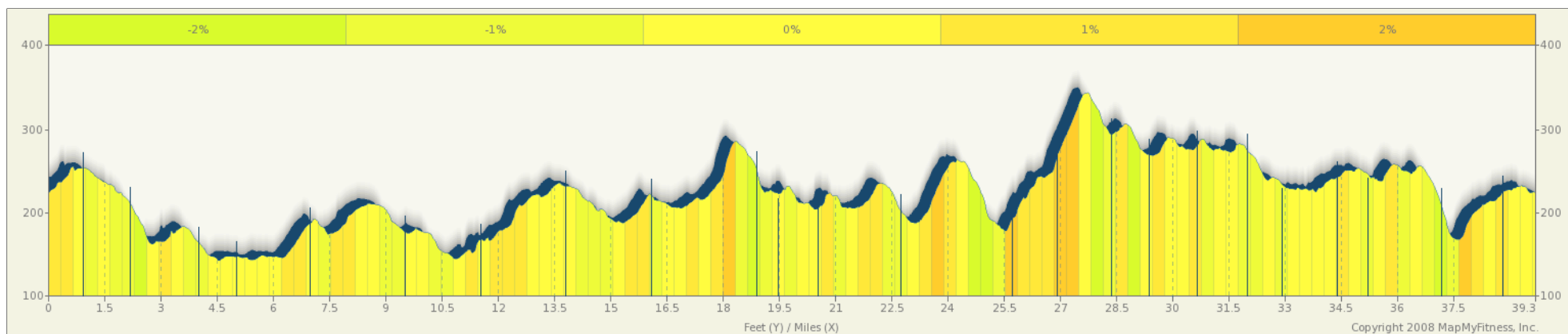
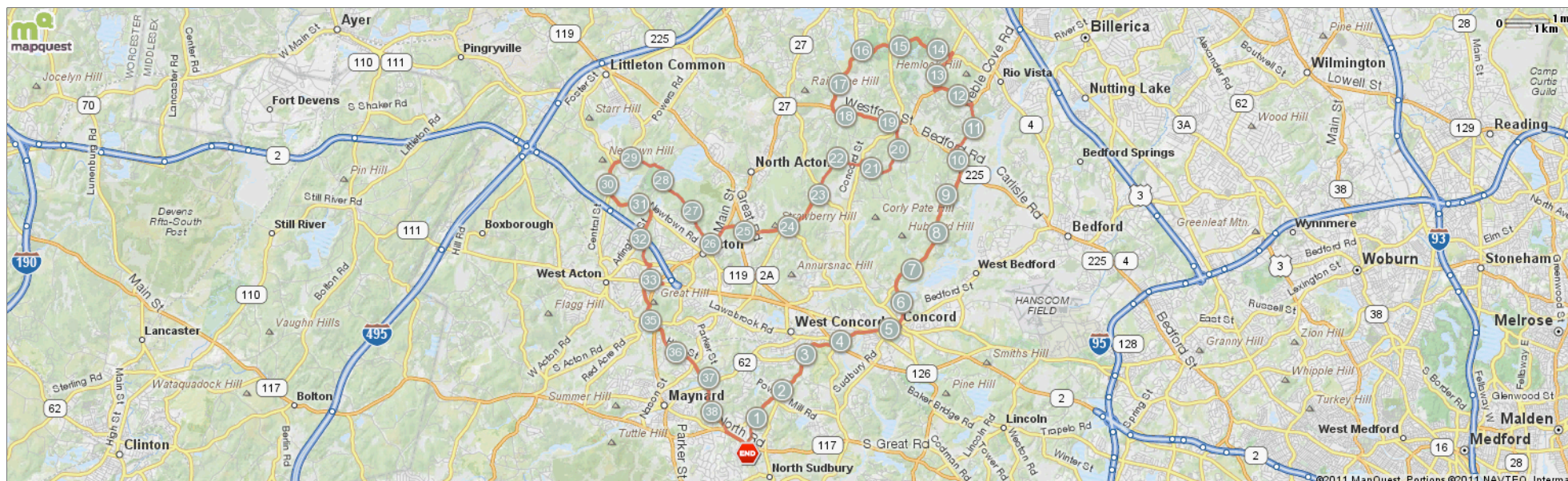


