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## **July 4th Around Mount Desert Island Relay** **OFFICIAL RACE HANDBOOK**

*It is your team's responsibility to print this document and keep a copy in your support vehicles.  
Watch for painted arrows on the road with "J4".*

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**HAVE A GREAT & SAFE RUN!**

## PART 1: DETAILS & NOTES (keep in support vehicle)

### Details and Start Times:

- We implement a staggered start system so that all teams finish at around the same time (3:30PM) to enjoy our post race festivities as a group. This means that the teams that need the most time to cover the race route will start earlier, while the teams that require the least amount of time will start later.
- All runners must estimate their expected 10k pace per mile as accurately as possible at the time of registration. We will then assign a start time for all teams and contact your Team Captain to let you know your start time.
- Note: Teams that finish well above or below their estimated finish time could face disqualification, or get hopelessly lost as they could arrive at different points on the course or even at the finish line before, or well after we expect them to. Please be honest about your expected pace. We do this so the majority of the teams can enjoy both competing and finishing near other teams and so your teams don't get stuck in no-man's-land, running alone.

### Check in:

1. Teams should arrive at the start at Mainly Meat Barbeque 30-minutes before their assigned start time on July 4th. (*MM-BBQ is located at 369 State Route 3, directly across the road from Pirate's Cove Mini-Golf*)
  - a. Please carpool! Our gracious hosts at MM-BBQ have limited parking, and they will be open for business on July Fourth while we're out running.
2. **Printed items you need to submit at check-in (found in this Race Handbook):**
  - a. **Completed team roster with leg assignments**
3. **Printed items you need to show at check-in to collect your bib numbers and relay baton (found in this Race Handbook):**
  - a. **Course Instructions**
  - b. **Details & Notes**
  - c. **Team Timing Sheet**
4. Each team will be issued bib numbers that must be worn on the front of each competitor.
5. Only the team captain and first runner are required to come to check-in, however, it is the responsibility of the team captain to distribute the team's bib numbers. (All team members are welcome to come to check-in, too! MM-BBQ opens for breakfast at 6:30AM!)

### Runners:

1. It is each individual runner's responsibility to know the route and their individual legs. (If you don't know, ask.)
2. Runners may run more than one leg but they may not be run consecutively.
3. Runners MUST run on the left side of the road facing traffic, unless directed otherwise. (See Leg 8).
4. Headphones are strongly discouraged; you will be running on very busy roads at times. Unfortunately more and more people are driving while distracted, and it's in your best interest to be alert.

### Support:

1. Don't drive distracted! (You've got a car full of people that can operate your phone for you.)
2. Support vehicles should pull off to the right side of the road to offer support or aid. (Do not pull over to the left and block the running lane.)
3. Support vehicles MUST drive with flashers on when in the company of their runners.

4. Support vehicles must pick-up and drop-off their individual runners at designated handoffs.
5. Teams MUST time their individual runner's legs using personal watches and record their 'split' times per leg AND their team's total accumulated time on the provided sheet, which is to be turned in at the conclusion of the event for the awards ceremony. Runners/teams who fail to record their split times will not be eligible for awards.
6. Teams are responsible for providing fluids, food, etc. for their runners.
7. In the unlikely event that your team is unable to finish please call or text 207-664-3346 or 207-664-8656 to let us know. (NOTE: Cell service can be limited on some parts of MDI.)

### Course:

1. **2017 ALERT!** There is a big reconstruction project happening on Route-3 North of Bar Harbor. The start at Maine-ly Meat BBQ is located inside this construction zone, as well as approximately the first 2-miles of Leg 1. Southbound traffic on Route-3 (our race route) will continue with travel restricted to one lane. This means support vehicles may follow their runner's as in previous years. Construction will be stopped for the week of July Fourth, however, support vehicles should keep in mind that northbound traffic will be detoured to Crooked Road and they will not be able to reverse direction within the construction zone.
2. The Start and finish is at Mainely Meat Barbecue. (MM-BBQ is located at 369 State Route 3, directly across the road from Pirate's Cove Mini-Golf.)
3. Handoff zones will be clearly marked. The course will be marked with painted **J4** (July 4<sup>th</sup>), and arrows at major or difficult intersections. If no arrow is present keep going straight.
4. Legs 2, 3, and 4 follow the MDI Marathon route for 26.2 miles, follow the yellow arrows with **MDI** painted under them.
5. If any teams should in the unlikely event get lost please call 207-664-3346 or 207-664-8656 during the event. (NOTE: Cell service can be limited on some parts of MDI.)
6. Some legs have difficult intersections, such as **Leg #8**. Please see the **Course Instructions** section for more information.
7. The last two legs (#8 & #9) will include sections with a lot of traffic entering Bar Harbor for July 4<sup>th</sup> activities. Please be EXTREMELY careful and run facing traffic.
8. The course is 61.97 miles in length + or - .

