

Portland Express 400k 2018

0.0	0.0	▶	Start of route
0.0	0.0	➔	Right from start @TFL toward I-93
0.3	0.3	←	Left on Washington St @TFL
0.5	0.3	↑	Reading Townline. Becomes West St.
1.3	0.7	➔	Right on Woburn St @ Blinking Light
1.9	0.6	⚠	Tracks!
2.3	0.4	←	Left on Main St @TFL
2.5	0.2	➔	Right on Charles St, leaving Rt. 28
2.8	0.3	➔	Right @ fork to stay on Charles St
3.8	1.0	←	Left @end/SS on Haverhill St
5.0	1.2	↑	North Reading Townline
9.8	4.8	➔	Right onto Salem St/Middleton Rd

9.8 miles. +451/-373 feet

10.9	1.1	←	Left onto Harold Parker Rd (Unsigned)
12.0	1.1	↑	Cross Rt. 114 on Berry St. (Use Caution!)
12.6	0.6	➔	Right on Ash St @ end (Becomes Campell Rd.)
13.7	1.1	←	Left on Salem St
14.1	0.3	➔	Right on Ingalls St
14.6	0.5	➔	Right on Forest St @ end
14.8	0.2	←	Left onto Lacy St @ fork (Becomes Brookview Rd.)
16.5	1.7	➔	Right on Lawrence Rd @ end
16.9	0.4	←	Left on Main St @ end
17.4	0.5	➔	Right on Sheffield Rd (Warning: Big pothole at turn!)
18.1	0.7	←	Left on Herrick Rd @ end
19.1	1.0	➔	Right on Ipswich Rd
19.5	0.4	←	Left on Baldpate Rd

9.7 miles. +242/-225 feet

20.5	1.0	➔	Right on Nelson St @ fork
21.5	1.0	←	Left on Rt. 97 North / Central St. @ SS
22.6	1.1	↑	Cross Rt. 133 onto North St., leaving Rt. 97 @ TFL
25.9	3.3	←	Left onto Knobb Hill (Pass road closed signs if needed) and IMM'D RIGHT on River St, then stay left at fork.
26.3	0.5	➔	Right Forest St @ end
26.5	0.2	←	Left on Main St @ end
27.8	1.3	↑	Join South St (West Newbury Townline)
28.9	1.1	↑	Cross under I-95. Becomes Scotland Rd then Parker St.
31.5	2.6	➔	Right to stay on Parker St @ TFL

12.0 miles. +219/-377 feet

31.8	0.3	←	Left on Clipper City Rail Trail (When trail forks, stay right under bridge.)
32.6	0.8	➔	Right on Washington St, leaving Rail Trail
32.7	0.1	←	Left on Summer St just after Rt. 1 bridge.
32.8	0.1	↑	Take ramp onto Rt. 1 and cross bridge.
33.2	0.5	←	Left on Friedenfels St just after bridge @ blink. (Use extra caution!)
33.3	0.1	➔	Right through parking lot and onto Eastern March Rail Trail
34.6	1.3	➔	Right on Mudnock Rd @ end of trail
34.9	0.3	←	LEFT Mudnock Rd, IMM'D LEFT on Elm, IMM'D RIGHT on Maple St.
35.2	0.3	➔	Right on Spring St @ SS

3.7 miles. +87/-81 feet

If Abandoning you MUST CALL JAKE - 617-921-0484

35.3	0.1	⚠	CONTROL STOP: Dunkin Donuts on Left. After stopping, exit left onto Rt. 1 / Lafayette Rd. At Dunkins kindly ask clerk to initial card OR get receipt. Control open 05:39 to 07:39.
35.3	0.0	←	Left out of Dunkin on Rt. 1/ Lafayette Rd
35.5	0.2	→	Right on Seabrook / Forest Rd, leaving Rt. 1. (Beaver Creek sign on corner.)
35.9	0.4	←	Left on Gerrish Rd @ end
36.0	0.1	→	Right on Seabrook Rd (Becomes Worthley Rd.)
37.0	1.0	↑	Unmarked New Hampshire State line. (Look for change in license plates on parked cars.)
37.3	0.3	→	Right on South Main @ End
38.0	0.7	→	Right on Rt. 286 @ end

2.9 miles. +72/-83 feet

38.9	0.9	←	Left on Rt. 1A @ end [TFL] Possible beach/tourist traffic next 12 miles.
50.4	11.5	←	Left on Washington Rd, leaving Rt. 1A {ET}
50.7	0.3	→	Right on Brackett Rd {ET}
52.1	1.4	→	Slight right @ fork, staying on Brackett. (Not Clark)
52.3	0.2	←	Slight left @ fork, staying on Brackett. (Not Parsons)
53.2	0.8	←	Left on Rt. 1A @ end
53.9	0.7	→	1st Exit at Rotary, staying on Rt. 1A
55.9	2.0	→	Right on Rt. 1 / Middle St @ TFL
56.1	0.2	→	Right to stay on Rt. 1 / State St @ TFL Note: Turn left down any side street for lots of services in downtown Portsmouth.