# Training 41

Starts In Sudbury, Massachusetts

## 39.16 miles



Description

# Training 41

Starts In Sudbury, Massachusetts

Notes		
AT	FOR	NOTES
START	1386ft	Head <b>northwest</b> on <b>Haynes Rd</b> toward <b>Liberty Ledge</b>
0.26 mi.	484ft	Turn right onto <b>MA-117 E/ N Rd</b>
0.35 mi.	2983ft	Turn left onto <b>Willard Grant Rd</b>
0.92 mi.	239ft	Head <b>north</b> on <b>Willard Grant Rd</b> toward <b>Old Marlboro Rd/ Powers Rd</b>
0.96 mi.	4481ft	Turn right onto <b>Old Marlboro Rd/ Powers Rd</b> Continue to follow Old Marlboro Rd
1.81 mi.	1782ft	Turn left to stay on <b>Old Marlboro Rd</b>
2.15 mi.	1mi 3697ft	Head <b>northeast</b> on <b>Old Marlboro Rd</b> toward <b>Deacon Haynes Rd</b>
3.85 mi.	122ft	Slight right to stay on <b>Old Marlboro Rd</b>
3.87 mi.	541ft	Turn left onto <b>Old Rd to 9 Acre Cor</b>
3.98 mi.	453ft	Head <b>northeast</b> on <b>Old Rd to 9 Acre Cor</b> toward <b>MA-62 W/ Main St</b>
4.06 mi.	4765ft	Continue onto <b>MA-62 E/ Main St</b>
4.96 mi.	2361ft	Head <b>east</b> on <b>MA-62 E/ Main St</b> toward <b>Belknap St</b>
5.41 mi.	135ft	Slight left onto <b>MA-62 W/ Main St</b>
5.44 mi.	357ft	Turn left onto <b>MA-62 W/ Monument Square</b>

Notes		
AT	FOR	NOTES
5.5 mi.	321ft	Turn right to stay on <b>MA-62 W/ Monument Square</b> Continue to follow MA-62 W
5.57 mi.	2441ft	Continue onto <b>Monument St</b>
6.03 mi.	78ft	Continue straight to stay on <b>Monument St</b>
6.04 mi.	4664ft	Slight left to stay on <b>Monument St</b>
6.93 mi.	1mi 4856ft	Head <b>east</b> on <b>Monument St</b> toward <b>Buttricks Hill Dr</b>
8.85 mi.	3125ft	Continue onto <b>River Rd</b>
9.44 mi.	2914ft	Head <b>northeast</b> on <b>River Rd</b> toward <b>Nowell Farme Rd</b>
9.99 mi.	1330ft	Continue onto <b>MA-225 W/ Bedford Rd</b>
10.24 mi.	338ft	Turn right toward <b>Maple St</b>
10.31 mi.	1mi 574ft	Turn right onto <b>Maple St</b>
11.41 mi.	1151ft	Head <b>north</b> on <b>Maple St</b> toward <b>Brook St</b>
11.63 mi.	5209ft	Turn left onto <b>East St</b>
12.62 mi.	1mi 224ft	Sharp right onto <b>Rutland St</b>
13.66 mi.	385ft	Head <b>southwest</b> on <b>Rutland St</b> toward <b>N Rd</b>

