

DOWN EAST SUNRISE TRAIL RELAY

JULY 21 & 22, 2023 ★ NINTH EDITION

YOUR TEAM IS REQUIRED TO HAVE PRINTED COPY OF THIS DOCUMENT IN YOUR SUPPORT VEHICLES.

•RACE HANDBOOK•

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WELCOME NOTE

Held annually since 2014, the Down East Sunrise Trail Relay is Maine’s first and only all-night team relay! This unique race starts at the crossroads of Downeast Maine at Washington Junction in Ellsworth, and finishes in the heart of downtown Eastport, the USA’s easternmost city!

We will be monitoring #destrelay and #rundowneast on social media. Use these hashtags to share pictures and posts from the road!

The Dennysville ATV Club (start of Leg 13) will be selling breakfast again this year! Please arrive hungry with cash and thank them profusely for supporting the relay. We couldn’t hold this event without them.

This race benefits the Sunrise Trail Coalition, the nonprofit group that manages and maintains the Down East Sunrise Trail. Please support the local businesses along the trail and in Eastport.

Finally, if you are personal friends with race officials and a veteran DEST Relay participant, we expect you to act as an ambassador of the race. Follow the rules, make sure your team follows the rules, and help educate other teams. **The longevity of this event depends on YOU.** *We really appreciate your willingness to lead by example! Thank you!* 😊



ABOUT THE TRAIL

Trail Overview

The extremely scenic route is 102.7-miles in length with the first 85-miles run on the multi-use, rails-to-trails corridor connecting Washington Junction to Ayers Junction. The relay route continues on MAP206, another rails-to-trail surface, before crossing US Route 1 in Perry to the paved Sipayik Trail, which follows the ocean's edge of the Sipayik Passamaquoddy Reservation (Pleasant Point). The final miles are paved along scenic Route 190 before touring the town of Eastport and finishing on the historic working waterfront. ***Please see the "Running Instructions" booklet for complete leg-by-leg descriptions, mileage, elevation profiles, and more.***

Trail Mileage

This is a trail race, not a road race. The 102.7-mile racecourse is not wheel measured. The maps included in this race handbook round mileage to the nearest 1/10th, and were all drawn using GPS mapping software on MapMyRun.com when the race was first founded in 2014. Since then, as the trail and road-side parking has improved over the years, race organizers have made a few small changes to some of the leg exchanges, and the corresponding maps have been updated accordingly. However, please be advised that the MapMyRun website has also evolved over the years, and the mileage for some of the original Race Handbook maps may differ slightly from what is displayed live on the MapMyRun website, or downloaded from MapMyRun.com.

Trail Surface

The trail surface can vary from extremely sandy and smooth, to downright bumpy. Treat this run as an adventure, not a time trial; be sure to keep your head up and your eyes forward. Remember, in rough areas that all teams must traverse the same terrain. Slow down and stay safe!

- **Miles 1-85:** The Down East Sunrise Trail surface is crushed stone and very well maintained by the Sunrise Trail Coalition. This multi-use trail is open to pedestrians, bicycles, ATVs, motorcycles, and horses.
- **Miles 85-88:** The MATS-206 surface is very much a backwoods ATV trail. It is quite rough in places and may be washed out. Use extreme caution on Leg 15.
- **Miles 88-finish:** The Sipayik Trail is a paved rail trail that is open to the public. Route 190 into Eastport, and all following roads are paved and open to traffic.

Trail Crossings

The Down East Sunrise Trail, MATS-206, and Sipayik Trail are all former railroad beds, and are therefore relatively straight. There are several places where the trail crosses auto-roads; please be extremely cautious of vehicular traffic. In some cases, there are unmarked ATV trails that join or cross the trail. If you are unsure of which way to go at one of these crossings, channel your inner railroad conductor and choose the straightest path of least resistance: *Ask yourself "could a train make that 90° turn?" If the answer is "no", then neither should you.*

Other Trail Users

These trails are multi-use and open to the public. You likely will encounter cyclists, ATVs, horses, and hikers. It is very important that we all share the trail and follow the course etiquette guidelines outlined below. The longevity of this event depends on YOU.

- **Be friendly:** Smile and wave to other trail users! It will leave a good impression of our event.
 - Much of the trail crosses private land with permission, and for many folks, the trail runs right thru their backyard, and this race is as interesting to them as it is entertaining. Don't be (too) surprised if a landowner is out in the middle of the night checking it out.

- **Leave no trace:** This means bringing any litter that you may accumulate on the trail, back off the trail with you and disposing of it properly. (See more below.)
- **Be respectful of homes along the trail or at handoffs:** In many cases the trail crossings and leg handoffs are right-of-ways that cross private homeowner's back yards and driveways. During the overnight hours please be extra respectful of our trail neighbors. This means NO shouting after dark. Cheer on your incoming runners by flashing your headlamps instead.
- **Good sportsmanship:** We shouldn't have to say this, but we're going to: Yes, it is a competition, but if another team needs assistance in any way, please help them.

Restroom Facilities

Port-a-johns have been ordered for every leg exchange transition. We have instructed the two companies that we are working with to zip-tie lock the units. If you are the first team to a unit, please open it. We are confident they will all be placed through Cherryfield. We are really hopeful that they will all be placed beyond that point! The other company that we work with also supplies units for the blueberry harvesters, and with this year's unexpectedly early berry harvesting season, they said that they will do their best to service our race as planned. (*Industry comes before pleasure in hardworking Downeast Maine.*) With that said, there are bathrooms at many businesses and gas stations along the driving route. Facilities are listed below in the order of towns/leg exchanges along the trail:

- Washington Junction – Start
- Tideway Market – (Route 1, Hancock)
- Franklin Crossing – Leg 2
- Tunk Lake Road – Leg 3
- Unionville – Leg 4
- Cherryfield – Leg 5
- Circle K Convenience Store – (Route 1, Harrington)
- Columbia Falls – Leg 7
- Whitneyville – Leg 9
- Machias – Leg 10 (Chamber of Commerce)
- East Machias – Leg 11 (Archibald's One Stop)
- Rocky Lake Crossing – Leg 12
- Dennysville – Leg 13
- Shell Service Station – (Route 1, Pembroke)
- Ayers Junction – Leg 14
- Little Falls Road – Leg 15
- Pessikapskiyak Road / Split Rock – Leg 16 (*this should go without saying, but don't piss/shit in the yard next door!*)
- Eastport – Finish

Please keep in mind that this is a rural/wilderness trail relay run. We highly recommend that all team support vehicles carry tissue and a spade – and be prepared to have a true outdoor experience! (*See leave no trace instructions below.*)

Leave No Trace

- Pack it in, pack it out. Pack out all trash, leftover food and litter.
- Respect other visitors and protect the quality of their experience.
- Observe wildlife from a distance. Do not follow or approach them.

- Never feed animals. Feeding wildlife damages their health, alters natural behaviors, and exposes them to predators and other dangers.
- Deposit solid human waste in catholes dug 6 to 8 inches deep, at least 200 feet from water, camp and trails. Cover and disguise the cathole when finished.
- Pack out toilet paper and hygiene products.

Wildlife

Wildlife sightings may include: Moose, deer, black bear, bobcat, coyote, fox, beaver, eagles, osprey, and many other birds and creatures. Remember to leave nature wild; do not try to feed, take a selfie with, or otherwise provoke any animals you might see along the trail. A few species you should be extra familiar with include:

- **Moose** – Although moose are both very big and can be very fast, they're also quite solitary and prefer their privacy. They are not generally aggressive, but they do like to be left alone and are protective of their space. Should you cross paths with a moose while on the trail, stop running and stay quiet. If you're at a safe distance, and the moose sees you, it will very likely ignore you and trot off into the woods. If you are too close to be ignored, step off the trail and behind the nearest tree. (Fortunately, they're too big to maneuver around a tree trunk.) Whatever you do, don't try to outrun a moose.
- **Black Bear** – There hasn't been a fatal wild bear attack in Maine since at least the 1830s, when record keeping began. Black bears are the smallest and most docile of all the bears. (They really are quite shy and will usually amble away before you ever see them.) Even still, black bears don't like surprises. One of the best ways to avoid an encounter is to make yourself known- whistle, sing, or carry a bell- whatever it takes to tip off the bears that you're on the trail. If you do come across a bear, and it doesn't see you, stop running, and back away quietly, until you're out of its line of sight. If it does see you, stop running, and try to scare it away by making yourself look big; raise your arms and shout "hey bear", and slowly back away. Do NOT turn your back on the bear and try to out-run it, and do NOT throw anything at it. In the very unlikely event that a bear charges at you, stand your ground, remain calm, and if you have bear spray, dispense it in a circular motion. Finally, in the very extremely and incredibly unlikely event that a bear makes contact with you, be prepared to fight for your life with anything you have (knife, rock, sticks, hydration pack) or by kicking at it. If you are killed by a bear you will live on in the historically run away Seriously. That's the advice from the Maine Department of Inland Fisheries and Wildlife. Don't run, and definitely don't throw anything, but stand your ground, wave your arms, and make as much noise as possible. (Honestly, at this point, you're probably dead.)
- **Coyote** – Coyotes are extremely wary. Their sense of smell is remarkable, and their senses of sight and hearing are exceptionally well developed. You are more likely to hear them than see them on the trail. Coyotes have a variety of vocalizations to communicate with each other. To signal threat and alarm, they use woofs and growls for short distances and barks and bark-howls for long distances. They use whines in greetings. They howl individually, and in a group to tell separated group members that they have found food. They often utter a yip-howl when a group reunites. During the summer, juvenile coyotes learn these calls and can be heard trying out their voices. To date, there have been no documented coyote attacks on humans in Maine.
- **Bobcat** – Bobcats are reclusive animals and are rarely observed in the wild, although they appear to be habituating to urban and suburban settings. Adult male bobcats weigh 20 to 30 pounds and average three feet in length, while females are considerably smaller. Bobcats can be various shades of buff and brown, with dark brown or black stripes and spots on some parts of the body. The tip of the tail is black on top and white underneath. Although bobcats rarely vocalize, they yowl and hiss during the mating season, especially when males are competing for a receptive female. These wails have been likened to a child crying, a woman screaming, or someone screeching in terrible pain. In undisturbed areas, bobcats hunt at dawn or dusk if prey is available, but they can be active any time of day. These cats

typically limit their activity in areas occupied by humans to evening hours. Bobcats travel in predictable patterns along logging roads, snowmobile trails, and trails made by other animals to move between resting, food, and hunting areas.

- **Skunk** – Skunks are mostly nocturnal and mild-tempered, and they will defend themselves only when cornered or attacked. Even when other animals or people are nearby, skunks will ignore the intruders unless they are disturbed. However, it's still worth noting that on a still day, a skunk can discharge its musk 12 feet with good accuracy. Fortunately, they engage in warning behavior when they are threatened, giving an intruder ample opportunity to back off. First it will stomp its front feet. With continuing threat, it will make short charges, tail raised in the direction of the threat. Next, it will twist its hind end around so that it is headed in the same direction as its snout. If the skunk continues to feel threatened, it will spray.

Weather

The weather in downeast Maine can be extremely changeable. The race will continue under all conditions. However, please keep the following **thunder and lightning** information in mind:

- The good news: National Geographic estimates the odds of being struck by lightning to be only 1 in 700,000 in any given year.
- Lightning can strike more than 10 miles away from the center of a thunderstorm—well beyond the audible range of thunder. Therefore, if you hear thunder, you're already within striking range of a storm and should seek shelter immediately.
 - Cellular service has improved along the trail. Keep an eye on the weather radar.
 - This might mean waiting out a storm in your team vehicle before you start your leg. (Please keep in mind that the overall team time is still running, even if you delay your leg start.)
- If you do get caught in a storm:
 - Avoid close contact with others by spreading out at least 50-feet apart.
 - Get away from water and avoid any low spots that accumulate rain run-off.
 - With no other options, take shelter under a group of shorter trees among larger trees. A thick forest is far better than a lone tree or a small group of trees.
- If you feel hairs on your head, leg, or arms tingling or standing on end, it means you're in an extremely high electrical field. Take these signs as an indication of immediate and severe danger. Move away from long conductors (metal fencing, power lines), tall trees or high points, spread out and adopt the lightning safety position:
 - The lightning position is a last-ditch effort to protect yourself from ground current when you can't move anywhere safer. When lightning hits a nearby object, the electricity radiates outward, and it will move through you if you're in its path. This ground current is the cause of most lightning injuries. The less of you that comes in contact with the current, the better. Also, the shorter the path the current takes through you, the better. Squatting with your feet together provides a short path for the ground current. If you have a hydration pack, squat on it to help insulate you from the current.

ATV Clubs

There are many established ATV Clubs along the Down East Sunrise Trail. Many of these folks volunteer their time to help maintain the trail, which they are very proud to share with you. All clubs have been notified about the relay, and there may be some members volunteering their time to ride the trail to provide assistance to runners if needed. We have instructed ATV riders to shuttle any runners who are unable to finish to the next leg hand-off, as that is where your support vehicle will be looking for you. In other words, do not ask an ATV

rider to back track – you will become further separated from your team. Please be sure to indicate on your team timing sheet if you have a runner that is unable to finish their leg. (See “Scoring & Results” on page 10.)

PARTICIPANT AND SAFETY GUIDELINES

Team Captain Guidelines

If you are your team’s Captain, congratulations! You’re about to get a first-hand lesson in herding cats! 😊

- The Team Captain's responsibilities include:
 - Managing the team prior to race day and confirming that all team members have registered to run and have submitted accurate pace information.
 - POC (point of contact) between team and race officials.
 - Getting your team to check-in on time.
 - Confirming that all team members have the **required safety items** and **required race day documents** for check-in.
 - Completing the team's **timing sheet** after each leg and submitting it to race officials at the finish.
 - Making sure all team members and supporters are briefed on the rules of competition and safety guidelines, including yourself. This information is available within this race handbook. **Non-awareness is no excuse.**

Runner Guidelines

Please keep in mind that there is no on-trail course support. Once you leave the comfort of your team vehicle, you are on your own, and any fluids, food, or other supplies you may require are your responsibility to carry. (ATV Clubs will be monitoring some sections of trail; they will not be carrying water, fluids, etc.)

- Runners may only participate on one team.
- Safety equipment must be worn as follows:
 - All team members must have a reflective vest, which must be worn between 7:00PM and 6:00AM if you are running or if you are outside of your support vehicle.
 - All team members must have a blinking safety light to be worn on their back when running between 7:00PM and 6:00AM.
 - All team members must have a working headlamp to be worn facing front when running between 7:00PM and 6:00AM.
- When running on the DEST Trail, MATS-206, or Sipayik Trail, (Legs 1-15) stay to the right.
- When running on state and local roads, (Legs 15 & 16) stay to the left, facing oncoming traffic.
- Headphones are permitted but discouraged on legs 1-14.
 - *Please keep the volume turned down low, or only run with one ear bud so you are aware of other runners, trail visitors, and wildlife around you – remember this is a public multi-use trail that is also open to ATVs.*
- Headphones are strictly prohibited on legs 15 and 16, which are run on local and state roads that are open to vehicular traffic. (Run on the LEFT, facing traffic.)
- All participants must be wearing their bib number to receive their medals at the finish line.
- It is each runner’s responsibility to know the rules of competition and the safety guidelines outlined in this race handbook. **Non-awareness is not an excuse.**

Support Vehicle Guidelines

Teams are limited to TWO (2) support vehicles. Dashboard permits will be issued at check in. No campers/RVs, limousines, buses, trailers, or oversized vehicles. Please keep in mind that there is no on-trail course support. Once your runner leaves the comfort of your team vehicle, they are on their own. Any fluids,

food, or other supplies your runner may require is their responsibility to carry. (ATV Clubs will be monitoring some sections of trail; they will not be carrying water, fluids, etc.)

- **Driving on the trail is strictly prohibited!** This includes parking, or otherwise blocking the trail.
- **Respect our trail neighbors:** In many cases the trail crossings and leg handoffs are right-of-ways that cross private homeowner's back yards and driveways. During the overnight hours please be extra respectful of our trail neighbors. **Local noise ordinances (quiet hours) are in effect from 9pm-7am.** This means NO shouting or amplified music after dark. Cheer on your incoming runners by flashing your headlamps instead! 😊
- **Navigation:** The driver of your support vehicle should be 100% focused on driving. Team members should take turns navigating and familiarize themselves with the printed driving directions.
- **Directional Signs:** Some, but not all intersections, especially the tricky ones, are marked with a "Support Vehicle Route" sign with a red arrow. Your team navigator should watch for these.
- **Safe Driving:** Many of these rural areas are home to moose, deer, and bear. If you hit one speeding to your next handoff you and the animal will probably die. DON'T SPEED! Instead, DRIVE SMART, DRIVE SAFE, and keep an eye out for large wildlife in the roadway.
- **Leg Handoffs:** Many of these are simply roadside pull-offs with little or no parking. Only support vehicles with inbound and outbound runners should be in these areas. Do not stand in the roadway, or otherwise block traffic.
- **Parking:** Do not obstruct traffic. Support vehicles will be driving on public roadways. There is VERY limited parking at all leg handoff exchanges. Do not leave vehicles on the side of the road and expect them to be there when you return. Park only in designated areas.
 - There is limited parking available at Washington Junction for support vehicles only. If you need to leave your personal vehicle in Ellsworth there is ample overnight parking at Wal-Mart, as well as 24-hour surveillance.
 - Teams should limit the number of vehicles at each handoff. *(e.g., if your vehicle isn't expecting and incoming runner, and you're not dropping off an outgoing runner, you should not be hanging out at the crossing if it is congested.)*
 - If one of your runners will be meeting you along the way they should leave their personal vehicle somewhere sensible and plan to be picked up and dropped off as needed. No vehicles should be left unattended at trail crossing/leg handoff exchanges. There is limited parking for team support vehicles with incoming/outgoing runners only.
- **Safety vests:** **Everyone (participants, drivers, crew) must wear their safety vest between 7:00PM and 6:00AM if they are outside of your team's support vehicle.**
- **Gasoline:** When you see a gas station, fill up! Remember, the driving route gets more remote as you travel down east. *(Trust us, there are no gas stations in the middle of the Dennysville woods!)*
- **Zero Alcohol:** There is a zero alcohol tolerance policy for this event. You can't have open containers in your cars, on the side of the road, or on the side of the trail. If any member of any team is seen or reported to be consuming alcoholic beverages during the run the entire team will be disqualified immediately. The state of Maine is even stricter than we are. Don't be a dumb-dumb, save your drinking for after the race in Eastport.



SCORING & RESULTS

Overall Results

Teams will be scored based on **total accumulated time**, from when their first runner crosses the start line, until their last runner crosses the finish line. Teams will NOT be scored in order of finish. (This means that the first team to cross the finish line may have a slower total elapsed time than a team that crosses the line after them.) Race officials will track each team's total accumulated time for official scoring.

Team Timing Sheet

Teams must self-time their individual legs to the nearest second. **Teams that do not follow this rule will have a 59-second time penalty added to each offending leg time.** We recommend that team captain's use a stopwatch app on their smart phone to record each leg as a lap. Teams must promptly turn in completed timing sheets at the finish line to receive their medals. *Tip: The blank timing sheet is located at the back of this race handbook.*

- Time penalties will be applied as follows:
 - Failure to self-time to the nearest second: 59-seconds per offending leg time.
 - Failure to provide a leg time: The leg's slowest timed runner, plus 15-minutes.
 - Failure to provide a timing sheet: The slowest timed team, plus 20-minutes.

