



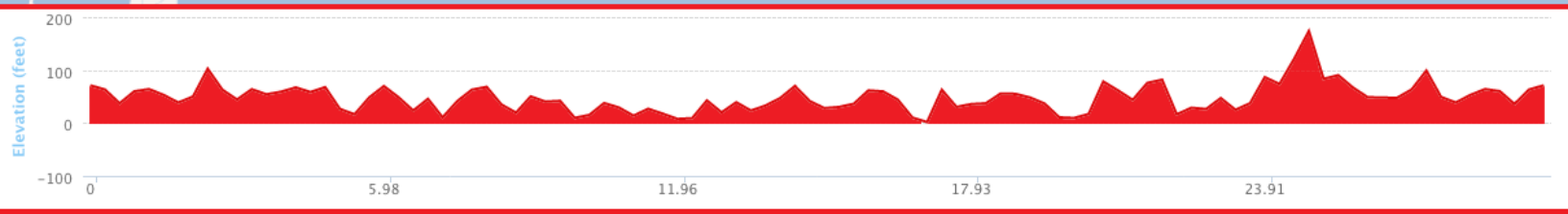
MAINE  2014

30-Mile Ride lobster ride

(Leg 2 of 80-Mile Ride)
 80-mile ride starts - 8:00 am
 30-mile ride starts - 9:00 am



BICYCLE COALITION OF MAINE



2014 MAINE LOBSTER RIDE & ROLL

30-Mile Route (follow ORANGE markings)

Base Phone #: 207-702-7102

At	Go	Onto	For	Travel Information
0.0	R	Broadway	1.6	Cross US 1 at lights and continue S. CAUTION: RR tracks
1.6	L	Thomaston St	0.2	BICYCLISTS MUST STOP AT RED LIGHT!
1.8	R	ME 73 (S Main St)	3.8	
5.6	R	ME 73 (Spruce Head Rd)	1.7	CAUTION: Busy intersection. Two-way bike traffic. Ride single file. Convenience store on corner.
7.3	L	Waterman Beach Rd	1.6	
8.9	R	REST STOP - Waterman Beach	0	Beautiful scenic ocean overlook.
8.9	R	Waterman Beach Rd	0.3	
9.2	L	ME 73	0.6	
9.8	L	Island Rd	1.3	Cross causeway
11.1	R	Island Rd	0.2	Spruce Head Island working waterfront
11.3	S	Island Rd	1.6	Retrace route to ME 73
12.9	R	ME 73 (Spruce Head Rd)	0.6	CAUTION: Two-way bike traffic. Ride single file.
13.5	R	Waterman Beach Rd	0.3	
13.8		REST STOP - Waterman Beach	0.0	Beautiful scenic ocean overlook.
13.8	L	Waterman Beach Rd	1.6	
15.4	R	ME 73 (Spruce Head Rd)	1.7	CAUTION: Two-way bike traffic. Ride single file.
17.1	S	Dublin Rd	2.1	Busy intersection, convenience store on corner
19.2	L	Ash Point Dr	0.4	At "T" intersection
19.6	R	South Shore Dr	1.1	
Option		Scenic Side Trip	.6 miles round trip	Turn R on Crescent Beach Rd; beach at end of flat road.
20.7	R	South Shore Dr	1.3	
Option	R	onto Main St for Owls Head Lighthouse Rest Stop	1.6 miles round trip	Follow signs to Owls Head Light State Park. Park road is gravel for 0.1 mi. Food and facilities.
22.0	S	North Shore Dr	2.6	
24.6	R	ME 73 (S Main St)	1.4	
26.0	L	Thomaston St	0.2	CAUTION: Cross before RR tracks
26.2	R	Broadway	1.6	CAUTION: RR tracks before traffic lights on US 1
27.8	L	Oceanside High School		Congratulations!