Notes		
AT	FOR	NOTES
13.73 mi.	1mi 3062ft	Turn right onto <b>N Rd</b>
15.31 mi.	81ft	Turn right onto <b>Lowell St</b>
15.33 mi.	3190ft	Turn left onto <b>Curve St</b>
15.93 mi.	1mi 1751ft	Head <b>west</b> on <b>Curve St</b> toward <b>Old Morse Rd</b>
17.27 mi.	2179ft	Turn left to stay on <b>Curve St</b>
17.68 mi.	1mi 185ft	Slight left onto <b>MA-225 E/ Westford St</b>
18.71 mi.	2919ft	Head <b>east</b> on <b>MA-225 E/ Westford St</b> toward <b>Rockland Rd</b>
19.27 mi.	105ft	Slight left onto <b>MA-225 W/ Westford St</b>
19.29 mi.	96ft	Enter the traffic circle
19.3 mi.	96ft	Head <b>northwest</b> toward <b>Lowell St</b>
19.32 mi.	151ft	Exit the traffic circle onto <b>MA-225 W/ Westford St</b>
19.35 mi.	5259ft	Turn left onto <b>School St</b>
20.35 mi.	1186ft	Head <b>southwest</b> on <b>School St</b> toward <b>Bellows Hill Rd</b>
20.57 mi.	3923ft	Continue onto <b>Russell St</b>
21.31 mi.	637ft	Turn left onto <b>Concord St</b>

# Training 41

Starts In Sudbury, Massachusetts

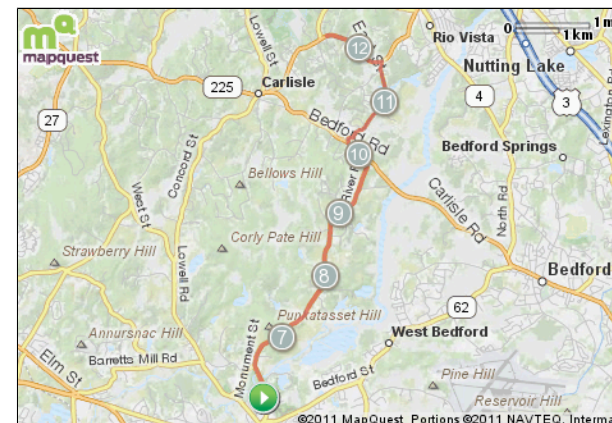
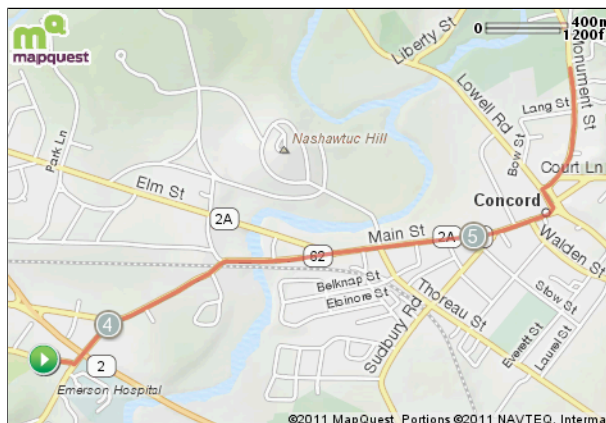
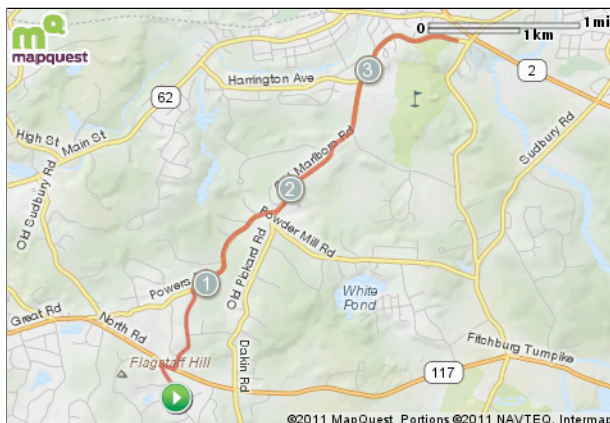
Notes		
AT	FOR	NOTES
21.44 mi.	1mi 482ft	Turn right onto <b>South St</b>
22.53 mi.	1400ft	Head <b>southwest</b> on <b>South St</b> toward <b>West St</b>
22.79 mi.	514ft	Continue onto <b>West St</b>
22.89 mi.	877ft	Slight right onto <b>Pope Rd</b>
23.05 mi.	1603ft	Slight right to stay on <b>Pope Rd</b>
23.36 mi.	4306ft	Head <b>southwest</b> on <b>Pope Rd</b> toward <b>Spring Hill Rd</b>
24.17 mi.	4806ft	Turn right onto <b>Strawberry Hill Rd</b>
25.08 mi.	402ft	Turn right onto <b>MA-119 W/ Massachusetts 2A W/ Great Rd</b>
25.16 mi.	1635ft	Turn left onto <b>Brook St</b>
25.47 mi.	609ft	Head <b>west</b> on <b>Brook St</b> toward <b>MA-27 S/ Main St</b>
25.59 mi.	2855ft	Slight left onto <b>MA-27 S/ Main St</b>
26.13 mi.	2932ft	Turn right onto <b>Nagog Hill Rd</b>
26.68 mi.	1mi 2229ft	Head <b>north</b> on <b>Nagog Hill Rd</b> toward <b>Hammond St</b>
28.1 mi.	2115ft	Head <b>north</b> on <b>Nagog Hill Rd</b> toward <b>Sarah Doublet Rd</b>

