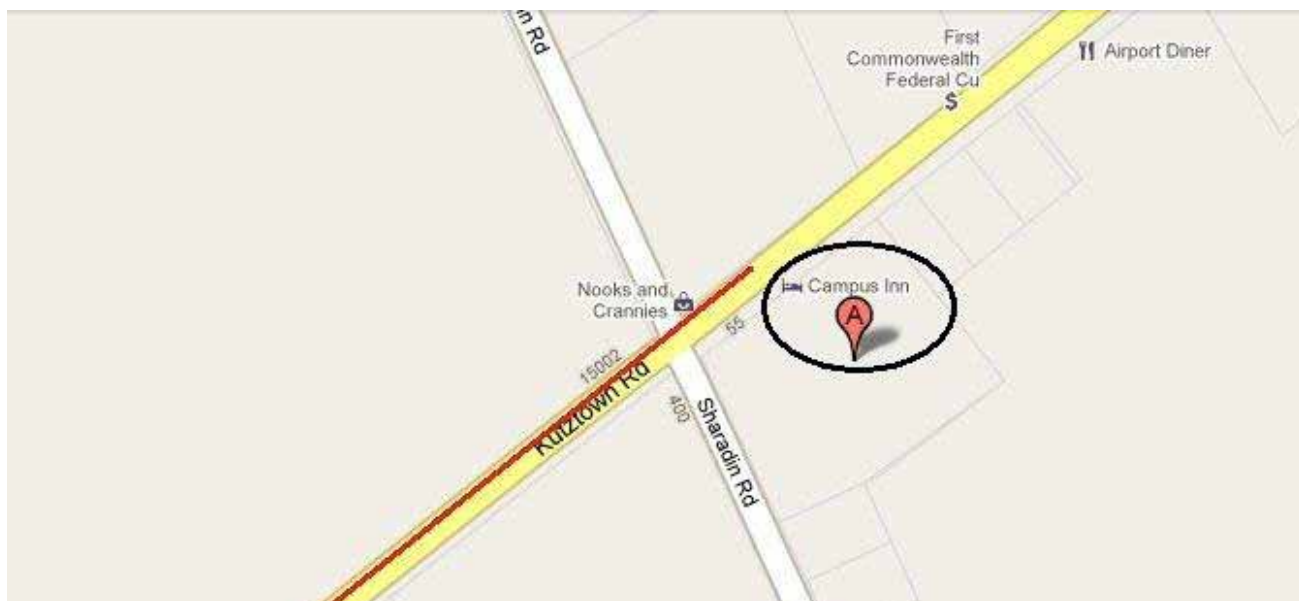


PA

Stage 67

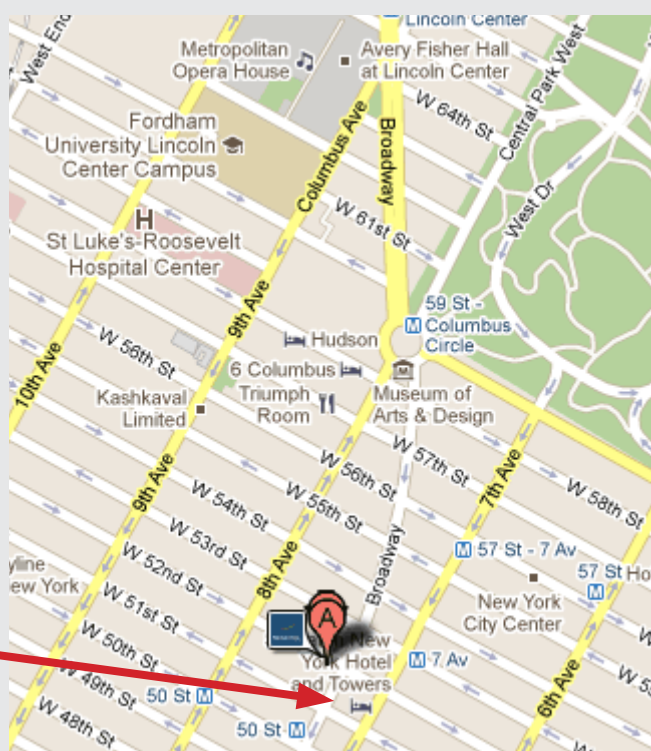


Mi	Km	Street Name		Indications	Comments	
31.3	50.4			Cross Museum Rd		
31.6	51	222 N 5,2km	Next turn 3,3mi/	↖	Y- Bear left - Stay on 222	Be careful
32.5	52.3			Cross Summit Av		
32.6	52.6			"City of Reading" White sign on right side		
33.3	53.6			Cross Hancock Bd		
33.5	54			Underpass Railway		
33.9	54.7			Cross 10S on right side		
34	54.8			Underpass 422 - Runner on right side		
34.3	55.2			Bridge - Runners on right side		
		Laurel St		Bear right follow Laurel St		
34.4	55.5			Cross 5th St		
34.8	56.1			Underpass Railway		
34.9	56.2	9th St 3,8km	Next turn 2,3mi/	←	T - Turn left onto 9th St	
35.5	57.2			Cross Washington St		
36.2	58.4			Cross Douglass St		
36.9	59.4			Cross Pike St on right side		
37.2	60	Kutztown Rd	Next turn 1,1mi/1,7km	←	Turn left onto Kutztown Rd	
38	61.2			Underpass 12		
38.3	61.7			↖	Y - Bear left to stay on Kutztown Rd	
40	64.5			"Village of Temple"		
40.7	65.5			Cross Mt Laurel Rd on right side		
41	66.1	US 222 Business Allentown Rd	Next turn 8mi/ 12,9km	→	T - Turn right onto Allentown Rd	
41.9	67.5			Underpass Railway		
42.2	67.9			Underpass US 222		
42.8	69			Narrow Bridge		
43.6	70.3			Cross 73		
44.6	71.9			Beks County Memorial Garden on left side		
45.8	73.7			Kirbyville Town" white sign on right side		
47.6	76.6	Allentown Rd becomes Kutetown Rd= US 222		Cross 662		
49	79	Stay on Kutztown Rd		←	Runners left exit by Ramp	Crew : exit Virginville - Map
49.5	79.7			Underpass 222		
50.3	81			"Welcome to Kutztown"		
50.5	81.3			Campus Inn on right side		



Novotel New York
226 west 52nd street
New York, NY 10019-5804

Parking Address for vehicle:
CIRCLE PARKING LLC
200-206 West 52nd Street.
Enter 209 W 51 or 206 W 52nd St
between 7th Ave
& Broadway
(212) 397-9029



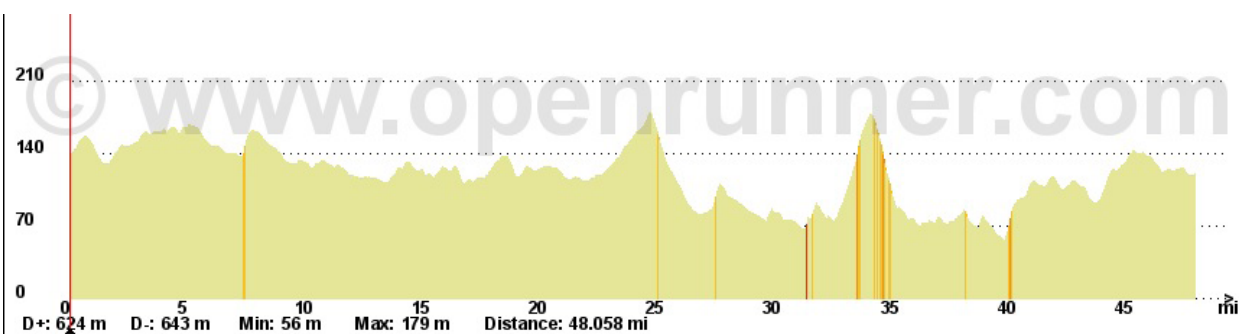
Stage 67

D68 08/25/11

Kutztown - Washington 48,1Mi / 77,4 Km

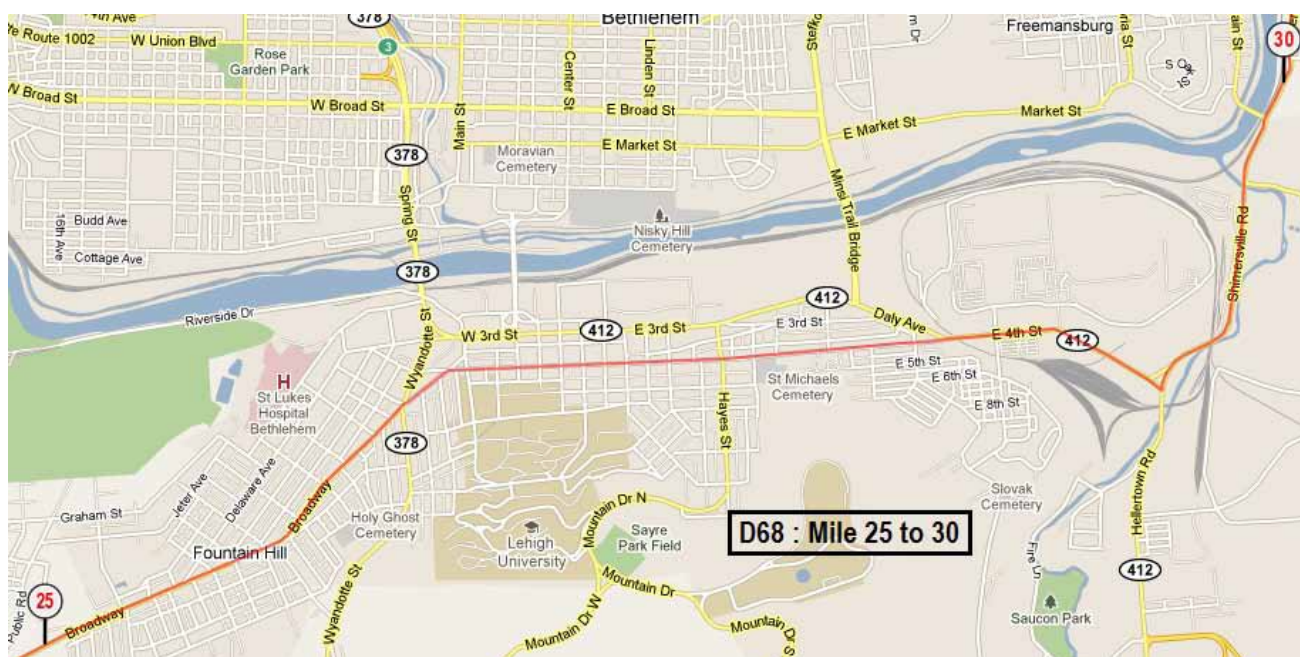
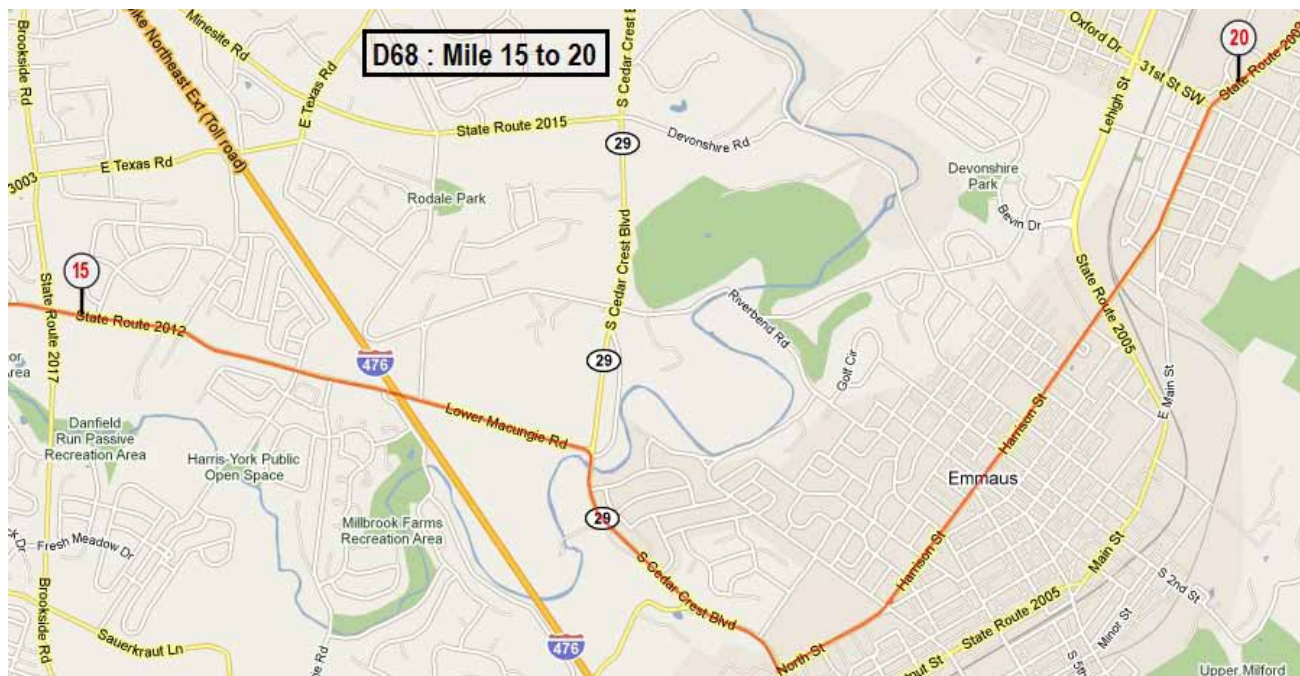
Breakfast Packet given by organization
 Dinner Ciao Pizzeria on the other side of street
 Hotel Broadway Motel

