

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.*

#### **LEG 1 (13.67 miles)**

- Start in front of Mainly Meat Barbeque, 369 State Route 3, (directly across the street Pirate's Cove Mini-Golf), just outside of downtown Bar Harbor  
**(BEGIN LEG 1)**
- Follow Route 3 south toward Bar Harbor.
- Turn left on West Street.
- Turn right on Main Street (Quarter Deck Restaurant).
- Follow Main Street (Route 3).
- Turn left at Cooksey Drive.
- Keep left at next two intersections.
- Turn left a stone fountain in Seal Harbor returning to Route 3.  
**(HAND OFF TO LEG 2)**

#### **LEG 2 (8.95 miles)**

- Turn left on Route 198, just past Asticou Inn.
- Follow Main Street straight through downtown Northeast Harbor.
- Main Street becomes Rock End Road (keep Neighborhood House on left).
- Turn left on Maple Lane.
- Turn Right on South Shore Road.
- Keep left or go straight at all intersections.
- South Shore Road becomes Manchester Road.
- Bear left on Sargeant Drive.
- Turn left on Route 198  
**(HAND OFF TO LEG 3)**

### **LEG 3 (9.08 miles)**

- Turn left on Butler Road.
- Turn left and rejoin Route 198.
- Keep left at traffic light follow Route 102 through Somesville.
- Straight thru Main Street into downtown Southwest Harbor.
- At flashing yellow light, Clark Point Road.

**(HAND OFF TO LEG 4)**

### **LEG 4 (6.34 miles)**

- Turn Left on Route 102-A, head toward Seawall, Manset.
- Bear right at Bass Harbor Lighthouse Road.
- Bass Harbor Post office will be on your left.

**(HAND OFF TO LEG 5)**

### **LEG 5 (5.59 miles)**

- Continue on Rt. 102-A
- Bear left on Flatiron Road toward Tremont/Seal Cove.
- Follow Route 102.
- 2<sup>nd</sup> Kellytown Road intersection on your right, just before Bubbah's Boulevard.

*Note: There are TWO Kellytown Roads, the hand-off is at the 2<sup>nd</sup> intersection.*

**(HAND OFF TO LEG 6)**

### **LEG 6 (8.45 miles)**

- Bear left on Indian Point Road, heading toward Pretty Marsh.
- Bear right, follow Indian Point Road to Oak Hill Road

**(HAND OFF TO LEG 7)**

### **LEG 7 (6.7 miles)**

- Continue following Indian Point Road to Route 102.
- Turn left on Route 102 (Major Road, very busy - please run with care!)
- Turn right at traffic lights at head of island (tough intersection see details and notes)
- Follow Route 3 to Sweet Peas Farm & Winery

**(HAND OFF TO LEG 8)**

### **LEG 8 (2.39 miles)**

- Follow Route 3 to Mainely Meat Barbeque and the FINISH LINE!!