Notes		
AT	FOR	NOTES
28.5 mi.	3195ft	Turn left onto <b>Nashoba Rd</b>
29.11 mi.	265ft	Head <b>west</b> on <b>Nashoba Rd</b> toward <b>Newtown Rd</b>
29.16 mi.	1mi 10ft	Continue onto <b>Newtown Rd</b>
30.16 mi.	1057ft	Slight left onto <b>Fort Pond Hill Rd</b>
30.36 mi.	1109ft	Head <b>southeast</b> on <b>Fort Pond Hill Rd</b> toward <b>Lillian Rd</b>
30.57 mi.	4128ft	Continue onto <b>Newtown Rd</b>
31.35 mi.	1763ft	Slight right onto <b>Arlington St</b>
31.69 mi.	1985ft	Head <b>southwest</b> on <b>Arlington St</b> toward <b>Freedom Farme Rd</b>
32.06 mi.	2855ft	Turn left onto <b>Charter Rd</b>
32.6 mi.	365ft	Head <b>southeast</b> on <b>Charter Rd</b> toward <b>Hayward Rd</b>
32.67 mi.	521ft	Turn left onto <b>Hayward Rd</b>
32.77 mi.	2450ft	Turn right onto <b>Charter Rd</b>
33.24 mi.	1459ft	Turn left onto <b>MA-111 S/ Massachusetts Ave</b>
33.51 mi.	2503ft	Head <b>west</b> on <b>MA-111 N/ Massachusetts Ave</b> toward <b>MA-27 S/ Main St</b>

Notes		
AT	FOR	NOTES
33.99 mi.	469ft	Turn left onto <b>Prospect St</b>
34.08 mi.	2647ft	Head <b>south</b> on <b>Prospect St</b> toward <b>Spencer Rd</b>
34.58 mi.	1637ft	Turn right to stay on <b>Prospect St</b>
34.89 mi.	257ft	Head <b>south</b> on <b>Prospect St</b> toward <b>Central St</b>
34.94 mi.	736ft	Turn left onto <b>Central St</b>
35.07 mi.	983ft	Continue onto <b>MA-27 S/ Main St</b>
35.26 mi.	1mi 2973ft	Turn left onto <b>High St</b>
36.82 mi.	1952ft	Head <b>southeast</b> on <b>High St</b> toward <b>Adams St</b>
37.19 mi.	1026ft	Turn right onto <b>MA-62 W/ Powder Mill Rd</b>
37.39 mi.	1037ft	Turn left onto <b>Sudbury Rd</b>
37.58 mi.	4642ft	Continue onto <b>Old Sudbury Rd/ Powder Mill Rd</b> Continue to follow Powder Mill Rd
38.46 mi.	714ft	Head <b>southeast</b> on <b>Powder Mill Rd</b> toward <b>Old Marlboro Rd/ Powers Rd</b>
38.6 mi.	2454ft	Turn left onto <b>MA-117 E/ N Rd</b>
39.06 mi.		Turn right onto <b>Haynes Rd</b>