### Timing & Results:

1. All teams are responsible for printing and bringing the Team Timing Sheet with them to race check-in. (Hint: It's included in this Race Handbook!)
2. It is the responsibility of each team to record their team member's: 1.) First & Last Names, 2.) Leg splits, and 3.) Total team time on the Team Timing Sheet. Leg splits should be recorded to the nearest second (0:00:00) in order to provide fair and accurate results.
3. We recommend one of the following timing methods below:
  - a. Use two watches, one for total running time, and one for leg splits.
  - b. Use a GPS watch like a Garmin, wrap it around your baton, and make sure you click your leg split before handing off to the next runner. At the finish you can quickly scroll through and record each split and your team's total time.
4. **Completed Team timing Sheets must be PROMPTLY turned in to race officials at the finish. (Almost every year there is at least one team that doesn't time themselves with one of recommended methods above, and they hold up the awards ceremony as they manually add up their leg splits, and they usually make errors. DON'T BE THAT TEAM!)**
5. Final results will be figured by total elapsed team time and not by overall team finish place. In other words, a team might be the 3rd overall team across the finish line but they could win by having recorded a faster elapsed time over the route.

- a. DO NOT manually try to add up your total team time. This takes a lot of brainpower, (which you won't have much of after running), and it also takes a lot of time (which will delay the finish line festivities).
- b. Your total team time should be recorded to the nearest second (0:00:00) in order to provide fair and accurate results. (Teams that fail to record times to the nearest second will have a 1-minute penalty added for each offense.)

**Other:**

1. We recommend fun or outrageous running attire, perhaps keeping in the spirit of the holiday, as well as outrageous support vehicle decorations. (Please keep it PG-13.)
2. There are many small general stores, etc. on the route for any supplies you may need.
3. Restrooms are located on the relay route at Seal Harbor Beach, Main Street in Northeast Harbor and Rt. 102 heading toward Southwest Harbor. Also there are plenty of woods.
4. In the case of an emergency dial 911.

## PART 2: COURSE INSTRUCTIONS (keep in support vehicle)

**General instructions:** The July 4th Around MDI Relay route is marked with painted arrows, and the letters **J4**. If no arrows are present, continue straight on the road. Hand off zones are marked with a large painted X and J4, as well as the leg number. In addition, hand-off zones are also marked with 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 (5.24 Miles): 44.43067,-68.26748** leg 1 map: <http://ow.ly/OZMLG>

**LEG 1 RECORD – David Wilson, Crow Athletics (2014) – 27:37**

- **2017 ALERT!** There is a big construction project happening on Route-3 in Bar Harbor. The Start at Maine-ly Meat BBQ is located inside this construction zone, as well as approximately the first two-miles of Leg 1. Southbound traffic on Route 3 will continue with travel restricted to one lane. Construction will be stopped for the week of July Fourth, however, runner's and support vehicles should be extra alert and aware.
- Start at Mainley Meat BBQ, located on Route-3, across Pirate's Cove mini golf.
- 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.
- **Handoff to LEG 2** just beyond the Village Green at the MDI Marathon starting line.

**Leg 2 (8.45 Miles): 44.38690,-68.20404** leg 2 map: <http://ow.ly/OZNrP>

**LEG 2 RECORD - Robert Gomez, Maine-iacs (2011) – 47:24**

- Continue STRAIGHT on Route-3.
- RUNNERS - 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 3** just beyond the fountain.
- SUPPORT VEHICLES - Continue STRAIGHT on Route-3.
  - *(Please do NOT enter Cooksey Drive. Instead, continue STRAIGHT on Route 3. You will rejoin the relay running route at the stone fountain.)*

**Leg 3 (8.99 Miles): 44.29638,-68.23924** leg 3 map: <http://ow.ly/OZNMW>

**LEG 3 RECORD - Jeff Sprague, Spudland Racers (2008) – 49:52**

- 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 4** at the end of Sargeant Drive/ Route-198 intersection.
  - *Watch for traffic turning onto Sargeant Drive, people drive too fast here.*

**Leg 4 (9.05 Miles): 44.34670,-68.30067** leg 4 map: <http://ow.ly/OZO9i>

**LEG 4 RECORD - Jeff Sprague, Maine-iacs (2011) – 49:39**

- 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 5** just past flashing light at Clark Point Road in downtown Southwest Harbor.

**Leg 5 (6.43 Miles): 44.27976,-68.32596** leg 5 map: <http://ow.ly/OZOz2>

**LEG 5 RECORD - Judson Cake, Maine-iacs, 2011 – 34:19**

- Keep STRAIGHT on Route-102.
- Turn LEFT on Route-102A toward Manset/Seawall.
- Keep STRAIGHT on Route-102A.
- Bear RIGHT past Bass Harbor Light road.
- **Handoff to LEG 6** at the Bass Harbor Post Office.

