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**UPDATED JUNE 27**



## Tri for a Cure Bike Course

**MGf**  
Maine  
Cancer  
FOUNDATION



# TRI FOR A CURE

## Turn – By – Turn Bike Course Directions

### DISTANCE

- 0.0**            **START** in transition area on SMCC campus  
                  **LEFT** on Fort Rd.  
                  At stop sign **LEFT** on Preble St.  
                  **CAUTION – ENTERING WILLARD SQUARE**  
                  **RIGHT** on Pillsbury St. (Willard Square w/Scratch Bakery)
- 1.0**            **RIGHT** on Chase St. Chase Street. Chase Street curves to the left before reaching Sawyer.  
                  At Stop sign **LEFT** on Sawyer St.  
                  **CROSS** Cottage Rd. to go **STRAIGHT** on Sawyer St. (traffic light)  
                  **\*\*THIS IS A MAJOR INTERSECTION. BIKES MAY BE STOPPED HERE DUE TO HEAVY TRAFFIC\*\***
- 2.09**           **RIGHT** to stay on Sawyer St. prior to meeting Ocean Ave.  
                  **CROSS** Ocean Ave. to continue **STRAIGHT** on Sawyer Rd. (traffic light)  
                  **\*\*THIS IS A MAJOR INTERSECTION. BIKES MAY BE STOPPED HERE DUE TO HEAVY TRAFFIC\*\***
- 4.0**            At stop sign **LEFT** to continue on Sawyer Rd. (intersection of Sawyer/Fickett)  
                  **\*\*THIS IS A MAJOR INTERSECTION. BIKES MAY BE STOPPED HERE DUE TO HEAVY TRAFFIC \*\***
- 5.8**            At stop sign **LEFT** on Route 77 North  
                  **CAUTION – SHARP LEFT TURN ON A BLIND CORNER**  
                  **\*\*THIS IS A MAJOR INTERSECTION. BIKES MAY BE STOPPED HERE DUE TO HEAVY TRAFFIC \*\***
- 10.26**          After passing Cape Elizabeth High School **RIGHT** on Shore Rd. (4-way intersection)  
                  **\*\*THIS IS A VERY NARROW ROAD WITH NO BIKE LANES. USE CAUTION! BIKES MAY BE STOPPED AT ENRANCE TO FORT WILLIAMAS PARK DUE TO HEAVY TRAFFIC. \*\***
- 13.45**          **RIGHT** on Preble St. (car service center at turn)  
                  **CAUTION – ENTERING WILLARD SQUARE**  
                  **RIGHT** to continue on Preble St. (Willard Square w/Scratch Bakery)
- 14.3**           **RIGHT** on Fort Rd. Follow to SMCC campus  
                  **RIGHT** to SMCC Parking Lot B (transition area)  
                  **CAUTION – SHARP RIGHT TURN**
- 14.6**           **FINISH** in transition area located in Parking Lot B on SMCC campus

Total Distance: 14.60 miles