Mi	Km	Street Name		Indications	Comments
0	0	Kutztown Rd		Campus Inn	Lot of Turns - Be careful - Run on Sidewalk
0.1	0.3			Family Restaurant on right side	
1.2	2			Cross Greenwich St on left side	
1.4	2.4			Cross Railway	
2.3	3.8	US 222		Runners go up to the ramp - Sign do not enter - Run against traffic	Crew straight to enter to US 222
4.3	7			"Monterey" White sign on right side	
6.8	11			"Lehigh County"	
7	11.4	US 222	↗	Y - Bear Right	
7.3	11.8	Farmington Rd	→	Turn right onto Farmington Rd	
7.8	12.7	Trexler Rd	←	Turn left onto Trexler Rd	
8.8	14.3			Cross Dorney Rd on right side	
9.3	15.1	Trexler Rd		Stop - T Turn right	
9.8	15.8	Breinsville Rd	→	Stop - T - Turn right	
10.1	16.3	Brookdale Rd	↗	Y - Bear Right	
10.5	17			Cross Schaffer Rd	
11	17.8	Weilers Rd	→	T - Turn right onto Weilers Rd	
11.3	18.2	Creamery Rd	←	Turn Left onto Creamery Rd - Be careful	
11.5	18.6	Spring Creek Rd	←	Turn left onto Spring Creek Rd	
11.6	18.8			Cross 100	
11.8	19.1			Cross Railway	Curves
13.7	22.1	Spring Creek	←	Stop - T - Turn left	
13.9	22.4			"Village of East Texas"	
14	22.6	Lower Macungie Rd	→	Stop - T - Turn right onto Lower Macungie Rd	
14.9	24			Cross Brookside Rd	Gas Station at the corner
15.7	25.3			Cross Wild Cherry Ln	
16	25.8			Overpass I-476	
16.6	26.8	29 South East Cedar Crest Bd	→	T - Turn right onto East Cedar Crest Bd	
17.6	28.4	North St	→	Turn right onto North St	Emmaus High School at the corner
		North St becomes Harrison St			
18	29			Cross Macungie Av	
		Harrison St	↖	Bear left to stay on Harrison St	
19.2	31			Cross State Av	
19.3	31.1			Twice cross Railway	
19.5	31.4	Dalton St which becomes Emmaus Ave	←	Stop - T Turn left onto Dalton St - No sign we don't know we are on Dalton St	No sign
20	32.2			"Allentown Welcome you" Blue sign on right side	
20.5	33.1			Underpass I-78	
21.1	34	Stay on Emmaus Ave		Bear Right	
22	35.5			Cross 4th St	
24.7	39.8			Cross Seidersville Rd on right side	



NJ

Stage 68

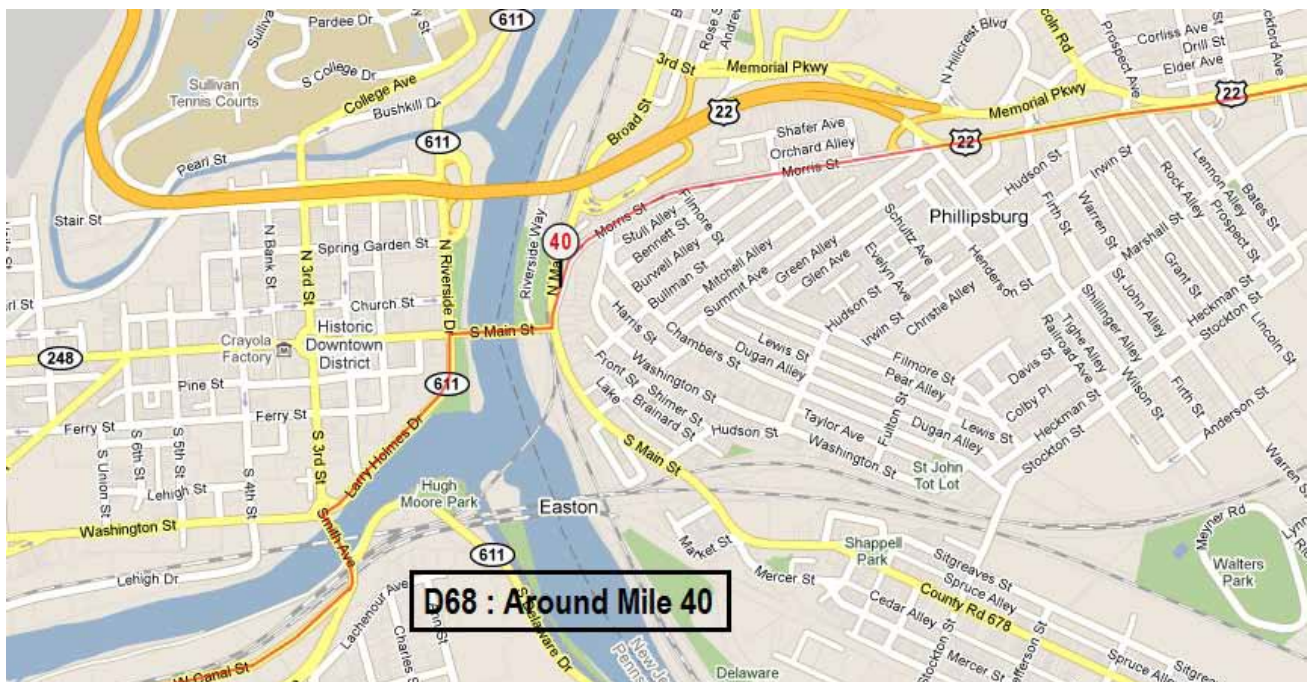


Mi	Km	Street Name		Indications	Comments
		Emmaus Ave becomes Broadway			
25.9	41.7		↖	Y - Bear left in curve	
26.4	42.5			Cross 378 -	
26.6	42.9	4th St	→	Turn right onto 4th St	
27.5	44.4			Cross Hayes St	
28.3	45.6			Cross Lynn Av	
28.8	46.5	Shimersville Rd	←	Turn left onto Shimersville Rd	
28.9	46.6			Underpass Railway	
29.7	47.9	Shimersville Rd is now Riverside Rd		"Lower Saucon" on left side - Rd becomes narrow	
30.5	49.2			"Steel City Volunteer Fire Co" on left side	

NJ

Stage 68

Mi	Km	Street Name		Indications	Comments
31.2	50.3			1 way begin here - No aid station possible	
32.3	52.1			end of one way	
32.6	52.5	Redington Rd	→	Turn right onto Redington Rd an go up	
33.5	54			Twice underpass I-78	
33.6	54.2		↶	Curve left	
34	54.8	Lower Saucon	←	Turn left onto Lower Saucon - No sign for the road we don't know we are on Lower Saucon - Follow Glendon 8	
35.1	56.5	Lower Saucon is now Island Park Rd		Cross Berger Rd on right side	
35.1	56.6			Twice underpass I-78	
36.9	59.4	Main St	←	T - Turn left onto Berger Rd	
37.1	59.8	Glendon St		Stop - Straight	
37.3	60.1	Canal St		Stop - Straight	
38	61.2			Stop - Straight	
39.2	63.2			Underpass Railway	
				Overpass Bridge on Delaware River - Walk-side on left side	
39.4	63.5		→	Turn right onto 611 at the end of the Bridge	Exxon Gas Station at the far right corner
39.8	64.1		→	Turn right onto Green Metal Bridge - Pedestrian Walk	New Jersey at the middle
39.9	64.3			Cross Railway	
40	64.4	Main St	←	T - Turn left onto Main St	
40	64.5	Morris St	↗	Turn right onto	
41.5	66.8			Cross Rossebery St	
42.1	67.8			Underpass Hwy22	
44.1	71.1			"Welcome to Greenwich" sign on right side	
46.4	74.7			"Welcome to New Village"	
48.1	77.5			Broadway Motel on left side	



NJ

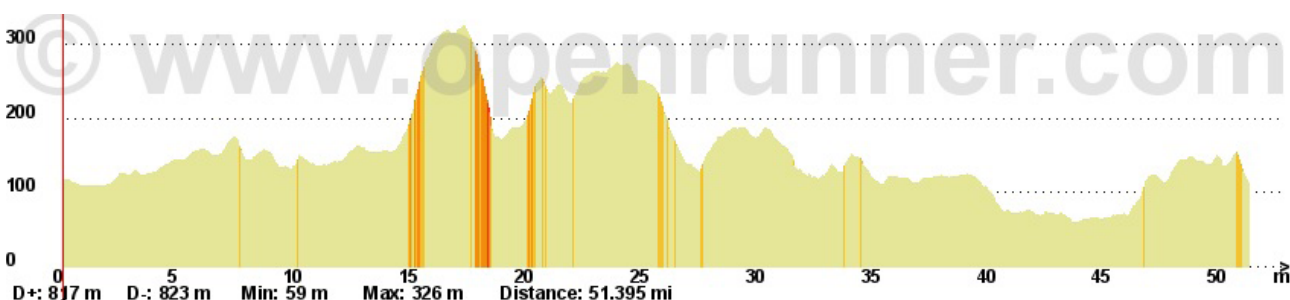
Stage 68

D69 08/26/11

Washington - West Orange 51,5 Mi / 82.9 Km

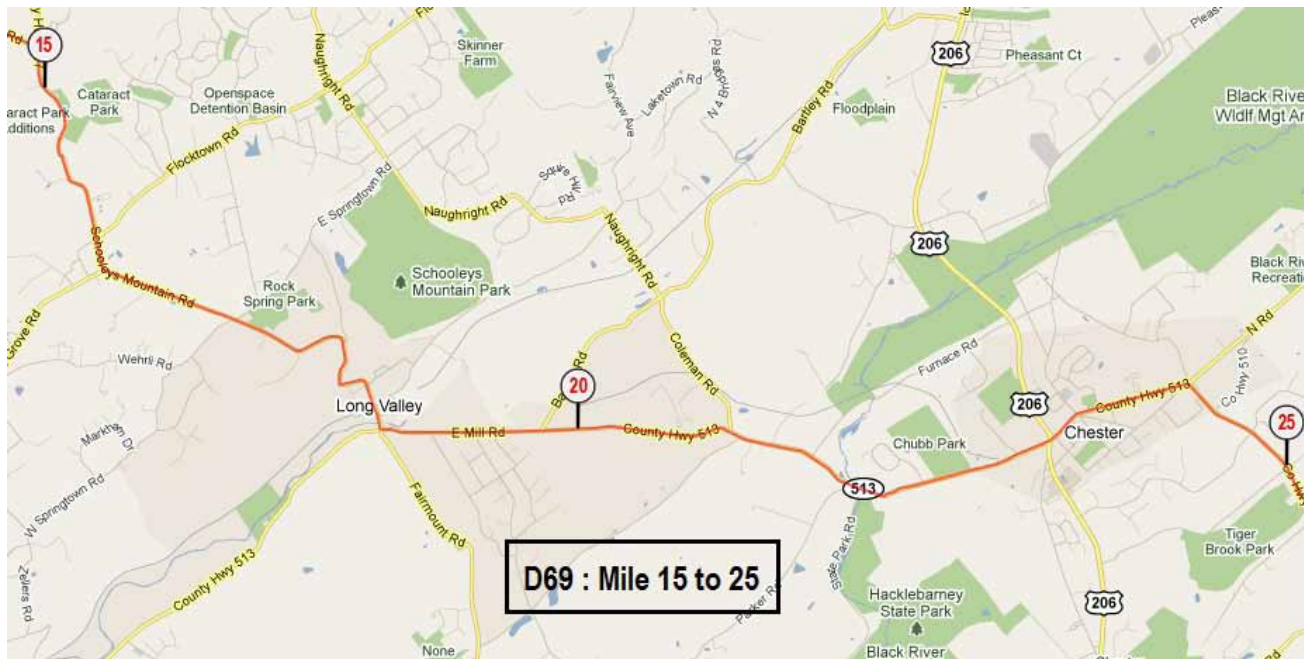
Breakfast Packet given by organization
 Dinner Restaurant was built in November 2010 and snack nearby
 Hotel Best Western Turtle Brook Inn

Mi	Km	Street Name		Indications	Comments
0	0	Hwy 57		Broadway Motel	
0.2	0.4			"Welcome to Broadway" blue sign	
2.3	3.8			"Entering Township Washington" Green right	
3.6	5.9			Cross 623 N	
3.7	6.1			"Welcome to Washington" Blue sign on right side	
4.9	8			Cross Rd 31	
5	8.2			Underpass Railway	
5.5	9			"Entering Township Washington" Green right	
5.9	9.6	Hwy 57	↗	Bear right to stay onto Hwy 57	
6.6	10.7			"Entering Township of Mansfield"	
8.3	13.4			Cross Point Mountain Rd	
8.5	13.8			"Penweel 900 ft" Green sign on right side	
11	17.8			"Entering Stephensburg" Green sign on right side"	
11.9	19.2			Cross Old Turnpike Rd on right side	
12.5	20.2			Hazen Rd on left side	
12.8	20.7			"Beatyestown" Green sign	
13.3	21.4			Cross Airport Rd on left side	
13.5	21.8			WalMart on left side	
14.1	22.7	Newburgh Rd	→	Turn right onto Newburgh Rd	
14.2	23			Overpass Bridge	
14.7	23.8	Schooleys Mountain Rd	→	T - Turn right - no sign	
16.1	26			Cross Flocktown Rd on left side	