# Training 41

Starts In Sudbury, Massachusetts



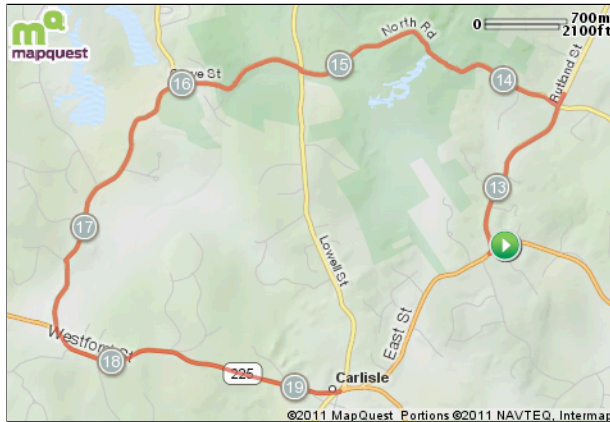
Notes		
AT	FOR	NOTES
START	1386ft	Head <b>northwest</b> on <b>Haynes Rd</b> toward <b>Liberty Ledge</b>
0.26 mi.	484ft	Turn right onto <b>MA-117 E/ N Rd</b>
0.35 mi.	2983ft	Turn left onto <b>Willard Grant Rd</b>
0.92 mi.	239ft	Head <b>north</b> on <b>Willard Grant Rd</b> toward <b>Old Marlboro Rd/ Powers Rd</b>
0.96 mi.	4481ft	Turn right onto <b>Old Marlboro Rd/ Powers Rd</b> Continue to follow Old Marlboro Rd
1.81 mi.	1782ft	Turn left to stay on <b>Old Marlboro Rd</b>
2.15 mi.	1mi 3697ft	Head <b>northeast</b> on <b>Old Marlboro Rd</b> toward <b>Deacon Haynes Rd</b>
This segment shows 3.85 mi. (20,331 ft.) of your route.		

Notes		
AT	FOR	NOTES
3.85 mi.	122ft	Slight right to stay on <b>Old Marlboro Rd</b>
3.87 mi.	541ft	Turn left onto <b>Old Rd</b> to <b>9 Acre Cor</b>
3.98 mi.	453ft	Head <b>northeast</b> on <b>Old Rd</b> to <b>9 Acre Cor</b> toward <b>MA-62 W/ Main St</b>
4.06 mi.	4765ft	Continue onto <b>MA-62 E/ Main St</b>
4.96 mi.	2361ft	Head <b>east</b> on <b>MA-62 E/ Main St</b> toward <b>Belknap St</b>
5.41 mi.	135ft	Slight left onto <b>MA-62 W/ Main St</b>
5.44 mi.	357ft	Turn left onto <b>MA-62 W/ Monument Square</b>
5.5 mi.	321ft	Turn right to stay on <b>MA-62 W/ Monument Square</b> Continue to follow MA-62 W
5.57 mi.	2441ft	Continue onto <b>Monument St</b>
This segment shows 2.18 mi. (11,496 ft.) of your route.		

