



**Northern Light**<sup>SM</sup>

Eastern Maine Medical Center

## Champion the Cure Challenge

### 26.6 Mile Bicycle Route\*

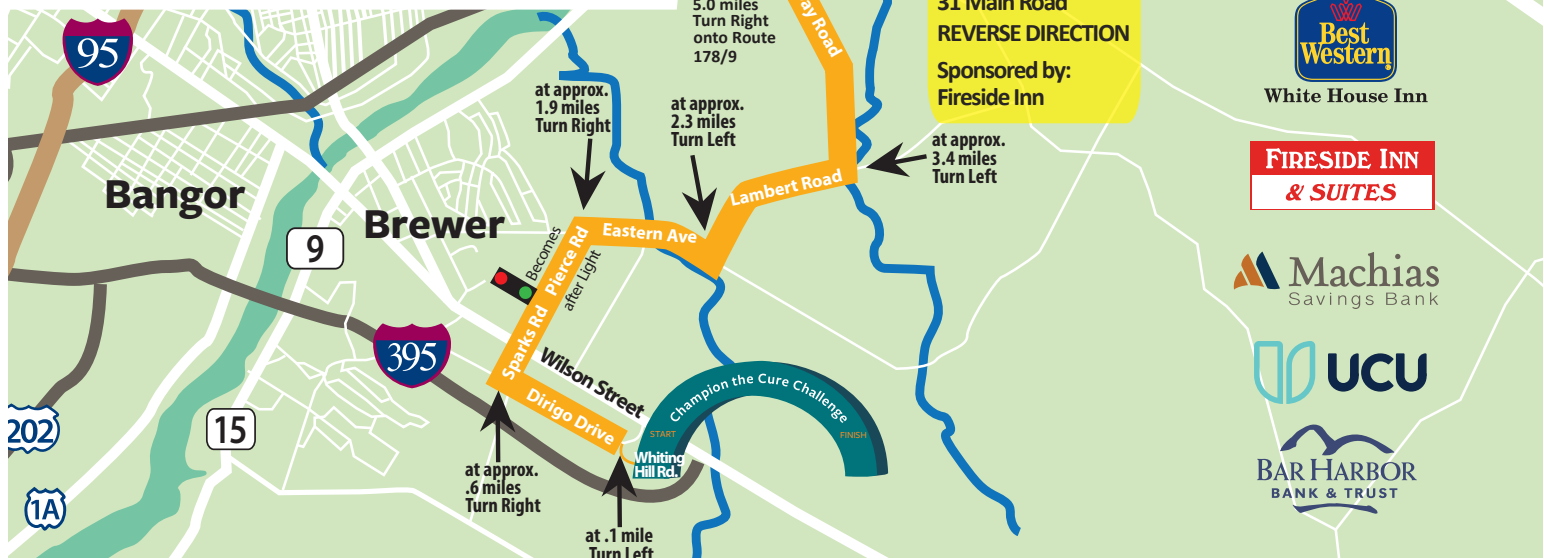
1. Turn left onto Dirigo Drive 0.1 miles
2. Turn Right onto Sparks Avenue (Go through light, becomes Pierce Avenue) 0.6 miles
3. Turn Right onto Eastern Avenue 1.9 miles
4. Turn Left onto Lambert Road 2.3 miles
5. Turn Left onto Day Road 3.4 miles
6. Turn right onto Route 178/9 5.0 miles
7. **12 Mile Rest Stop and Turn Around at North Brewer-Eddington United Methodist Church**
8. Turn right onto Route 9 leaving rest stop
9. Turn slight left on Route 178 6.1 miles
10. **25 Mile Rest Stop and Turnaround at Bradley Town Office 13.3 miles**
11. Leave Stop by Turning Right onto Route 178
12. Turn Right onto Route 178/9 20.5 miles
13. Turn Left onto Day Road 21.6 miles
14. Turn Right onto Lambert Road 23.2 miles
15. Turn Right onto Eastern Avenue 24.3 miles
16. Turn Left onto Pierce Road (becomes Sparks Avenue) 24.7 miles
17. Turn Left onto Dirigo Drive 26 miles
18. Turn Right onto Whiting Hill Road 26.5 miles
19. Arrive at Finish 26.6 miles