Legacy Lead Race Timer

Eastern Maine race timer Ryan King (**rk**) was the official lead timer for every edition of the relay. Although he was not able to attend the race in person in 2021, he was actively overseeing the finish times and results remotely from home in Stockton Springs. Sadly, **rk** passed suddenly and unexpectedly a few hours after the final teams crossed the finish line in Eastport. This year's race is dedicated to **rk**, who will forever be memorialized as the Legacy Lead Race Timer of the DEST Relay. (Race officials will be scoring the overall team finish times live from the finish line via Google Sheets: results.destrelay.com – *note: the url will not be active until race weekend.*)

If a Runner is Unable to Finish

Keep moving forward on the trail; don't double back to where you started. Your team will be waiting for you at the next junction. Individual runners who start a leg must finish their respective leg(s) in order for a total team time to be recorded. If a runner is unable to complete an individual leg they must be listed as a DNF for that leg. The team may continue running to the finish in Eastport to collect medals and to continue chasing leg records, but the DNF leg will result in **NO** total team time, as the route was not completed. (We are aware that unexpected injuries can happen that may prevent a runner from finishing. However, as per all running events, if this happens, it will unfortunately result in a DNF for the team.) *Note: If a runner is unsure about their ability to finish a leg, substitutions should happen before the leg begins. Legs may not be split among more than one runner. Race officials will strictly enforce this rule without exception.*

Leg Handoff Exchanges

Leg handoff exchanges are marked with signs that include the DEST Relay logo, and "RELAY EXCHANGE". These signs will be put a few days prior to the event. (We can't guarantee that souvenir hunters won't take them.) We will also be marking the exchanges with brightly colored surveyor's tape as a back-up. Handoffs should happen at the sign by honor system. **Baton:** Each team will be issued an official relay baton to be carried by their current runner, and handed off to their next runner. (*Don't forget to record your inbound runner's leg time!*) Your Leg 16 runner **MUST** be carrying the relay baton when crossing the finish line so that we can identify each finishing team for accurate timing – *hold it up high like the Olympic Torch!*

Time Penalties

The DEST Relay is all about celebrating friendly competition and the gift of running in Maine! It is, however, still a timed race, and there are rules of competition and safety guidelines outlined in this race handbook that all participants and team vehicles must adhere to. Your team's safety is our top concern, followed closely by fair competition. Time penalties will be applied as follows:

- Late to check-in (5min)
- Standing in the roadway at leg exchanges (5min)
- Littering (5min)
- Wearing headphones on legs 15 and 16, which are open to traffic (5min)
- Excessive noise at leg exchanges after dark/early morning (10min)
- Parking the team vehicles on the roadway at leg exchanges (10min)
- Participants and/or crew not wearing reflective vests during designated times (10min)
- Not running facing traffic on legs 15 and 16 (20min)
- Providing inaccurate pace data in an attempt to finish early (20min)
- Race officials reserve the right to apply additional time penalties to teams that are acting in an obvious and unsafe manner.

Cheating

Cheating includes, but is not limited to: skipping legs, cutting the course, accepting a ride on the trail, etc. If your team sees another team cheating, please take note of their bib number and report them to race officials. We take cheating very seriously. Any teams found to have not completed the entire course on foot will be disqualified and banned from future Crow Athletics events.

Disqualification

There is a strict **zero tolerance alcohol policy**. If any member of any team is seen or reported to be consuming alcoholic beverages during the run the entire team will be disqualified immediately and banned from future editions of this event. *(Save your party pants for Eastport!)*

Driving support vehicles on the trail, cheating (see above), unregistered runners, poor sportsmanship, and missing the team start are all grounds for disqualification.

Race Officials Discretion

Race officials reserve the right to make final decisions regarding results, scoring and awards.



PRE-RACE TEAM CHECK-IN & START TIMES

Where and When

All team runners must be officially registered to participate. The group safety briefing & gear check will take place at the relay start at Washington Junction in Ellsworth/Hancock 30-minutes prior to your team's start time. We will do one group briefing and gear check for all the teams starting at your designated time. Please plan to arrive before your check-in time so that you can park your vehicle, gather your required safety equipment and printed materials, and have a quick team meeting. Your team's race bibs will be issued AFTER the safety briefing and gear check. *(Don't be late! There's a time penalty for holding everyone else up!)*

Parking in Ellsworth

Parking is limited at Washington Junction and only for support vehicles that are checking in their teams. If anyone on your team needs to leave a personal vehicle in Ellsworth there is ample overnight parking at Walmart, as well as 24-hour surveillance. (Located at 17 Myrick Street.)

Anticipated Pace & Staggered Start Times

Teams must be able to maintain an average overall pace of 12:00/mile. Start times will be staggered and assigned based on the average pace information supplied by each runner at the time of registration; the objective of this is to have all teams finish in the same approximate window of time in Eastport. Teams that supply wildly inaccurate pace information in an attempt to manipulate their start and/or finish time may be held on the course, and/or face other time penalties. Teams that miss their scheduled start time will be disqualified.

Required Items

You are required to bring the following items and present them at race check-in in order to pick up your race materials and to participate. If you do not have these items, your team will not be allowed to start the race:

- All team members must have a **reflective vest**, which must be worn between 7:00PM and 6:00AM if you are running or if you are outside of your support vehicle.
- All team members must have a **blinking safety light** to be worn on their back when running between 7:00PM and 6:00AM.
- All team members must have a **working headlamp** to be worn facing front when running between 7:00PM and 6:00AM.
- Each team vehicle must have printed copies of the **current Race Handbook**.
 - Electronic versions may NOT be used in place of printed hard copies. (Although we recommend saving PDF versions of these documents to your smart phone or tablet, these electronics can fail and cannot not be used in place of hard copies.)

What Else to Bring

Teams need to be self-sufficient. We recommend that you bring as many of the following items with you:

- **Bug-spray & fly patches**
- **First Aid Kit**
- **Toilet tissue**
- **Bicycle:** *Some teams are planning to bring a mountain bike to ride support for their runners. This could also be used to back track on the trail should your runner not arrive at a junction on time.*
- **Whistle:** *Something that makes noise could be a handy tool to let wildlife know you are nearby.*
- **Bear Mace:** *Maine black bears are very shy, but you might be lucky enough to see one! (If it makes you feel more comfortable carrying a deterrent, please do.)*



FINISHING IN EASTPORT

To accurately follow the course, support vehicles and runners need to watch for painted YELLOW arrows the pavement on the LEFT side of the road (facing on-coming traffic). There will also be limited “DEST Relay” signs with red arrows at some key intersections.

All team members are welcome and encouraged to cross the finish line together with your final leg runner. **Reminder: Your Leg 16 runner MUST be carrying the relay baton when crossing the finish line so that we can identify each finishing team for accurate timing. Medals will be presented to registered participants only.**

Parking in downtown Eastport

Public street parking is available in downtown Eastport.

Additional parking can be found:

- 1.) Behind the Post Office [1 Washington Street]
- 2.) 5 Sullivan Street [by Moose Island Marine]
- 3.) Quoddy Bay Lobster [end of Sea Street]
- 4.) Eastport Arts Center [36 Washington Street]
- 5.) Port Authority [141 Water Street] Note: There is a very small farmer’s market there 11am-1pm.

After your runner crosses Washington Street we suggest your team turns RIGHT and makes their way to downtown to park and meet your runner on the Sea Walk before finishing at Sutherland Amphitheater on the Eastport Waterfront, near the Mermaid and Fisherman statues.

Sally Jacobs Award

The overall winning team (by total time) will be awarded the Sally Jacobs Down East Sunrise Trail Relay trophy. This is a perpetual award created by Sally’s family in her memory. The winning team’s name will be added to the trophy. The top-three teams will be recognized at the Finish Line amphitheater.

SALLY JACOBS, ‘FORCE OF NATURE’

*Sally Jacobs was instrumental in the creation of the **Down East Sunrise Trail**, which is the northeastern most section of the East Coast Greenway that begins in Key West, Florida.*

*People like Sally are rare and treasured. Renowned in her adopted state of Maine as a committed rail-trail advocate and builder, among other roles, Sally's more than three decades in the service of conservation and outdoor recreation forged a tremendous legacy that includes the establishment of the **Down East Sunrise Trail**. She was named one of Rails-to-Trails Conservancy's 25 Rail-Trail Champions in 2011 at a ceremony in Washington, D.C.*

*Sally passed in 2012 after a yearlong battle with cancer. Her obituary in the Bangor Daily News put it best, describing Sally as "**a loving mother, grandmother, friend and a true force of nature.**"*



RACE WEEKEND COMMUNICATIONS & MEDICAL EMERGENCY INFORMATION

Emergency Contact Numbers

Cellular service has improved along the course over the years. (McGeorge's Crossing at the start of Leg 12 seems to be the most underserved area, at least for AT&T & Verizon.) Depending on your carrier, cellular service can be extremely limited to zero along the trail. In the event of a medical emergency you will need to either drive until you find cell service or knock on someone's door and ask to use their landline.

- **IMPORTANT!** Please be advised that most rescue departments in Downeast Maine are served by volunteers and it can take hours for help to get to you. In the event of a trail injury, keep moving forward unless you absolutely are unable to do so. (In that case, call 911.)
- The Maine Warden Service also provides safety & law enforcement on the entire trail: (207) 941-4440

Nearest Medical Facilities

Below is a list of medical facilities listed in the approximate order of towns/miles along the trail. Please keep in mind that you will be running and driving in rural Maine and that the nearest hospital may actually be a multi-hour drive from your location. It is crucial that your run and drive smart

- **Miles 1-30:** Ellsworth - Maine Coast Memorial Hospital
 - 50 Union Street, Ellsworth, ME 04605
 - (207) 664-5311
- **Miles 31-78:** Machias – Down East Community Hospital
 - 11 Hospital Drive, Machias, ME 04654
 - (207) 255 3356
- **Miles 79-102+:** Calais – Calais Regional Hospital
 - 24 Hospital Lane, Calais, Maine 04619
 - (207) 454-7521

Event Organizers

As mentioned above, there is extremely limited cell service along the trail. For any non-emergency situations that may arise over race weekend, please send a TEXT MESSAGE to both of the numbers below, keeping in mind that we may not get your message right away – and vice-versa; we may send a response, but you may not immediately receive it.

- Gary Allen - (207) 664-3346
- Mary Ropp - (207) 664-8656
- Pre-race inquiries should be sent via email to run@crowathletics.com

Social Media

We will be monitoring **#DESTRelay** and **#RunDownEast** on social media. Use these hashtags to share pictures and posts from the road to engage all our teams!



CLOSING REMARKS

Please show up with a positive attitude and an open mind and treat this event as a grand adventure, exploring new terrain with awesome people!

As with any event there will be aspects of this relay that could be improved upon. With that said, we absolutely welcome constructive criticism. Please feel free to contact us with your thoughts and suggestions: run@crowathletics.com

***Most importantly we hope you have a blast and tell everyone you know
how much fun the Down East Sunrise Trail Relay is!***

Cheers!

*Gary Allen & Mary Ropp
Crow Athletics*

DOWN EAST SUNRISE TRAIL RELAY

JULY 21 & 22, 2023 ★ NINTH EDITION

YOUR TEAM IS REQUIRED TO HAVE PRINTED COPY OF THIS DOCUMENT IN YOUR SUPPORT VEHICLES.

•RUNNING DIRECTIONS•



Running Directions - LEG 1: WASHINGTON JUNCTION to Franklin Crossing (8.9-miles)

Start: Washington Junction

Location: Railroad Siding Street, Ellsworth

Running Distance: 8.9-miles

Driving Distance from Leg 1 to Leg 2: Approx. 10.04-miles

Leg Description: The western end of the trail is at Washington Junction in Hancock. For the first few miles, the trail provides excellent opportunities for wildlife watching as it crosses Egypt Stream and a couple small dirt roads. In Franklin the trail crosses several roads.

GPS Coordinates (Leg 1): 44.556751, -68.377764 **(Leg 2):** 44.588122, -68.231327



Note: This is the RUNNING route. The DRIVING route can be found on a separate map.

Running Directions - LEG 2: FRANKLIN CROSSING to Tunk Lake Road/ME 183 (7.5-miles)

Start: Franklin Crossing

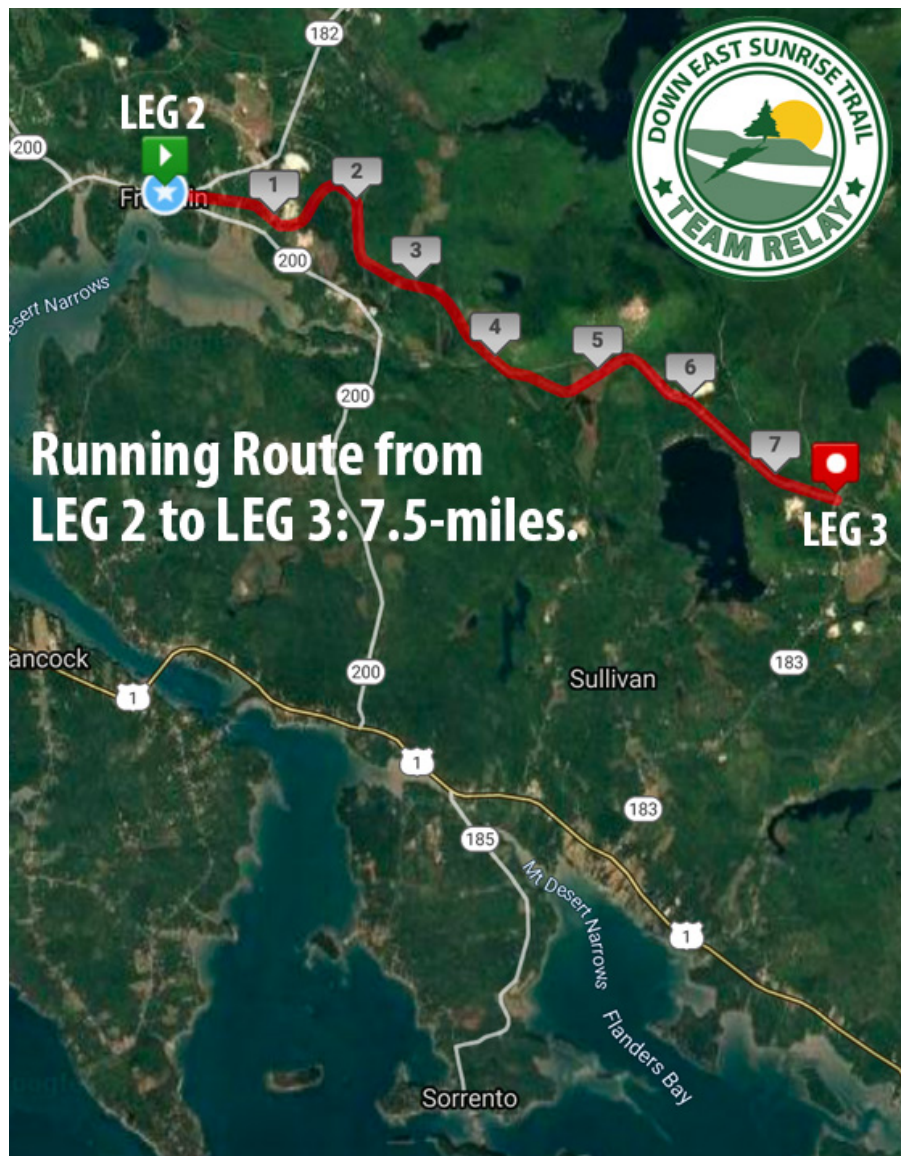
Location: Intersection of DEST and ME 182 in the center of Franklin

Running Distance: 7.5-miles

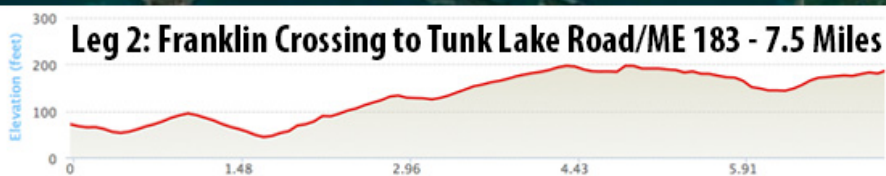
Driving Distance from Leg 2 to Leg 3: Approx. 12.8-miles

Leg Description: This section of trail is bordered by the Donnell Pond Public Lands Unit for over two and a half miles and by the Frenchman Bay Conservancy's Schoodic Bog Preserve for over a mile. These conservation lands offer extraordinary scenery and recreation opportunities. A dramatic view of Schoodic Mountain sneaks up on trail users entering Schoodic Bog from the west.

GPS Coordinates (Leg 2): 44.588122, -68.231327 **(Leg 3):** 44.549113, -68.112082



**Running Route from
LEG 2 to LEG 3: 7.5-miles.**



Note: This is the **RUNNING** route. The **DRIVING** route can be found on a separate map.

Running Directions - LEG 3: TUNK LAKE ROAD/ME 183 to Unionville Crossing (7.6-miles)

Start: Tunk Lake Road/ME 183

Location: Four miles north of US 1 on ME 183 where DEST intersects

Running Distance: 7.6-miles

Driving Distance from Leg 3 to Leg 4: Approx. 21.48-miles

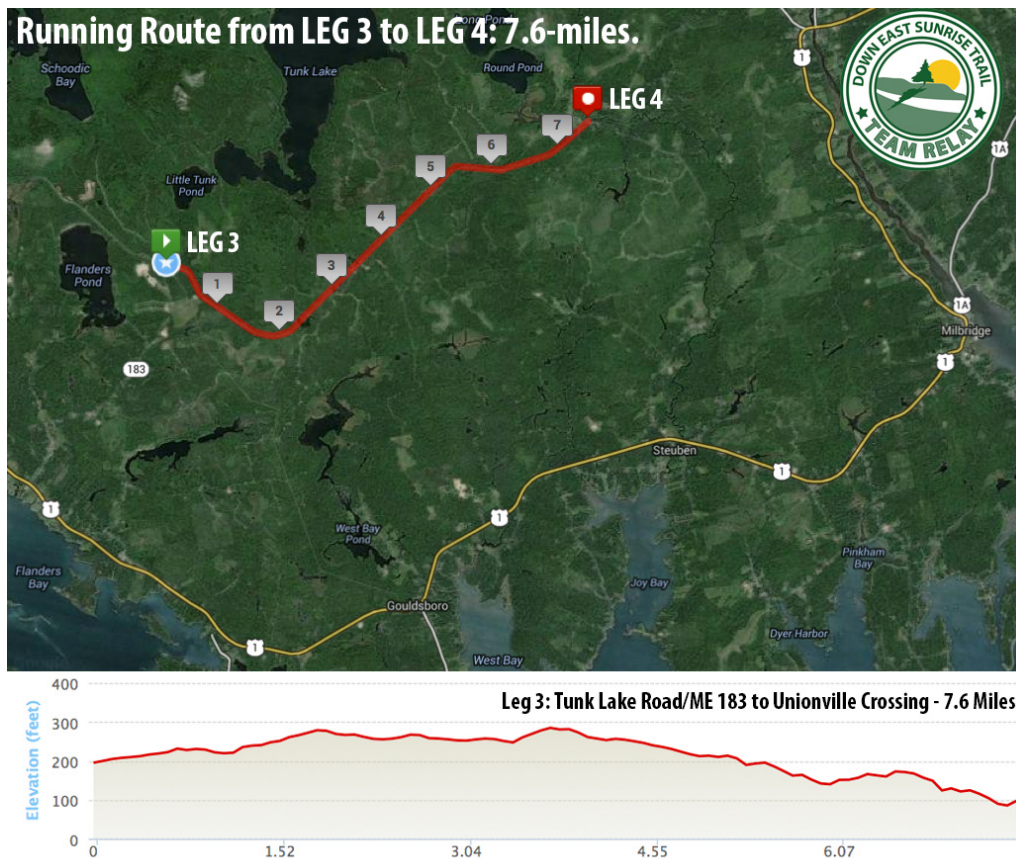
Leg Description: Trail passes through remote forestland and crosses a few logging roads before reaching Unionville.

