

**11<sup>th</sup> NCC Tour of the Hilltowns**  
**Saturday July 25, 2009**  
**Cue sheet and profile**  
**(all fields except P/1/2 men)**

	approximate elapsed time	distance (mi)
Start at Notchview Reservation	0:00	0
Right on Rt. 8A (Windsor)	0:03 - 0:04	1.0
Right on Rt. 116 (Savoy)	0:13 - 0:17	5.5
Left on Rt. 8A (Plainfield)	0:26 - 0:35	11.2
Right on E. Hawley Rd. (Charlemont)	0:48 - 1:05	20.6
Left on Grant St. (Plainfield)	1:06 - 1:29	28.1
Right on Bow St. (Plainfield)	1:10 - 1:33	29.6
Left on Rt. 116 (Plainfield)	1:12 - 1:36	30.4
Right on Rt. 112 (Ashfield)	1:24 - 1:53	35.7
<b>FEEDZONE</b>	1:25 - 1:54	35.8
Right on Rt. 9 (Goshen)	1:34 - 2:07	40.1
Finish at Notchview Reservation	2:12 - 2:57	56
	<i>avg fastest - slowest</i>	
	25.5 - 19.0	

