

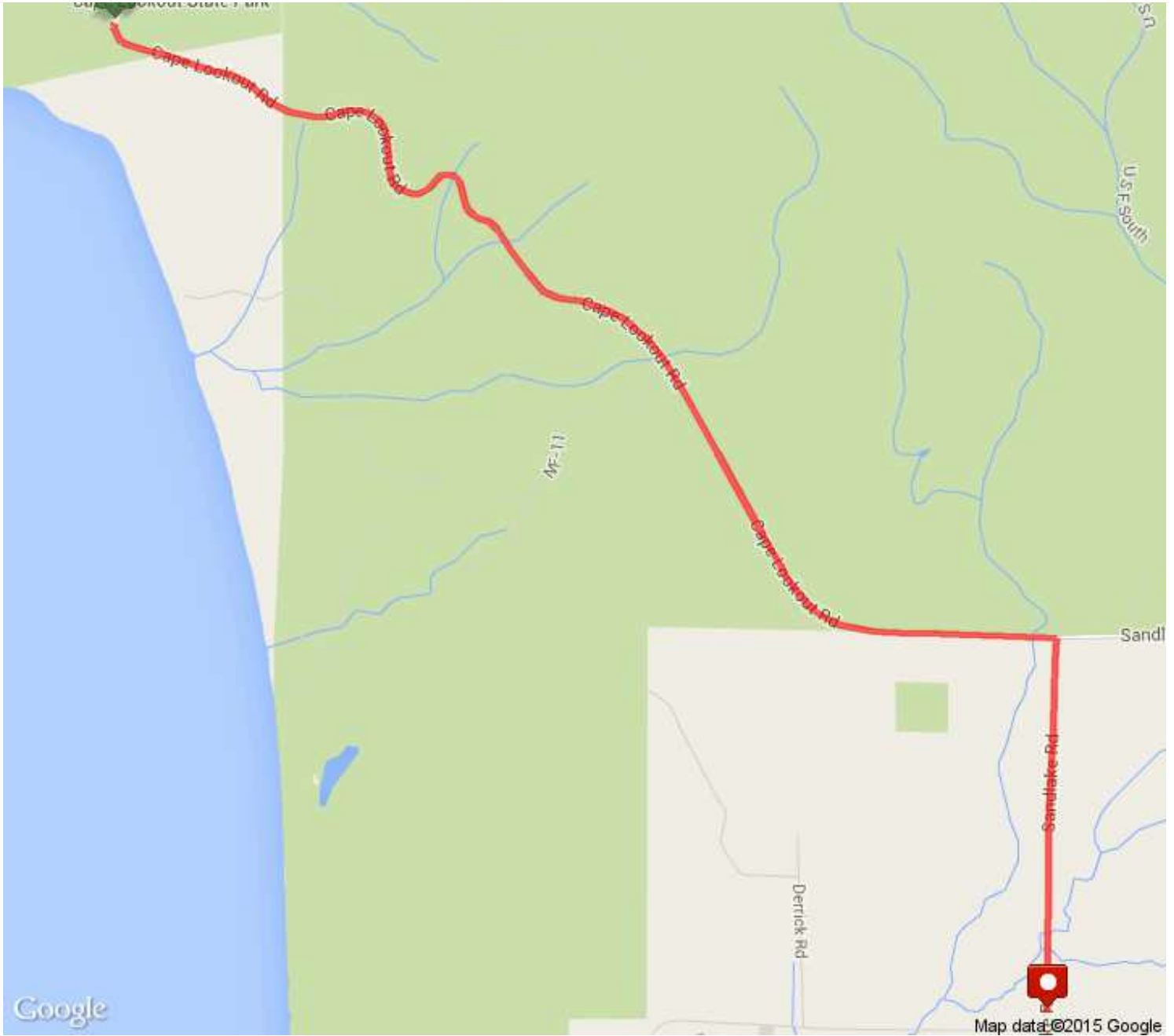


Leg 4, Three Capes Relay












Distance: 4.25 mi

Elevation: 0.0 ft (Max: 889.21 ft)

mapmyrun



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 Head southwest on Cape Lookout Rd	0 mi (+0.06 mi)
 Head southeast on Cape Lookout Rd toward Camp Meriweather Rd/NF-11 Destination will be on the right	0.06 mi (+1.33 mi)
 Head southeast on Cape Lookout Rd toward Camp Meriweather Rd/NF-11	1.39 mi (+0.6 mi)
 Head southeast on Cape Lookout Rd	1.99 mi (+0.51 mi)
 Head southeast on Cape Lookout Rd	2.5 mi (+0.46 mi)
 Head east on Cape Lookout Rd toward Sandlake Rd	2.95 mi (+0.33 mi)
 Turn right onto Sandlake Rd Destination will be on the left	3.28 mi (+0.23 mi)
 Head south on Sandlake Rd toward Galloway Rd	3.51 mi (+0.42 mi)
 Head south on Sandlake Rd toward Galloway Rd	3.94 mi (+0.29 mi)
 Head south on Sandlake Rd toward Galloway Rd	4.23 mi (+0.02 mi)
 Destination	4.25 mi (+0 mi)