GPS Coordinates (Leg 3): 44.549113, -68.112082 **(Leg 4):** 44.578503, -67.990254

ATTENTION: The driving distance to get to the start of Leg 4 is 21.48-miles. *(There are no other more direct routes – trust us, we’ve looked – sorry!)* Meanwhile, your runner will only be covering 7.6-miles. This might mean, depending on your runner’s pace, that you could miss getting your next runner in place for the hand-off unless you make a plan.

If you feel that the relay exchange will be a close call, we recommend using one of the options below:

- A. Have your runner complete back-to-back legs on legs 3 and 4, 12.1-miles total.)
- B. If you have a second support vehicle, send your Leg 4 runner ahead to the start of Leg 4 located at Unionville Crossing before your incoming Leg 3 runner arrives.



Note: This is the **RUNNING** route. The **DRIVING** route can be found on a separate map.

Running Directions - LEG 4: UNIONVILLE CROSSING to Cherryfield Crossing (4.5-miles)

Start: Unionville Crossing

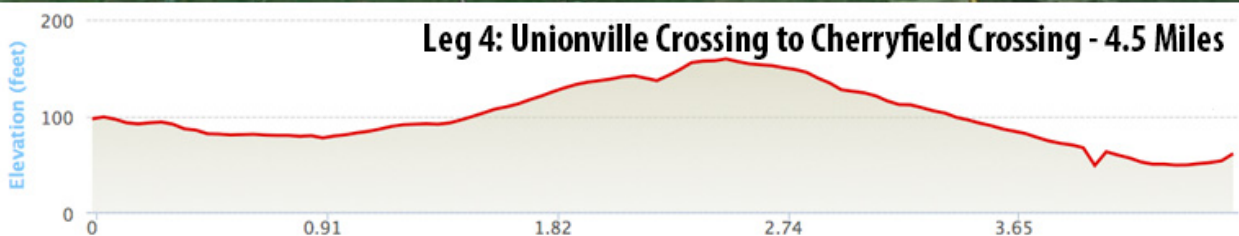
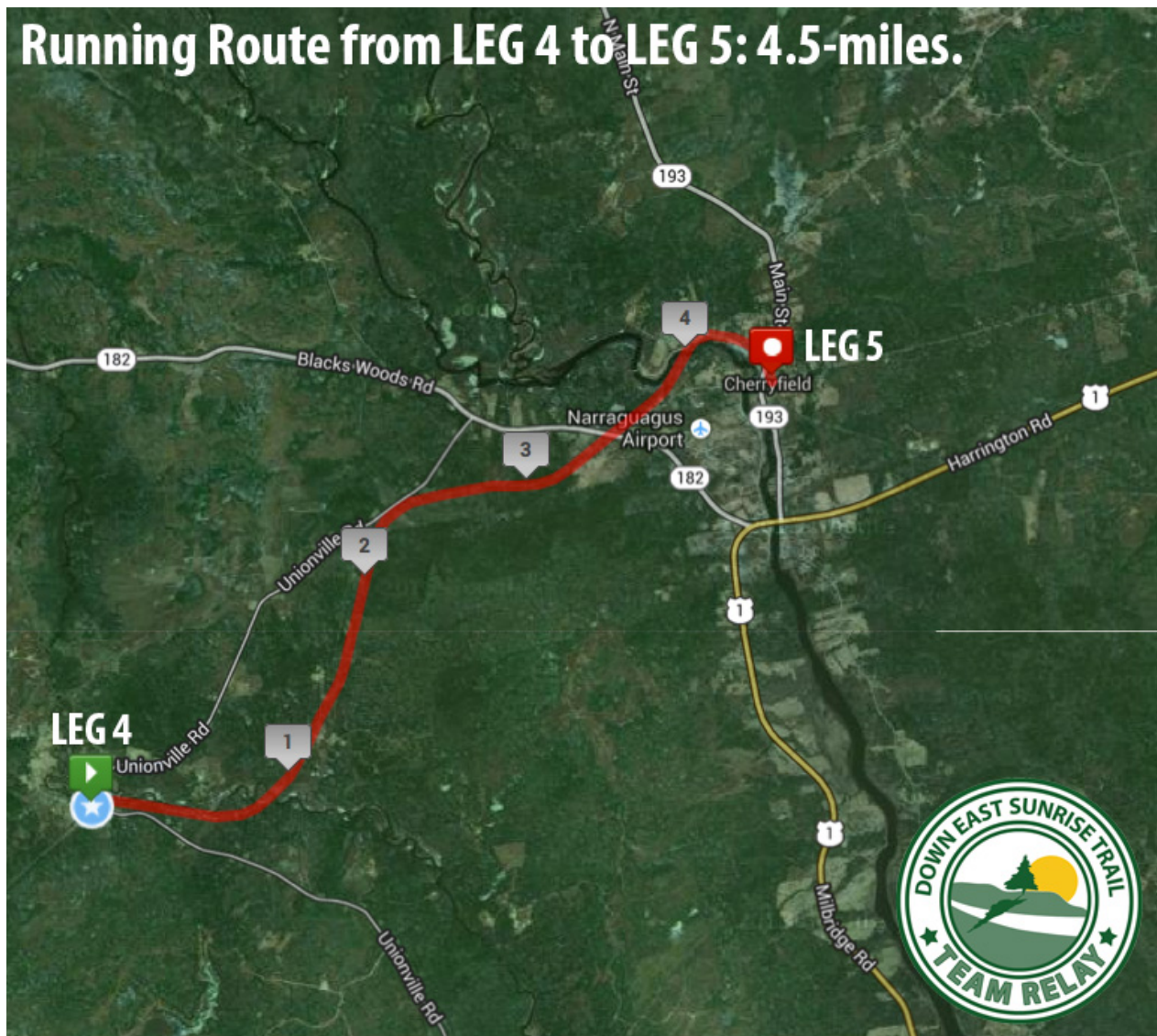
Location: Unionville Road

Running Distance: 4.5-miles

Driving Distance from Leg 4 to Leg 5: Approx. 4.16-miles

Leg Description: The trail parallels and then crosses Tunk Stream as it leaves Unionville. It intersects the eastern end of the Blackwoods Scenic Bay/Route 182, then crosses the Narraguagus River at Cable Pool in Cherryfield via an early 20th century steel trestle bridge. Cable Pool, now a Town Park, is a historically significant salmon pool.

GPS Coordinates (Leg 4): 44.578503, -67.990254 **(Leg 5):** 44.607481, -67.925294



Note: This is the RUNNING route. The DRIVING route can be found on a separate map.

Running Directions - LEG 5: CHERRYFIELD CROSSING to Harrington Crossing (6.2-miles)

Start: Cherryfield Crossing

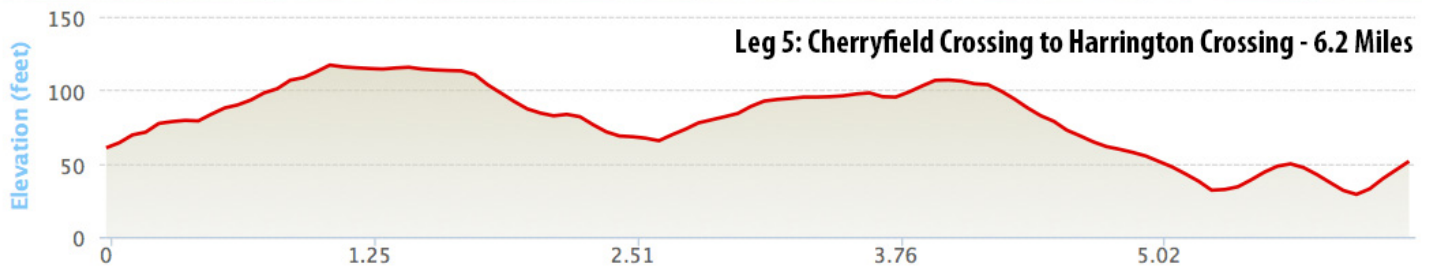
Location: Trail crosses ME 193 in Cherryfield

Running Distance: 6.2-miles

Driving Distance from Leg 5 to Leg 6: Approx. 6.22-miles

Leg Description: The trail skirts downtown Cherryfield's Historic District and then parallels US Route 1 for almost three miles before crossing several roads and the Harrington River.

GPS Coordinates (Leg 5): 44.607481, -67.925294 **(Leg 6):** 44.624753, -67.809701



Note: This is the **RUNNING** route. The **DRIVING** route can be found on a separate map.

Running Directions - LEG 6: HARRINGTON CROSSING to Columbia Falls Crossing (6.1-miles)

Start: Harrington Crossing

Location: Trail crosses North Street, just north of downtown Harrington.

Running Distance: 6.1-miles

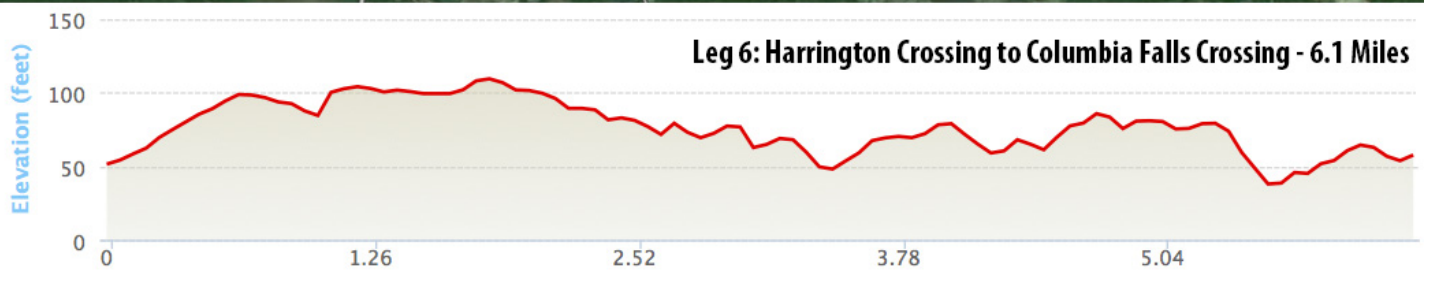
Driving Distance from Leg 6 to Leg 7: Approx. 5.23-miles

Leg Description: The trail passes by blueberry barrens and the Pleasant River, before heading north into more remote forestland and dropping south again into Columbia Falls.

GPS Coordinates (Leg 6): 44.624753, -67.809701 **(Leg 7):** 44.657246, -67.727695



Running Route from LEG 6 to LEG 7: 6.1-miles.



Note: This is the **RUNNING** route. The **DRIVING** route can be found on a separate map.

Running Directions - LEG 7: COLUMBIA FALLS CROSSING to Jonesboro Station (3.8-miles)

Start: Columbia Falls Crossing

Location: Columbia Falls at Tibbetstown & Centerville Roads

Running Distance: 3.8-miles

Driving Distance from Leg 7 to Leg 8: Approx. 5.44-miles

Leg Description: The trail becomes semi-remote from Columbia Falls to Jonesboro Station.

GPS Coordinates (Leg 7): 44.657246, -67.727695 **(Leg 8):** 44.670039, -67.646248



Note: This is the **RUNNING** route. The **DRIVING** route can be found on a separate map.

Running Directions - LEG 8: JONESBORO STATION to Whitneyville Crossing (7.7-miles)

Start: Jonesboro Station

Location: Trail crosses Station Road northwest of Jonesboro.

Running Distance: 7.7-miles

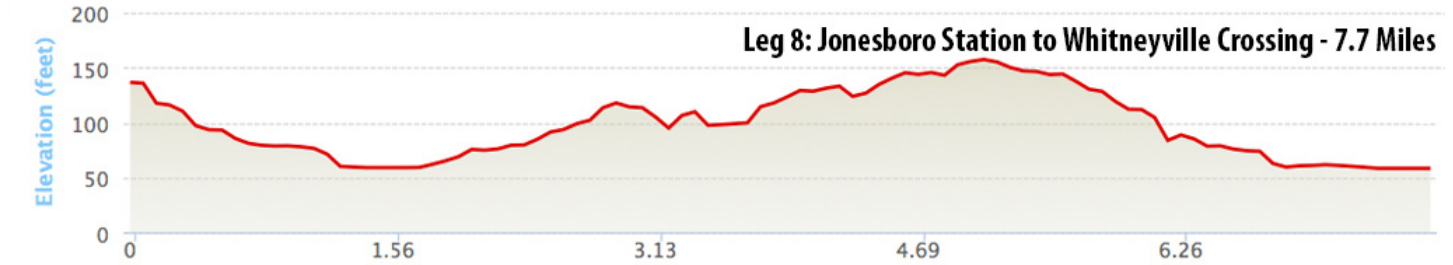
Driving Distance from Leg 8 to Leg 9: Approx. 9.35-miles

Leg Description: The trail becomes increasingly remote, crossing the Chandler River, numerous streams and beaver ponds. It also passes by the Jonesboro Wildlife Management Area, providing opportunities for wildlife viewing.

GPS Coordinates (Leg 8): 44.670039, -67.646248 **(Leg 9):** 44.719377, -67.522374



Running Route from LEG 8 to LEG 9: 7.7-miles.



Note: This is the **RUNNING** route. The **DRIVING** route can be found on a separate map.

Running Directions - LEG 9: WHITNEYVILLE CROSSING to Machias (3.6-miles)

Start: Whitneyville Crossing

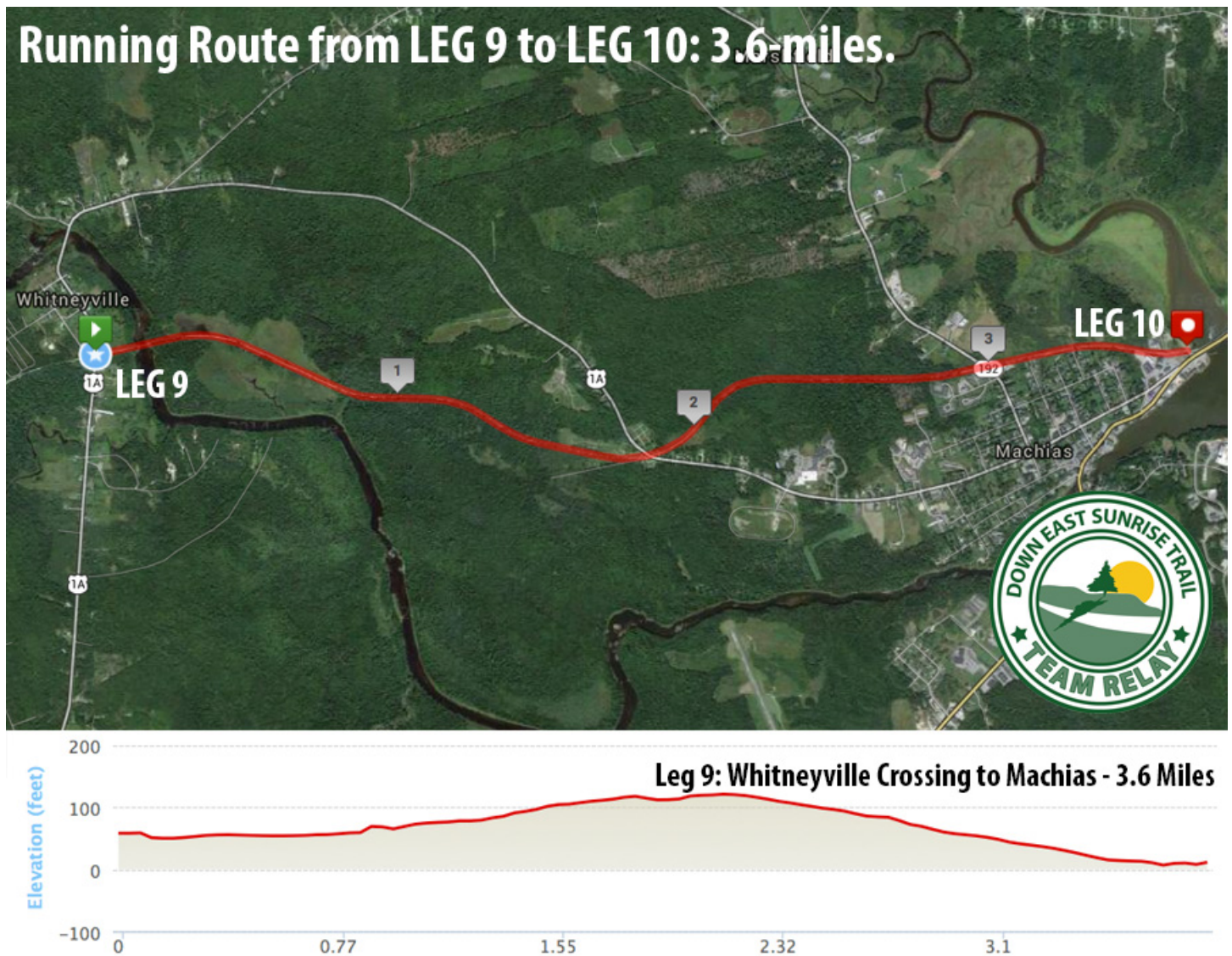
Location: Trail crosses ME 1A just south of Whitneyville.

Running Distance: 3.6-miles

Driving Distance from Leg 9 to Leg 10: Approx. 4.54-miles

Leg Description: An 1868 schoolhouse turned library in 1966 is located close to the trail crossing in Whitneyville. Heading east, the trail crosses the Machias River and cuts through freshwater marshes and upland forests. Skirting downtown Machias, the trail crosses just two roads in this section before reaching the Machias Railroad Station #98. (Note: The relay handoff is located before the causeway at the green boxcar.)

GPS Coordinates (Leg 9): 44.719377, -67.522374 **(Leg 10):** 44.719645, -67.451473



Note: This is the **RUNNING** route. The **DRIVING** route can be found on a separate map.