18.1 miles. +291/-277 feet

56.5	0.4	←	Slight left at fork and cross bridge into Maine on Rt. 1
57.1	0.6	→	Right on Government St. @ End [SS]
57.4	0.3	←	Gov't street curves left. and becomes Wentworth / Rt. 103 @ TFL. Optional food stop at Lil's Cafe on left.
57.6	0.2	⚠	Tracks then right on Whipple Rd/Rt. 103
57.9	0.3	→	Right staying on Rt. 103 @ SS
59.5	1.6	←	Left on Crocketts Neck Rd, leaving Rt. 103 (Opposite fort state park.)
60.4	0.8	←	Left on Haley Rd @ end [SS]
60.9	0.5	→	Right on Bartlett Rd.
64.2	3.3	↑	Straight onto Southside Rd @ SS

8.1 miles. +442/-401 feet

64.6	0.4	←	Left on Seabury Rd @ end [SS]
64.7	0.1	→	Slight right on Lindsay Rd after bridge.
65.5	0.8	→	Right on York St @ end and IMM'D LEFT onto Long Sands Rd. (Don't stay on Rt. 1A!)
65.5	0.0	←	Slight left onto Long Sands Rd
66.2	0.7	→	Right to stay on Long Sands Rd
67.1	0.9	←	Left on Long Beach Ave / Rt. 1A @ End (Warning: Heavy beach traffic.)
68.4	1.4	→	Right on Nubble Rd (Just after beach)
69.4	0.9	→	Right on Sohier Park Rd into Lighthouse parking lot. (Watch for cars.)
69.5	0.1	←	Slight left

5.2 miles. +202/-195 feet

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69.6	0.1	⚠	CONTROL STOP: Answer Info Control question in Brevet Card, then around and leave parking lot. Water & Bathrooms @ visitors center.
69.6	0.1	➔	Right Nubble Rd @end [SS]
70.0	0.4	⬆	Road curves left and becomes Broadway St
70.2	0.2	➔	Right on Kendall Rd and follow curve onto Ocean Ave
70.7	0.5	➔	Right on Ocean Ave/Rt. 1A @end [SS]
71.0	0.3	➔	Right on Main St/Rt. 1A @end [SS]
71.6	0.6	➔	Right on Shore Rd, leaving Rt. 1A @ fork
76.3	4.7	⬅	Slight left to stay on Shore Rd. Warning: Heavy tourist traffic ahead in Ogunquit, 1 mile.

6.8 miles. +345/-337 feet

77.1	0.8	➔	Right on Rt. 1
77.2	0.1	⬅	Left on Berwick Rd (Key bank on corner) Note: End of heavy traffic section.
79.7	2.5	➔	Right on North Village / Boston Road
81.5	1.8	⬅	Left on Tatnic Road @ end
82.3	0.9	➔	Right on Hiltons Lane
83.9	1.6	⬅	Left on Loop Road @ end
84.6	0.6	⬆	Cross Rt. 9B onto Bears Den Rd. [SS]
85.4	0.8	➔	Right on Merriland Ridge Road @ end
85.6	0.3	➔	Right on Rt. 9 @ end
86.9	1.3	⬅	Left on Rt. 9A, Leaving Rt. 9
87.8	0.9	⬆	Cross Rt. 109 staying on Rt. 9A (Services at intersection)

11.5 miles. +512/-336 feet

94.2	6.4	⬅	Slight left onto York St joining Rt. 1
94.3	0.1	➔	Right Water St just after bridge, leaving Rt. 1
94.5	0.2	⬅	Left on Factory Pasture Rd (Becomes Winter St then Depot St.)
95.2	0.7	➔	Right on Summer St / Rt 9A & 35 @ end
96.3	1.1	⬅	Left on Durrell's Bridge Rd, leaving Rt 9A/35
96.6	0.3	➔	Right on River Rd @ end
97.6	1.0	⬅	Left on Arundel Rd @ fork
97.9	0.3	⚠	CONTROL STOP: Kennebunkport Cycle Company. Answer question in card and leave in same direction. Store has awesome awesome wood siding. Also bathrooms and bike snacks.