NJ

Stage 69

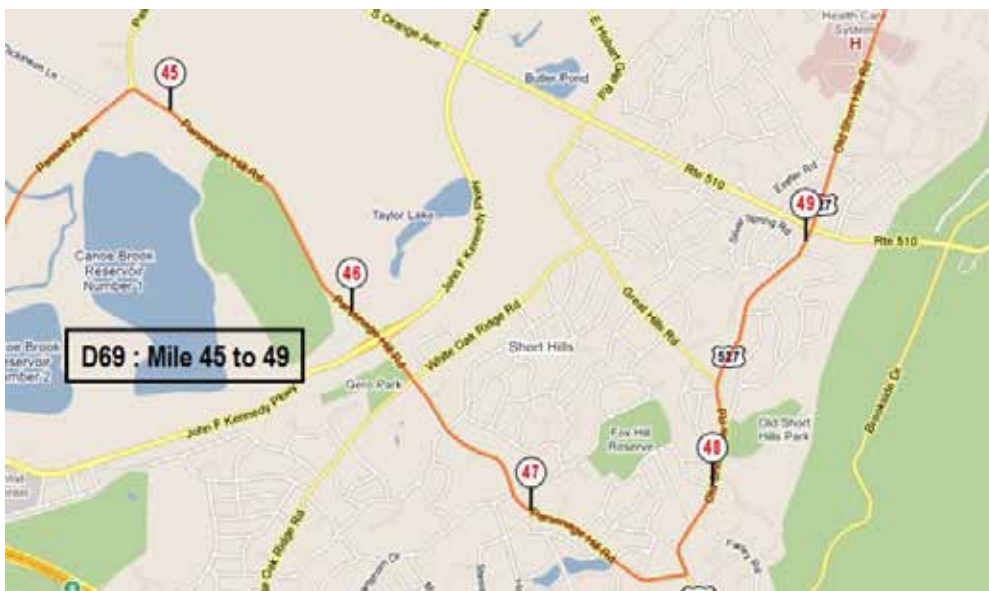
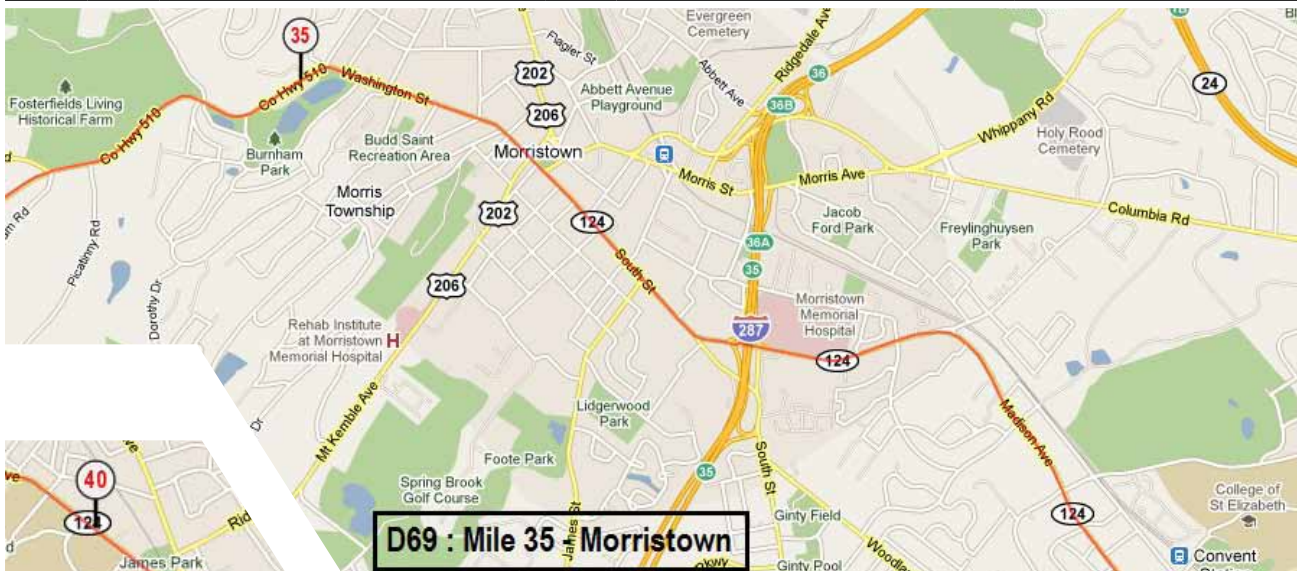


Mi	Km	Street Name		Indications	Comments
16.3	26.3			Curve - Cross Pleasant Rd on left side	
17.2	27.7			Cross Springtown Rd	
17.7	28.5			Cross James Trail	
18.8	30.3	513 Morris County = Mill Rd	←	Turn left onto Mill Rd	
21.6	34.8			Cross Furnace Creek Rd on left side	
22.6	36.5			"Welcome to Historic Chester" sign on right side	
23.3	37.5			Cross Hwy 206 - Busy be careful	
24.2	39	510 Morris County = E Main St	→	Turn right onto 510 Morris County	
				Be careful No shoulder	
28.2	45.5			"Medham" sign on right side	
29	46.8			Cross 525 Morris County / Mountain Av	
32.3	52			"Township of Morristown" Green and Gold sign on right side	
34.1	55			Cross Washington Valley Rd on left side	
34.9	56.2			"Historic Morristown Welcome you" Blue sign on right side	
35.4	57			Cross Mill St on left side	
35.9	57.8	510 Morris County becomes Hwy 124		Cross Bank St	
36.4	58.7			Cross James St on right side	
36.6	59		↖	Bear left to follow East 124	
36.8	59.3			Overpass Hwy 287 - Be careful with ramp	
37.3	60.1			Cross Turtle Rd on right side/ Franklin St on left side	
37.5	60.4		↗	Bear right to stay on Hwy 124 - Cross Normandy Pky on left side	
39.4	63.4			Cross Dodge Dr on right side	

NJ

Stage 69

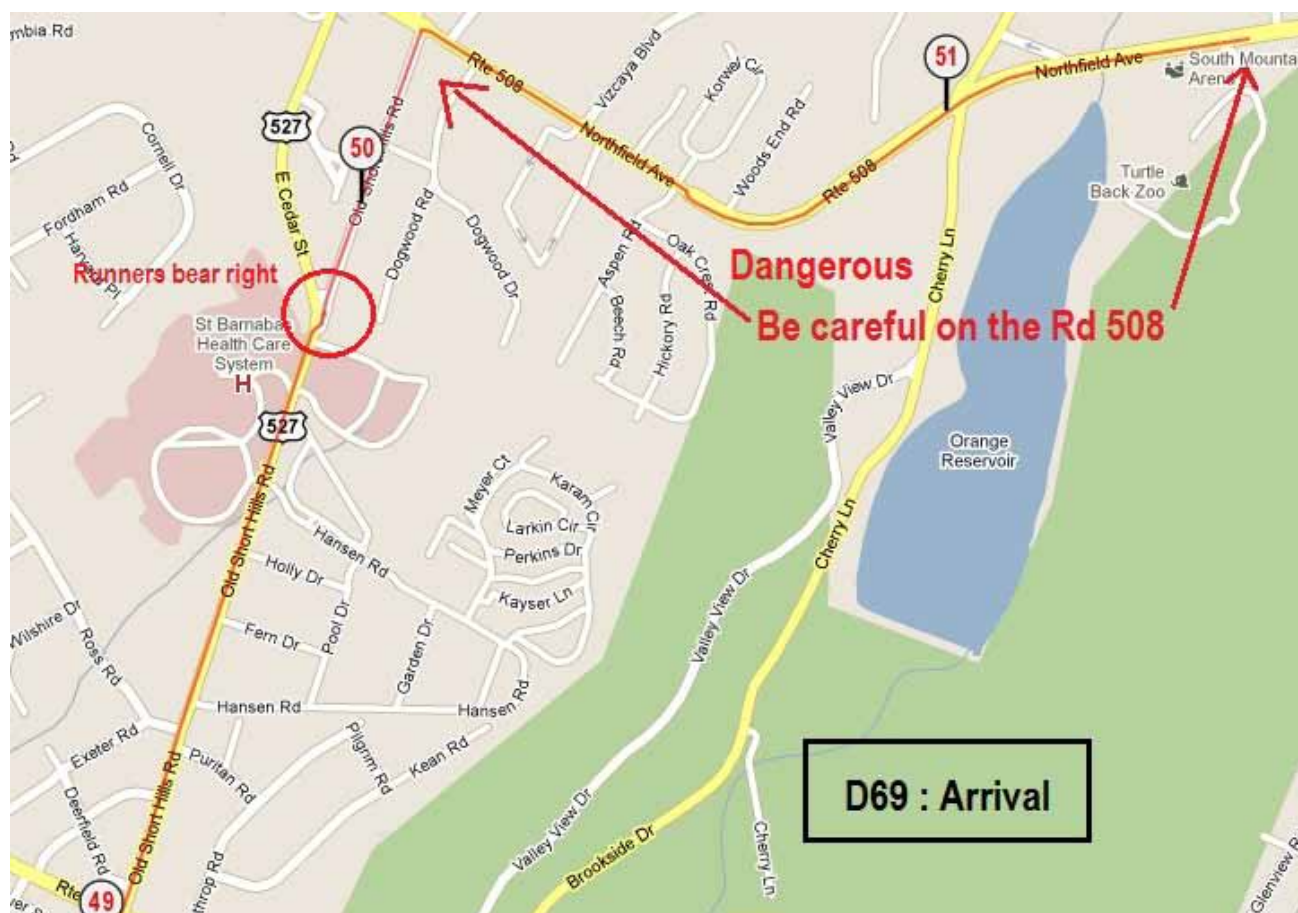
Mi	Km	Street Name		Indications	Comments
39.6	63.8		↖	Bear Left to follow East 124 - Cross Loan-taka Way on left side	
40.3	65		↗	Bear left to follow East 124 - Cross Kings Rd on right side	
40.7	65.6			Cross Greenwood Av on left side	
41.8	67.4			Cross Brooklake Av on left side	
42.7	68.8			Cross Fairmount Av (638) on right side	
42.8	69	Passaic Avenue	←	Turn left onto Passaic Av (607)	
43.6	70.2			Overpass freeway 24	
44.4	71.5			Overpass River - No shoulder	



NJ

Stage 69

Mi	Km	Street Name		Indications	Comments
45	72.5		→	T - Turn right onto Parsonage Hill Rd (606)	
46.3	74.6			Overpass JF Kennedy Pky (649)	
47.1	75.8			Cross Hartshorn Dr	
47.8	77	Old short Hills Rd - Essex 527 Co	←	T - Turn left onto Old Short Hills Rd	
49.2	79.2			Cross 510 County = South Orange Av	
50	80.5	Be careful cross rd	↗	Bear right - Runner cross to leave 527 = Cedar St	
50.4	81.1	508 Rd	→	Turn right onto Rd 508	
				"Welcome to West Orange"	
51	82.1			underpass Bridge	
51.2	82.4			Cross 636 Rd	
51.5	83			Best Western Turtle Brook Inn on left side	



Johnny Salo



Johnny Salo lived in Passaic which we pass on the last stage. Johnny was a 35 year old Shipyard worker when he entered the LA-NY Footrace in 1928. Like Andy Payne he improved his shape during the race. Once Peter Gavuzzi had to retire from the race, Johnny closed the gap to Andy down by 6 hours. He finished 2nd.

In 1929 Salo entered again the NY-LA Footrace, this time he was able to win just 2:47 minutes ahead of Peter Gavuzzi. Unfortunately C.C. Pyle, the organizer was bankrupt and he didn't got a cent.