Running Directions - LEG 10: MACHIAS to East Machias (3.9-miles)

Start: Machias

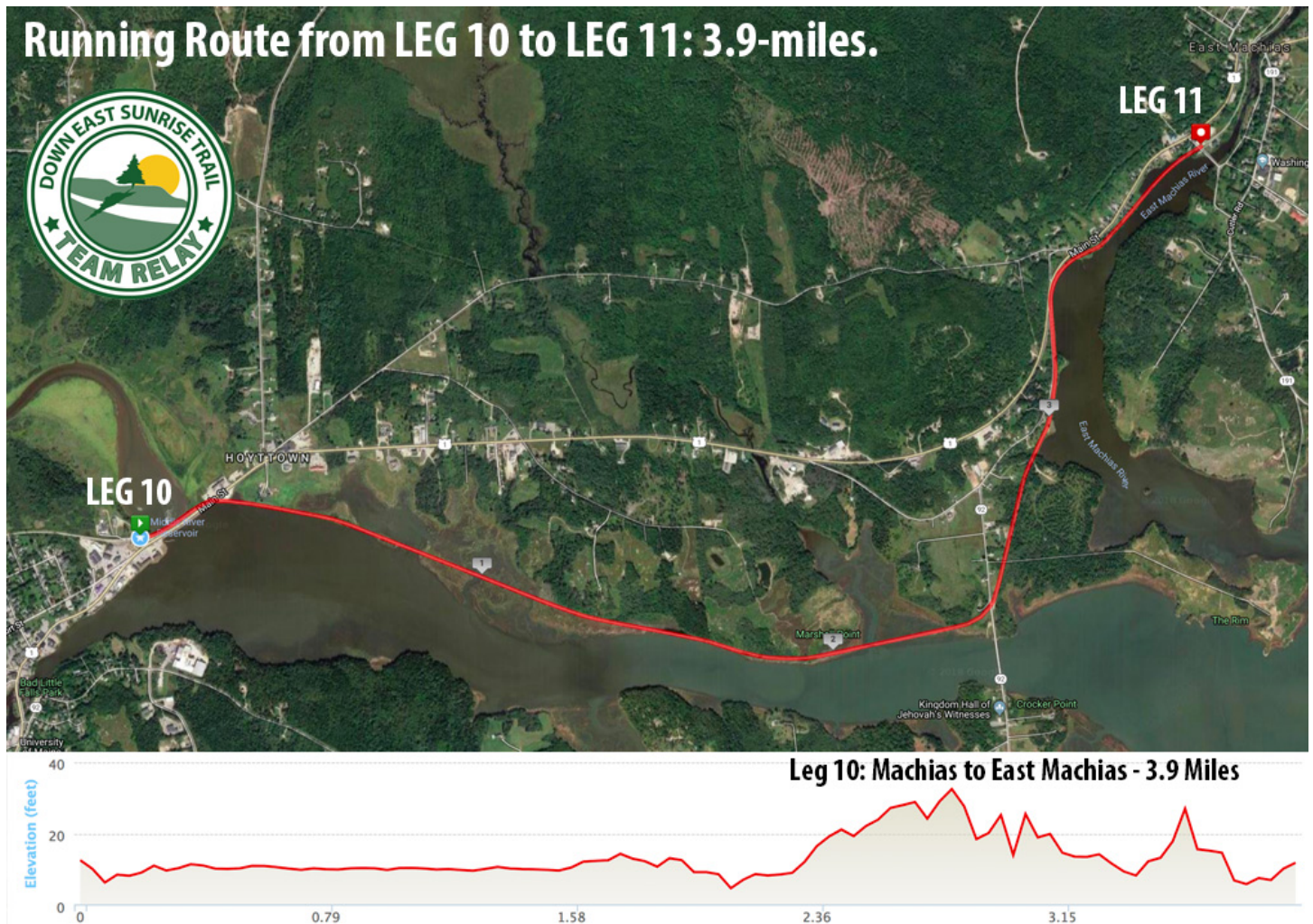
Location: Trail crosses US 1 in Machias.

Running Distance: 3.9-miles

Driving Distance from Leg 10 to Leg 11: Approx. 3.46-miles

Leg Description: In this section, trail users can experience an aspect unavailable on multi-use trails elsewhere in Maine: proximity to salt water. The trail immediately crosses Middle River via the Machias Dike, then crosses extensive salt marshes while providing beautiful views across the Machias and East Machias rivers.

GPS Coordinates (Leg 10): 44.719645, -67.451473 **(Leg 11):** 44.735175, -67.392345



Note: This is the **RUNNING** route. The **DRIVING** route can be found on a separate map.

Running Directions - LEG 11: EAST MACHIAS to McGeorge's Crossing / Rocky Lake (7.4-miles)

Start: East Machias

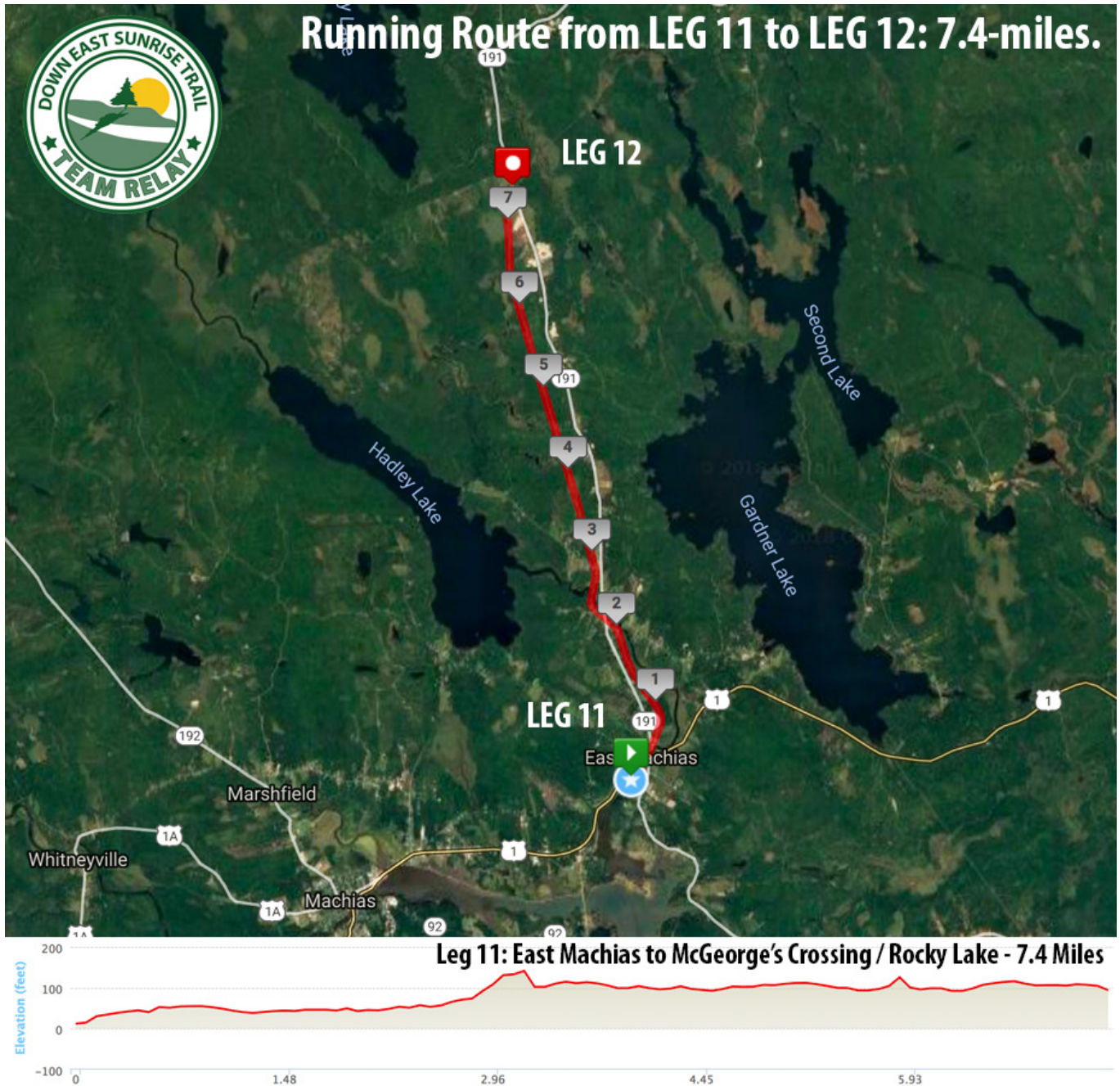
Location: Trail crosses US 1 and ME 191.

Running Distance: 7.4-miles

Driving Distance from Leg 11 to Leg 12: Approx. 7.28-miles

Leg Description: This section of trail traverses through fields and forest while paralleling ME 191. The trail intersects the SE corner of Rocky Lake Public Lands, accessed by a multi-use trail, before swinging east toward Dennysville.

GPS Coordinates (Leg 11): 44.735175, -67.392345 **(Leg 12):** 44.834722, -67.420254



Note: This is the RUNNING route. The DRIVING route can be found on a separate map.

Running Directions - LEG 12: McGEORGE'S CROSSING / ROCKY LAKE to Dennysville (10.6-miles)

Start: McGeorge's Crossing / Rocky Lake

Location: Trail crosses ME 191 just south of Diamond Match Road

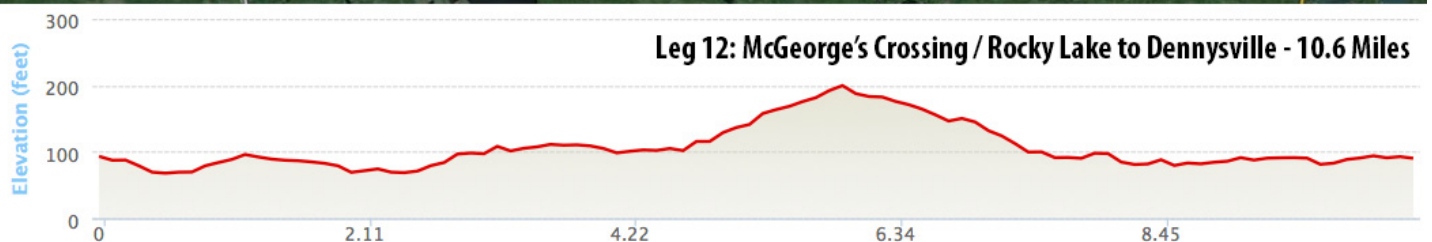
Running Distance: 10.6-miles

Driving Distance from Leg 11 to Leg 12: Approx. 12.15-miles

Leg Description: Forests and numerous ponds and streams define this trail section. Enjoy beautiful views over Harmon's Stream, the East Ridge and Great Works Wildlife Management Areas, and the Denny's River before reaching Dennysville Station.

Notes: The Dennysville ATV Club will be selling breakfast again this year at their clubhouse/Leg 13! Please arrive hungry with cash and thank them profusely for supporting the relay.

GPS Coordinates (Leg 12): 44.834722, -67.420254 **(Leg 13):** 44.901932, -67.247068



Note: This is the RUNNING route. The DRIVING route can be found on a separate map.

Running Directions - LEG 13: DENNYSVILLE to Ayers Junction (6.7-miles)

Start: Dennysville / Mile Post 80

Location: Trail crosses Milwaukee Rd. in Dennysville.

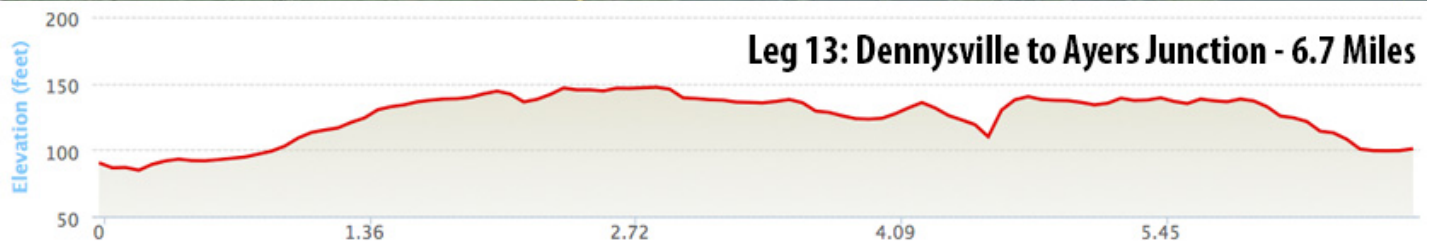
Running Distance: 6.7-miles

Driving Distance from Leg 13 to Leg 14: Approx. 9.48-miles

Leg Description: The trail continues through relatively remote forestland until it reaches its eastern terminus at Ayers Junction, just a few miles north of the village of Pembroke.

Notes: The Dennysville ATV Club will be selling breakfast again this year at their clubhouse/Leg 13! Please arrive hungry with cash and thank them profusely for supporting the relay.

GPS Coordinates (Leg 13): 44.901932, -67.247068 **(Leg 14):** 44.985302, -67.235818



Note: This is the RUNNING route. The DRIVING route can be found on a separate map.

Running Directions - LEG 14: AYERS JUNCTION to Little Falls Road (3.5-miles)

Start: Ayers Junction

Location: Trail crosses ME Route 214/Ayers Junction Road in Pembroke.

Running Distance: 3.5-miles

Driving Distance from Leg 14 to Leg 15: Approx. 5.40-miles

Leg Description: The official Down East Sunrise Trail ends at Ayer's Junction. You will be following MATS-206, also a rails-to-trail surface, although not nearly as well maintained as the race's namesake trail. Expect washouts, flooding, and rough footing.

GPS Coordinates (Leg 14): 44.985302, -67.235818 **(Leg 15):** 44.965628, -67.172754



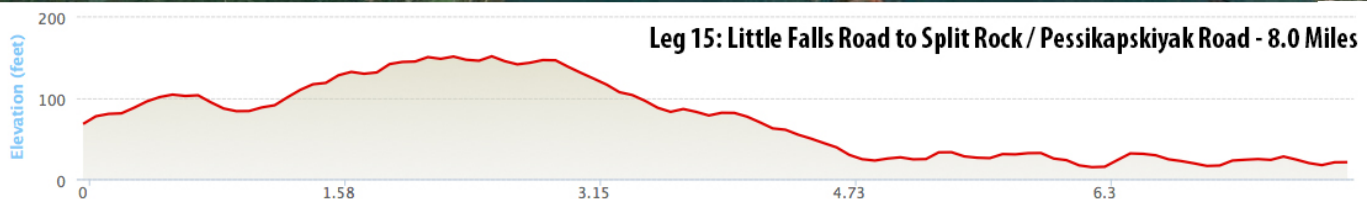
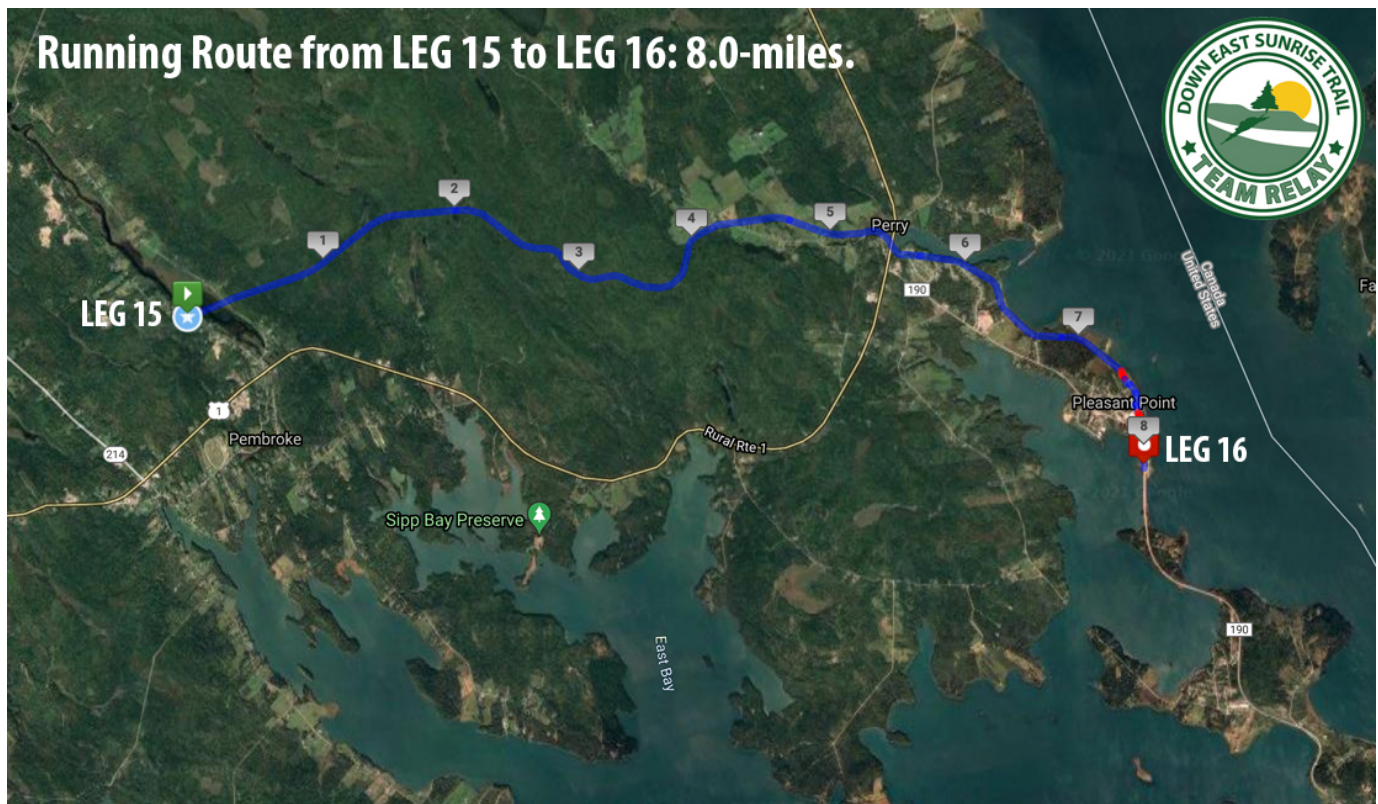
Leg 14: Ayers Junction to Little Falls Road - 3.5 Miles



Note: This is the RUNNING route. The DRIVING route can be found on a separate map.

Running Directions - LEG 15: LITTLE FALLS ROAD to Split Rock / Pessikapskiyak Road (8.0-miles)**Start:** Little Falls Road**Location:** Trail crosses Little Falls Road in Pembroke.**Running Distance:** 8.0-miles**Driving Distance:** Approx. 8.10-miles**Leg Description:** *This first section of this leg follows MATS-206, a rails-to-trail surface, although not nearly as well maintained as the race's namesake trail. Expect washouts, flooding, and rough footing.*

- From Little Falls Road Road, continue following MATS-206 for 5.3-miles.
- Where MATS-206 ends, cross US Route 1 and continue STRAIGHT on the paved Sipayik Trail, follow 2-miles.
- Continue STRAIGHT onto Treatment Plant Road, follow 2/10-mile. (Note: Run facing traffic.)
- Stay STRAIGHT on Bayview Drive, follow 3/10-mile.
- Turn LEFT on Route 190, follow 4/10-mile.
- Hand-off is on Route 190 at Split Rock / Pessikapskiyak Road along Eastport causeway.