10.1 miles. +118/-131 feet

98.1	0.2	⬅	Left and slight right to stay on Arundel Rd @ end (NOT Barter Ln)
100.3	2.2	⬅	Left on Goose Rocks Rd @ end
100.9	0.6	⬆	Slight right on Guinea Rd, leaving Goose Rocks. @ fork
101.9	1.1	⬅	Left to stay on Guinea Rd @ end
104.2	2.3	⬅	Left on West St. Store @ corner.
106.2	2.0	➔	Right on Granite St
107.2	1.0	➔	Slight right on Hill St (Warning: Steep hill with SS at bottom.)
107.6	0.4	➔	Right on Main St / Rt. 9 @ end
108.3	0.7	⬅	Left on Rt. 112 / Beach St toward Scarborough Warning: Big intersection!

10.4 miles. +322/-301 feet

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110.3	2.0	➔	Right on Jenkins Rd (Market @ Deli on corner)
112.9	2.6	←	Left on Flag Pond Rd @ end
113.1	0.2	➔	Right on Hearn Rd
114.7	1.6	➔	Right on Ash Swamp Rd @ SS
115.2	0.5	➔	Right on Broadturn Rd @ end
116.3	1.1	↑	Cross Rt. 1 onto Rt. 9 / Pine Point Rd. [TFL]
117.5	1.2	←	Left on Eastern Trail toward march (Hard packed dirt next 3 miles.)
119.7	2.2	↑	Pavement Resumes. Continue straight on Eastern Rd.
120.0	0.3	➔	Right on Rt. 207 @ SS {ET}
120.2	0.2	←	Road curves left staying on Rt. 207

11.9 miles. +156/-257 feet

120.9	0.6	←	Left on Highland Ave at top of hill {ET}
121.8	1.0	➔	Right to stay on Highland Ave
124.6	2.7	🍴🍴	Tip: When opposite cemetery is a good time to call OhNo Cafe (Control) to place a pickup order so you don't need to wait. Menu & Number @ ohnocafe.com
125.8	1.2	←	Left on Anthoine Street and down hill
126.3	0.5	➔	Right on Broadway @end/TFL
126.4	0.1	←	Left on Rt. 77 @TFL. Cross bridge in Portland.
127.5	1.1	⚠️	DISMOUNT @TFL AFTER BRIDGE. Press walk button. Cross in crosswalk and sharp left onto York St.
127.6	0.1	➔	Right on Tyng Street

7.4 miles. +207/-168 feet

127.7	0.1	←	Cross Danforth onto Winter St @SS
127.8	0.1	←	Left on Gray Street @SS
127.8	0.1	←	Left onto Brackett St and stop into Control.
127.9	0.0	⚠️	CONTROL STOP: OhNo Cafe. See NER Volunteer outside Cafe to get card signed. Buy a sandwich if hungry. Continue in same direction down Brackett St. Control Open 09:58 - 17:51
128.0	0.2	←	Left on York Street @ end
128.1	0.1	➔	Right on Rt. 77 @TFL. Cross bridge.
129.3	1.1	➔	Right onto Broadway at bridge end @ TFL
129.3	0.1	←	Left on Anthoine Street @ TFL
129.8	0.5	➔	Right on Highland Avenue @ end [SS]

2.2 miles. +90/-111 feet

133.8	4.0	←	Left to stay on Highland Ave (Not Chamberlain Rd) @ end
134.8	1.0	➔	Right on Rt. 207 @ end
135.6	0.9	←	Left on Eastern Rd, leaving Rt. 207
136.0	0.3	↑	Straight onto hardpacked Eastern Trail. Dirt next 8 miles. Warning: Watch for small sandy patches.
142.9	7.0	☐	Stay on bike path to loop around I-195 intersection.
144.2	1.3	←	At end of path (School playing field) left to cut through parking lot and join Clark St
144.3	0.1	➔	IMM'D Right on Union St
144.5	0.2	←	Left on North St / Rt. 5/122
144.6	0.1	➔	Cross Rt. 1 and Right on Rt. 9 / Main St @ TFL