Photo: Salo, Kerr, Brown in Oklahoma 1928

NJ

Stage 69

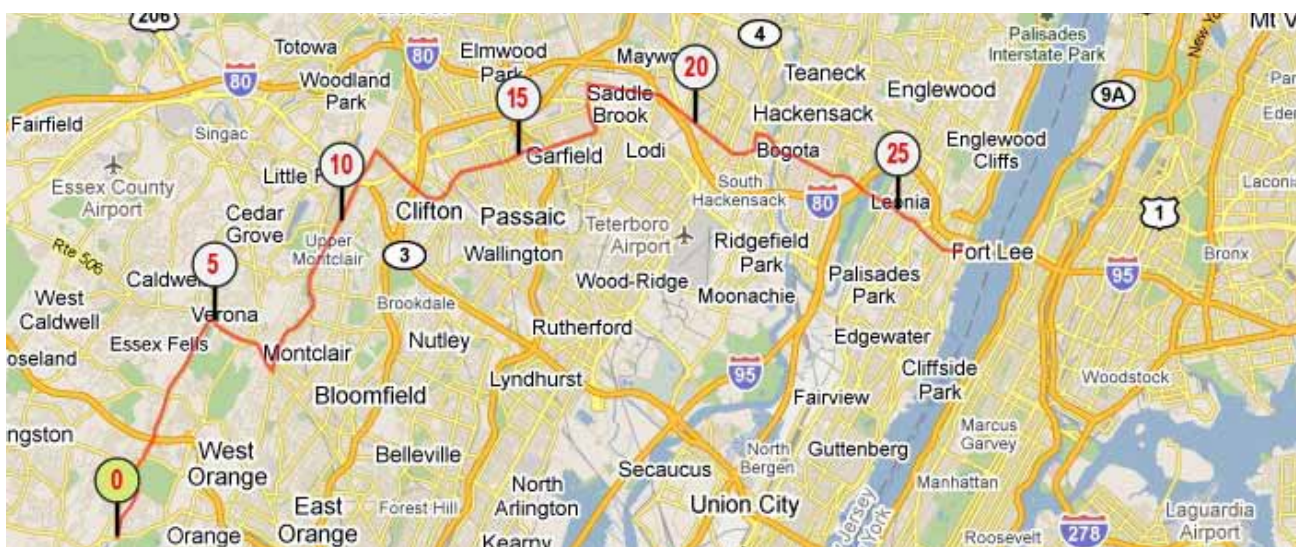
D70 08/27/11

West Orange - New York Central Park Entrance 67 St 34,4 Mi/ 55,5

Breakfast Packet given by organization or hotel breakfast

Hotel Novotel (see page 115)

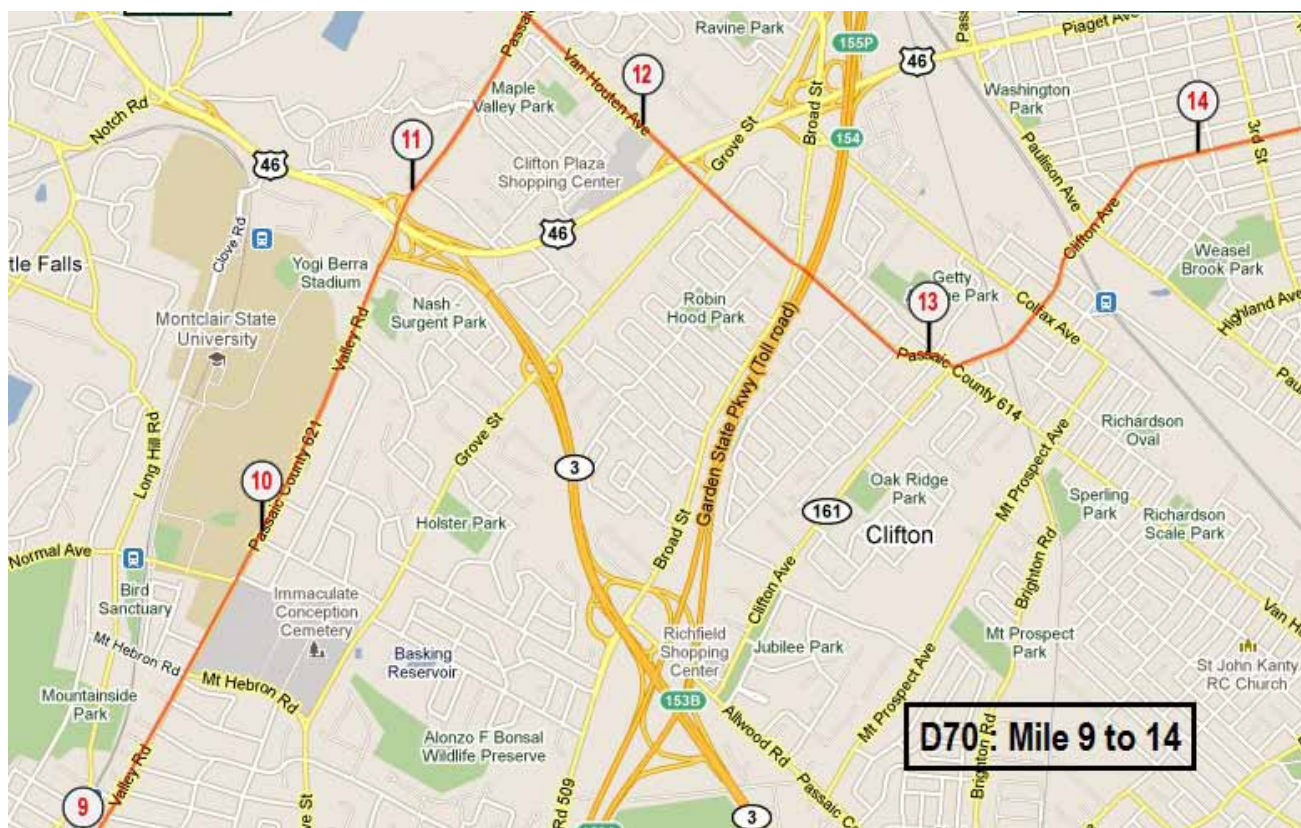
Mi	Km	Street Name		Indications	Comments
0	0	508		Best Western Turtle Brook Inn	
0	0.1	St Cloud Av	←	Turn left onto St Cloud Av	
1	1.7	Old Indian Rd	←	T- Turn left onto old Indian Rd (No sign)	
1.1	1.9		→	T- Turn right onto pleasant Valley Rd	
1.8	3			Cross Hwy 10 (Mt Pleasant Av)	
2.2	3.6			Overpass Hwy 280 - Be careful Ramp	
3	4.9			West Orange High School on right side	
3.2	5.2			Cross eagle Rock Av	
4.3	7			"Welcome to Verona"	
4.9	7.9	506 Rd = Bloomfield Av	→	T - Turn right onto 506 Rd = Bloomfield Av	
6.7	10.8	Valley Rd = 621	←	Turn left onto Valley Rd (621) - Gas Station Delta at the corner	
8	13			Underpass Railway	



NJ

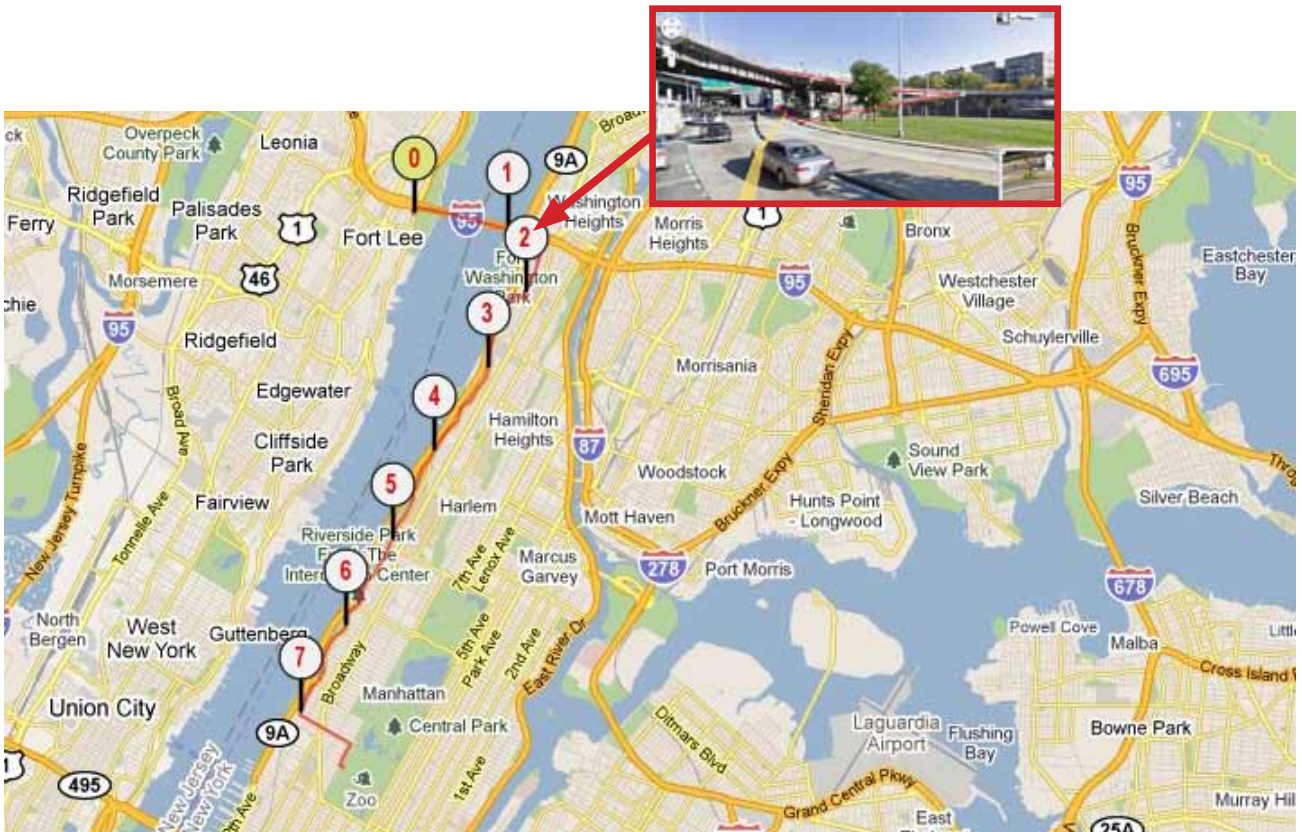
Stage 70

Mi	Km	Street Name		Indications	Comments
9.5	15.4			Cross Mount Hebron Rd (642)	
11	17.7			Underpass Hwy 46 - Be careful Ramp	
11.6	18.7	Van Houten Av	→	Turn right onto Van Houten Av	
12	19.4			Look - first buiding of Manhattan -	
12.2	19.7			Overpass Hwy 46	
12.3	19.9			Cross Grove St	
12.6	20.4			Cross Broad St	
12.7	20.5			Overpass Freeway	
13.1	21.2	Clifton Av = 161 Rd	←	Turn left onto Clifton Av (161)	
13.3	21.4			Cross Railway	
13.6	22			Underpass Railway	
13.9	22.5			Bear right - Cross 6th St on left side	
14.2	23			Cross Third St	
14.5	23.4			"Welcome to downtown Clifton" Blue sign on right side	
14.8	23.9			Cross Lexington Av	
15.3	24.7	Randolph Av	→	Turn right onto Randolph Av	
15.4	24.8			Bear left - go straight = sign do not enter	
15.4	24.9		←	Turn left onto Ackerman Av	
15.5	25			Overpass Bridge	
15.7	25.4			Cross River Dr	
16.1	26			Garfield High School left side	