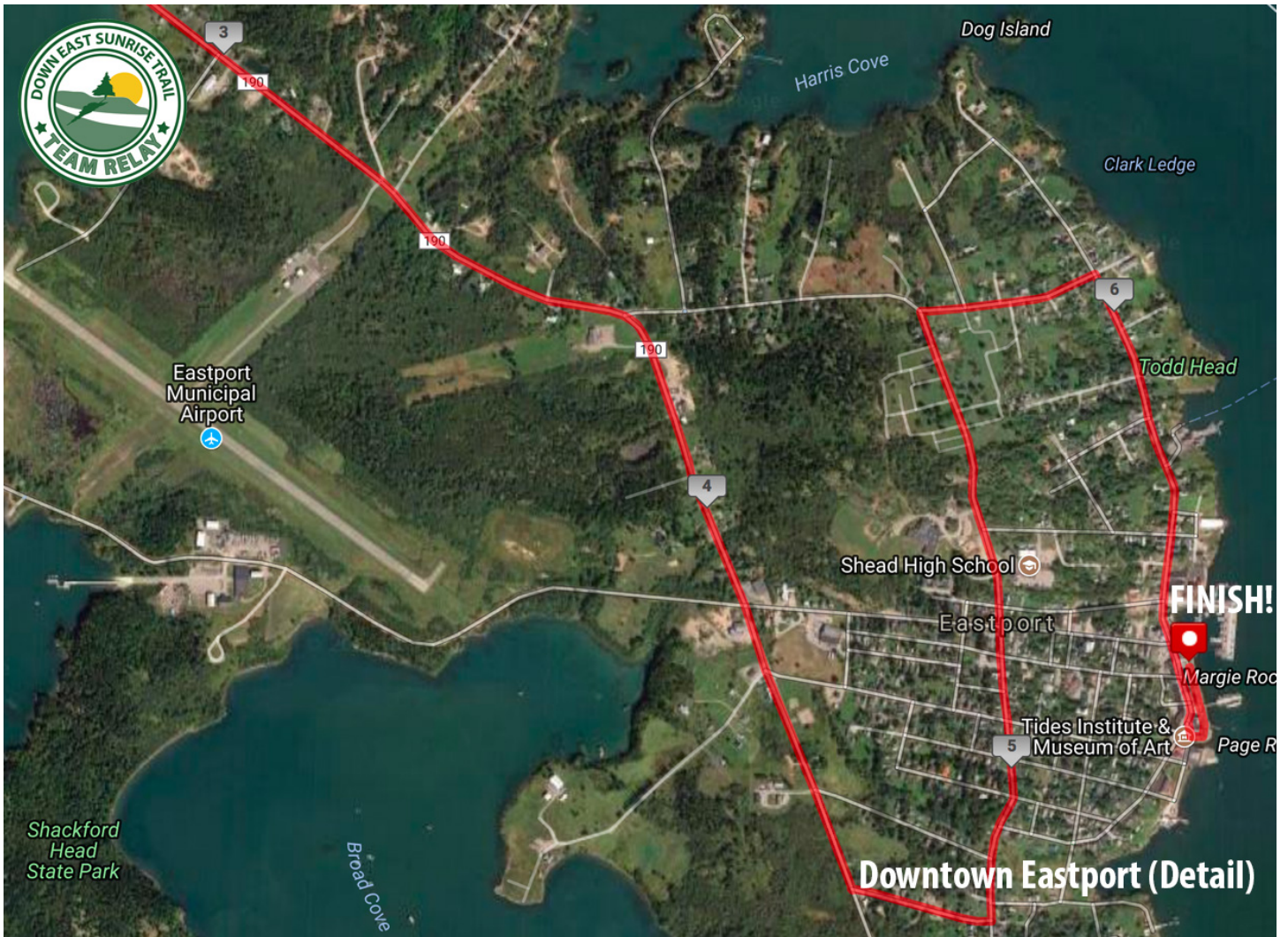
GPS Coordinates (Leg 15): 44.965628, -67.172754 **(Leg 16):** 44.950850, -67.039430**Note: This is the RUNNING route. The DRIVING route can be found on a separate map.**

Running Directions - LEG 16: SPLIT ROCK / PESSIKAPSKIYAK ROAD to downtown Eastport (6.7-miles)**Start:** Split Rock / Pessikapskiyak Road**Location:** Route 190 at Pessikapskiyak Road along Eastport causeway.**Running Distance:** 6.7-miles**Driving Distance:** Approx. 6.5-miles**Leg Description:**

- Follow scenic Route 190, which passes thru Carlow Island with views of Cobscook Bay on your right, and Canada, across the Passamaquoddy Bay, on your left. (Note: Run facing traffic on wide paved shoulder.)
- Keep going on Route 190, follow 3.9-miles.
- Bear RIGHT on County Road, follow 7/10-mile.
- Turn LEFT on Lincoln Street, follow 2/10-mile.
- Turn LEFT on High Street, follow 9/10-mile.
- Turn RIGHT on Clark Street, follow 2/10-mile.
- Turn RIGHT on Water Street, follow 7/10-mile.
- Turn LEFT onto Eastport Harbor Walk, follow 2/10-mile to the waterfront finish line at the Sutherland Overlook Park Amphitheater. (Located on the waterfront, near the fisherman and mermaid statues.)
- *Note: The driving map is the same route as the final (Leg 16) running map, except for approx. the final 2/10-mile, where runners will join the Eastport Harbor Walk, a pedestrian footpath that is NOT open to vehicular traffic. Teams should assist their runners to make sure that they turn at each designated intersection in order to stay on the relay route.*

GPS Coordinates (Leg 16): 44.950850, -67.039430 **(Finish):** 44.905386, -66.984429**Note: This is the RUNNING route. See next page for detailed view. (The DRIVING route can be found on a separate map.)**

(...continued) Running Directions - LEG 16: SPLIT ROCK / PESSIKAPSKIYAK ROAD to downtown Eastport



Note: This is a detailed view of downtown Eastport showing the RUNNING route. The detailed DRIVING route can be found on a separate map.

DOWN EAST SUNRISE TRAIL RELAY

JULY 22 & 23, 2022 ★ EIGHTH EDITION

YOUR TEAM IS REQUIRED TO HAVE PRINTED COPY OF THIS DOCUMENT IN YOUR SUPPORT VEHICLES.

•DRIVING DIRECTIONS•



DRIVING REMINDERS

Teams are limited to two (2) support vehicles.

Please keep in mind that there is no on-trail course support. Once your runner leaves the comfort of your team vehicle, they are on their own. Any fluids, food, or other supplies your runner may require is their responsibility to carry. (ATV Clubs will be monitoring some sections of trail; they will not be carrying water, fluids, etc.)

- **Driving on the trail is strictly prohibited!** (This includes parking, or otherwise blocking the trail.)
- **Respect our trail neighbors:** In many cases the trail crossings and leg handoffs are right-of-ways that cross private homeowner's back yards and driveways. During the overnight hours please be extra respectful of our trail neighbors. This means NO shouting after dark. Cheer on your incoming runners by flashing your headlamps instead.
- **Navigation:** The driver of your support vehicle should be 100% focused on driving. Team members should take turns navigating and familiarize themselves with the printed driving directions.
- **Directional Signs:** Some, but not all intersections, especially the tricky ones, are marked with a "Support Vehicle Route" sign with a red arrow. Your team navigator should watch for these.
- **Safe Driving:** Many of these rural areas are home to moose, deer, and bear. If you hit one speeding to your next handoff you and the animal will probably die. DON'T SPEED! Instead, DRIVE SMART, DRIVE SAFE, and keep an eye out for large wildlife in the roadway.
- **Leg Handoffs:** Many of these are simply roadside pull-offs with little or no parking. Only support vehicles with inbound and outbound runners should be in these areas. Do not stand in the roadway, or otherwise block traffic.
- **Parking:** Do not obstruct traffic. Support vehicles are driving on public roadways. There is limited parking at all trail crossings. Do not leave vehicles on the side of the road and expect them to be there when you return. Park only in designated areas.
 - Teams should limit the number of vehicles at each crossing. *(e.g., if your vehicle isn't expecting and incoming runner, and you're not dropping off an outgoing runner, you should not be hanging out at the crossing if it is congested.)*
- **Safety vests:** Everyone (participants, drivers, crew) must wear their safety vest between 7:00PM and 6:00AM if they are outside of your team's support vehicle.
- **Gasoline:** When you see a gas station, fill up! Remember, the driving route gets more remote as you travel down east. *(Trust us, there are no gas stations in the middle of the Dennysville woods!)*
- **Zero Alcohol:** There is a zero-alcohol tolerance policy for this event. You can't have open containers in your cars, on the side of the road, or on the side of the trail—all of these are against Maine state law. If any member of any team is seen or reported to be consuming alcoholic beverages during the run the entire team will be disqualified immediately. The state of Maine is even stricter than we are. Don't be a dumb-dumb, save your drinking for after the race in Eastport.

Drive to LEG 1: Relay Start >>> WASHINGTON JUNCTION

From Ellsworth:

- Take Main Street east from junction of US Route 1A, US Route 1, and ME Route 3.
- Continue 2.1-miles and turn LEFT on Railroad (Siding) Street.
- Look for Down East Sunrise Trail signs, and park.

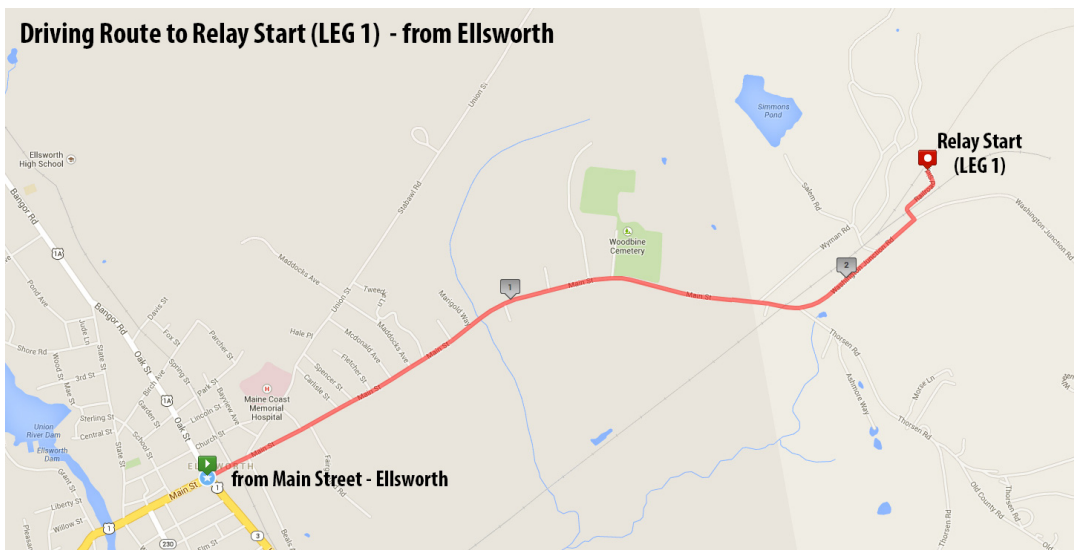
From East:

- Travelling on US Route 1, continue 1.8-miles west of the intersection with ME Route 182 and turn RIGHT on Washington Junction Road.
- Continue for about 1.9-miles before turning RIGHT on Railroad (Siding) Street.
- Look for parking and Down East Sunrise Trail signs, and park.

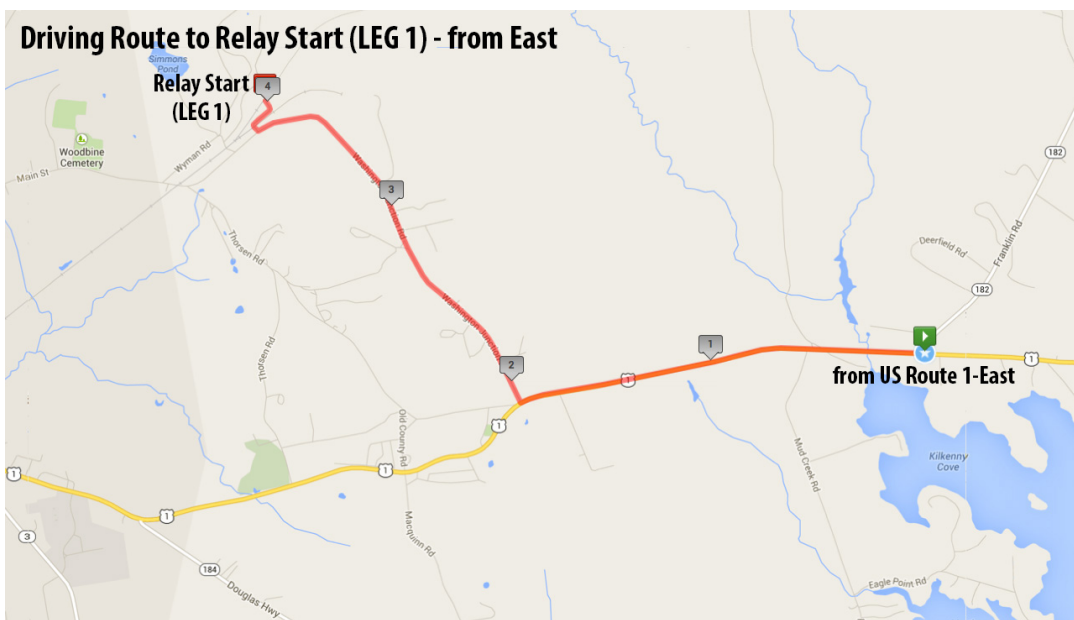
Parking: There is limited parking available at Washington Junction for team support vehicles only. If you need to leave your personal vehicle in Ellsworth there is overnight parking at Wal-Mart, with 24-hour surveillance.

GPS Coordinates to Relay Start (Leg 1): 44.556751, -68.377764

From Ellsworth:



From East:



Drive to LEG 2: FRANKLIN CROSSING

- > Leg 1 Running Distance to Leg 2: 9.0-miles <
- > Driving distance to Leg 2: 10.08-miles <
 - Go back out Railroad Siding Street. Turn LEFT on Washington Junction Road, follow 1.9-miles.
 - Turn LEFT on US Route 1, follow 1.8-miles.
 - Turn LEFT on Route 182, follow 5.8-miles.
 - Turn LEFT on Winter Street, 0.1-miles.
 - DEST trail crosses Winter Street.
- *Don't forget to record your incoming runner's leg time on the Team Timing Sheet!*

Parking: Available at the New DEST lot. Do **NOT** block the trail!

Notes: There is a house neighboring the trail crossing. QUIET, PLEASE! (9pm-7am)

GPS Coordinates (Leg 1): 44.556751, -68.377764 **(Leg 2):** 44.588122, -68.231327



Note: This is the **DRIVING** route. The **RUNNING** route can be found on a separate map.

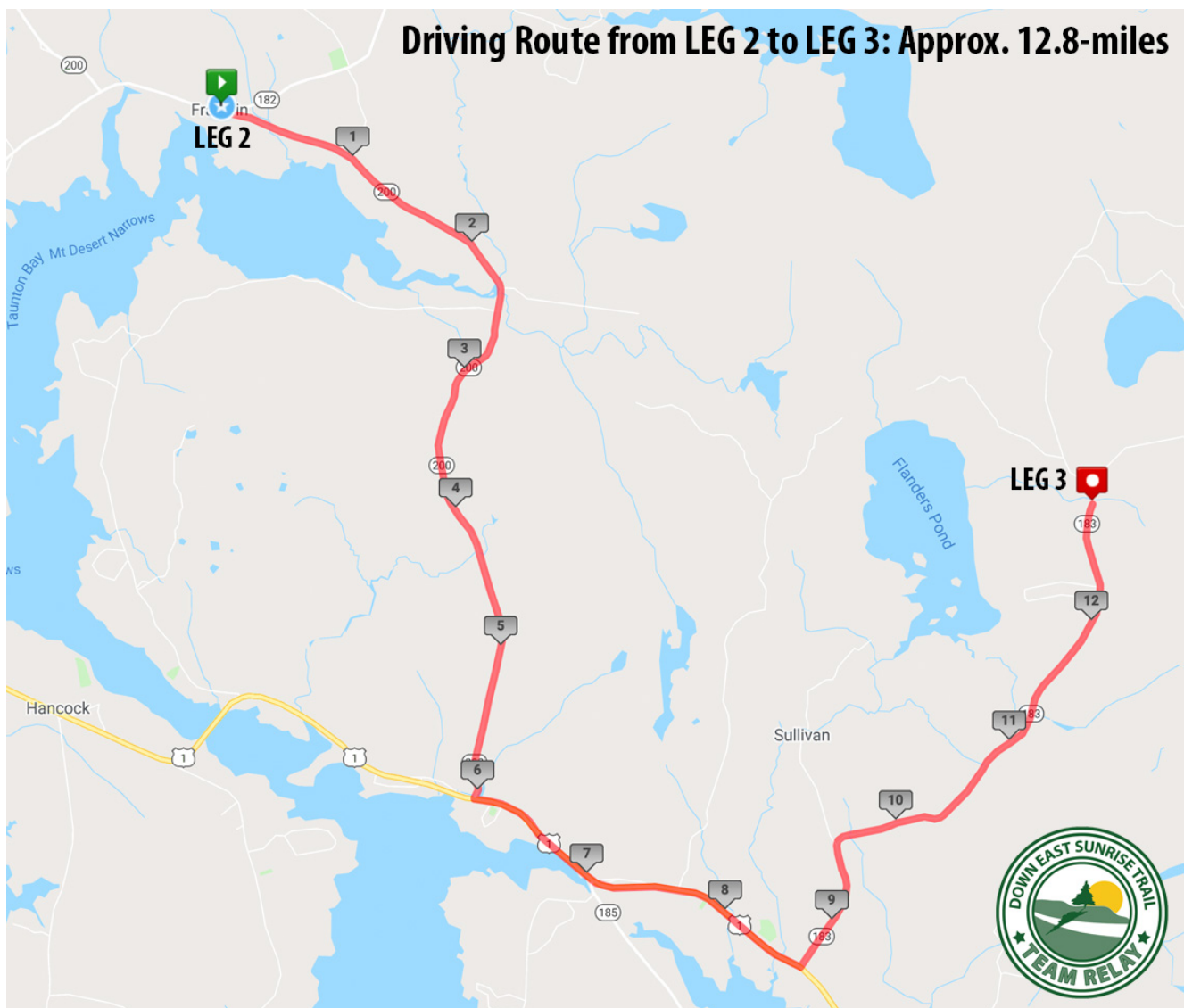
Drive to LEG 3: TUNK LAKE ROAD / ME 183

- > Leg 2 Running Distance to Leg 3: 7.4-miles <
- > Driving Distance to Leg 3: 12.8-miles <
 - Reverse direction on Winter Street, follow 1/10-mile.
 - Turn LEFT on Rout 182, follow 1/10-mile.
 - Bear RIGHT on Rout 200 (Hog Bay Road, which becomes Bert Gray Road), follow 5.8-miles.
 - Turn LEFT on US Route 1, follow 2.5-miles.
 - Turn LEFT on Route 183, follow 4.1-Miles.
 - DEST trail crosses Tunk Lake Road.
- *Don't forget to record your incoming runner's leg time on the Team Timing Sheet!*

Parking: Limited parking at crossing. U-Turn *before* parking on the RIGHT. Pullover on the shoulder of Tunk Lake Road with both tires off the pavement and your hazard lights flashing. Do NOT block the trail!

Notes: There are several houses neighboring the trail crossing. QUIET, PLEASE!

GPS Coordinates (Leg 2): 44.588122, -68.231327 **(Leg 3):** 44.549113, -68.112082



Note: This is the DRIVING route. The RUNNING route can be found on a separate map.

