



# Northern Light

Eastern Maine Medical Center

## Champion the Cure Challenge

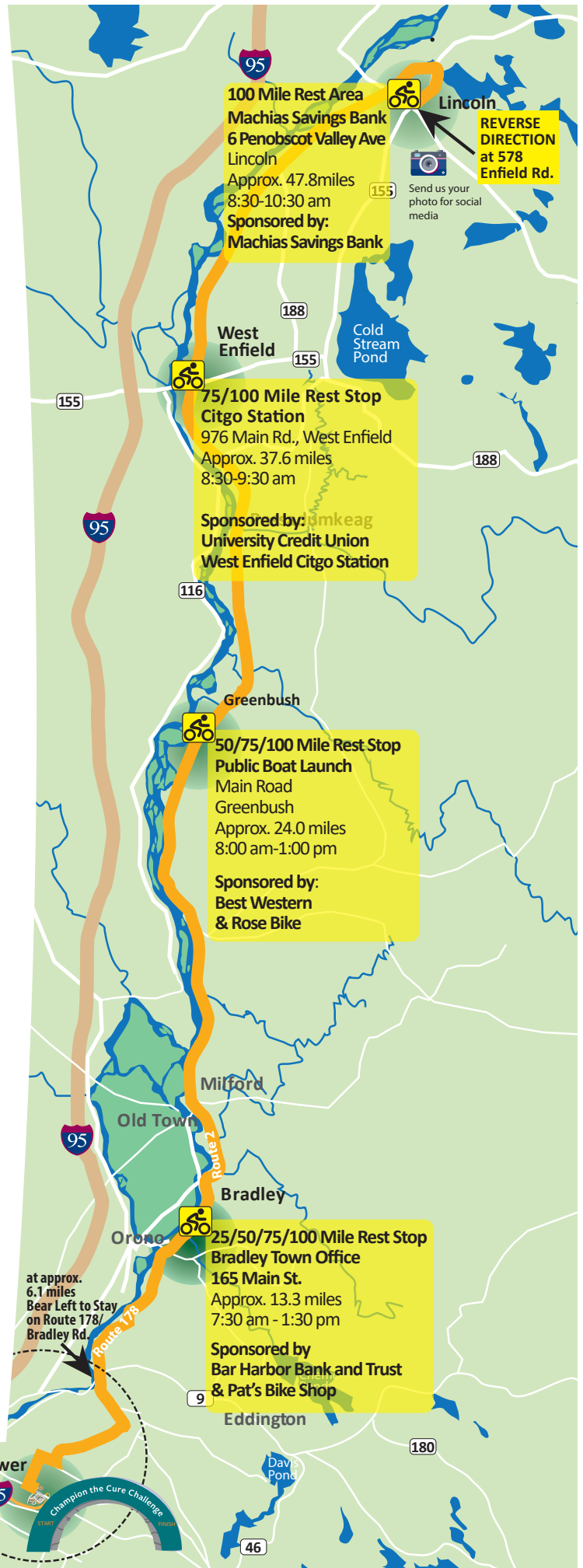
### 101 Mile Bicycle Route\*

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 Route 2 at light (RR crossing) 15.2 miles
12. Rest Stop Greenbush Boat Launch 24 miles
13. Continue North on Route 2 toward Lincoln
14. Rest Stop West Enfield Citgo Station 37.6 miles
15. Continue North on Route 2 toward Lincoln
16. Turn Right onto Penobscot Valley Drive 47.8 miles at the 100 mile turnaround
17. Rest Stop at Machias Savings Bank, 6 Penobscot Valley Ave
18. Turn Right onto Route 155/Enfield Road 48.5 miles
19. Follow about 2 miles to turn around at 578 Enfield Rd. 50.5 miles
20. Rest Stop (Mt. Katahdin photo opportunity)  
Turn around and head back toward Penobscot Valley Hospital
21. Turn Left onto Penobscot Valley Avenue 52 miles
22. Take Left onto Route 2 52.7 miles
23. Rest Stop West Enfield Citgo Station 62.8 miles
24. Continue on Route 2
25. Rest Stop Greenbush Boat Launch 76.5 miles
26. Turn right onto Route 178 which turns into Route 9 85.3 miles
27. Rest Stop Bradley Town Office 87.2 miles
28. Turn Left onto Route 178 toward Brewer 94.4 miles
29. Turn Left onto Day Road 95.5 miles
30. Turn Right onto Lambert Road 97.1 miles
31. Turn Right onto Eastern Avenue 98.2 miles
32. Turn Left onto Pierce Road (becomes Sparks Avenue) 98.6 miles
33. Turn Left onto Dirigo Drive 99.5 miles
34. Turn Right onto Whiting Hill Road 100.4 miles
35. Arrive at Finish 101 miles