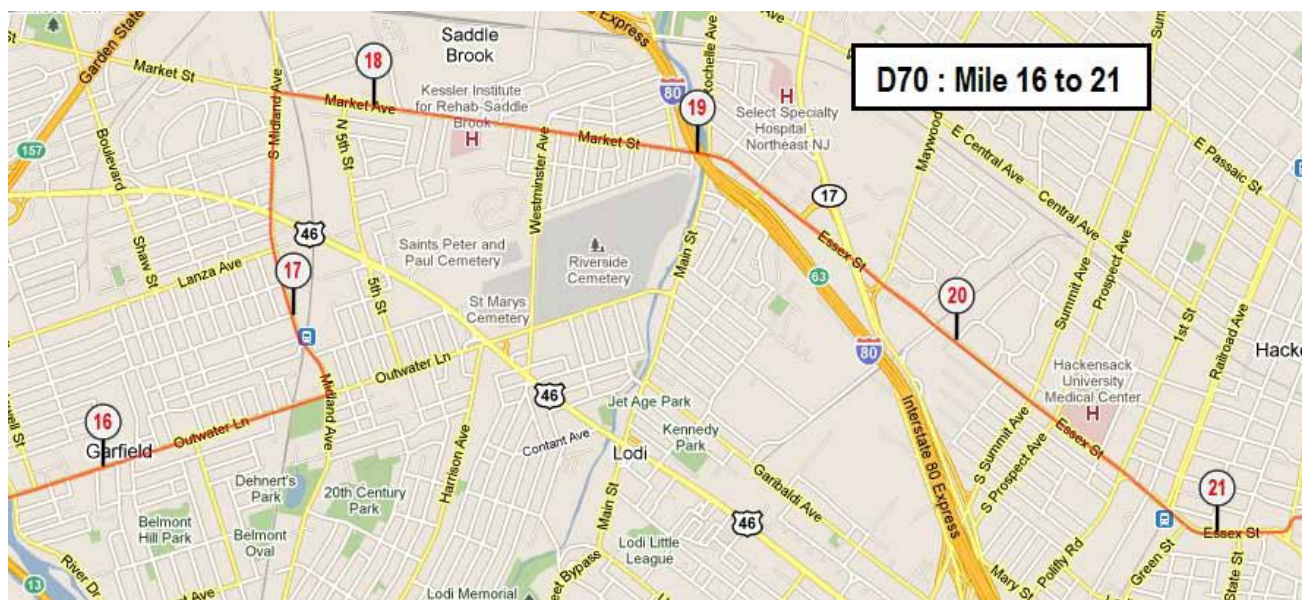


NJ

Stage 70

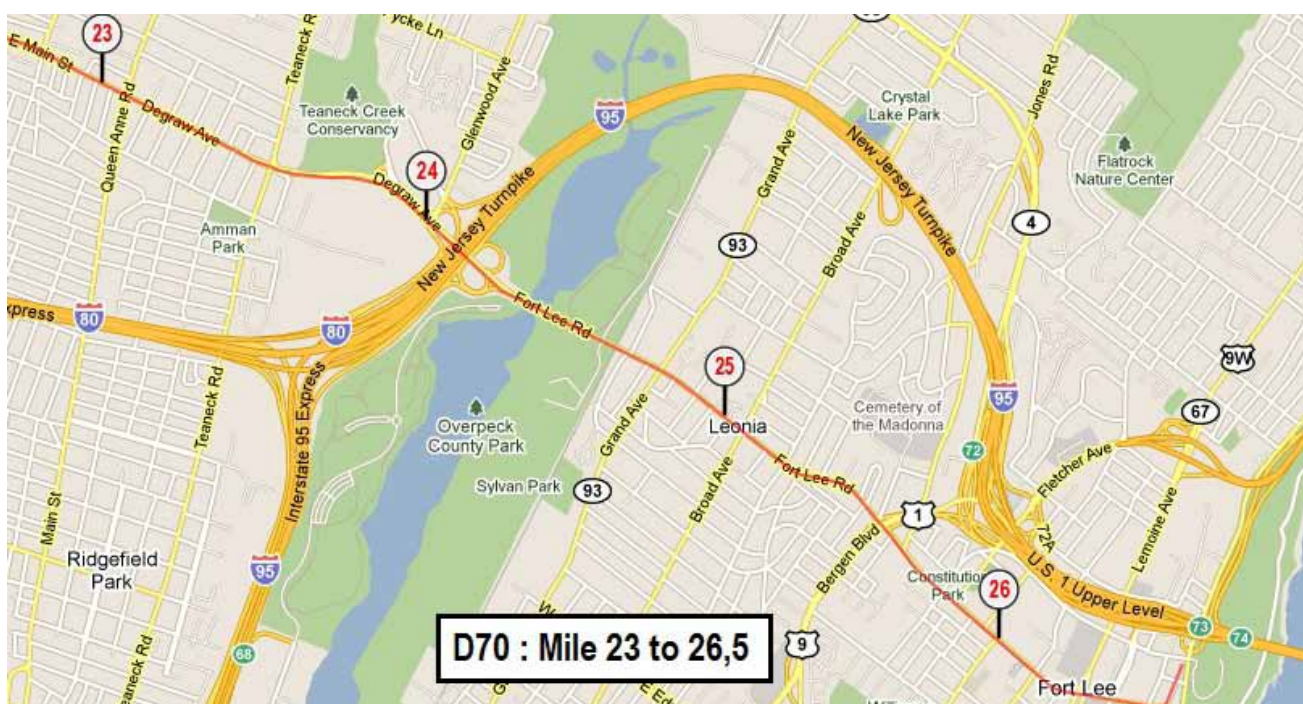
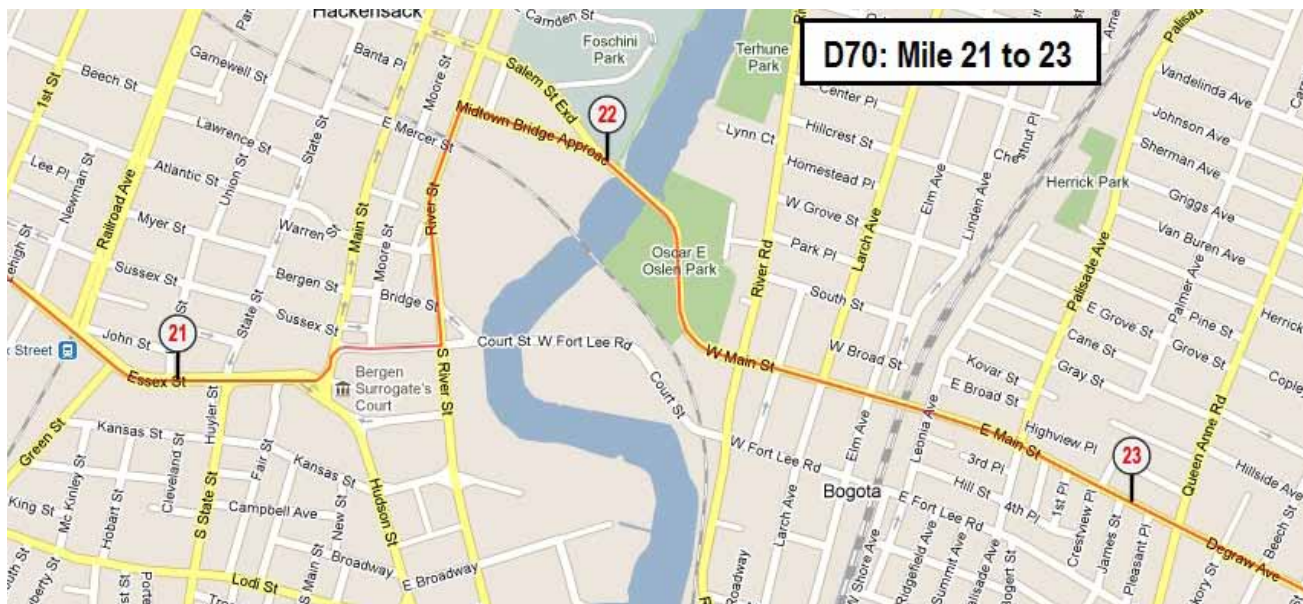


Mi	Km	Street Name		Indications	Comments
16.7	27			Cross Railway	
16.8	27.1	Midland Av	←	Turn left onto Midland Av	
16.9	27.2			Cross Railway	
17.4	28			Underpass 46 Rd	
17.8	28.7	Market Av	→	Turn right onto Market Av	
17.8	28.8			Cross Railway	
18.7	30.1			Cross Westminster Av	
19.1	30.8	Market Av becomes Essex St		Underpass I-80	
19.6	31.6			Overpass Rd 17 - Bridge with sidewalk	
20.1	32.5			"Welcome to Hackensack" Blue sign on right side	
20.5	33			Cross Summit Av	
20.9	33.7			Cross Railway	
21.3	34.4	Main St	←	Turn left onto Main St	Bergen County Court House in front of you
21.4	34.5	Court St	→	Turn right onto Court St	
21.7	35	River St	←	Turn left onto River St	
21.9	35.3		→	Turn right onto Midtown Bridge Approach	
22.2	35.8			Bridge - Walkway	



NJ

Stage 70



Mi	Km	Street Name		Indications	Comments
22.5	36.3			Cross River Rd	
23.6	38			Cross Teaneck Rd - Rd is now divided - Walk side on left side	
24.2	39			Overpass I-95	
24.6	39.6	Degraw Av becomes Fort Lee Rd		Bridge - "Leonia" Green sign on right side	
24.7	39.9			Cross Railway	
24.9	40.1			Cross Grand Av	Incline Up
25.7	41.4			Underpass Hwy 46	end of Incline up
26.1	42.1			Cross Linwood Av	
26.5	42.7			Cross Schlosser Av	turn left for vehicle and follow GW Bridge turn right and left - Map
26.6	42.9			Cross Palisade Av	
26.7	43			Cross Central Rd on left side	
0				Cross Federspiel Rd on right side	
26.7	43.1	Bigler Rd	←	Turn left onto Bigler Rd (No sign)	
26.8	43.2			Small Parking	
26.8	43.2			Cross St to run on right side on walkside	
27	43.5	Washington Bridge	→	Turn right - South Walk - Open from 6am to 12pm	
27.3	44			In center of Bridge "Welcome to New York" - Last State	Manhattan on right side

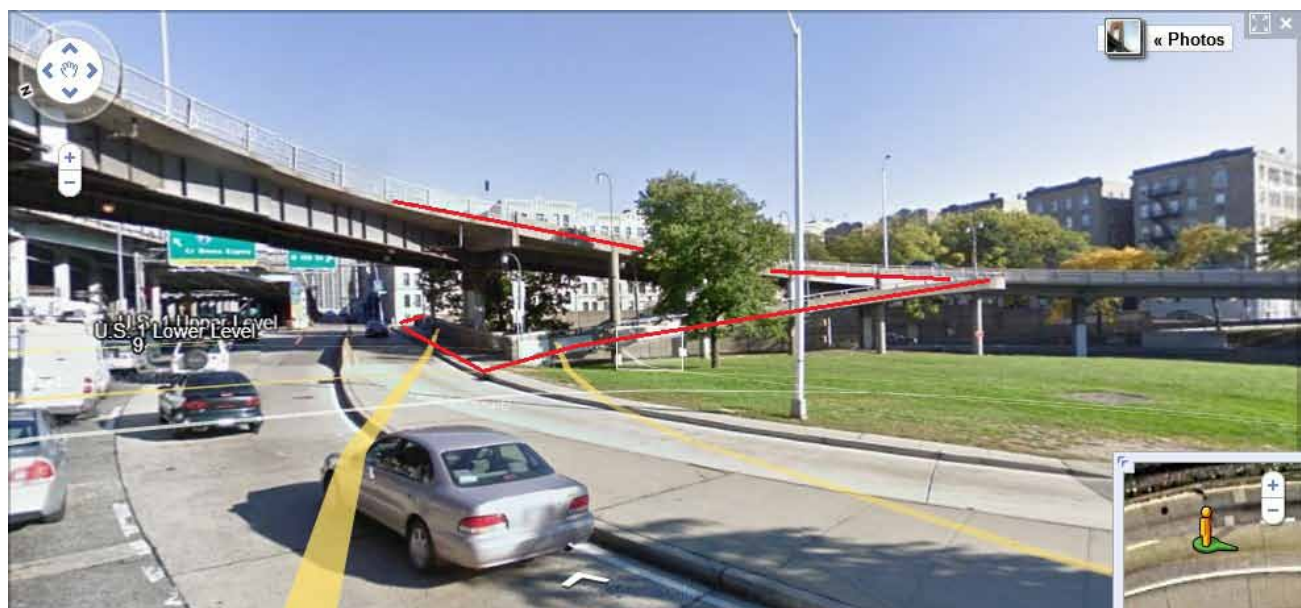
NJ

Stage 70

D70 : Mile 26,9 - Washington Bridge Access for Runners

The map shows a route starting on Center Ave, heading south past the US Post Office, then turning east onto Main St. It crosses the Washington Bridge and continues east on Central Ave, then south on Central Rd, and finally east on Central Av Plaza St River Blvd. A red circle with a 'P' marks a parking area near Hudson Terrace. The map includes labels for various streets such as Lemoine Ave, Schlosser St, Hudson St, Martha Washington Hwy, Bruce Reynolds Blvd, Central Rd, Central Ave, and Central Av Plaza St River Blvd. A yellow circle highlights a loop near the Washington Bridge.





Finisher History

Year	Starters	Finishers	Note
1928	199	55	
1929	? 100	19	more than 100 starters
1992	28	13	
1993	13	6	
1994	14	5	
1995	14	10	
2002	11	8	
2004	? 6	6	more than 6 starters
Total	385	122	more than 385 starters
2011			

The finishing ratio of all 8th Trans America races together is less than 31%

NJ

Stage 70

Mi	Km	Street Name		Indications	Comments
28	45.2			End of Bridge - pedestrian ramp down to street	
28	45.2	178th St	→	Turn right onto 178th St	
28.2		Fort Washington Ave	→	Turn right onto Fort Washington Av	
28.7	46.2			Cross W 165th St on let side - Crew will here to meet runner	
30.2	48.7			Cross W 135th St on left side	
31.8	51.2			Cross W 104th St on left side	
32.3	52			Cross W 96th St	
33.1	53.4			Cross W 79th St	
33.5	54		←	T - Turn left onto 72th	
33.6	54.1			Cross West End	
33.8	54.4			Cross Broadway Av and Amsterdam Av	
33.9	54.7			Cross Columbus Av	
34.1	55		→	T - Turn right onto Central Park West	
34.4	55.4		←	Turn left onto Central Park / 67th St on right side	
34.4	55.5			Arrival close to Tavern On The Green	



The Race will end just outside of Central Park

NJ

Stage 70

Short History of all Trans America Races



In 1928 C.C. Pyle organized the International Trans-continental Foot Race in 1928. The vision of the successful sports promoter set a first prize award of \$25,000. The race started March 4th in Los Angeles with 199 runners. 84 days later 55 runners finished the race at the Madison Square in New York.

1929

Despite the fact that C.C. Pyle lost \$100,000 in his first race, he was convinced that he could make a fortune with his experience. The race started in New York this time and prize money was announced for the first 15 runners. After 5 days only 51 runners remained in the race (over 100 started). After 10 days there were only 36 and after 3 weeks there were only 31 runners left. Only 19 made it to Los Angeles. The last years 2nd Johnny Salo won against Peter Gavuzzi who had to drop out in the first year, with only 2:46 minutes. None of them got their prize money. C.C. Pyle was bankrupt.

1985

After a unsuccessful attempt to organize a big new Trans America race, Malcolm Campell (GB) and Marvin Skagerberg (USA) ran the Lou Gehrig Race for Life as a 2 man event. The route went from Anaheim, CA to New York City, NY over 3559 miles/5728km and included 6 rest days for sponsor events. The average was 41 miles/day - 66km/day. Marvin Skagerberg won with 16 Minutes ahead of Malcolm Campell. Due to the fact that this "race" was not open to other runners and that it had only 2 starters, this is not considered in the official Footrace count.

1992 Trans Am

Inspired from the Tom Mc Nab Novel „Flanagans run“ Michael Kenney placed an ad in Ultrarunning zu bring the Trans America Footrace back to life. Jesse Reiley answered and together they planned a race from Huntington Beach LA to Central Park in New York. With a race fee of \$200 they organized water, Gatorade and Powerbars every 3 miles. The runners slept in gym halls or camped.

1993-95

Jesse Reiley and Michael Kenney were able to continue this race for a total of 4 races.

1995

The last edition of the Trans Am races was very well sponsored by the Japanese corporation Moonbat. Mravlje, Bell, Horton and Farmer fought a hard battle. This race was the most competitive of all four Trans Am races. Dusan Mravlje the winner had a overall pace of 6.8 miles/hour or 10,9 km/h. Even 6. Place Manfred Leistmann was faster than the winners of the previous years.

In 2002 and 2004 Alan Firth organized 2 races based on his experiences crewing and helping in the Trans Am races. His route was slightly different from the 92-95 races, longer and 71 stages.

Now after a 7 year break Laure Magnan, wife of the famous French longdistance runner Serge Girard is organizing the 9th footrace called LA-NY Footrace 2011. The race will follow the original route of 1928 as close as possible through very remote sections of Arizona, New Mexico and the Oklahoma Panhandle.