Drive to LEG 4: UNIONVILLE CROSSING

- > Leg 3 Running Distance to Leg 4: 7.6-miles <
- > Driving Distance to Leg 4: 21.48-miles <
 - Reverse direction on Route 183, follow 4.1-miles.
 - Turn LEFT on US Route 1, follow 11.0-miles thru Gouldsboro.
 - In Steuben turn LEFT on Smithville Road (becomes Unionville Road), follow 6.0-miles.
 - DEST trail crosses Unionville Road.
- *Don't forget to record your incoming runner's leg time on the Team Timing Sheet!*

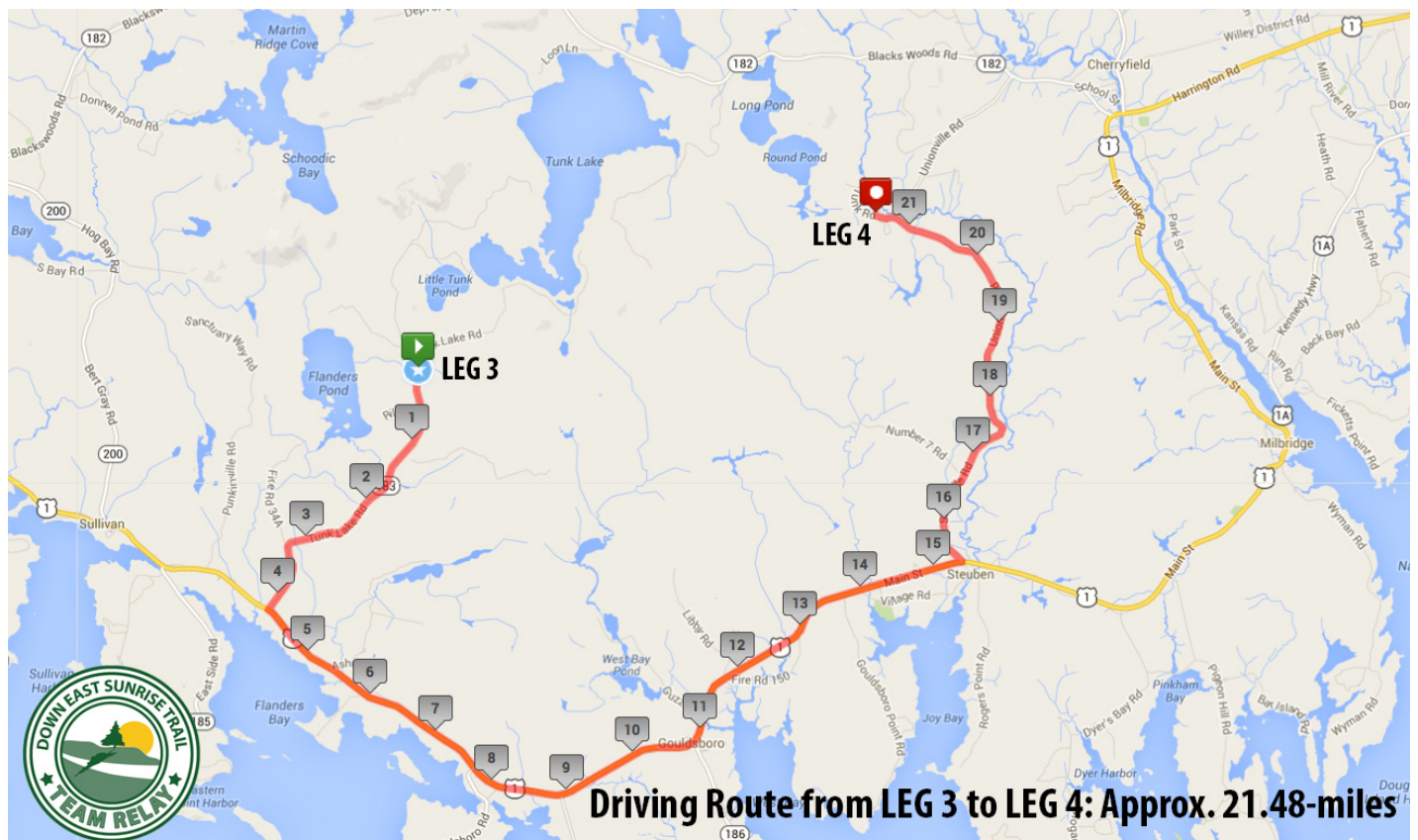
Parking: There is VERY limited parking here. Pullover on the shoulder of Unionville Road with both tires off the pavement and your hazard lights flashing. Do your best and be respectful of our trail neighbors. Do NOT block the trail!

GPS Coordinates (Leg 3): 44.549113, -68.112082 **(Leg 4):** 44.578503, -67.990254

ATTENTION: The driving distance to get to the start of Leg 4 is 21.48-miles. (There are no other more direct routes, sorry!) Meanwhile, your runner will only be covering 7.6-miles. This might mean, depending on your runners pace, you could miss getting your next runner in place for the hand-off unless you make a plan.

If you feel that the relay exchange will be a close call, we recommend using one of the options below:

- C. Have your runner complete back-to-back legs on legs 3 and 4, 12.1-miles total.)
- D. If you have a second support vehicle, send your Leg 4 runner ahead to the start of Leg 4 located at Unionville Crossing before your incoming Leg 3 runner arrives.



Note: This is the **DRIVING** route. The **RUNNING** route can be found on a separate map.

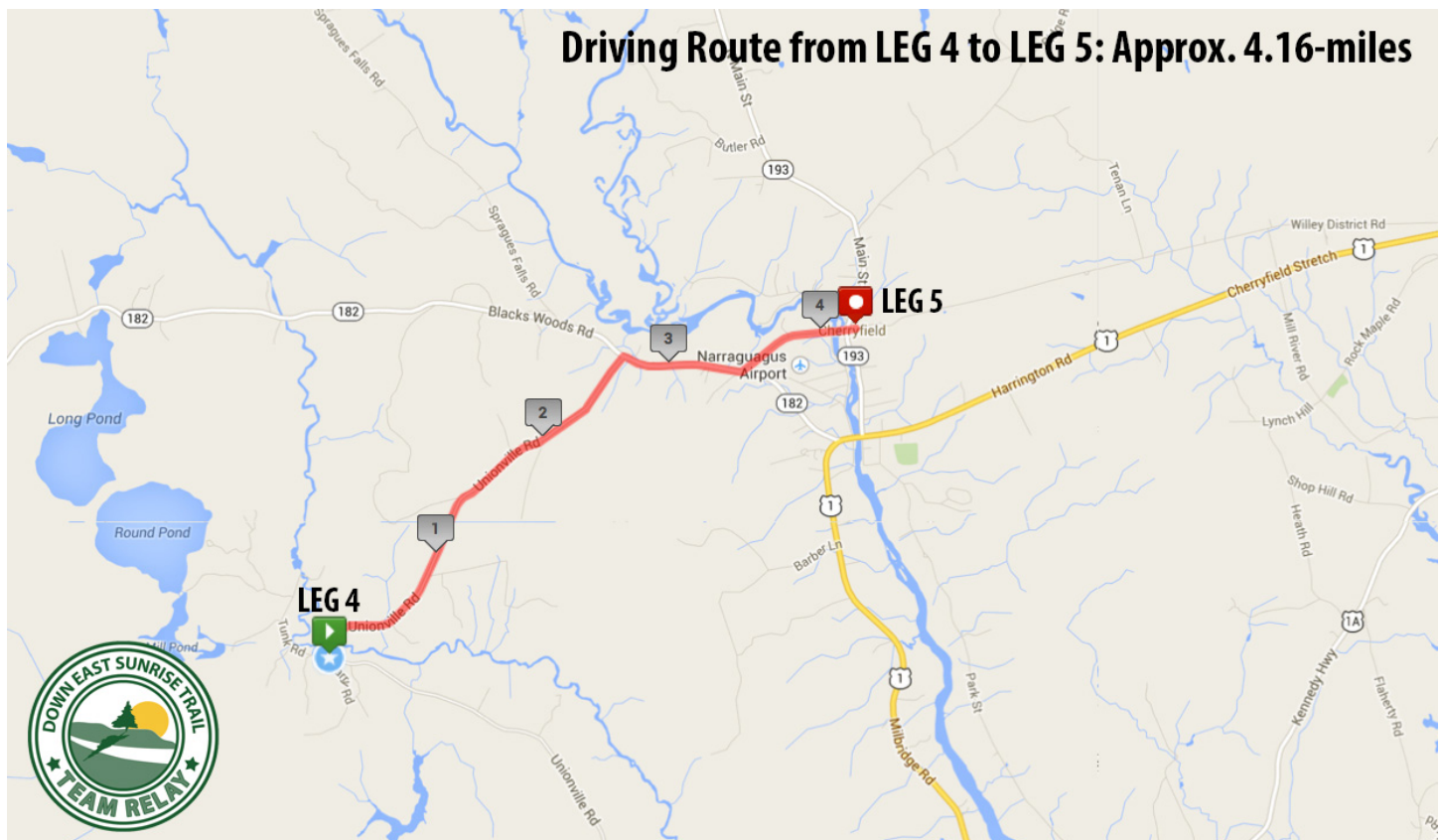
Drive to LEG 5: CHERRYFIELD CROSSING

- > Leg 4 Running Distance to Leg 5: 4.5-miles <
- > Driving Distance to Leg 5: 4.16-miles <
 - Continue on Unionville Road, follow 2.6-miles.
 - Turn RIGHT on Route 182, follow 7/10-mile.
 - Turn LEFT on North Street, follow 6/10-mile.
 - North Street crosses Route 193 and becomes Willey District Road, follow for 1/10-mile.
 - DEST trail crosses Willey District Road.
- *Don't forget to record your incoming runner's leg time on the Team Timing Sheet!*

Parking: Park in the lot on the left, opposite C.H. Mathews Store. Or, pullover on the shoulder of Willey District Road with both tires off the pavement and your hazard lights flashing.

Portajohn: Located at C.H. Mathews Store.

GPS Coordinates (Leg 4): 44.578503, -67.990254 **(Leg 5):** 44.607481, -67.925294



Note: This is the DRIVING route. The RUNNING route can be found on a separate map.

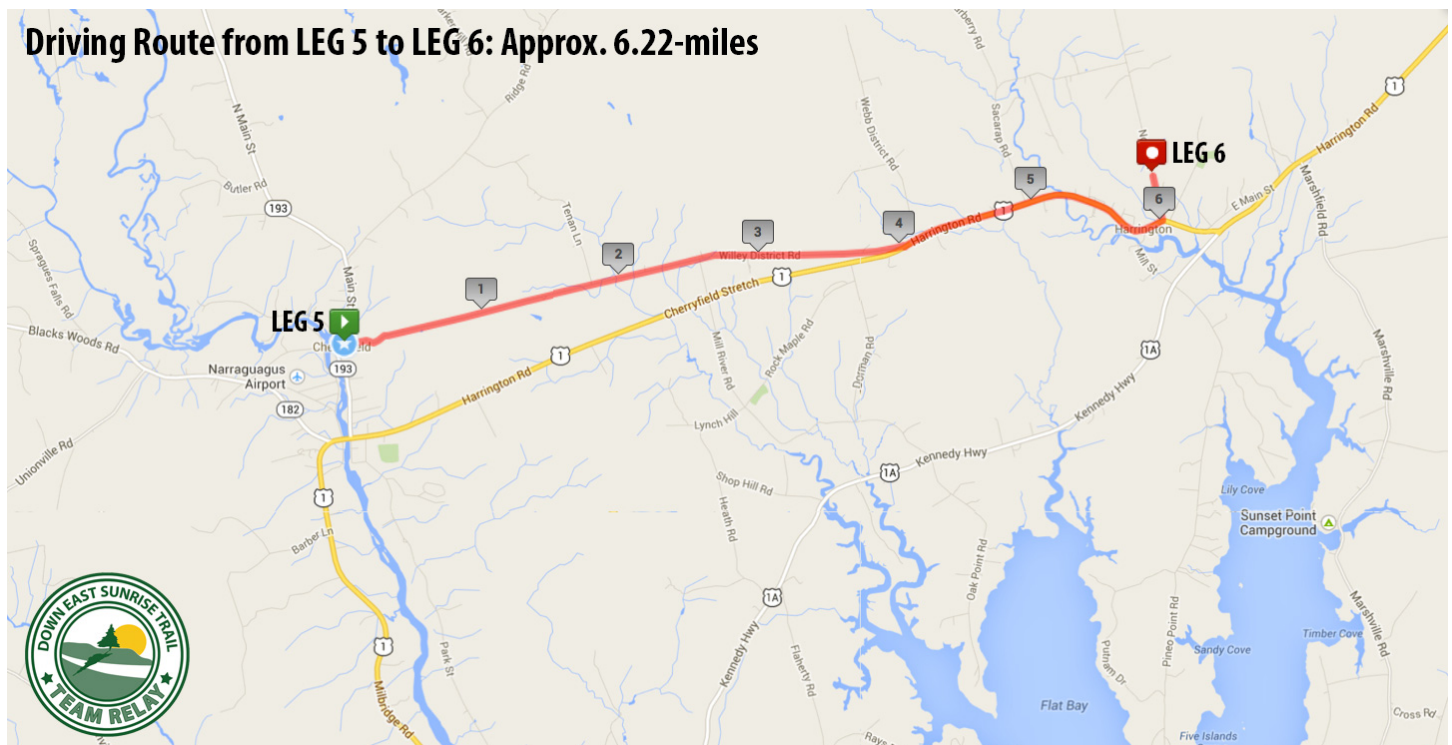
Drive to LEG 6: HARRINGTON CROSSING

- > Leg 5 Running Distance to Leg 6: 6.2-miles <
- > Driving Distance to Leg 6: 6.22-miles <
 - Continue on Willey District Road, follow 4.0-miles.
 - Turn LEFT on US Route 1, follow 1.9-miles.
 - Turn LEFT on North Street, follow 3/10-mile.
 - DEST trail crosses North Street.
- *Don't forget to record your incoming runner's leg time on the Team Timing Sheet!*

Parking: Pull-off and park in the lot with trailers on your LEFT, located *before* the trail crossing. Or, pullover on the shoulder with both tires off the pavement and your hazard lights flashing.

Notes: There is a house neighboring the trail crossing. QUIET, PLEASE!

GPS Coordinates (Leg 5): 44.607481, -67.925294 **(Leg 6):** 44.624753, -67.809701



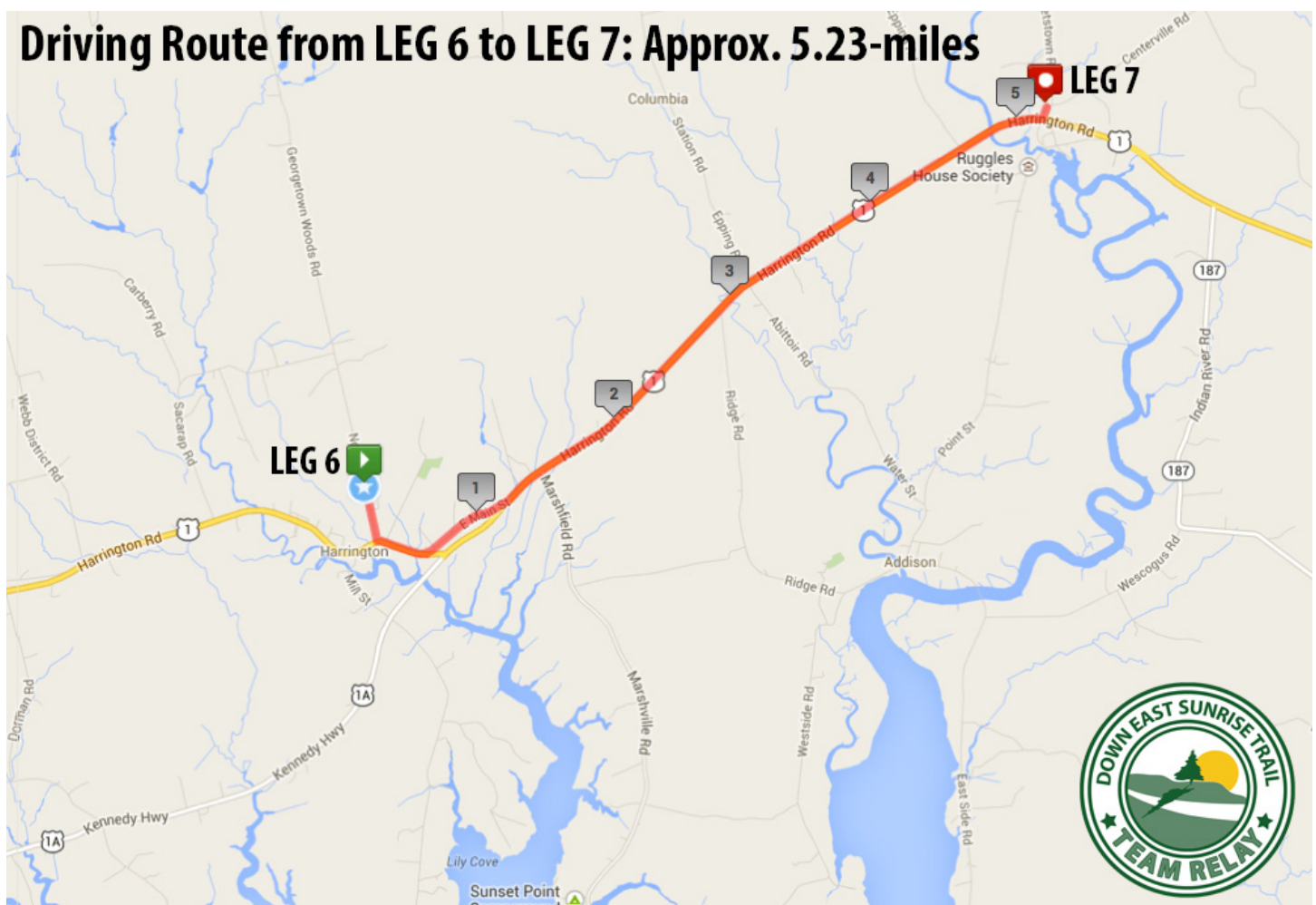
Note: This is the **DRIVING** route. The **RUNNING** route can be found on a separate map.

Drive to LEG 7: COLUMBIA FALLS CROSSING

- > Leg 6 Running Distance to Leg 7: 6.1-miles <
- > Driving Distance to Leg 7: 5.23-miles <
 - Reverse direction on North Street, follow 3/10-mile.
 - Turn LEFT on US Route 1, follow 4.4-miles.
 - Turn LEFT on Tibbetstown Road, follow 100-feet.
 - DEST trail crosses Tibbetstown Road just before the intersection with Centerville Road.
- *Don't forget to record your incoming runner's leg time on the Team Timing Sheet!*

Parking: There is a parking area on the left. Or, pullover on the shoulder of Tibbetstown Road with both tires off the pavement and your hazard lights flashing.

