

Mid Coast Cross Country  
( Directions )

**Yarmouth**

Take I-295 South to first Yarmouth Exit ( #17 ). At the end of the ramp yield into Rte. 1 South. Follow Rte. 1 South through ( 2 ) stop lights past Hannaford and cross over Royal River. Take a right onto Rte. 115 exit. ( Rowe School is actually the first right off of the exit )

**Cumberland**

Take I-295 South to Cumberland / Yarmouth Exit ( #15 ). At the end of the ramp veer to the left onto Rte. 1 South. At the junction of Rte. 88 ( Tuttle Road ), take a left onto the ramp. At the top of the ramp take a right onto Rte. 88 ( Tuttle Road ) and follow approximately 1 ½ miles. Twin Brook Recreation Area will be on your right. ( Mabel Wilson Elementary School... 353 Tuttle Road ... is a mile further down the road on the right as well )

**Harpwell**

Mitchell Field  
1410 Harpswell Neck Road  
Harpwell, ME

**Freeport**

I - 295 South to Freeport Exit ( #20 ). Take left at the end of the ramp. Take the first right onto Rte. 1 South. Take the left after the “ Big Indian “ onto South Freeport Road. Take the ( 4<sup>th</sup> ) right onto Staples Point Road; follow to the end, Winslow Park is straight ahead. Please park in lot on the left after the gate house.

**Pownal**

I - 295 South to Freeport Exit ( #22 ). At the end of the ramp turn left and proceed to the stop sign. Take a left and go straight approx. 5 miles ( go straight through the 4 - corner intersection ). Pownal Elementary is on your right.

**Cape Elizabeth ( Gull Crest )**

Take Rte. 77 ( Ocean House Road ) to the center of town. At the blinking light ( Cumberland Farms will be on your right ) turn right onto Scott Dyer Road. Go to the end ( stop sign ). Turn left onto Spurwink Avenue; Gull Crest is located on the left ( one mile ).

### **Brunswick- Brunswick Parks & Recreation Department 220 Neptune Drive, Brunswick**

Take the entrance by Five Guys to the Brunswick Executive Airport at Cooks Corner. Stay on Admiral Fitch Drive until you come to a 4 way stop. Take a left onto Pegasus Street. At the four way stop go straight. At the next stop sign take a right onto Neptune Drive. The Parks & Rec is on your right.

### **Mitchell Field – 1410 Harpswell Neck Road, Harpswell**

Take Route 123 S and the destination is on the right.

### **Bath - 4 Sheridan Road Bath, ME**

1. Merge onto US-1 N. (go 7.64 miles)
2. Take the High St/ME-209 exit toward Phippsburg. (go 0.1 miles)
3. Turn left onto High St/ME-209. Continue to follow High St.  
If you are on Granite St and reach Old South Pl you've gone a little too far  
(go 0.1 miles)
4. Turn left onto Centre St.  
Centre St is just past Court St  
Mae's Cafe & Bakery is on the corner  
If you reach Walker St you've gone about 0.1 miles too far  
(go 0.02 miles)
5. Take the 1st right onto Lincoln St.  
Bath First Nazarene Church is on the corner  
If you reach Snow Park you've gone a little too far  
(go 0.38 miles)
6. Turn left onto Sheridan Rd.  
Sheridan Rd is just past Green St  
If you reach Bedford St you've gone a little too far  
(go 0.03 miles)
7. 4 SHERIDAN RD is on the left.  
If you reach the end of Sheridan Rd you've gone about 0.1 miles too far  
(go 0 miles)

## **Directions To Huston Park and Falmouth Community Park**

From 295:

Heading South to Portland

Take Exit 53 (formerly Exit 10) Bucknam Road exit

Take a right at the end of the exit

At the lights, go straight onto Falmouth Road

Look for a blue sign indicating the town offices

Bear right at the fork staying on Falmouth Road

Go over the overpass

Town Hall on the right after the Falmouth Congregational Church

Continue on Falmouth Road

On your right is Huston Park and Winn Road Fire House

Continue to the next intersection, stay to the right Take a right and that is Winn Road

Continue on Winn Road for ¼ mile Community Park is on the right

### **2018 Meet is at Middle School**

Follow US-1 N to Gardiner Rd in Wiscasset, Turn left onto Gardiner Rd go 1.3 miles and Wiscasset Middle High School (272 Gardiner Rd) will be on your left.

### **Brunswick- Brunswick Junior High School 65 Columbia Ave., Brunswick**

Cross the green bridge into Brunswick. Stay on Maine Street and travel toward Bowdoin College. Stay on Maine Street past the white church just before the college. Go straight through traffic light at McKeen Street. Start looking for Columbia Ave. on the right and take that street. The school is down the road on the left.

### **To reach Scarborough High School (Mitchell Sports Complex):**

From the North: Travel south on I-295 from Portland. Take Exit 2 for Scarborough. Travel South on Route 1 for approximately 1 mile. Cross over the intersection with Route 114 (Mobil gas on one corner and Amato's on the other) and take your next right by the Scarborough Municipal Building. The school parking lot is down this road on your right.