The Organization will bring a very experienced team which helped Serge Girard on his running quest around the world and his latest run around Europe.

Markus Mueller



Survivors of the Bunion Derby 1928 ford the Hudson River.

1. LA-NY 1928 199 Starters

LA - New York, NY 3/04/28 - 5/26/28 3,418 miles

POS.	NAME	ADDRESS	AGE	TIME
1	Andrew Payne	Foyil, OK	19	573h.04m.34s
2	John Salo	Passaic, NJ & Finland		588h.40m.13s
3	Phillip Granville	Hamilton, Ontario, Canada		614h.42m.30s
4	Mike Joyce	Cleveland, OH & Ireland	34	636h.43m.03s
5	Guisto Umek	Trieste, Italy		641h.27m.16s
6	H. William Kerr	Minneapolis, MN		641h.37m.47s
7	Louis J. Perrella	Los Angeles, CA & Albany, NY		658h.45m.42s
8	Ed Gardner	Los Angeles, CA & Seattle, WA	28	659h.56m.47s
9	Frank R. von Flue	Kerman, CA		661h.31m.49s
10	John Cronick	Saskatoon, Sas., Canada	24	666h.42m.38s
11	Harry Abramowitz	Bronx, NY	21	679h.41m.16s
12	Roy McMurtry	Newhall, CA & Indianapolis, IN		705h.42m.52s
13	James A. Pollard	Reno, NV	26	
14	August Scherrer	Uster, Switzerland		699h.08m.07s
15	Seth Gonzalez	Denver, CO		712h.01h.27s
16	Allan D. Currier	Rogue River, OR	21	703h.20m.28s
17	Tony (Antonio) Constantinoff	Toronto, Canada & Russia	21	
18	Arthur E. Killingsworth	Lomis, CA	34	
19	George M. Rehayn	Daly City, CA & Germany	40	721h.38m.40s
20	Fred Kamler	Miami Beach, FL & Germany		732h.42m.14s
21	Paul A. Smith	Gates, OR	43	
22	George Liebergall	Bellevue, Alberta, Canada		
23	Roy T. Sandsberry	Los Angeles, CA		
24	John Vierra	Alameda, CA (Hawaii)	24	
25	H.S. (Hoke) Norville	Los Angeles, CA	28	
26	William Morady (Morely)	Newark, NJ	22	803h.47m.s
27	Norman Cadeluffi (Codeloppi, Codeluppi)	Pasadena, CA	20	
28	Harry R. Gunn	Los Angeles, CA		
29	Arthur Richman	Brooklyn, NY		
30	George Jussick (Juskick, Jushick)	Poland	35	
31	Stanley Stevens (Stevano)	Calgary, Alberta, Canada		
32	Karl L. Larsen	Los Angeles, CA	23	
33	John Stone, Jr.	Marion, IN		
34	Teodocio C. Rivera	Minneapolis, MN & Manila, Phillipines		
35	Tobie Joseph (T. Josephs) Cotton	Los Angeles, CA & New Orelans, LA	16	
36	Paul "Hardrock" Simpson	Burlington, NC		
37	Wynn R. Roberts	Wallace, ID	23	
38	Herbert Hedeman	New York, NY & Australia	46	
39	Richard J. Thomas	Brooklyn, NY & Cornwall, England	21	
40	Guy H. Shields	Los Angeles, CA	36	
41	C.R. (Claude) Brown	Home Gardens, CA		
42	Thomas B. Ellis	Los Angeles, CA & Hamilton, Canada		924h.06m.23s
43	Alfred Middlestate	Baltimore, MD		
44	Samuel Richman	New York, NY		
45	Sammy Robinson	Atlantic City, NJ		
46	J. Eugene Germaine	Montreal, Canada		
47	John E. Pederson	Norway	43	
48	Morris Richman	Mount Vernon, NY		
49	O.B. "Pat" Harrison	Los Angeles, CA & Sullivan, MO	25	
50	Wildfire Thompson	Berryville, AR	27	1000 plus
51	Sydney S. Morris	Los Angeles, CA	43	
52	Ernest A. Cooney	Los Angeles, CA	23	
53	Juri Lossman	Tallinna, Estonia		
54	Mike Kelly	Goshen, IN		
55	Anton Isele	Austria		

Average speed: 1. Andrew Payne 5,96 Mi/m - 9,59 Km/h
2 - John Salo 5,80 Mi/h - 9,34 Km/h
3 - Phillip Granville 5,55 Mi/h - 8,94 Km/h

2. NY-LA 1929 Over 100 Starters

1929 3531.7 miles/ 5684 km

POS.	Name	Age	TIME
1	John Salo	36	525:57:20
2	Peter Gavuzzi	23	526:00:07
3	Guisto Umek		538:46:52
4	Samuel Richman		571:29:29
5	Paul Simpson	24	586:30:53
6	Phillip Granville	33	618:54:23
7	Mike B. McNamara	38	627:45:28
8	Herbert Hedeman	47	631:23:48
9	Harry Abramowitz	22	634:46:20
10	Mike Joyce	35	689:02:52
11	Guy H. Shields	37	698:17:29
12	Elwin Harbine		727:56:16
13	Elmer Cowley	23	742:00:27
14	O.B. Harrison	26	748:20:51
15	Joseph Spangler	21	755:59:14
16	George M. Rehayn	41	765:00:52
17	Charles Eskins	42	783:56:46
18	Morris Richman		854:11:11
19	George Jussick	36	882:07:34



Route of 1929 run,
Harry Abramowitz finisher of the
Bunion Derby 1928 and 29

3. Trans Am 1992 28 Starters

Huntington Beach, CA-New York, NY 6.20- 8.22.92

2935 miles/ 4722 km

POS.	Name	Age	TIME
1	David Warady	35 USA	521:35:57
2	Milan Milanovich	32 SWI	+5:40:24
3	Tom Rogozinski	24 USA	+7:12:57
4	Richard Westbrook	45 USA	+15:57:07
5	Emile Laharrague	45 FRA	+21:02:06
6	Edward Kelley	34 USA	+23:33:48
7	Helmut Schieke	53 GER	+41:29:43
8	Peter Hodson	37 GBR	+74:44:04
9	Stefan Schlett	30 GER	+97:52:25
10	Marty Sprengelmeyer	46 USA	+119:20:33
11	John Wallis	55 USA	+131:38:40
12	John Surdyk	36 USA	+173:54:44
13	Serge Debladis	44 FRA	+182:33:13



David Warady and Stefan Schlett at Central Park
New York. August 22nd 1992



1992 Trans America Footrace finishers (13 of
29 starters): BOTTOM ROW: Serge Debladis,
John Wallis, David Warady, Emile Laharrague,
Peter Hodson; MIDDLE ROW: Ed Kelley, Tom
Rogozinski, Milan Milanovich, John Surdyk,
Richard Westbrook; TOP ROW: Stefan Schlett,
Marty Sprengelmeyer, Helmut Schieke

4. Trans Am 1993 13 Starters

Huntington Beach, CA-New York, NY 6.19-8.21.93
2,912.35 miles/ 4686 km

Laura Michael was the first female who finished a Trans America race.

POS.	Name	Age	TIME
1	Ray Bell	46 USA	486:41:08
2	Pat Farmer	31 AUS	+15:49:15
3	Lorna Michael	34 F USA	+99:33:59
4	Edward Kelley	35 USA	+121:22:02
5	Tomoya Takaishi	51 JP	+149:29:38
6	Rüdiger Dittmann	32 GER	+203:49:55

5. Trans Am 1994 14 Starters

Huntington Beach, CA-New York, NY 6.18 – 8.20.94
2,925.7 miles 4707,5 km in 64 stages

POS.	Name	Age	TIME
1	Istvan Sipos	35 HUN	517:43:02
2	Dante Ciolfi	39 USA	+45:28:02
3	Michiyoshi Kaiho	50 JP	+69:19:00
4	Motohiko Sato	29 JP	+78:55:20
5	Kawika Spaulding	40 USA	+81:05:22

6. Trans Am 1995 14 Starters

Huntington Beach, CA-New York, NY 2906.1miles/ 4676km

POS.	Name	Age	TIME
1	Dusan Mravije	42 SLO	427:59:00
2	Ray Bell,	47 USA	+16:50:31
3	David Horton	45 USA	+21:27:51
4	Patrick Farmer	32 AUS	+33:14:50
5	Nobuaki Koyago,	38 JP	+34:25:58
6	Manfred Leismann	48 GER	+53:32:18
7	Jun Onoki	40 JP	+89:01:04
8	Eiko Endo,	45F JP	+123:46:01
9	Michiyoshi Kaiho,	51 JP	+141:54:26
10	Don Winkley	57 USA	307:37:43



*The Father of American ultrarunning
Ted Corbitt, David Warady and Harry
Abramovitz finisher of the Bunion
Derby 1928 and 29*

7. Run Across USA 2002

11 Starters

3084.4 miles/ 4961.2 km in 71 days

POS.	Name	Age	TIME	
1	Martin Wagen	32 SWI	514:45:05	
2	Shoji Nishi	54 JP	574:45:12	+ 60:00:07
3	Yuji Takeishi	56 JP	613:33:33	+ 98:48:28
4	Nobuyuki Shimojima	56 JP	631:28:11	+116:43:06
5	Kazuko Kaihata	48F JP	643:37:09	+128:52:04
6	Makoto Koshita	51 JP	679:31:04	+164:45:59
7	Yasuo Kanai	63 JP	709:06:35	+194:21:30
8	Mariko Sakamoto	54F JP	773:47:10	+259:02:05



Above: Mary and Alan Firth Organizer of the 02/04 races, crewing left. Yuji Takeishi and right Hironobu Tachi (crew of Yuji), Martin Wagen and crew (his father) Below: Martin Wagen, Route of 2002 and 2004 more infos at www.martin-wagen.ch



8. Run Across USA 2004

3080 miles/4960km in 71 days

POS.	Name	Age	TIME	
1.	Bobby Brown	35 GB	510:47:24	
2.	Luc Dumont Saint Priest	39 FRA	573:08:53	+62:21:29
3.	Russell Allison	40 USA	598:21:20	+87:33:56
4.	Kazuhiro Horiguchi	36 JP	688:43:34	+177:56:10
5.	Olivier Forti	32 FRA	708:46:42	+197:59:18
6.	Takasumi Senoo	21 JP	813:43:39	+302:56:15

Note: These informations were collected from a lot of different sources and are as accurate as possible. The total times of these runs might not show non competitive stages without time keeping. Sometimes the first and last or part of the last stage in a continental stage race are run non competitive. Finisher history see page 128.



Special thanks

This LA-NY Roadbook is the result of thousands of miles of research Laure Magnan and Serge Girard did over the last years. In the last year even more mails were flying over the oceans and they still do. If you want to punish yourself, organize a Trans Continental Footrace.

Special thanks goes to all our contributors for this roadbook: Peter Bartel, Lee Hecht, Brandi Resa, Marshal Ulrich, Martin Wagen, David Warady, Eric for this marvelous software Open-runner, all the runners and everybody I forgot to mention.

The El Reno Library, OK for the historic Bunion Derby photos. All Rights stay with the contributors or photographers.


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Warning

We tried to make this roadbook as accurate as possible, but as you can imagine things can and will change over 3200 miles. So expect discrepancies in the description and pay attention to the morning briefings before the start.

For the runners the final route will be presented every evening at the finish.

Design: www.porcupinedesignagency.com

 *design that sticks*

Race rules

Translation by Lee HECHT

ARTICLE 1: ORGANIZATION

UltraRunning Association (URA) is organizing the « LA – NY FOOTRACE » which will take place from 19 June to 27 August, 2011 between Los Angeles and New York. URA retains the right to modify these race rules and/or the itinerary in case of circumstances beyond its control: administrative problems, weather conditions or other risks.

ARTICLE 2: THE RACE

The « LA – NY FOOTRACE » is a free style race, by stages, over a distance of approximately 3000 miles without a single day of rest on asphalt and in some cases gravel roads.

ARTICLE 3: ELIGIBILITY

Eligible to participate: A person of any nationality, 18 years of age or older who meets the requirements of these race rules.

ARTICLE 4: RACE SCHEDULE

Two days before departure, there will be an information meeting. The place, date and time of the meeting will be communicated at a later date. All runners and followers (where applicable) MUST be present. At the meeting you will receive bibs with numbers and a road book with details of every stage of the race. Departure: June 19 from LA (Huntington Beach or Santa Monica), California
Itinerary: California – Arizona – Oklahoma – New Mexico – Missouri – Illinois – Indiana – Ohio – West Virginia – Pennsylvania – Maryland – Pennsylvania (one more time) – New Jersey – New York

Arrival in New York: August 27

ARTICLE 5: RUNNER WITHOUT A SUPPORT CREW

Possible after Flagstaff

In order to have as many participants as possible, we will accept runners without a support crew after Flagstaff; however, we make it clear to these participants that under no circumstance will the race organizers act as a support crew. Runners without support crew are responsible for their own navigation with the road book and for their food. The organizers will set up aid stations every 4 miles which will provide water, energy drinks and bars. The organizers' vehicle will go back and forth during the race carrying water but it will not make special trips for individual runners.

Wherever possible we suggest that runners without a support crew group together in order to share a vehicle and a crew or stay close to someone who has a support crew in order to share a vehicle and the services of a crew.

ARTICLE 6: RUNNER WITH A SUPPORT CREW

A runner can be accompanied by one or several followers and by a vehicle for the entire race and on each stage.