14.8 miles. +190/-150 feet

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145.3	0.7	←	Left on Hill St, leaving Rt. 9. (Steepest climb of the 400k!)
147.6	2.3	→	Right on Grayson St
147.8	0.2	←	Left on Booth St @ SS
147.9	0.1	→	Right on Precourt St @ end
148.0	0.1	↑	Cross Rt. 1 onto Biddleford Connector @ TFL
148.7	0.7	←	Left on Mountain Rd
152.2	3.5	←	Left on Limerick Rd, leaving {ET}
152.4	0.3	→	Right onto Eastern Trail. Hardpack dirt next 2 miles, ends after crossing I-95 on bridge.
154.7	2.3	↑	Straight onto Warrens Way at trail end, crossing Alewife Rd.
155.3	0.7	→	Right on Alfred Rd @ end
155.7	0.3	←	Left on Mill St {ET}

11.0 miles. +373/-274 feet

156.3	0.7	→	Curve right and cross Rt. 99 onto Whitten Rd. {ET}
157.8	1.5	←	Left on Maguire Rd, leaving {ET}
158.0	0.2	→	Right on Rt. 9A @ end
159.5	1.5	→	Right on Meetinghouse Rd, leaving Rt. 9A
161.1	1.6	←	Left to stay on Meetinghouse Rd {ET}
162.9	1.8	←	Left on Rt. 109 @ end {ET}
163.1	0.1	→	Right on Bragdon Rd {ET}
165.9	2.9	←	Left to stay on Bragdon Rd {ET}
167.1	1.2	→	Right on Rt. 9 @ end {ET}
167.4	0.3	←	Left on Boyd Rd, leaving Rt. 9 (Becomes Finson Rd) {ET}
168.4	1.0	←	Left on Boyds Corner Rd {ET}

12.7 miles. +472/-441 feet

169.2	0.8	→	Right on Thurrell Rd {ET}
170.9	1.7	→	Right on Great Hill Rd {ET} @ end
171.6	0.6	→	Right on Hopper Sands Rd / Knights Pond (Becomes Agamenticus) @ end {ET}
175.6	4.1	←	Left on Rt. 4 @ SS {ET}
176.0	0.4	←	Left on Rt. 236/4 @ end. Last following {ET}
176.5	0.5	↑	Cross bridge into New Hampshire. Control in Cumberland Farms on right.
176.6	0.0	⚠	CONTROL STOP: Cumberland Farms. After getting card initialed or a receipt, left right to continue on Rt. 4. Control Open 12:32 to 23:00
176.7	0.2	→	Right on Short St and IMM'D left on Silver St, leaving Rt. 4 @ Blinking

8.3 miles. +267/-423 feet

177.9	1.1	→	Right on Rollins Rd
179.6	1.8	←	Left on Rollins Rd / Goodwin Rd toward Dover @ end
181.4	1.8	→	Right on Pierce St (Just BEFORE RR bridge)
181.6	0.1	→	Right on Central Ave @ end
181.6	0.0	←	Left on Fifth St (Corner with Tedeschi). Note: Last chance for services for next 40 miles!
181.7	0.1	←	Left on Chestnut St @ SS
181.7	0.0	→	Right on Forth St. @ SS
182.5	0.8	→	Right on Washington St (Becomes Tolend Rd) @ end
185.0	2.5	←	Left on French Cross Rd
185.8	0.8	↑	Cross Rt. 9 onto Old Stage Rd @ SS
186.2	0.4	→	Right on Mill Hill Rd
187.5	1.2	→	Sharp Right on Hayes Rd

10.7 miles. +476/-406 feet

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190.2	2.7	←	Left on Newtown Plains Rd (Becomes Old Mill) @ end
191.8	1.6	↑	Cross Rt. 4 onto Sheep Rd (Smooth Dirt for 1/2 mile)
192.3	0.5	←	Left on Stepping Stone Rd @ end
192.9	0.5	→	Right on Rt. 155 and IMM'D RIGHT to stay on Rt. 155 South @ end
195.1	2.3	←	Left on Tuttle Rd, leaving Rt. 155
196.9	1.8	←	Left on Rt. 152 and IMM'D RIGHT on Campground Rd. (Becomes Camp Lee Rd.)
199.2	2.3	←	Left on Jacob Well Rd / Grant Rd @ end
199.4	0.2	→	Right on Bald Hill Rd
201.1	1.7	→	Right on Rt. 87 / Piscassic Rd @ end

