

CROW ATHLETICS



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July 4th Around Mount Desert Island Relay COURSE INSTRUCTIONS:

*We recommend printing these and keeping a copy in your support vehicle.
Watch for orange arrows painted on the road with "J4" underneath them.*

General instructions: The July 4th Around MDI Relay route is marked with ORANGE arrows, and the letters J4. If no arrows are present, continue straight on the road. Hand off zones are marked with a large orange X and J4, as well as the leg number. In addition, hand-off zones are marked by a wooden stake and a small US flag. You MUST run facing traffic to see these marks. If you run with traffic there is a VERY good chance you will get lost. It is the individual runners/teams responsibility to keep a sharp eye for course markings.

Leg 1 (13.67 Miles):

START TIME 7:30AM

Start at Mainley Meat BBQ, located on Route 3, across Pirate's Cove mini golf at 7:30AM.

Continue STRAIGHT on Route 3 toward Bar Harbor.

Turn LEFT on West Street.

Turn RIGHT on Main Street.

Main Street turns into Route 3.

Continue STRAIGHT on Route 3.

Turn LEFT Cooksey Drive.

Take next two LEFT turns.

Turn LEFT at the stone fountain in Seal Harbor and rejoin Route 3.

Handoff to LEG 2 just beyond the fountain.

Leg 2 (8.95 Miles):

Approximate handoff times:

6 minute pace - 8:50AM

10 minute pace - 9:35AM

Continue STRAIGHT on Route 3.

Turn LEFT on Route 198 just past Asticou Inn, heading toward Northeast Harbor.

Follow Main Street STRAIGHT through downtown Northeast Harbor.

Main Street becomes Rock End Road, keep the Neighborhood house on your left.
Turn LEFT on Maple Lane.
Turn RIGHT on South Shore Road.
South Shore Road becomes Manchester Road.
Bear LEFT on Sargeant Drive.
Handoff to LEG 3 at the end of Sargeant Drive/ Route 198 intersection.

Leg 3 (9.08 Miles):

Approximate handoff times:

6 minute pace - 9:45AM

10 minute pace - 11:05AM

Turn LEFT on Route 198.

Turn LEFT on Butler Road.

Turn LEFT and rejoin Route 198.

Turn LEFT at traffic light on Route 102 in Somesville.

Keep straight on Route 102 into Southwest Harbor.

Handoff to LEG 4 just past flashing light at Clark Point Road in downtown Southwest Harbor.

Leg 4 (6.34 Miles):

Approximate handoff times:

6 minute pace - 10:20AM

10 minute pace - 12:10AM

Keep STRAIGHT on Route 102.

Turn LEFT on Route 102-A toward Manset/Seawall.

Keep STRAIGHT on Route 102-A.

Bear RIGHT past Bass Harbor Light road.

Handoff to LEG 5 at the Bass Harbor Post Office.

Leg 5 (5.59 Miles):

Approximate handoff times:

6 minute pace - 10:50AM

10 minute pace - 1:05PM

Continue STRAIGHT on Route 102-A.

Turn LEFT on Flat Iron Road, by Captain Nemo's.

Bear LEFT to rejoin Route 102, toward Tremont.

Keep STRAIGHT on Route 102.

Continue STRAIGHT past first Kelly Town Road intersection.

Keep STRAIGHT on Route 102.

Handoff to LEG 6 at second Kelly Town Road intersection.

Leg 6 (8.45 Miles):

Approximate handoff times:

6 minute pace - 11:45AM

10 minute pace - 2:35PM

Keep STRAIGHT on Route 102.

Turn LEFT on Indian Point Road.

Continue LEFT down the hill, following Indian Point Road.

Bear RIGHT, following Indian Point Road.

Keep STRAIGHT on Indian Point Road.

Handoff to LEG 7 at Oak Hill Road intersection.

Leg 7 (6.7 Miles):

Approximate handoff times:

6 minute pace - 12:25PM

10 minute pace - 3:45PM

Keep STRAIGHT on Indian Point Road.

Turn LEFT on Route 102/198.

Keep STRAIGHT on Route 102/198.

IMPORTANT!!! There is a new traffic pattern at the head of MDI. Runners need to CAREFULLY cross the road BEFORE the intersection. There are orange paint marks to indicate this.

Turn RIGHT and run WITH traffic to the traffic lights.

Turn RIGHT onto Route 3, heading toward Bar Harbor.

IMPORTANT!!! After negotiating the turns at the head of MDI, runners need to CAREFULLY cross the road again, so that they are running FACING traffic.

Keep STRAIGHT on Route 3.

Handoff to LEG 8 across the road from Bar Harbor Cellars Winery/Sweet Pea Farm.

Leg 8 (2.39 Miles):

Approximate finish times:

6 minute pace - 12:40PM

10 minute pace - 4:05PM

Keep STRAIGHT on Route 3 to the finish line at Mainely Meat BBQ!

Eat, DRINK, and be merry!