

SWIMRUN CAPECOD

TRURO VILLAGE



START
Ballston Beach, Truro



6

TRURO HIGHLANDS

Run 1

1

2

3

Run 2

6

4

Slough Pond

Run 3

Run 4

5

Higgins Pond

Gull Pond

WELLFLEET
KETTLE PONDS

Run 5

6

Gull Pond Road

Gross Hill Road

FINISH

Wellfleet Elementary School

Long Pond

Run 6

Long Pond Road

7

8

WELLFLEET VILLAGE



Run 8

10

Dyer Pond

Run 7

Great Pond

9

Cahoon Hollow Road

SWIM (1.6 MILES)

RUN (9.0 MILES)



Ocean View Drive