13.6 miles. +332/-399 feet

201.5	0.4	←	Left on Mast Rd, leaving Rt. 87
203.2	1.7	⚠	Possible traffic and noise from nearby racetrack. Use caution. Traffic ends after crossing Rt. 101 in 2 miles.
203.6	0.4	←	Left on Rt. 27 @ end
204.7	1.2	→	Right on North Road toward Rt. 101.
205.3	0.6	←	Left on Deer Hill Rd
207.0	1.7	←	Left on Rt. 111A
207.4	0.4	→	Right on Pickpocket Rd, leaving Rt. 111A
209.1	1.7	→	Right on Cross Rd (Scenic waterfall on Right.)
209.7	0.6	←	Left on Rt. 111 / Kington Rd @ end
210.0	0.3	→	Right on John West Rd, leaving Rt. 111 (Becomes Joslin Rd.)

8.9 miles. +284/-291 feet

210.9	0.9	←	Left on Giles Rd @ end
211.6	0.7	→	Right on Rt. 108 / South Rd @ end
213.2	1.6	↑	Cross Rt. 107 staying on South Rd, leaving Rt. 108 @ blinking light
215.3	2.1	↑	Cross Rt. 107 Chase Rd (Becomes maple Ave) @ SS
217.7	2.4	←	Left on Amesbury Rd (Becomes Bear Hill) @ blinking
218.0	0.3	↑	Continue onto Bear Hill Rd
218.8	0.8	↑	Massachusetts Stateline (No more free living)
219.1	0.3	→	Right on Harriman Rd
220.0	0.9	←	Left on Highland Rd @ end
220.1	0.1	←	Left on Church St @ fork
221.1	1.0	↑	3rd exit for Rt. 110 / East Main St @ rotary

11.2 miles. +468/-479 feet

221.3	0.2	→	Right on Broad St (BOA ATM on Corner)
221.5	0.2	⚠	CONTROL STOP: Dunkin Donuts on right. After getting card initialed or receipt, exit right in same heading. Control Open 14:45 to 03:44
221.6	0.1	→	Right on Bartlett St and keep hard right NOT straight onto Mill St (Becomes Pleasant St)
221.9	0.3	←	Left on Locust St @ end
222.5	0.6	→	Right on River Rd @ end
223.4	1.0	→	Right on East Main St / Rocks Village Bridge (Becomes Broadway)
224.0	0.6	←	Left on East Main / East Broadway @ fork
227.4	3.4	←	Old Ferry Rd

6.2 miles. +292/-328 feet

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227.8	0.5	➔	Right on Orchard Ave and IMM'D LEFT on Groveland St. Cross Bridge over Merrimack.
228.1	0.3	➔	Right on Main St IMM'D after bridge. (Don't take Rt. 113/97)
229.3	1.2	←	Washington St (Liquor store on corner.)
232.0	2.7	➔	Slight right to join Rt. 133
232.6	0.6	←	Left on Main St, leaving Rt. 133
232.9	0.3	➔	Right on Glendale Rd @ fork
233.6	0.7	➔	Right Dale St @ end
233.8	0.1	←	Left on Winter St
235.1	1.4	➔	Right on Foster St @ fork
236.4	1.3	↑	Cross Boxford St onto Salem St @ SS
238.3	2.0	➔	Right on Campbell Rd (Becomes Ash St.)

11.0 miles. +553/-467 feet

239.5	1.1	←	Left on Berry St
240.1	0.6	↑	Cross Rt. 114 onto Harold Parker Rd @ SS
241.2	1.1	➔	Right on Middleton Rd (Becomes Salem St) @ end
242.2	1.1	←	Left on Jenkins Rd (Becomes Haverhill St)
248.3	6.0	➔	Right on Charles St
249.3	1.0	➔	Right to stay on Charles @ fork (Not Pearl St)
249.4	0.1	←	Left on Harrison St, just before playing fields
249.6	0.3	➔	Right on Salem St / Rt. 129 @ end
249.8	0.2	←	Left on Harnden St, just before TFL
249.9	0.1	➔	Right on Union St and IMM'D cross Rt. 28 onto Woburn St.

11.5 miles. +361/-380 feet

250.9	1.0	←	Left on West St @ end (Becomes Washington St.)
251.9	1.0	➔	Slight right onto Mishawum Road, following signs for I-95
252.2	0.3	⚠	FINISH CONTROL: Left into Holiday Inn Express. Meet volunteer in lobby OR hotel room indicated in Brevet card. Congratulations! Control Open 16:08 Saturday to 07:00 Sunday.
252.2	0.0	🏁	End of route

2.3 miles. +5/-113 feet

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