

DISTANCE	Turn – By – Turn Bike Course Directions
0.0 mi.	<p>START in transition area on SMCC campus</p> <p>LEFT on Fort Rd.</p> <p>Follow straight though stop signs at Campus Center Drive</p> <p>At stop sign LEFT on Preble St.</p> <p>****CAUTION – ENTERING WILLARD SQUARE****</p> <p>RIGHT on Pillsbury St. (Willard Square w/Scratch Bakery)</p> <p>RIGHT on Chase St. Chase Street. Chase Street curves to the left before reaching Sawyer.</p> <p>At Stop sign LEFT on Sawyer St.</p> <p>At traffic light CROSS Cottage Rd. to go STRAIGHT on Sawyer St.</p> <p>****THIS IS A MAJOR INTERSECTION. BIKES MAY BE STOPPED HERE DUE TO HEAVY TRAFFIC PATTERNS****</p>
2.09 mi.	<p>RIGHT to stay on Sawyer St. prior to meeting Ocean Ave.</p> <p>CROSS Ocean Ave. to continue STRAIGHT on Sawyer Rd. (traffic light)</p> <p>****THIS IS A MAJOR INTERSECTION. BIKES MAY BE STOPPED HERE DUE TO HEAVY TRAFFIC PATTERNS****</p>
4.0 mi.	<p>At stop sign LEFT to continue on Sawyer Rd. (intersection of Sawyer/Fickett)</p> <p>****THIS IS A MAJOR INTERSECTION. BIKES MAY BE STOPPED HERE DUE TO HEAVY TRAFFIC PATTERNS****</p>
5.8 mi.	<p>At stop sign LEFT on Route 77 North</p> <p>**** CAUTION – SHARP LEFT TURN ON A BLIND CORNER. THIS IS A MAJOR INTERSECTION. BIKES MAY BE STOPPED HERE DUE TO HEAVY TRAFFIC PATTERNS****</p>
10.26 mi.	<p>After passing Cape Elizabeth High School RIGHT on Shore Rd. (4-way intersection in Cape E. ctr.)</p> <p>*****THIS IS A VERY NARROW ROAD WITH NO BIKE LANES. USE CAUTION! BIKES MAY BE STOPPED AT ENTRANCE TO FORT WILLIAM'S PARK DUE TO HEAVY TRAFFIC PATTERNS.****</p>
13.45 mi.	<p>RIGHT on Preble St. (car service center at turn)</p> <p>****CAUTION – ENTERING WILLARD SQUARE****</p> <p>RIGHT to continue on Preble St. (Willard Square w/Scratch Bakery)</p>
14.3 mi.	<p>RIGHT on Fort Rd.</p> <p>RIGHT into LOT B (Transition Area)</p>
Total Distance: 14.70 miles	