\*All mileage approximate

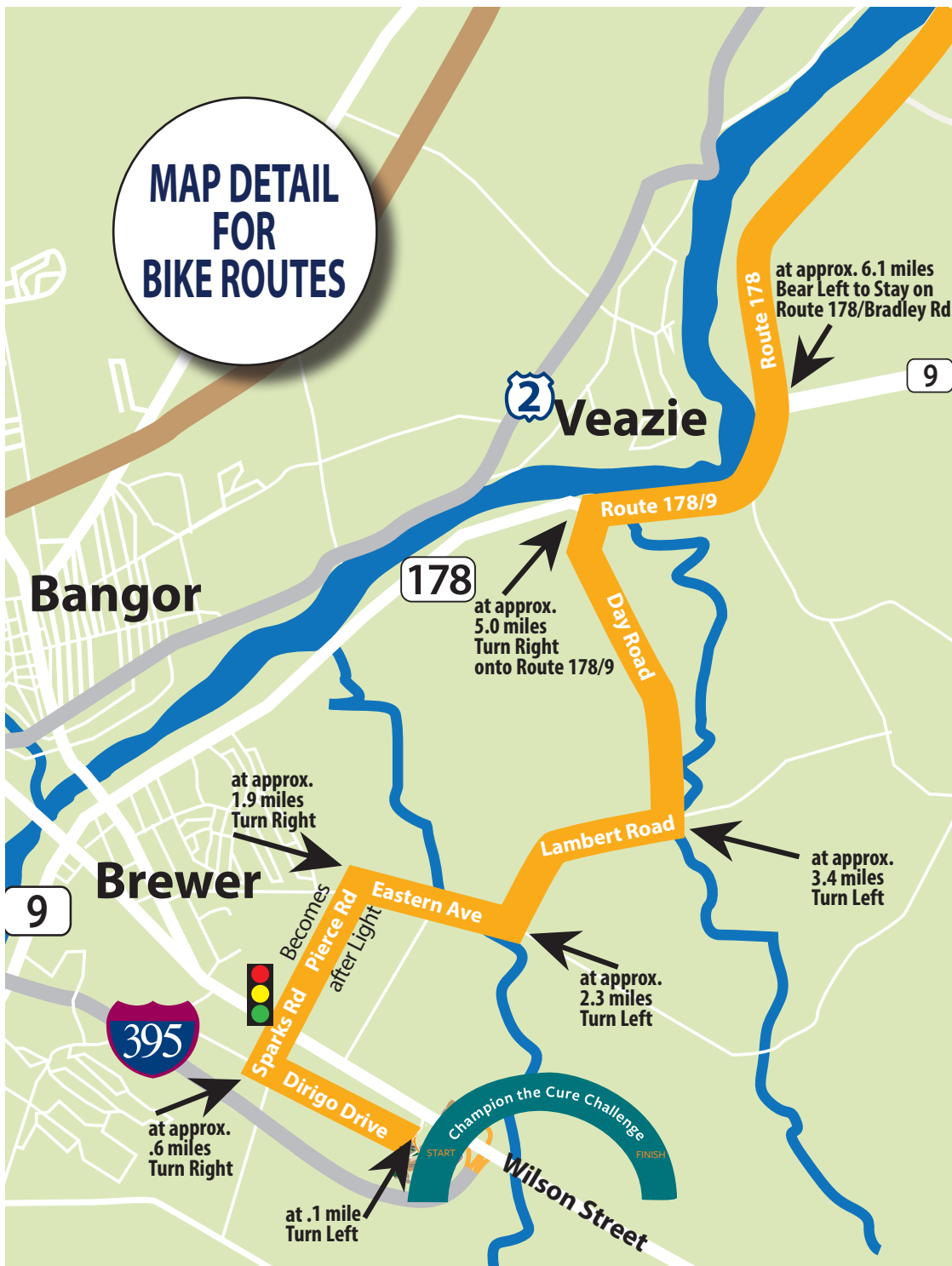
#### Safety Information:

In case of emergency, call 911.

For en route support, call 207-356-6050.



## MAP DETAIL FOR BIKE ROUTES



[www.strava.com](http://www.strava.com)

### The Social Network for Athletes

Connect with friends and make the most of every run and ride

**Q** What is Strava?

**A** It is the social network for athletes. Millions of cyclists from all over the world use Strava to track their performance and connect with each other.

**Q** How does a Strava segment work for the Challenge?

**A** Participants are invited to participate in a friendly competition using the Strava mobile app.

**iPhone:** <http://itunes.apple.com/us/app/strava-cycling/id426826309?mt=8>

**Android:** [https://market.android.com/details?id=com.strava&feature=search\\_result](https://market.android.com/details?id=com.strava&feature=search_result)

**Web:** <http://www.strava.com/>

Participants will compete for Challenge prizes which are awarded to the fastest male and female athlete combined time over two segments. Additional prizes will be awarded at random to all those that participate in the Strava segments.

### Many CTCC Riders Competed on Strava in 2019!

Champion the Cure Challenge 2019 Segment 1:

<https://www.strava.com/segments/15585664>

Champion the Cure Challenge 2019 Segment 2:

<https://www.strava.com/segments/15585678>

Champion the Cure Challenge 2019 Segment 3:

<https://www.strava.com/segments/15585684>

### Bike Support:

Champion the Cure Challenge  
[www.ctcchallenge.org](http://www.ctcchallenge.org)  
207.973.5055

**PAT'S BIKE SHOP**  
207-989-2900

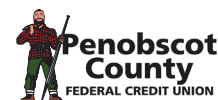


### Rest Stop Sponsors:



White House Inn

**FIRESIDE INN & SUITES**



Each rest stop will have a bike shop available to assist riders. In case of emergency, please dial 911.



Northern Light  
Eastern Maine Medical Center