GPS Coordinates (Leg 6): 44.624753, -67.809701 **(Leg 7):** 44.657246, -67.727695



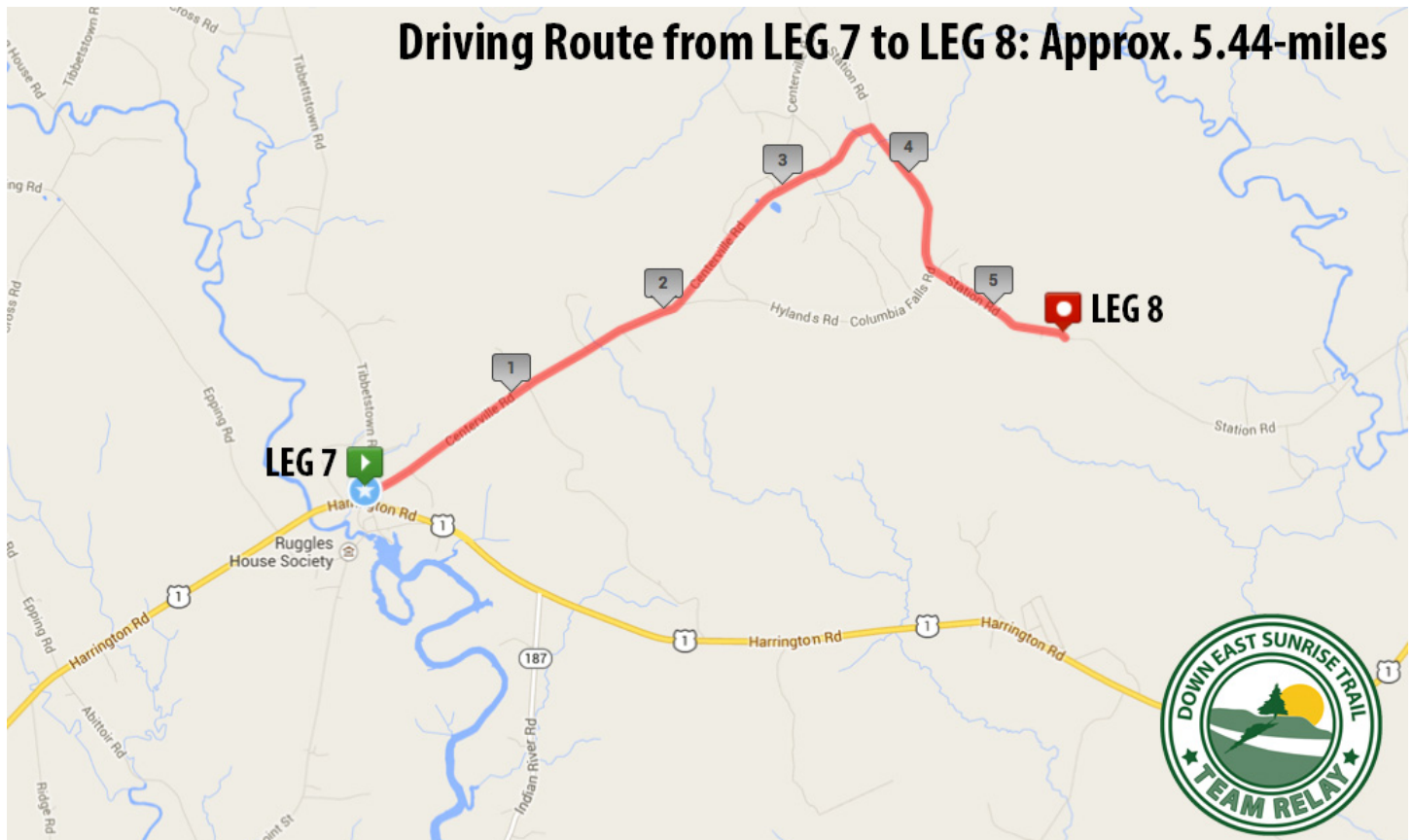
Note: This is the DRIVING route. The RUNNING route can be found on a separate map.

Drive to LEG 8: JONESBORO STATION

- > Leg 7 Running Distance to Leg 8: 3.8-miles <
- > Driving Distance to Leg 8: 5.44-miles <
 - Continue STRAIGHT on Tibbetstown Road, follow 100-feet.
 - Continue STRAIGHT thru intersection onto Centerville Road, follow 3.3-miles (*Note: Be careful to stay straight on Centerville Road, Tibbetstown Road turns off to the left.*)
 - Centerville Road turns left, stay STRAIGHT on Cross Road for 3/10-mile.
 - Turn RIGHT on Station Road, follow 1.7-miles. (*Note: The Street sign for Station Road is missing. You will come to an intersection where your only option is to turn left or right. TURN RIGHT.*)
 - DEST trail crosses Station Road.
- *Don't forget to record your incoming runner's leg time on the Team Timing Sheet!*

Parking: There is a small parking area on the left. Or, pullover on the shoulder of Station Road with both tires off the pavement and your hazard lights flashing. (Take care not to park on anyone's lawn. Do NOT block trail!) There is a house neighboring the trail crossing. QUIET, PLEASE!

GPS Coordinates (Leg 7): 44.657246, -67.727695 **(Leg 8):** 44.670039, -67.646248



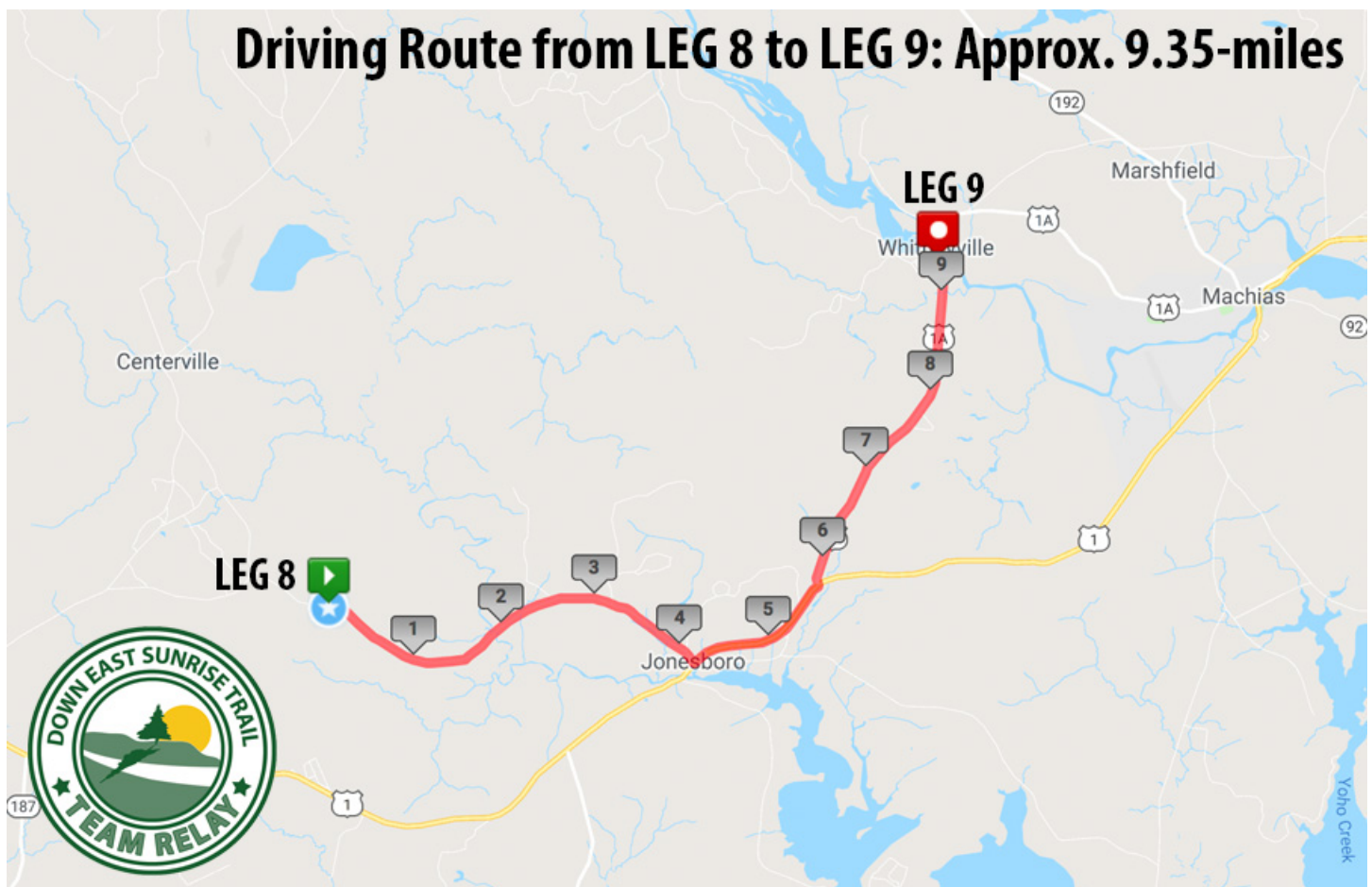
Note: This is the DRIVING route. The RUNNING route can be found on a separate map.

Drive to LEG 9: WHITNEYVILLE CROSSING

- > Leg 8 Running Distance to Leg 9: 7.7-miles <
- > Driving Distance to Leg 9: 9.35-miles <
 - Continue on Station Road, follow 4.2-miles.
 - Turn LEFT on US Route 1, follow 1.5-miles.
 - Turn LEFT on Route 1A Whitneyville Road, follow 3.5-miles.
 - Slight LEFT onto Middle Street.
 - DEST trail crosses Middle Street
- *Don't forget to record your incoming runner's leg time on the Team Timing Sheet!*

Parking: There is a large DEST parking area on the left, just beyond the trail crossing.

GPS Coordinates (Leg 8): 44.670039, -67.646248 **(Leg 9):** 44.719377, -67.522374



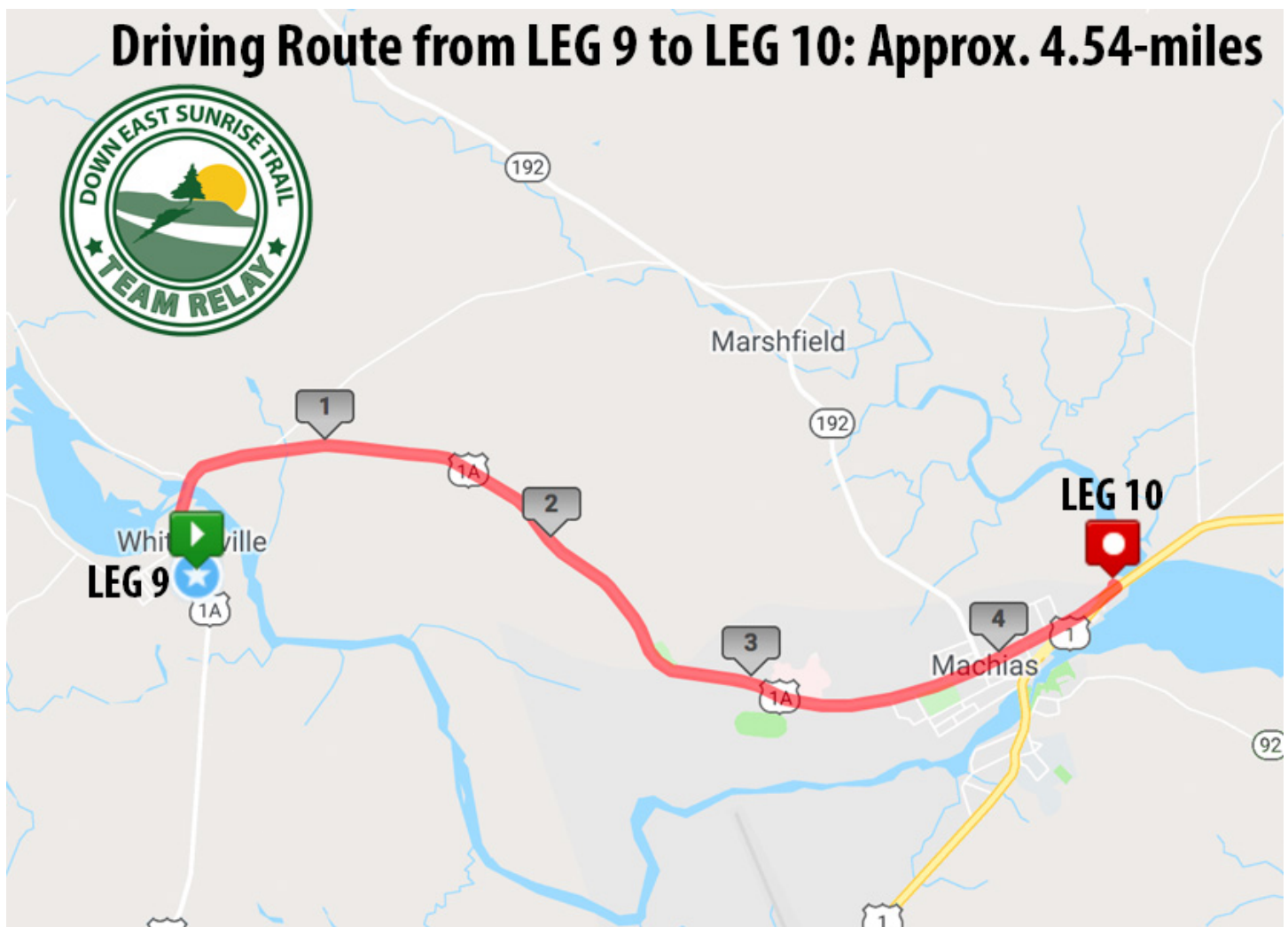
Note: This is the **DRIVING** route. The **RUNNING** route can be found on a separate map.

Drive to LEG 10 – MACHIAS

- > Leg 9 Running Distance to Leg 10: 3.6-miles <
- > Driving Distance to Leg 10: 4.54-miles <
 - Continue STRAIGHT on Middle Street, follow 1/10th-mile.
 - Turn RIGHT on Cross Street, follow 1/10th-mile.
 - Turn LEFT on Route 1A, follow 4.1-miles.
 - Bear LEFT as Route 1A turns into US Route 1, follow straight 1/10th-mile.
 - The relay handoff is located before the causeway at the green boxcar and station 98.
- *Don't forget to record your incoming runner's leg time on the Team Timing Sheet!*

Parking: Limited parking at crossing. Pull-off and park on LEFT. Do NOT block the trail.

GPS Coordinates (Leg 9): 44.719377, -67.522374 **(Leg 10):** 44.719645, -67.451473



Note: This is the DRIVING route. The RUNNING route can be found on a separate map.

Drive to LEG 11: EAST MACHIAS

- > Leg 10 Running Distance to Leg 11: 3.9-miles <
- > Driving Distance to Leg 11: 3.46-miles <
 - DEST crosses US Route 1. Please be aware of runners.
 - Continue STRAIGHT on US Route 1, follow 3.4-miles.
 - Turn RIGHT on Willow Street, follow 1/10th-mile.
 - DEST trail Crosses Willow Street.
- *Don't forget to record your incoming runner's leg time on the Team Timing Sheet!*

Parking: Large DEST lot on Willow Street. Do NOT block the trail.

Portajohn: Located at Archibald's One Stop

GPS Coordinates (Leg 10): 44.719645, -67.451473 **(Leg 11):** 44.735175, -67.392345



Note: This is the DRIVING route. The RUNNING route can be found on a separate map.

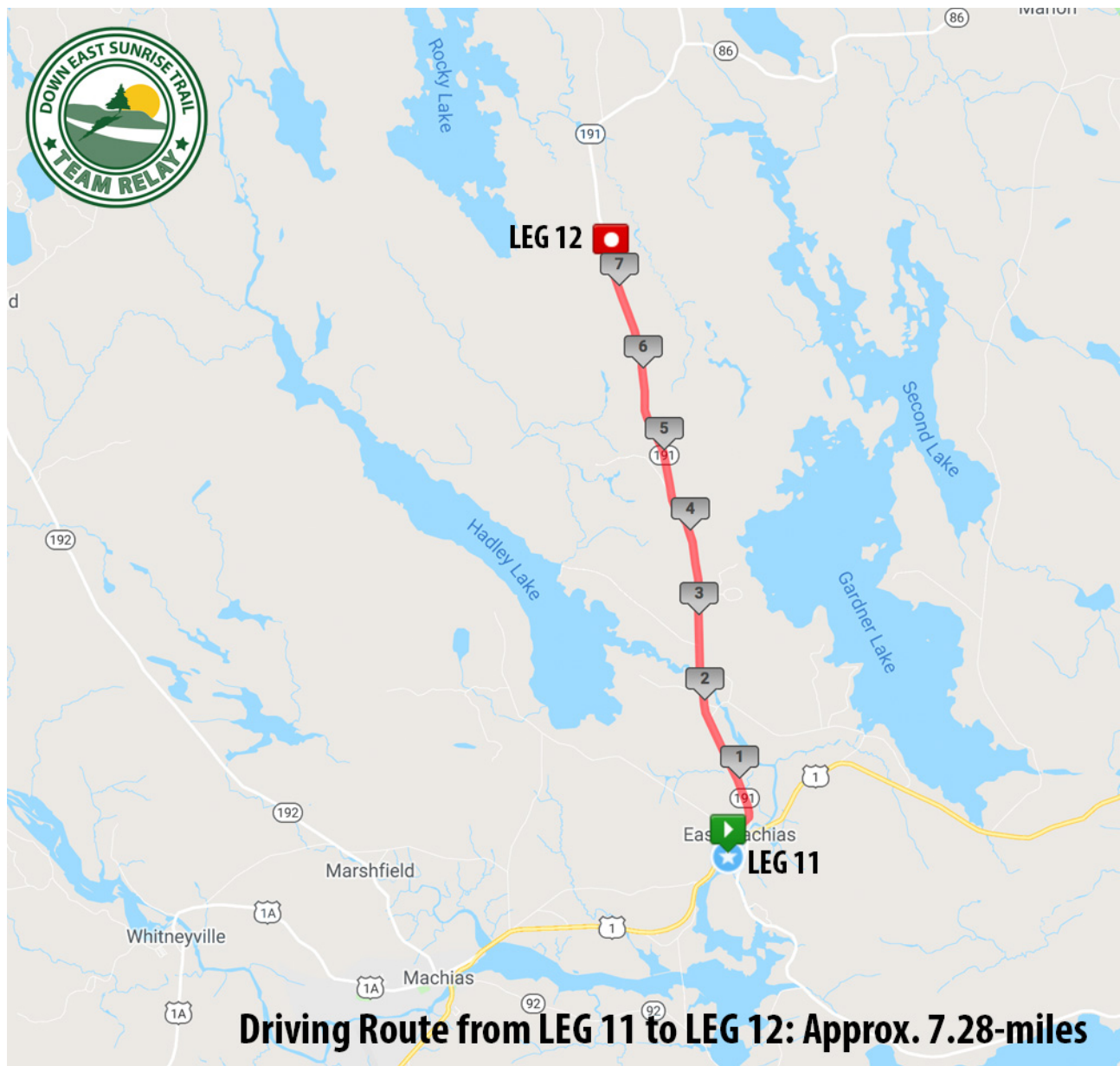
Drive to LEG 12: McGEORGE'S CROSSING / ROCKY LAKE

- > Leg 11 Running Distance to Leg 12: 7.4-miles <
- > Driving Distance to Leg 12: 7.28-miles <
 - Reverse direction on Willow Street, follow 1/10th-mile
 - Turn RIGHT on US Route 1, follow 2/10th-mile.
 - Turn LEFT on Route 191/Jacksonville Road, follow Route 191 for 6.9-miles.
 - DEST trail crosses Route 191.
- *Don't forget to record your incoming runner's leg time on the Team Timing Sheet!*

Parking: There is a small parking area on the left. Or, pullover on the shoulder of Route 191 with both tires off the pavement and your hazard lights flashing. (Take care not to park on anyone's lawn. Do NOT block trail!)

