



# Northern Light

Eastern Maine Medical Center

## Champion the Cure Challenge

### 50 Mile Bicycle Route\*

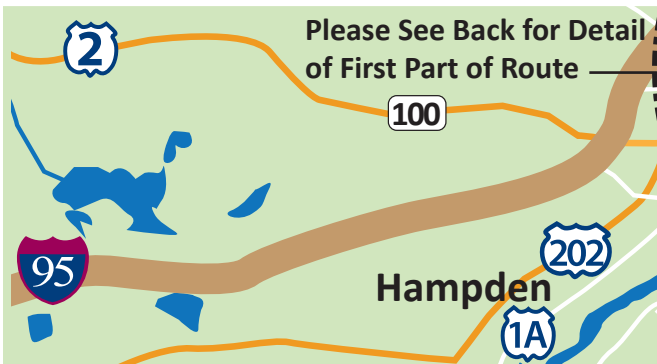
1. Turn left onto Dirigo Drive 0.1 miles
2. Turn Right onto Sparks Avenue (Go through light, becomes Pierce Avenue) 0.6 miles
3. Turn Right onto Eastern Avenue 1.9 miles
4. Turn Left onto Lambert Road 2.3 miles
5. Turn Left onto Day Road 3.4 miles
6. Turn right onto Route 178/9 5.0 miles
7. 12 Mile Rest Stop and Turnaround 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. Rest Stop at Bradley Town Office 13.3 miles
11. Take Right onto US-2 at light (RR crossing) 15.2 miles
12. Pass Rest Stop at Greenbush Boat Launch 24 miles
13. Go 1 mile North on Route 2 to sign 25 miles
14. Turn Around and Return to Rest Stop
15. Rest Stop at Greenbush Boat Launch 26 miles
16. Take Right onto Route 2 (heading South)
17. Turn Left onto Route 178 34.8 miles
18. Rest Stop and 25 Mile Turnaround Bradley Town Office 36.7 miles
19. Take Right onto Route 178 which turns into Route 9 toward Brewer 43.9 miles
20. Turn Left onto Day Road 45 miles
21. Turn Right onto Lambert Road 46.6 miles
22. Turn Right onto Eastern Avenue 47.7 miles
23. Turn Left onto Pierce Road (becomes Sparks Avenue) 48.1 miles
24. Turn Left onto Dirigo Drive 49.4 miles
25. Turn Right onto Whiting Hill Road 49.9 miles
26. Arrive at Finish 50 miles

\*All mileage approximate

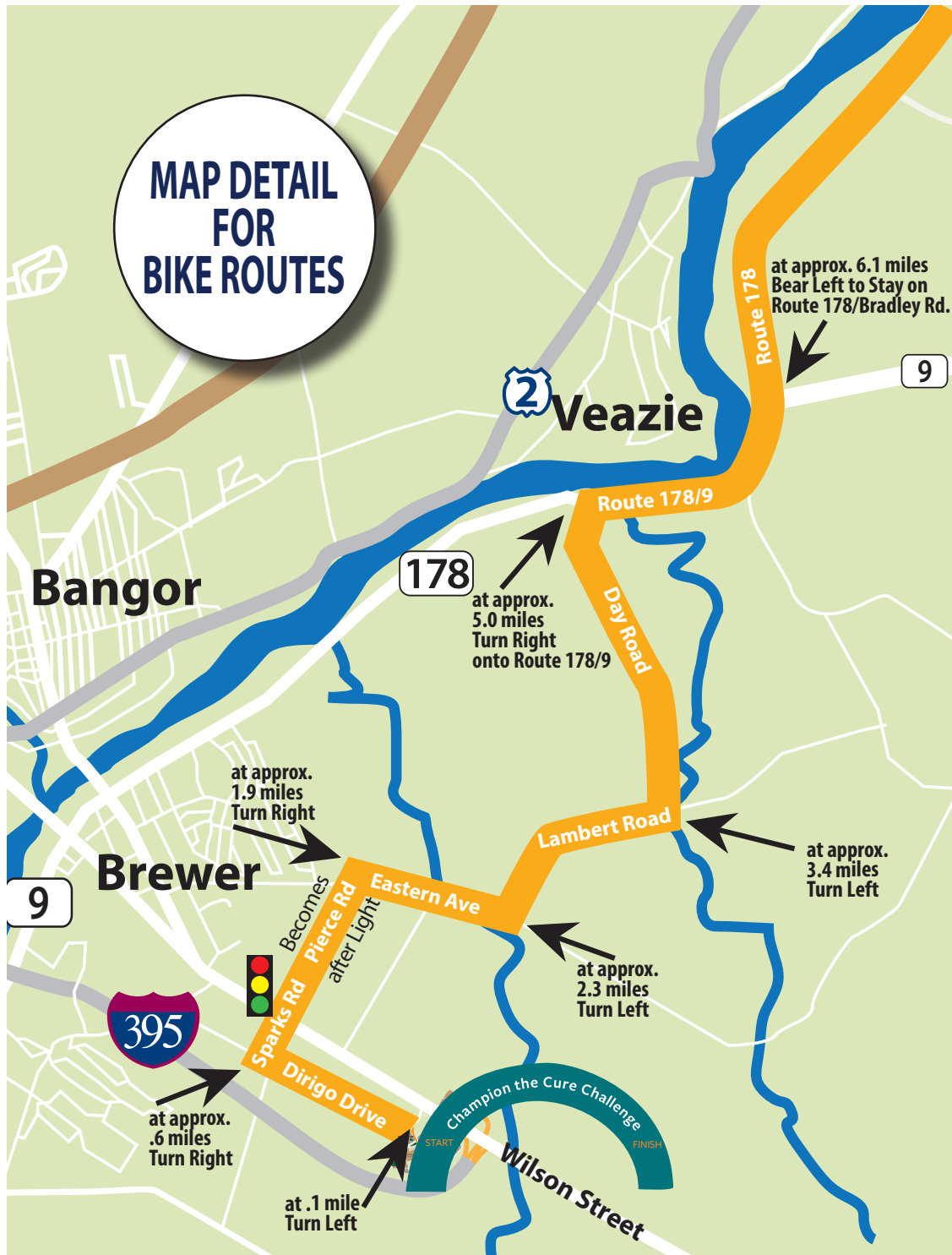
#### Safety Information:

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>

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



**Northern Light**  
 Eastern Maine Medical Center

**Bike Support:**

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

**ROSE BIKE**  
 207-866-3525

**SKI RACK SPORTS**  
 BANGOR • MAINE  
 207-945-6474

**SLIPPING GEARS**  
 CYCLING  
 207-307-7403

**Rest Stop Sponsors:**

**Best Western**  
 White House Inn

**FIRESIDE INN & SUITES**

**Penobscot County**  
 FEDERAL CREDIT UNION

**BAR HARBOR**  
 BANK & TRUST

**Machias**  
 Savings Bank

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