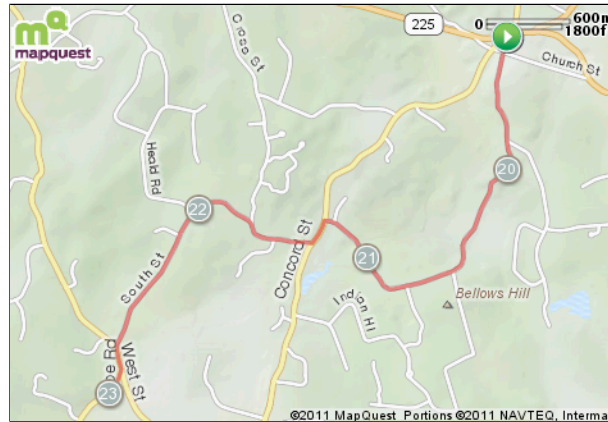
Notes		
AT	FOR	NOTES
6.03 mi.	78ft	Continue straight to stay on <b>Monument St</b>
6.04 mi.	4664ft	Slight left to stay on <b>Monument St</b>
6.93 mi.	1mi 4856ft	Head <b>east</b> on <b>Monument St</b> toward <b>Buttricks Hill Dr</b>
8.85 mi.	3125ft	Continue onto <b>River Rd</b>
9.44 mi.	2914ft	Head <b>northeast</b> on <b>River Rd</b> toward <b>Nowell Farme Rd</b>
9.99 mi.	1330ft	Continue onto <b>MA-225 W/ Bedford Rd</b>
10.24 mi.	338ft	Turn right toward <b>Maple St</b>
10.31 mi.	1mi 574ft	Turn right onto <b>Maple St</b>
11.41 mi.	1151ft	Head <b>north</b> on <b>Maple St</b> toward <b>Brook St</b>
11.63 mi.	5209ft	Turn left onto <b>East St</b>
This segment shows 6.59 mi. (34,800 ft.) of your route.		

# Training 41

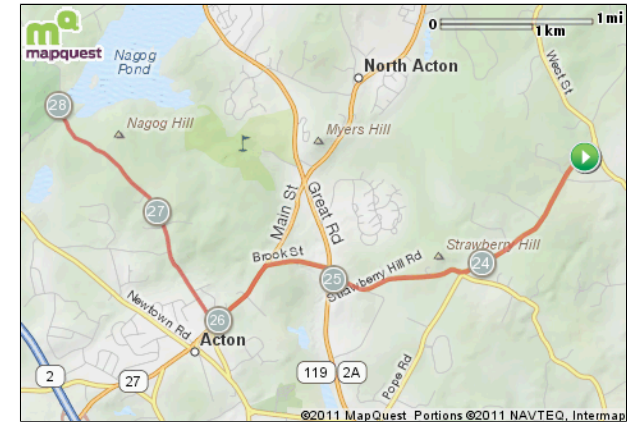
Starts In Sudbury, Massachusetts



Notes		
AT	FOR	NOTES
12.62 mi.	1mi 224ft	Sharp right onto <b>Rutland St</b>
13.66 mi.	385ft	Head <b>southwest</b> on <b>Rutland St</b> toward <b>N Rd</b>
13.73 mi.	1mi 3062ft	Turn right onto <b>N Rd</b>
15.31 mi.	81ft	Turn right onto <b>Lowell St</b>
15.33 mi.	3190ft	Turn left onto <b>Curve St</b>
15.93 mi.	1mi 1751ft	Head <b>west</b> on <b>Curve St</b> toward <b>Old Morse Rd</b>
17.27 mi.	2179ft	Turn left to stay on <b>Curve St</b>
17.68 mi.	1mi 185ft	Slight left onto <b>MA-225 E/ Westford St</b>
18.71 mi.	2919ft	Head <b>east</b> on <b>MA-225 E/ Westford St</b> toward <b>Rockland Rd</b>
19.27 mi.	105ft	Slight left onto <b>MA-225 W/ Westford St</b>
This segment shows 6.67 mi. (35,201 ft.) of your route.		