Notes: There is a house neighboring the trail crossing. QUIET, PLEASE!

GPS Coordinates (Leg 11): 44.735175, -67.392345 **(Leg 12):** 44.834722, -67.420254



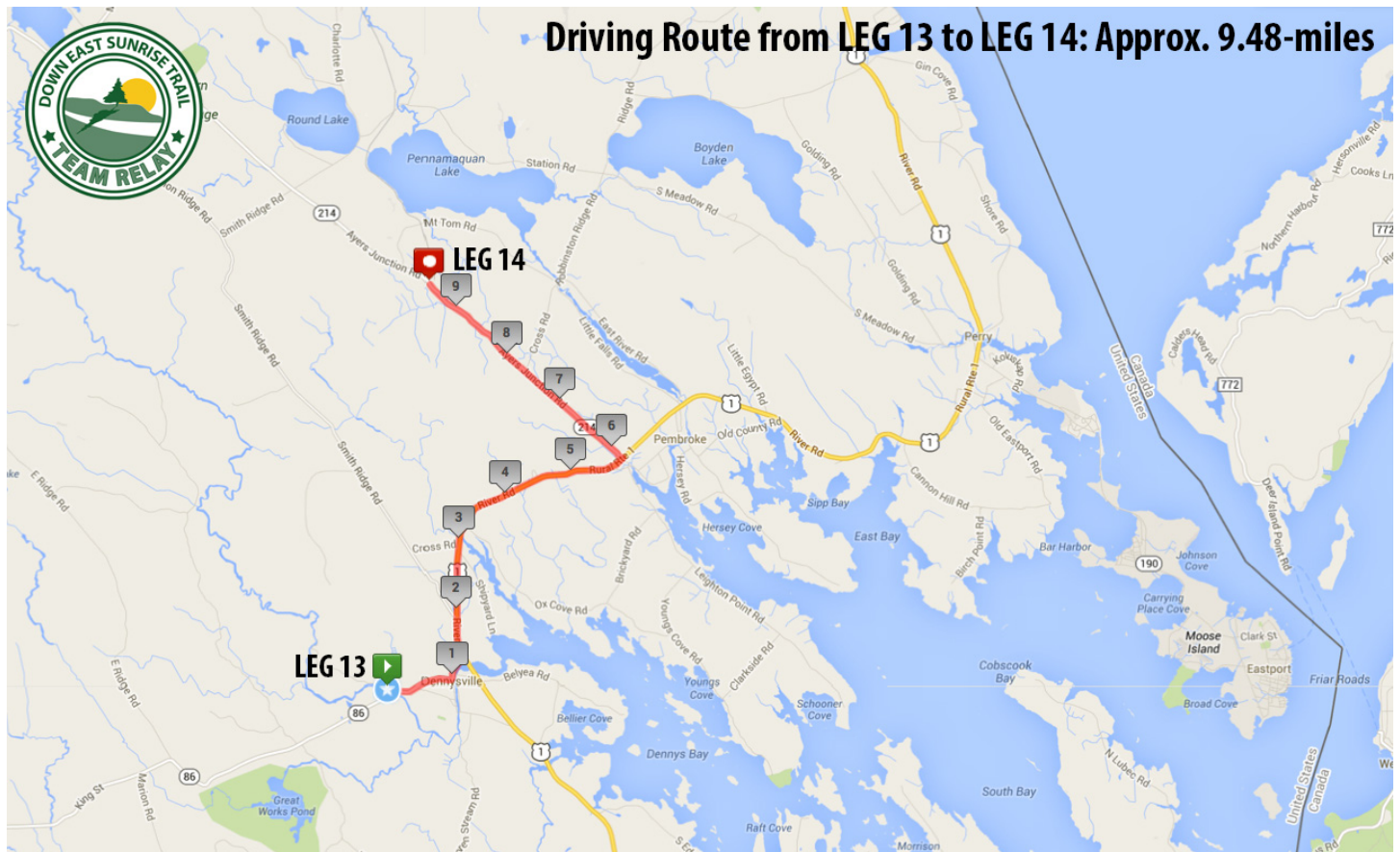
Note: This is the DRIVING route. The RUNNING route can be found on a separate map.

Drive to LEG 14: AYERS JUNCTION

- > Leg 13 Running Distance to Leg 14: 6.7-miles <
- > Driving Distance to Leg 14: 9.48-miles <
 - Reverse direction on Milwaukee Road.
 - Go straight on Route 86, follow 1.3-miles.
 - Turn LEFT on US Route 1, follow 4.4-miles.
 - Turn LEFT on Route 214 / Ayers Junction Road, follow 3.6-miles.
 - The trail crosses Ayers Junction Road. (*Note: DEST ends on the LEFT side of Ayers Junction Road, MATS-206 starts on the RIGHT side of the Ayers Junction Road.*)
- *Don't forget to record your incoming runner's leg time on the Team Timing Sheet!*

Parking: There is a large parking area on the left. Do NOT block trail as it runs directly THRU the middle of this parking lot.

GPS Coordinates (Leg 13): 44.901932, -67.247068 **(Leg 14):** 44.985302, -67.235818



Note: This is the **DRIVING** route. The **RUNNING** route can be found on a separate map.

Drive to LEG 15: LITTLE FALLS ROAD

- > Leg 14 Running Distance to Leg 15: 3.5-miles <
- > Driving Distance to Leg 15: 5.40-miles <
 - Continue STRAIGHT on Route 214 Ayers Junction Road, follow 4/10th-mile.
 - Turn RIGHT on Mount Tom Road, follow 3.1-miles.
 - At STOP sign, continue STRAIGHT onto Little Falls Road, follow 1.9-miles.
 - The trail crosses Little Falls Road.
- *Don't forget to record your incoming runner's leg time on the Team Timing Sheet!*

Parking: Park on the LEFT side of Little Falls Road with two tires off the pavement.

GPS Coordinates (Leg 14): 44.985302, -67.235818 **(Leg 15):** 44.965628, -67.172754



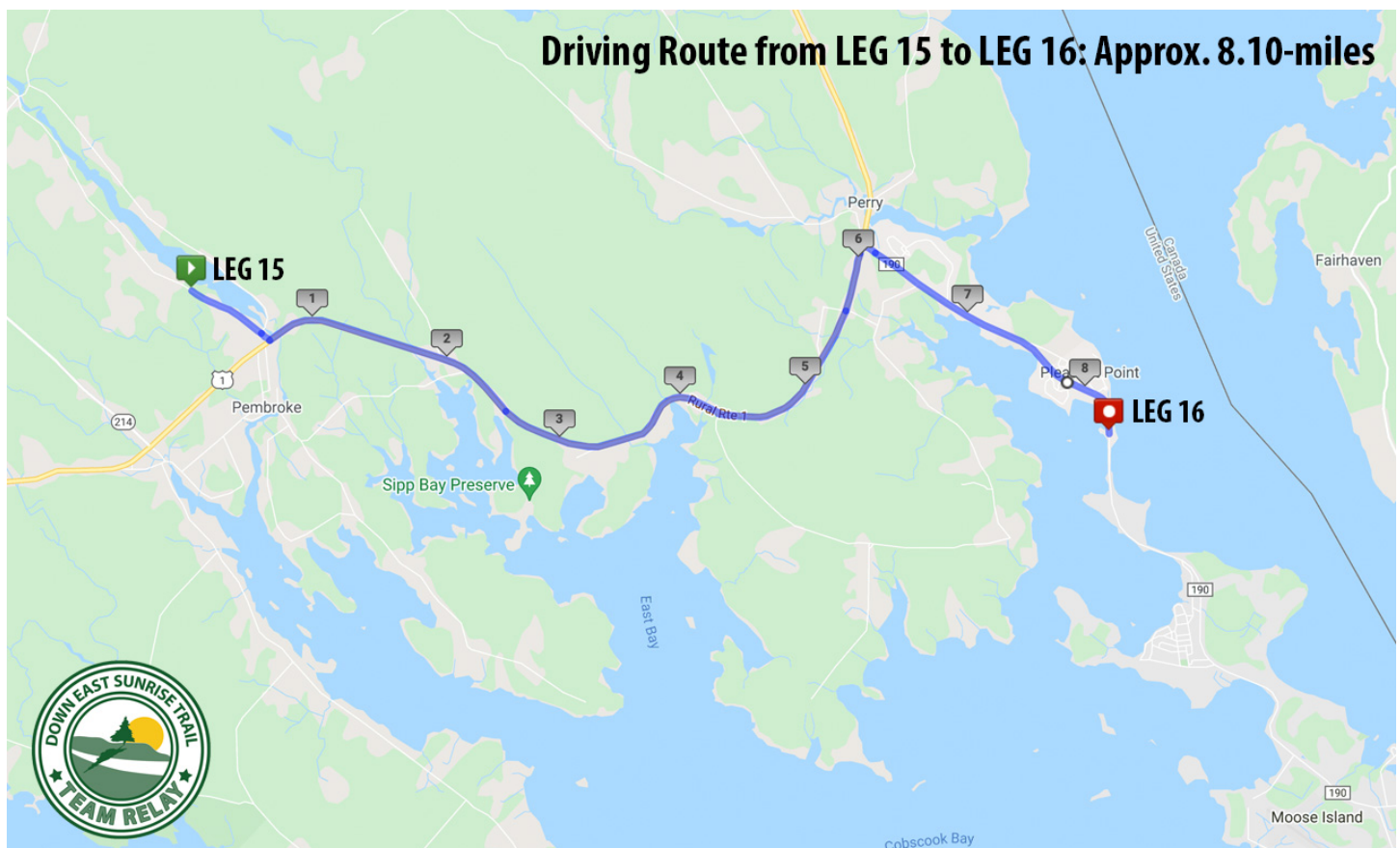
Note: This is the DRIVING route. The RUNNING route can be found on a separate map.

Drive to LEG 16: SPLIT ROCK / PESSIKAPSKIYAK ROAD

- > Leg 15 Running Distance to Leg 16: 8.0-miles <
- > Driving Distance to Leg 16: 8.10-miles <
 - Continue STRAIGHT on Little Falls, follow 6/10-mile.
 - Turn Left on US Route 1, follow 5.3-miles.
 - Turn Right on Route 190, follow 2.2-miles.
- *Don't forget to record your incoming runner's leg time on the Team Timing Sheet!*

Parking: Pull-off and park on LEFT at Pessikapskiyak Road / Split Rock. There is a small parking area. There is a large parking lot on the right. Or, pullover on the shoulder of Route 190 with both tires off the pavement and your hazard lights flashing.

GPS Coordinates (Leg 15): 44.965628, -67.172754 **(Leg 16):** 44.950850, -67.039430



Note: This is the DRIVING route. The RUNNING route can be found on a separate map.

Drive to FINISH: Downtown Eastport

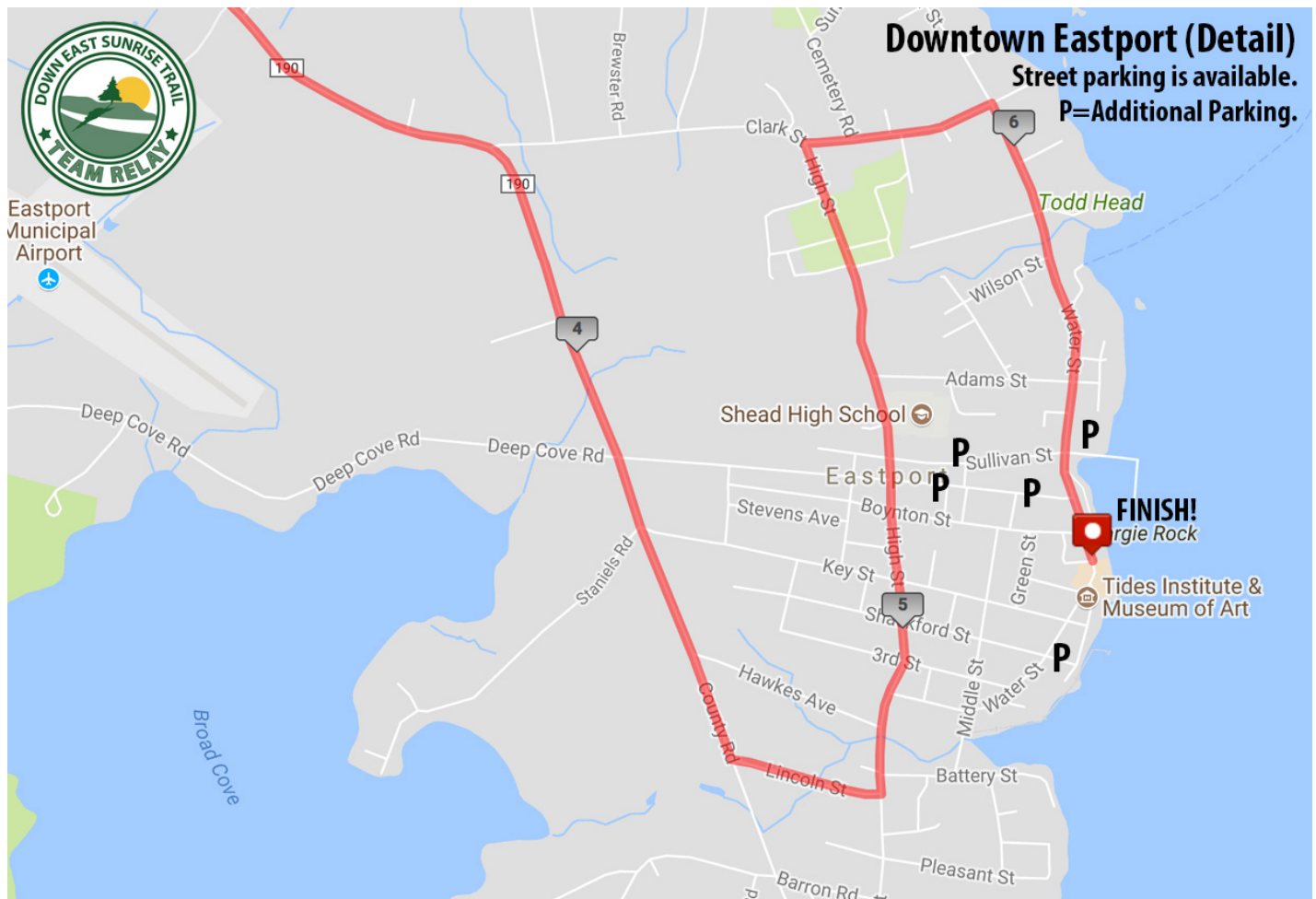
- > Leg 16 Running Distance to Finish: 6.7-miles <
- > Driving Distance to finish line: 6.5-miles <
 - Keep going on Route 190, follow 3.9-miles.
 - Bear RIGHT on County Road, follow 7/10-mile. (*Note: 190 bears left, stay RIGHT.*)
 - Turn LEFT on Lincoln Street, follow 2/10-mile.
 - Turn LEFT on High Street, follow 9/10-mile.
 - Turn RIGHT on Clark Street, follow 2/10-mile.
 - Turn RIGHT on Water Street, follow 7/10-mile.
 - Park in Downtown Eastport.
- *Don't forget to record your incoming runner's leg time on the Team Timing Sheet and turn the completed sheet in to our race timer at the finish line.*
- Notes:
 - Your Leg 16 runner will turn LEFT onto the Eastport Harbor Walk, and follow 2/10-mile to the waterfront finish line at the Sutherland Overlook Park Amphitheater. (Located on the waterfront, near the fisherman and mermaid statues.)
 - These driving directions follow the same route as the final (Leg 16) running route, except for approx. the final 2/10-mile where runners will join the Eastport Harbor Walk, a pedestrian footpath that is NOT open to vehicular traffic. Teams should assist their runners to make sure that they turn at each designated intersection in order to stay on the relay route.

Parking: Downtown Eastport. Public street parking is available in downtown Eastport. Additional parking can be found behind the Post Office (1 Washington St.), 5 Sullivan St. (by Moose Island Marine), Quoddy Bay Lobster (Sea St.), Eastport Arts Center (36 Washington St.), Port Authority (141 Water St.—there is a very small farmer's market there 11am-1pm.) After your runner crosses Washington Street we suggest your team turns RIGHT and makes their way to downtown to park and meet your runner on the Sea Walk before finishing at Sutherland Amphitheater on the Eastport Waterfront, near the Mermaid and Fisherman statues.

GPS Coordinates (Leg 16): 44.950850, -67.039430 **(Finish):** 44.905386, -66.984429



Note: This is the DRIVING route. See next page for detailed view. (The RUNNING route can be found on a separate map.)

(...continued) Drive to FINISH: Downtown Eastport

Note: This is a (somewhat) detailed view of downtown Eastport showing the DRIVING route. The (somewhat) detailed RUNNING route can be found on a separate map.

Parking in downtown Eastport - Public street parking is available in downtown Eastport.

Additional parking can be found:

- 1.) Behind the Post Office [1 Washington Street]
- 2.) 5 Sullivan Street [by Moose Island Marine]
- 3.) Quoddy Bay Lobster [end of Sea Street]
- 4.) Eastport Arts Center [36 Washington Street]
- 5.) Port Authority [141 Water Street] Note: There is a very small farmer's market there 11am-1pm.

After your runner crosses Washington Street we suggest your team turns RIGHT and makes their way to downtown to park and meet your runner on the Sea Walk before finishing at Sutherland Amphitheater on the Eastport Waterfront, near the Mermaid and Fisherman statues.

GPS Coordinates (Finish Line): 44.905386, -66.984429

DOWN EAST SUNRISE TRAIL RELAY

JULY 21 & 22, 2023 ★ NINTH EDITION

TEAM TIMING SHEET

PLEASE SUBMIT COMPLETED TIMING SHEET TO RACE OFFICIALS AT THE FINISH LINE. THANK YOU!

TEAM NAME:

please print clearly

LEG #	RUNNER FIRST & LAST NAME	LEG TIME (h:mm:ss) <i>**record to nearest second</i>
LEG 1 (8.9 miles) Washington Junction		
LEG 2 (7.5 miles) Franklin Crossing		
LEG 3 (7.6 miles) Tunk Lake Road / ME 183		
LEG 4 (4.5 miles) Unionville Crossing		
LEG 5 (6.2 miles) Cherryfield Crossing		
LEG 6 (6.1 miles) Harrington Crossing		
LEG 7 (3.8 miles) Columbia Falls Crossing		
LEG 8 (7.7 miles) Jonesboro Station		
LEG 9 (3.6 miles) Whitneyville Crossing		
LEG 10 (3.9 miles) Machias		
LEG 11 (7.4 miles) East Machias		
LEG 12 (10.6 miles) McGeorge's Crossing		
LEG 13 (6.7 miles) Dennysville		
LEG 14 (3.5 miles) Ayers Junction		
LEG 15 (8.0 miles) Little Falls Road		
LEG 16 (6.7 miles) Split Rock		

RACE OFFICIALS WILL SCORE YOUR TEAM'S TOTAL ACCUMULATED TIME.

***there will be a 0:00:59 penalty for each leg not recorded to the nearest second.*