**Leg 6 (5.53 Miles): 44.23777,-68.34424** leg 6 map: <http://ow.ly/OZOSH>

**LEG 6 RECORD - Robert Gomez, Spudland Racers, 2008 – 30:52**

- Continue STRAIGHT on Route-102A.
- Turn LEFT on Flat Iron Road, by Captain Nemo's – once good place to stop for a beer, but it burned
- 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 7** at second Kelly Town Road intersection.
  - *We have received complaints from our relay route neighbors at this exchange about loud and rowdy teams. Please be respectful of island residents who are looking to spend a low-key holiday at home on MDI's quiet side.*

**Leg 7 (8.40 Miles): 44.28037,-68.39977** leg 7 map: <http://ow.ly/OZPc8>

**LEG 7 RECORD - Thomas Beckum, Spudland Racers, 2008 – 48:45**

- 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 8** at Oak Hill Road intersection.

**Leg 8 (5.76 Miles): 44.38312,-68.36092** leg 8 map: <http://ow.ly/OZPAM>

**LEG 8 RECORD – Aaron Long, Twisted Blisters, 2016 – 36:08**

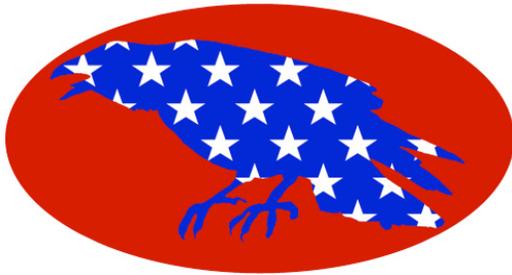
- Keep STRAIGHT on Indian Point Road.
- Turn LEFT on Route-102/198.
- Keep STRAIGHT on Route-102/198.
- **IMPORTANT!** Runners need to CAREFULLY cross the road BEFORE the lighted intersection at the head of the island. There are paint marks to indicate this.
- Turn RIGHT and run WITH traffic to the traffic 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 9** at Bayview Drive intersection, just beyond Northeast Creek and the Pooler Farm, on your left.

**Leg 9 (4.12 Miles): 44.428711, -68.323513** leg 9 map: <http://ow.ly/OZQ20>

**LEG 9 RECORD – Jarly Bobadilla, Twisted Blisters, 2016 – 27:24**

- Follow Bayview Drive.
- Keep STRAIGHT thru intersection with Hadley Point Road.
- Bayview Drive rejoins Route-3. (Turn LEFT onto Route 3.)
- Turn LEFT onto Old Bar Harbor Road. (Watch for MDI Bio Lab sign.)
- Keep STRAIGHT thru intersection with Norway Drive.
- Old Bar Harbor Road rejoins Route-3. (Turn LEFT onto Route-3 – be sure to follow Old Bar Harbor Road all the way to Route-3, avoiding Sand Point Road.)
- Keep STRAIGHT on Route-3 to the FINISH LINE back at Mainely Meat BBQ!

### PART 3: TEAM ROSTER (submit at race check-in)



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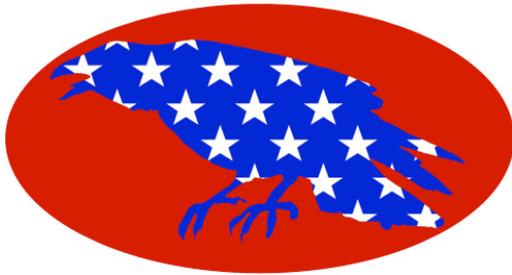
### July 4th Around Mount Desert Island Relay TEAM ROSTER

PLEASE PRINT CLEARLY!!! (Or better yet, type this list up!)

**TEAM NAME:**

<b>LEG</b>	<b>NAME</b> (first & last)
<b>1 (5.24 miles)</b>	
<b>2 (8.45 miles)</b>	
<b>3 (8.99 miles)</b>	
<b>4 (9.05 miles)</b>	
<b>5 (6.43 miles)</b>	
<b>6 (5.53 miles)</b>	
<b>7 (8.40 miles)</b>	
<b>8 (5.76 miles)</b>	
<b>9 (4.129 miles)</b>	

**PART 4: TEAM TIMING SHEET (submit at race finish)**



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**July 4th Around Mount Desert Island Relay**  
**TEAM TIMING SHEET**

**It is your team's responsibility to record names, splits, and total team finish time**  
**PLEASE PRINT CLEARLY!!!**

**TEAM NAME:**

<b>LEG</b>	<b>NAME</b> (first & last)	<b>LEG SPLIT</b> ( h:mm:ss )
<b>1 (5.24 miles)</b>		
<b>2 (8.45 miles)</b>		
<b>3 (8.99 miles)</b>		
<b>4 (9.05 miles)</b>		
<b>5 (6.43 miles)</b>		
<b>6 (5.53 miles)</b>		
<b>7 (8.40 miles)</b>		
<b>8 (5.76 miles)</b>		
<b>9 (4.12 miles)</b>		
<b>TOTAL TEAM FINISH TIME</b>		
( h:mm:ss )		