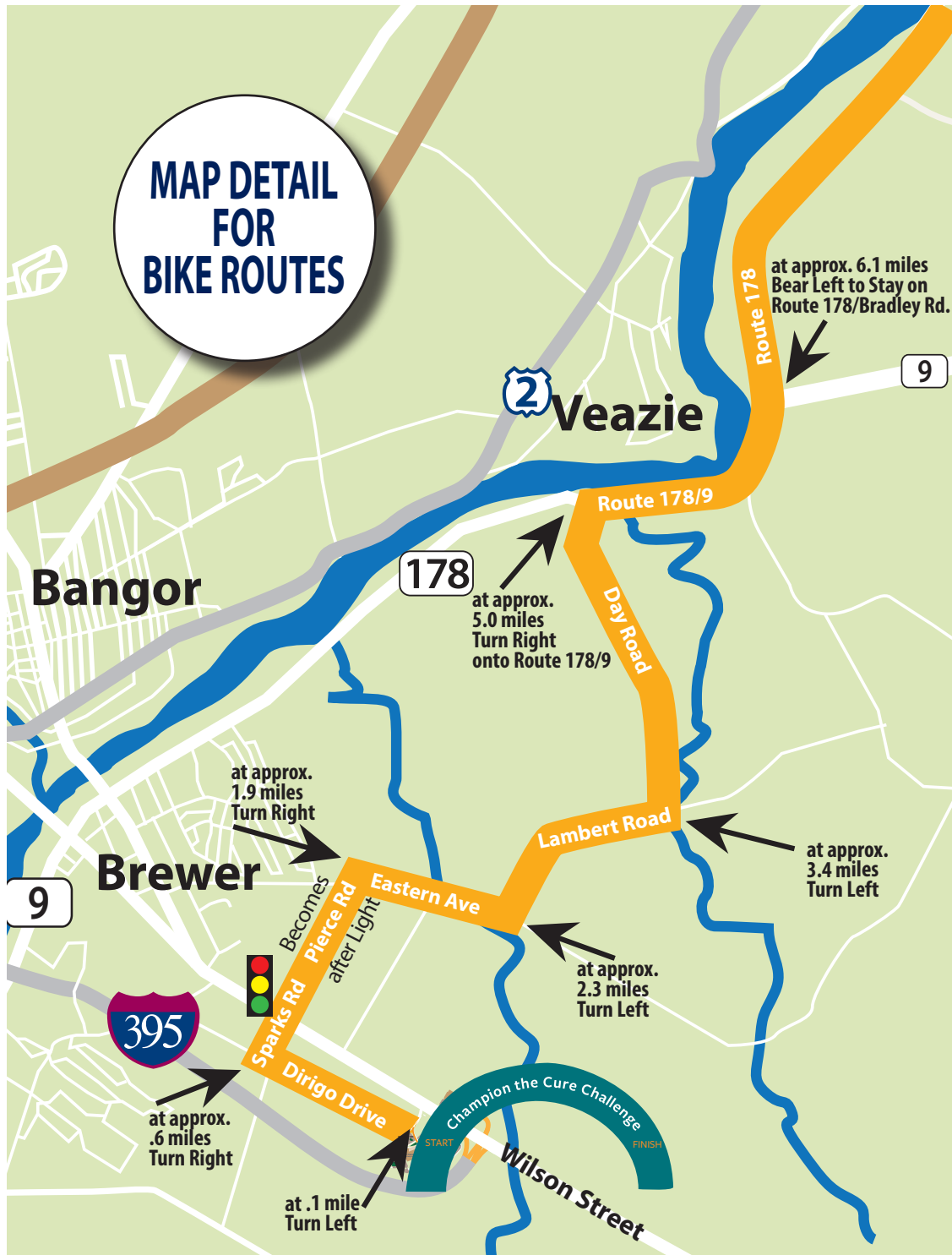
\*All mileage approximate

**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  
[ctchallenge.org](http://ctchallenge.org)  
 207.973.5055

**Bike Support:**



**Rest Stop Sponsors:**



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