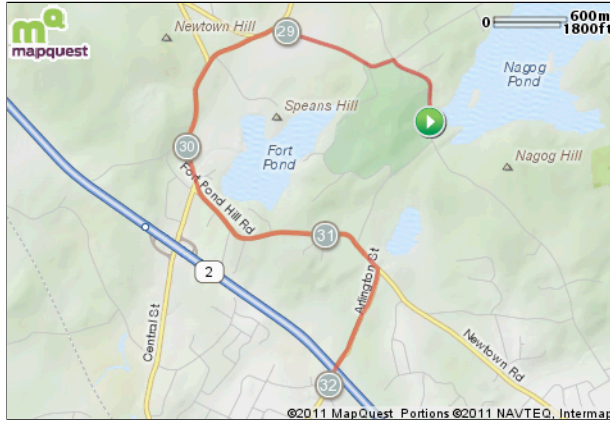
Notes		
AT	FOR	NOTES
19.29 mi.	96ft	Enter the traffic circle
19.3 mi.	96ft	Head <b>northwest</b> toward <b>Lowell St</b>
19.32 mi.	151ft	Exit the traffic circle onto <b>MA-225 W/ Westford St</b>
19.35 mi.	5259ft	Turn left onto <b>School St</b>
20.35 mi.	1186ft	Head <b>southwest</b> on <b>School St</b> toward <b>Bellows Hill Rd</b>
20.57 mi.	3923ft	Continue onto <b>Russell St</b>
21.31 mi.	637ft	Turn left onto <b>Concord St</b>
21.44 mi.	1mi 482ft	Turn right onto <b>South St</b>
22.53 mi.	1400ft	Head <b>southwest</b> on <b>South St</b> toward <b>West St</b>
22.79 mi.	514ft	Continue onto <b>West St</b>
22.89 mi.	877ft	Slight right onto <b>Pope Rd</b>
This segment shows 3.77 mi. (19,902 ft.) of your route.		



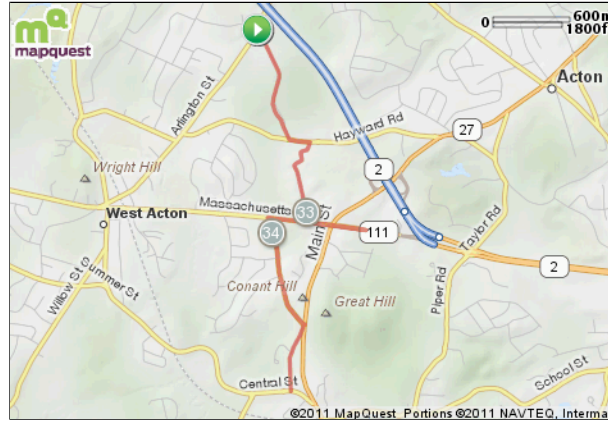
Notes		
AT	FOR	NOTES
23.05 mi.	1603ft	Slight right to stay on <b>Pope Rd</b>
23.36 mi.	4306ft	Head <b>southwest</b> on <b>Pope Rd</b> toward <b>Spring Hill Rd</b>
24.17 mi.	4806ft	Turn right onto <b>Strawberry Hill Rd</b>
25.08 mi.	402ft	Turn right onto <b>MA-119 W/ Massachusetts 2A W/ Great Rd</b>
25.16 mi.	1635ft	Turn left onto <b>Brook St</b>
25.47 mi.	609ft	Head <b>west</b> on <b>Brook St</b> toward <b>MA-27 S/ Main St</b>
25.59 mi.	2855ft	Slight left onto <b>MA-27 S/ Main St</b>
26.13 mi.	2932ft	Turn right onto <b>Nagog Hill Rd</b>
26.68 mi.	1mi 2229ft	Head <b>north</b> on <b>Nagog Hill Rd</b> toward <b>Hammond St</b>
This segment shows 5.05 mi. (26,657 ft.) of your route.		

