



Northern Light
Eastern Maine Medical Center

Champion the Cure Challenge 12 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. Leave Stop by turning left onto Route 178/9
9. Turn Left onto Day Road 6.9
10. Turn Right onto Lambert Road 8.6
11. Turn Right onto Eastern Avenue 9.6
12. Turn Left onto Pierce Road (becomes Sparks Avenue) 10 miles
13. Turn Left onto Dirigo Drive 11.3 miles
14. Turn Right onto Whiting Hill Road 12 miles

*All mileage approximate

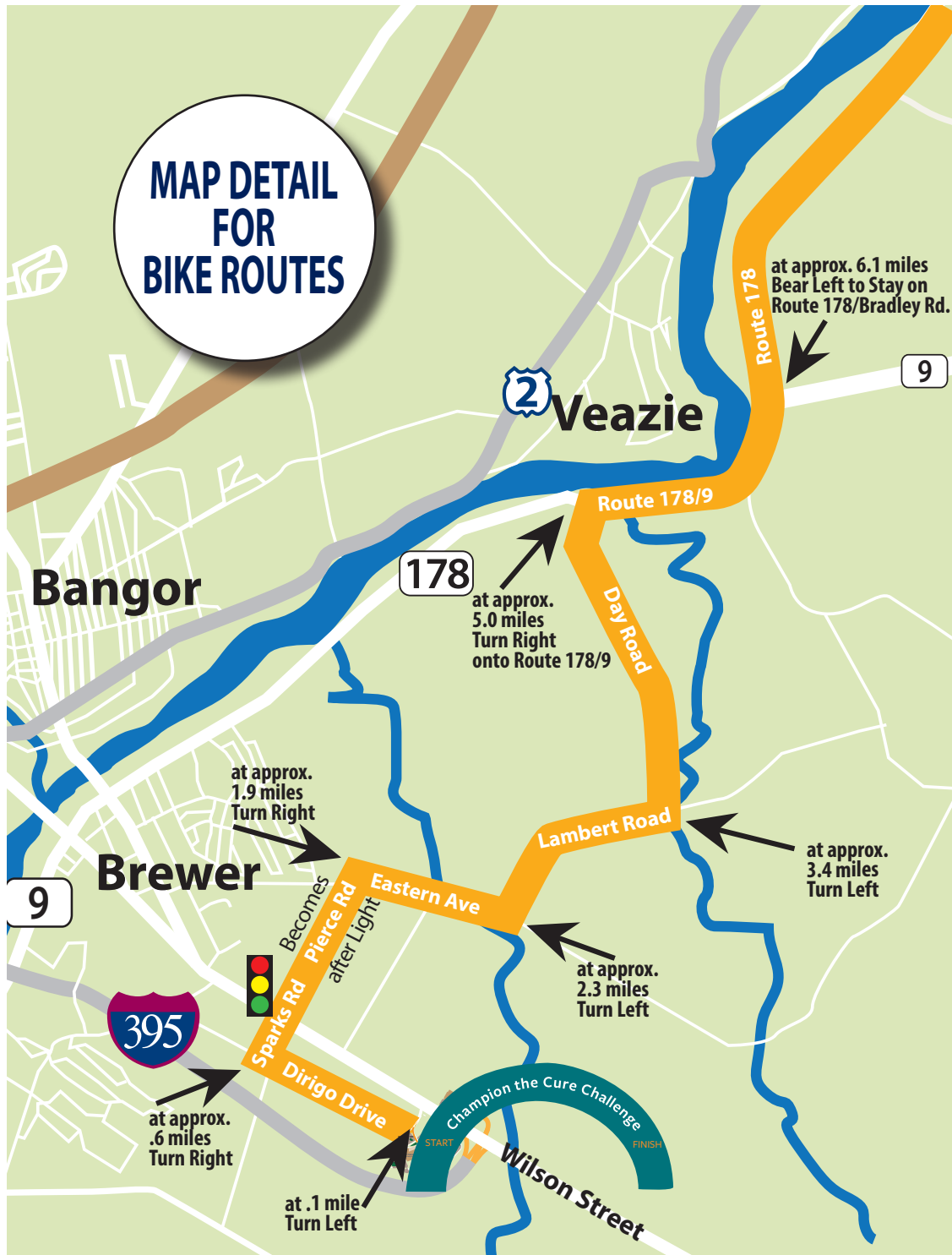
Safety Information:

In case of emergency, call 911.

For en route support, call 207.356.6050.



MAP DETAIL FOR BIKE ROUTES



www.strava.com
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
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

PAT'S BIKE SHOP
207-989-2900

Best Western
White House Inn

Fireside
— Inn & Suites —
OCEAN'S EDGE • BELFAST, ME

ROSE BIKE
Bangor, Maine
207-866-3525

SKI RACK SPORTS
BANGOR • MAINE
207-945-6474

SLIPPING GEARS
— CYCLING —
207-307-7403



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