If several runners wish to use the same crew (vehicle and follower) they can do so but it is entirely their responsibility and they must inform the organizers before the start (June 19th).

Each vehicle must be marked, in a way that is visible to all, with the number or numbers of the bibs worn by the runner or runners it is assisting (Markers given by organization).

ARTICLE 7: RANKING

At the end of each stage a ranking for the day and a general ranking (the total of previous stage results) will be available to all participants.

There will be one ranking: scratch, regardless of age.

There will be separate rankings for men and women

Cut-off time: This equals the distance to be run multiplied by the average time of 5.7 KPH or 3.5 MPH.

Each morning, before start, the cut-off time will be communicated to all participants. If a runner exceeds this time he/she will be disqualified. The runner may continue to participate in the race but will not be ranked.

ARTICLE 8: IDENTIFICATION MARKS: BIBS AND SPONSORING

Bibs:

URA will supply a set of personalized bibs to each runner for the entire race. Bibs must be worn on the chest of each runner and be visible at all times. If the bib is not visible at all times there will be a penalty.

Individual sponsoring:

Runners may wear branded t-shirts, except on the chest (the space reserved for the bib), shorts, caps and water bags.

Note: The organization reserves the right to prohibit any discriminatory or indecent markings.

ARTICLE 9: GENERAL ORGANIZATION BY ULTRARUNNING ASSOCIATION

URA will provide:

- Basic breakfasts (only for each runner): tea, coffee, sugar, bread, jam.
- At refuelling points: water, energy drinks or Coca Cola, cereal and energy bars and salty crackers.

URA will not be responsible for the evening meals or sleeping accommodation.

For runners without a support crew (vehicle and follower), the organizers can reserve accommodation in the same hotel as the organizers, if there is availability for everybody. If the runners wish to stay in another hotel they must arrange their own transportation.

Baggage for runners without a support crew will be transported by the organizers each day from the start to the end of each stage. The number of bags will be limited to 2 per runner. This service will cost 100 US dollars per runner. For each extra baggage the charge will be: US \$400.

Runners will be expected to carry their bags to the van every morning before the race begins and collect them from the van at the finish every day.

Laundry: Some motels have washers and dryers. The organizers will not be responsible for the laundry of the runners and support crews.

ARTICLE 10: ORGANIZATION FOR DAILY DEPARTURE

All runners must be present at the starting point 15 minutes before the official departure time for the daily briefing and to sign the race sheet for the stage. Schedule for start will be 5:30 AM each morning (with sometimes very few exceptions and possibility of time lag for 2 group of runners)

ARTICLE 11: ORGANIZATION DURING THE RACE

A vehicle belonging to the organizers will go back and forth during the race to ensure that everything is OK and that the race rules are respected. The people in these vehicles will be authorized to hand out penalties to runners. (See Annex later)

ARTICLE 12 : MANDATORY

- For any part of a stage run at night or if visibility is poor (fog, rain, etc.) runners must wear a head light and a fluorescent vest.

Race rules

- Runners must wear a belt with bottles or a water bag (minimum 1.5 litres) for the entire stage
- Runners must maintain a minimum of US\$10 on them throughout the race.
- Runners must keep the daily race sheet with them at all times during the stage.
- Runners must have a tent and sleeping bag because some stages may finish in a place without accommodation and camping will be necessary.
- Runners must bring a bowl, plate, cup, knife, fork & spoon. These will be used at breakfast and at dinner when we camp.
- Runners and followers must adhere to the safety rules of the road and the laws in all the states crossed
- A guarantee of US \$200 will be paid by each runner at the meeting before departure (a receipt will be given). This sum will be held to cover any expenses due to damage or fines incurred by the runner or follower(s) and the portion not used will be returned at the end of the race or the day the runner leaves the race.

ARTICLE 13: WITHDRAWAL

- 1) In case of withdrawal or elimination before 7 full days of the race, the runners cannot remain in the race and must make arrangements to travel to the city of their choice. The organizers will not be responsible for managing their return or paying for it.
- 2) After the 8th day of the race, runners who withdraw or are eliminated can, if they wish, run without a bib as long as they do not disturb other race participants. The names of the runners who are no longer part of the race will not appear on any ranking.

ARTICLE 14: UNTIMELY CANCELLATION OF THE RACE

If, due to natural catastrophe or events beyond the control of the organizers, the race must be stopped after it has started, the organizers will reimburse runners who are still officially in the race as follows: 70% of the total entry fee calculated pro rata for the number of days still to be run, less \$ US375 for administrative fees. For example: 20 days run on a total of 70 days, the reimbursement will be equal to the cost of the entry fee times 70% divided by 70 days and multiplied by 50 days (70 -20) less \$ US375 for administrative fees.

ARTICLE 15: PENALTIES AND DISQUALIFICATION

If a runner does not respect the rules of the race or laws of the states crossed, such as environment, or commits acts which could hinder the organization or the running of the race, he/she will receive a warning and then « time » penalties and eventually disqualification. The final rules of the race will specify the time penalties that will apply to different offences.

The committee responsible for sanctions will be composed of 3 people:

- 2 membres of the organization
- 1 representative of the runners, or his/her alternate, who will be chosen by all the runners before the race begins

As a general rule, the runners' representative will be the spokesperson for all the runners in the race and will be the only one entitled to address requests, request explanations and make complaints.....

ARTICLE 16: ROAD BOOK

Once the entire entry fee has been paid, no later than 3 months before the start date of the race (March 19, 2011), the organizers will send, by email, a road book with the number of stages, mileage for each stage and a list of the principal

cities. The detailed road book will be given to runners at the meeting 2 days before departure, June 17th.

If necessary the itinerary may be modified one day to the next. The organizers reserve the right to suspend the race for as little as a few miles or as much as one or more stages, for whatever reason, for example due to flood, fire, closed roads, etc.

ARTICLE 17: INSURANCE

It is strongly recommended that runners and followers take out insurance that will cover the cost of hospitalization and/or eventual repatriation to their home country.

Every runner and crew member is responsible for his/her own health. The organizers will not be held responsible for any health problem that may arise. A waiver of responsibility must be signed by each runner and crew member for their enrollment to be valid.

ARTICLE 18: ENTRY FEES (All prices are in US dollars)

The entry fee is US \$6,500 (six thousand five hundred US dollars) with or without support crew.

The price will be increased:

- 5% for enrollments received between January 1 and March 19, 2011, included.
- For late enrollments (after March 19, 2011) if there is an opening the cost will be increased.

The price of enrolment will be reduced by 5% for runners who sent their pre-enrolment before November 15, 2010, i.e. the enrollment fee will be US \$6175 instead of US \$6500.

Enrollments will be accepted beginning November 15, 2010 and will be processed by order in which they are received, with priority given to runners who are pre-enrolled.

The total entry fee can be paid or it can be paid in several installments. The total entry fee must be paid no later than 3 months before the start of the race, i.e. March 19, 2011.

All your payments must be made in US Dollars. Please indicate that all bank charges and fees are to be charged to your account when you make payment and at the time bank transfers are made please remember to indicate your first and last name.

Bank account details

The number of competitors in the race is limited to 30

ARTICLE 19: CONFIRMATION OF YOUR ENROLLMENT

Enrolments will be accepted when the runner makes a deposit of US \$375. (This amount is to cover administrative fees and is non-reimbursable).

Enrolment will be considered final as soon as the total entrance fee is paid, no later than 3 months before the race begins (March 19, 2011)

After March 19, 2011, the registered runner should have :

- signed and mailed to UltraRunning Association, a Responsibility Waiver Form. This form will be available on the website at the beginning of 2011.
- Sent or mailed a copy of his (her) passport

Race rules

The printed documents are to be sent:

- by post to UltraRunning Association, 1224, route du Rouvray, 76110 Grainville-Ymauville, France
- By e-mail with scanned documents to lany11@orange.fr
- By fax to 00 33 (0)2 35 29 15 69

URA will confirm receipt of your payment and your enrollment in the race by e-mail or by post or fax (for people who do not have access to Internet).

Enrolment will be considered final when:

The runner has paid the total entry fee, no later than 3 months before the start of the race. You can make payment in 2 or 3 installments if you wish and we request that you advise us by e-mail when your bank transfers are made.

ARTICLE 20: CANCELLATION AND REIMBURSEMENT

o Between 90 and 45 days before the race starts: reimbursement = 70% of the amount paid, less the administrative fee of US \$375, which is non-refundable.

o Between 44 days and 15 days before the race starts: reimbursement = 50% of the amount paid. Less the administrative fee of US \$375 which is non-refundable.

o Between 14 days and the start of the race, no reimbursement will be made.

Cancellations will be accepted upon receipt by URA of an e-mail, fax or letter of cancellation.

ARTICLE 21: ENTRY FEES COVER THE FOLLOWING FOR EACH RUNNER

- Organization of the race
- Reconnaissance of the route
- Meeting of June 17th
- A detailed road book
- A set of 10 bibs and markers for vehicles
- Ranking
- Timing
- Briefing before departure with welcome drinks
- A prize for all « finishers »
- A diploma
- A t-shirt for everyone at the start
- A t-shirt at the end for all « finishers »
- The evening to celebrate the end of the race and award prizes
- Update of the race website
- Basic breakfasts: tea coffee, bread and jam
- Distribution during race of: water, energy drinks or Coca Cola, energy bar (powerbar) and salted crackers
- One night in a hotel in New York (2 runners = 1 room)

ARTICLE 22: PHOTO RIGHTS

The participants of the race authorize UltraRunning Association, free of rights and without payment, to use their names and photos for its personal or commercial use.



*Sign in at the Start in El Reno
C.C Pyle with a runner
Credit: El Reno Library*

Penalties

1) The list of violations is not exhaustive. If other violations not already specified are identified, the race committee may decide on new penalties, if necessary.

2) Violations are cumulative, e.g., a runner not carrying his water = warning; then he insults another runner = a 30 minutes penalty; then he runs bare chested = a 1 hour penalty; then he is seen running without his turn sheet = disqualification.

	Violation	Penalties			
		1st	2st	3rd	4th
1	Running bare chested	Warning	30'	1h	Disqualification
2	Late to a briefing	Warning	30'	1h	Disqualification
3	Late for start of stage	Warning	30'	1h	Disqualification
4	Not carrying 10 USD (unless receipt for having spent) during stage	Warning	30'	1h	Disqualification
5	Not carrying the turn sheet during stage	Warning	30'	1h	Disqualification
6	Not carrying water ration during stage	Warning	30'	1h	Disqualification
7	Not wearing the bib during the stage	Warning	30'	1h	Disqualification
8	Not attending meetings organized by race director	Warning	30'	1h	Disqualification
9	Not wearing reflecting vest and head lamp at night or in the fog	Warning	30'	1h	Disqualification
10	Leaving sleeping/camping site dirty or messy	Warning	30'	1h	Disqualification
11	Using rude gestures/language towards organizers, the team and people outside the race	Warning	30'	1h	Disqualification
12	Refusal to follow orders from race directors or team members (change of direction, temporary halt or halt due to accident or any other reason)	Warning	30'	1h	Disqualification
13	Being seen relieving oneself in full view of others (outside of toilets)	Warning	30'	1h	Disqualification
14	Altercation with violence and insult between runners and or support team	Warning	30'	1h	Disqualification
15	Not respecting security rules & rules of the road (running on left side of road, running 2 or more abreast, pedestrian crossings, etc.)	Warning	30'	1h	Disqualification
16	Throwing papers/trash on the ground	Warning	30'	1h	Disqualification
17	Failure to assist a runner in difficulty	Warning	30'	1h	Disqualification
18	Riding in a moving vehicle without having previously notified the organizers	Immediate suspension!			

Recommendations

Road

Vehicles must respect speed limits or risk being fined if stopped. Pedestrians do not have the right of way. Wherever possible, they must always run on sidewalks, cross at crosswalks and run on the outside of the white line when there is one.

Pay attention! Most drivers talk or text while driving. Americans are not used to runners or cyclists on the road.

Support crew vehicles must park at allowed parking places (for single support crew it is important to plan direction changes ahead of time if you are to guide your runner(s). This means leaving ahead of the runner in order to have the time to park correctly, get out and guide the runner(s). This applies especially to crew who are alone in the vehicle because where there are 2 it is easier to handle this situation.

In the United States modesty is not only a rule, it is a law. So for the runners as well as the support crews, it is prohibited to relieve oneself where one wishes, even in the open country or in the desert. It is imperative that you use toilets (filling stations or other locations). In case of an emergency or the impossibility of finding toilets, please find a spot hidden from everyone's view. One must respect the ways and customs of a country.

Police

The United States Police Force drives vehicles which are often two colors (black/white, green/white, blue/white) with a tri color flashing light. When a police car is behind you and has its light flashing, put on your turn indicator and pull over to the side of the road as soon as possible. Do not get out of your car. Wait for the policeman to approach your window to tell you what the problem is.

If you do not stop, the policeman will speak over a loudspeaker and tell you to stop. What should you do if a police car is behind your vehicle with its light flashing and the siren going?

1. Slow down to show that you have understood and as quickly as possible park in a correct manner.
2. Wait and do not move from your vehicle.
3. The policeman will come to your window and ask for the drivers license, insurance and car rental papers.
4. **Leave your hands on the steering wheel and do not do anything (or your passenger) which could be interpreted as grabbing a weapon (like opening the glove box)**
5. Be nice

We advise you against thinking that you are within your rights. The time of cowboys is past but one does not joke with the laws of the different states and US law enforcement people, even if they sometimes exaggerate. As in every country, there are policemen who are nice and those who are not and we suggest that you always keep a low profile and apologize (being able to speak some English is well looked upon because it shows you want to fit in). In some out of the way places not everyone understands that there are people who do not understand English or that there are foreigners who don't speak English.