# Training 41

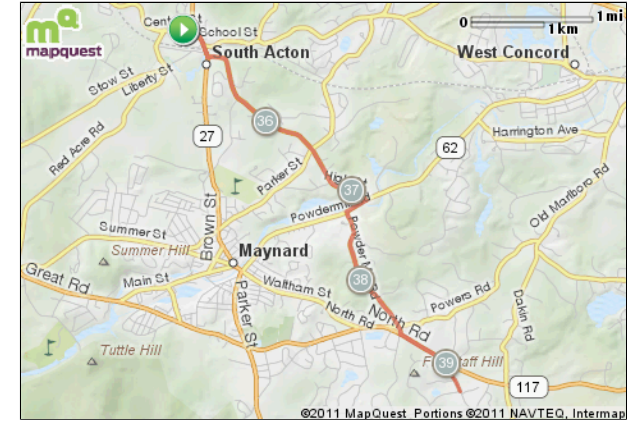
Starts In Sudbury, Massachusetts



Notes		
AT	FOR	NOTES
28.1 mi.	2115ft	Head <b>north</b> on <b>Nagog Hill Rd</b> toward <b>Sarah Doublet Rd</b>
28.5 mi.	3195ft	Turn left onto <b>Nashoba Rd</b>
29.11 mi.	265ft	Head <b>west</b> on <b>Nashoba Rd</b> toward <b>Newtown Rd</b>
29.16 mi.	1mi 10ft	Continue onto <b>Newtown Rd</b>
30.16 mi.	1057ft	Slight left onto <b>Fort Pond Hill Rd</b>
30.36 mi.	1109ft	Head <b>southeast</b> on <b>Fort Pond Hill Rd</b> toward <b>Lillian Rd</b>
30.57 mi.	4128ft	Continue onto <b>Newtown Rd</b>
31.35 mi.	1763ft	Slight right onto <b>Arlington St</b>
31.69 mi.	1985ft	Head <b>southwest</b> on <b>Arlington St</b> toward <b>Freedom Farme Rd</b>
32.06 mi.	2855ft	Turn left onto <b>Charter Rd</b>
This segment shows 3.98 mi. (20,995 ft.) of your route.		



Notes		
AT	FOR	NOTES
32.6 mi.	365ft	Head <b>southeast</b> on <b>Charter Rd</b> toward <b>Hayward Rd</b>
32.67 mi.	521ft	Turn left onto <b>Hayward Rd</b>
32.77 mi.	2450ft	Turn right onto <b>Charter Rd</b>
33.24 mi.	1459ft	Turn left onto <b>MA-111 S/ Massachusetts Ave</b>
33.51 mi.	2503ft	Head <b>west</b> on <b>MA-111 N/ Massachusetts Ave</b> toward <b>MA-27 S/ Main St</b>
33.99 mi.	469ft	Turn left onto <b>Prospect St</b>
34.08 mi.	2647ft	Head <b>south</b> on <b>Prospect St</b> toward <b>Spencer Rd</b>
34.58 mi.	1637ft	Turn right to stay on <b>Prospect St</b>
34.89 mi.	257ft	Head <b>south</b> on <b>Prospect St</b> toward <b>Central St</b>
34.94 mi.	736ft	Turn left onto <b>Central St</b>
This segment shows 2.9 mi. (15,303 ft.) of your route.		



Notes		
AT	FOR	NOTES
35.07 mi.	983ft	Continue onto <b>MA-27 S/ Main St</b>
35.26 mi.	1mi 2973ft	Turn left onto <b>High St</b>
36.82 mi.	1952ft	Head <b>southeast</b> on <b>High St</b> toward <b>Adams St</b>
37.19 mi.	1026ft	Turn right onto <b>MA-62 W/ Powder Mill Rd</b>
37.39 mi.	1037ft	Turn left onto <b>Sudbury Rd</b>
37.58 mi.	4642ft	Continue onto <b>Old Sudbury Rd/ Powder Mill Rd</b> Continue to follow Powder Mill Rd
38.46 mi.	714ft	Head <b>southeast</b> on <b>Powder Mill Rd</b> toward <b>Old Marlboro Rd/ Powers Rd</b>
38.6 mi.	2454ft	Turn left onto <b>MA-117 E/ N Rd</b>
39.06 mi.		Turn right onto <b>Haynes Rd</b>
This segment shows 4.39 mi. (23,182 ft.) of your route.		