



MOUNT DESERT ISLAND

Get real MAINE. Run MDI!

MARATHON • HALF • RELAY

3-PERSON RELAY TEAM - IMPORTANT INSTRUCTIONS

Please read and follow these instructions to the letter or you WILL BE delayed and/or miss your relay teams hand off completely.

BIB NUMBERS – Each Member of your team is issued two bib numbers. The bib with your number and team name must be worn clearly visible on your front. The bib that says “RELAY” must be worn visibly on your back.

DRIVERS/TEAM VEHICLES – Teams are limited to one (1) vehicle and will be issued one dashboard pass that must be clearly displayed.

Please use written directions below to navigate your way to the hand-off in Seal Harbor, and to the finish in Southwest Harbor. (Do NOT program your GPS and expect to be able to get where you’re going with road closures. Instead, follow our written directions below so that you don’t waste time and miss your incoming runner at a hand-off.)

If you are intending to watch the start in Bar Harbor, we recommend leaving the start area early to avoid delays or confusion. Team vehicles are NOT permitted to follow the race out of Bar Harbor. (You will be turned around and waste precious time.)

We have provided GPS points for guidance ONLY. However, please follow our written driving directions as the most direct route may be closed to traffic on race day.

FINISHING – After your team vehicle parks in Southwest Harbor Runner #1 and Runner #2 may join Runner #3 and run the final yards of the race route together. Be sure that Runner #3 crosses the finish line first for fair and accurate timing. All team members must be present to collect their finisher medals.

If Runner #1 and Runner #2 choose to go to the finish line area to wait before joining Runner #3, they must stay completely clear of the timing mats. (This means that they should walk past the finish mats, even if they are outside of the barricades.)

FIRST HAND-OFF → GPS: 44.296479, -68.239171

- Exit Bar Harbor on Route 233 - Eagle Lake Road.
- Just beyond Kebo Valley Golf Club turn RIGHT into Acadia National Park. (Approx. 1 mile.)
- Bear LEFT toward Cadillac Mountain/Jordan Pond. (Approx. 4 miles.)
- Once past Jordan Pond House, turn RIGHT onto Stanley Brook Road, and then make an immediate LEFT onto Jordan Pond Road.
- Jordan Pond Road will become residential (you are not lost). Follow to the intersection with Route 3. (Approx. 1 mile.)
- Turn RIGHT onto Route 3 – Main Street Seal Harbor.
- PARK along Main Street and walk to your handoff at the intersection with Steamboat Wharf and Peabody Drive. There is a stone fountain at the intersection.

SECOND HAND-OFF → GPS: 44.363515, -68.307323

- To leave Seal Harbor, reverse direction back to Jordan Pond Road.
- Turn RIGHT onto Stanley Brook Road and make an immediate LEFT onto the Park Loop Road, heading back to Route 233 – Eagle Lake Road. (They way you just came.)
- Exit Acadia National Park by taking a RIGHT onto Route 233 – Eagle Lake Road. Follow to the intersection of Route 198, located just past MDI High School where the pasta dinner is held. (Approx. 5 miles.)
- Your second handoff is located across the road where Butler Road intersects with Route 198. *(Note: You will be joining the race course on Route 198. Please drive slowly with your flashers on when runners are present.)*

DRIVING TO SOUTHWEST HARBOR

- Follow Route 198 to Somesville. Turn left at the traffic lights onto Route 102, heading toward Southwest Harbor. (Approx. 2 miles.) You will be sharing the road with the race course for a short period. PLEASE DRIVE WITH EXTREME CAUTION THRU DOWNTOWN SOMESVILLE! The road is very narrow!
- Turn RIGHT onto Pretty Marsh Road – Route 102, located just after the Somesville Fire Station.
- Follow Pretty Marsh Road – Route 102 to Seal Cove. (Approx. 7.5 miles.)
- Turn LEFT onto Seal Cove Road. (Note: Road is mostly unpaved.) Follow until the road becomes paved again, and go straight thru any intersections. (Approx. 4 miles.)
- Continue to the end of Seal Cove Road in Southwest Harbor where it intersects Route 102.
- Turn RIGHT to Route 102 at the end of Seal Cove Road. *(This is the race course, drive carefully!)*

- Southwest Harbor parking is as follows:
 - **Upper Town Dock lot** — 108 Clark Point Road
 - **Lower Town Dock lot** — 176 Clark Point Road
 - **Clark Point Road** — approx. 2 to 29 (between Main Street and Maple Lane)
 - **Post Office lot** — 21 Clark Point Road
 - **Main Street** — approx. 350 to 375 (south of the Finish Line)
 - **Great Harbor Marina lot** — 11 Apple Lane
 - **Manset Town Dock lot** — 55 Shore Road
 - *Privately owned lots may also offer paid parking.*
- Runner #1 and Runner #2 should either re-join Runner #3 for the final yards, or walk to the finish area and rejoin Runner #3 there.
 - **IMPORTANT!** If your team runs across the finish line together, make sure Runner #3 is the first member of your team to cross the timing mats to ensure accurate timing and results.
 - If Runner #1 and Runner #2 choose to go to the finish line area to wait before joining Runner #3, they must stay completely clear of the timing mats. (This means that they should not walk beyond the finish mats, even if they are outside of the barricades.)
- All team members must be present to receive their finisher medals.
- You will need to exit Southwest Harbor the same way that you came.

Thank you for your cooperation!
HAVE A GREAT RACE!

RUN MDI

3-PERSON TEAM RELAY

Leg 1: 8.5-Miles

Leg 2: 10.1-Miles

Leg 3: 7.6-Miles