Note: Road signs are not difficult to understand. Watch for speed limits, don't make illegal U turns and park correctly. Those points should help minimize the possibility of being stopped.

As long as pedestrians running on the road stay in their place and do not obstruct the road, no authorization is necessary. Interstate highways are formally forbidden to pedestrians or cyclists. We will only take secondary roads, even if some of them are heavily travelled, especially in the second part of the race. Watch out for yourself and for others. We will try to inform police stations as we go along and we have noticed that sometimes word is passed ahead by the authorities. It was the case when Serge crossed solo in 1997 and Alan told me that it was also the case in the races he organized. Like him, we are not requesting authorization to run on the road. For this reason it is important that you act as pedestrians and not run in the middle of the road, even if your levator muscles, which support the ankle, or other pains cry out for a road that is flat, not on an incline.

Health

I don't know about all the health insurances in the different countries but it is worth knowing that in general and even in the majority of cases, you must pay before you leave a hospital. Later, when you are back in your home country you will settle the matter with your health insurance.

June 17: We will ask you to give us the name and telephone number of your insurance company in case of repatriation.

Without wanting to frighten you, I wish to warn you about the extreme heat that will probably be encountered the first part of the race and without doubt once we leave the mountains in New Mexico. I also wish to stress that even though you have signed a waiver of responsibility, you will be putting your body (and your morale) to a rude test. This race must not be taken as a competition but as a daily challenge to yourself and you will have to respect your body and sometimes forget the stopwatch. You should not force yourself at the beginning. We recommend that you not set a pace but let your heartbeat be your judge. Your heartbeat will vary depending on the weather conditions, the terrain, and the shape you are in a given time. I would also like to give a warning to those of you who are not used to this kind of long-distance effort, and who even before they think of finishing wish to maintain a high general average, or what seems to be high. I wish to remind you of 2 tragedies which took place during or the day after a stage and which struck people who were in perfect shape. So take care of yourself and your friends and support crews watch over your runners as you would watch "milk on the stove".

The Race of Fire 2001 organized by Bernie Farmer in Australia and which had a death « At 6.20am this morning, TransAust Runner, Bryan Smith died whilst running (2.5km). It is believed to be of a heart attack but that will be confirmed at a later date. Bryan was receiving a drink from his wife, Janet at the time and was looking forward to running with a tail wind until he complained of feeling dizzy. Bryan's wife, Janet, wants the race to continue. Bernie Farmer will put this to the runners tonight and it will be entirely their decision. There is some talk of renaming the race in Bryan's honour and also raising money for a Trust Fund." Bernie Farmer

The day after the finish of the Transe Gaule, Shu Jun Lu, China was hospitalized:

« A few hours after the end of the 18th and last stage at Gruissan-Plage, the Taiwanese runner Shu Jug LU CHIU, was hospitalized at Narbonne when she suffered severe pain in her two feet. 12 hours later she was urgently transferred to the University Hospital in Montpellier. She was victim of a galloping bacterial infection which caused a flesh-eating bacteria syndrome. During two subsequent operations, Shu Jung Lu Chiu lost the right leg and the toes of the left foot. Her condition has now stabilized but the prospect of recovery is not sure.

Shu Jung Lu Chiu, age 51, is a seasoned athlete, a member of the Taiwan national team for 24 hours races. She was 40th in the 2007 Spartathlon and 8th in the 7 days of Loutraki (Greece) last spring". JB Jaouen Race director of the Trans Gaule (Trans France Race)

Long distance runners are often immunodeficient after a few weeks (a slight injury or wound can open the door to infection).

Extreme risk due to heat: Heatstroke which can lead to coma and death. The body's temperature rises dangerously. High fever can lead to a dangerous overheating of the body. The body can no longer regulate its temperature. Symptoms: head ache, feeling sick, difficulty in breathing as if the thorax is compressed, nausea, sleepiness.... One can become unconscious a few minutes after the first symptoms are felt. Take the victim to a cool place, undress him/her as completely as possible and stretch him out.

Wrap the person in towels soaked in cold water (from a cooler for example where ice cubes have melted). This will be unpleasant for the person, who may think he will faint but it is a radical way of cooling down the body. Put the person in a car with air conditioning on high for the majority of the stages because there will be no shade in the Mojave Desert. If the victim is conscious, have him drink cool but not ice water. In case of unconsciousness, place the person on his side and watch him carefully until help arrives. It is wise to consult a doctor.

Public lodging

We will sometimes sleep in public places, where we must respect a few rules of communal living: No noise after a certain hour, lights out at a time that will be decided by us all. Cleanliness: eat outside, perhaps remove shoes, keep one's trash/garbage and dispose of it in trash/garbage bins. Please note that nudity is not common in the USA (even if the girls are in bikinis on the west coast, you will not see topless women and I am not sure that nudists exist). It's cultural and that is the way it is. So in communal showers please always dress decently and don't wander around naked.

Lastly, there will be no running bare-chested on the 70 stages of the race.

Tornados

If you are under a tornado WARNING, seek shelter immediately!

If you are in a structure (e.g. residence, small building, school, nursing home, hospital, factory, shopping center, highrise building) Go to a pre-designated shelter area such as a safe room, basement, storm cellar, or the lowest building level.

If there is no basement, go to the center of an interior room on the lowest level (closet, interior hallway) away from corners, windows, doors, and outside walls. Put as many walls as possible between you and the outside. Get under a sturdy table and use your arms to protect your head and neck. Do not open windows.

If you are in a vehicle, trailer, or mobile home Get out immediately and go to the lowest floor of a sturdy, nearby building or a storm shelter. Mobile homes, even if tied down, offer little protection from tornadoes.

The outside with no shelter Lie flat in a nearby ditch or depression and cover your head with your hands. Be aware of the potential for flooding.

Do not get under an overpass or bridge. You are safer in a low, flat location. Never try to outrun a tornado in urban or congested areas in a car or truck. Instead, leave the vehicle immediately for safe shelter.

Watch out for flying debris. Flying debris from tornadoes causes most fatalities and injuries.

Conclusions

In addition to these general recommendations, we will establish race rules which will include the penalty times if the rules are not respected. For example, a runner who is bare chested for as little as 5 minutes will have a penalty on the stage. Naturally, it is not prohibited to change a shirt near one's vehicle. The important thing is to not be excessive one way or the other.

Our goal is every day at departure to see you ready to do battle, and the first job of the organizers will be to take care of you and help you make your dream come true; to wake up on August 27 and see Manhattan from Washington Bridge.

That is our challenge!

Best regards, good training and we look forward to seeing you on June 17 in Huntington Beach.

The Organizers

Day	Date	Stage	To	State	Actual miles	Miles total	Personal Time	Notes
Sunday	6/19	1	Norco	CA				
Monday	6/20	2	Hesperia	CA				
Tuesday	6/21	3	Barstow	CA				
Wednesday	6/22	4	Ludlow	CA				
Thursday	6/23	5	Amboy	CA				
Friday	6/24	6	Fenner	CA				
Saturday	6/25	7	Needles	CA				
Sunday	6/26	8	Kingman	AZ				
Monday	6/27	9	Truxton	AZ				
Tuesday	6/28	10	Seligman	AZ				
Wednesday	6/29	11	Ash Fork	AZ				
Thursday	6/30	12	Williams	AZ				
Friday	7/1	13	Flagstaff	AZ				
Saturday	7/2	14	Birdspring	AZ				
Sunday	7/3	15	Indian Wells	AZ				
Monday	7/4	16	Kinlichee	AZ				
Tuesday	7/5	17	Gas Station on Rd 491	NM				
Wednesday	7/6	18	Crownpoint	NM				
Thursday	7/7	19	Pueblo Pintado	NM				
Friday	7/8	20	Cuba	NM				
Saturday	7/9	21	Abiquiu Lake	NM				
Sunday	7/10	22	Velarde	NM				
Monday	7/11	23	Palo Flechado Pass	NM				
Tuesday	7/12	24	Cimarron	NM				
Wednesday	7/13	25	Point of Rocks	NM				
Thursday	7/14	26	Clayton	NM				
Friday	7/15	27	Boise City	OK				
Saturday	7/16	28	Guymon	OK				
Sunday	7/17	29	Balko School	OK				
Monday	7/18	30	Hwy Crossing 412/283	OK				
Tuesday	7/19	31	Crossing Hwy 64/N1980	OK				
Wednesday	7/20	32	Alva	OK				
Thursday	7/21	33	Medford	OK				
Friday	7/22	34	Ponca City	OK				
Saturday	7/23	35	Pawhuska	OK				

Day	Date	Stage	To	State	Actual miles	Miles total	Personal Time	Notes
Sunday	7/24	36	Oolagah	OK				
Monday	7/25	37	Vinita	OK				
Tuesday	7/26	38	Miami	OK				
Wednesday	7/27	39	Carthage	MO				
Thursday	7/28	40	Springfield	MO				
Friday	7/29	41	Philipsburg	MO				
Saturday	7/30	42	St Robert	MO				
Sunday	7/31	43	St James	MO				
Monday	8/1	44	Owensville	MO				
Tuesday	8/2	45	Hermann	MO				
Wednesday	8/3	46	Bowling Green	MO				
Thursday	8/4	47	Hannibal	MO				
Friday	8/5	48	Pittsfield	IL				
Saturday	8/6	49	New Berlin	IL				
Sunday	8/7	50	Decatur	IL				
Monday	8/8	51	Tuscola	IL				
Tuesday	8/9	52	Rockville	IN				
Wednesday	8/10	53	Indianapolis	IN				
Thursday	8/11	54	Dunreith	IN				
Friday	8/12	55	Cros. US40/Arlington Rd	OH				
Saturday	8/13	56	South Vienna	OH				
Sunday	8/14	57	Reynoldsville	OH				
Monday	8/15	58	Zanesville	OH				
Tuesday	8/16	59	Morristown	OH				
Wednesday	8/17	60	Washington	PA				
Thursday	8/18	61	Uniontown	PA				
Friday	8/19	62	Frostburg	MD				
Saturday	8/20	63	Hancock	MD				
Sunday	8/21	64	Waynesboro	PA				
Monday	8/22	65	York	PA				
Tuesday	8/23	66	Lancaster	PA				
Wednesday	8/24	67	Kutztown	PA				
Thursday	8/25	68	Washington	NJ				
Friday	8/26	69	W. Orange	NJ				
Saturday	8/27	70	New York	NY				

Date	Stage	To	Miles
6/19	1	Norco	45.7
6/20	2	Hesperia	48.9
6/21	3	Barstow	47.4
6/22	4	Ludlow	50.9
6/23	5	Amboy	28.3
6/24	6	Fenner	39.8
6/25	7	Needles	39.8
6/26	8	Kingman	51.3
6/27	9	Truxton	42.3
6/28	10	Seligman	45.9
6/29	11	Ash Fork	30.5
6/30	12	Williams	30.3
7/1	13	Flagstaff	42.8
7/2	14	Birdspring	53.1
7/3	15	Indian Wells	40.9
7/4	16	Kinlichee	48.9
7/5	17	Gas Station on Rd 491	42.3
7/6	18	Crownpoint	44.6
7/7	19	Pueblo Pintado	45.8
7/8	20	Cuba	48.3
7/9	21	Abiquiu Lake	51.1
7/10	22	Velarde	37.8
7/11	23	Palo Flechado Pass	46.9
7/12	24	Cimarron	37.1
7/13	25	Point of Rocks Rest Area	49.0
7/14	26	Clayton	59.3
7/15	27	Boise City	44.6
7/16	28	Guymon	56.6
7/17	29	Balko School	48.8
7/18	30	Hwy Crossing 412/283	46.7
7/19	31	Crossing Hwy 64/N1980	37.0
7/20	32	Alva	47.5
7/21	33	Medford	51.8
7/22	34	Ponca City	42.9
7/23	35	Pawhuska	43.6

Date	Stage	To	Miles
7/24	36	Oologah	48.4
7/25	37	Vinita	40.8
7/26	38	Miami	32.7
7/27	39	Carthage	47.7
7/28	40	Springfield	54.0
7/29	41	Philipsburg	48.0
7/30	42	St Robert	48.1
7/31	43	St James	41.6
8/1	44	Owensville	28.4
8/2	45	Hermann	29.8
8/3	46	Bowling Green	54.9
8/4	47	Hannibal	44.8
8/5	48	Pittsfield	35.7
8/6	49	New Berlin	53.1
8/7	50	Decatur	54.1
8/8	51	Tuscola	41.8
8/9	52	Rockville	57.9
8/10	53	Indianapolis	51.0
8/11	54	Dunreith	47.2
8/12	55	Crossing US40/Arlington Rd	54.1
8/13	56	South Vienna	47.4
8/14	57	Reynoldsville	44.3
8/15	58	Zanesville	51.8
8/16	59	Morristown	58.4
8/17	60	Washington	46.6
8/18	61	Uniontown	49.0
8/19	62	Frostburg	51.1
8/20	63	Hancock	50.6
8/21	64	Waynesboro	46.2
8/22	65	York	48.8
8/23	66	Lancaster	26.2
8/24	67	Kutztown	50.5
8/25	68	Washington	48.1
8/26	69	W. Orange	51.5
8/27	70	New York	34.4

LA-NY
Footrace 2011



June 19th - August 27th
3200 miles in 70 stages



Credit El Reno Library, OK for the 1928 race photos