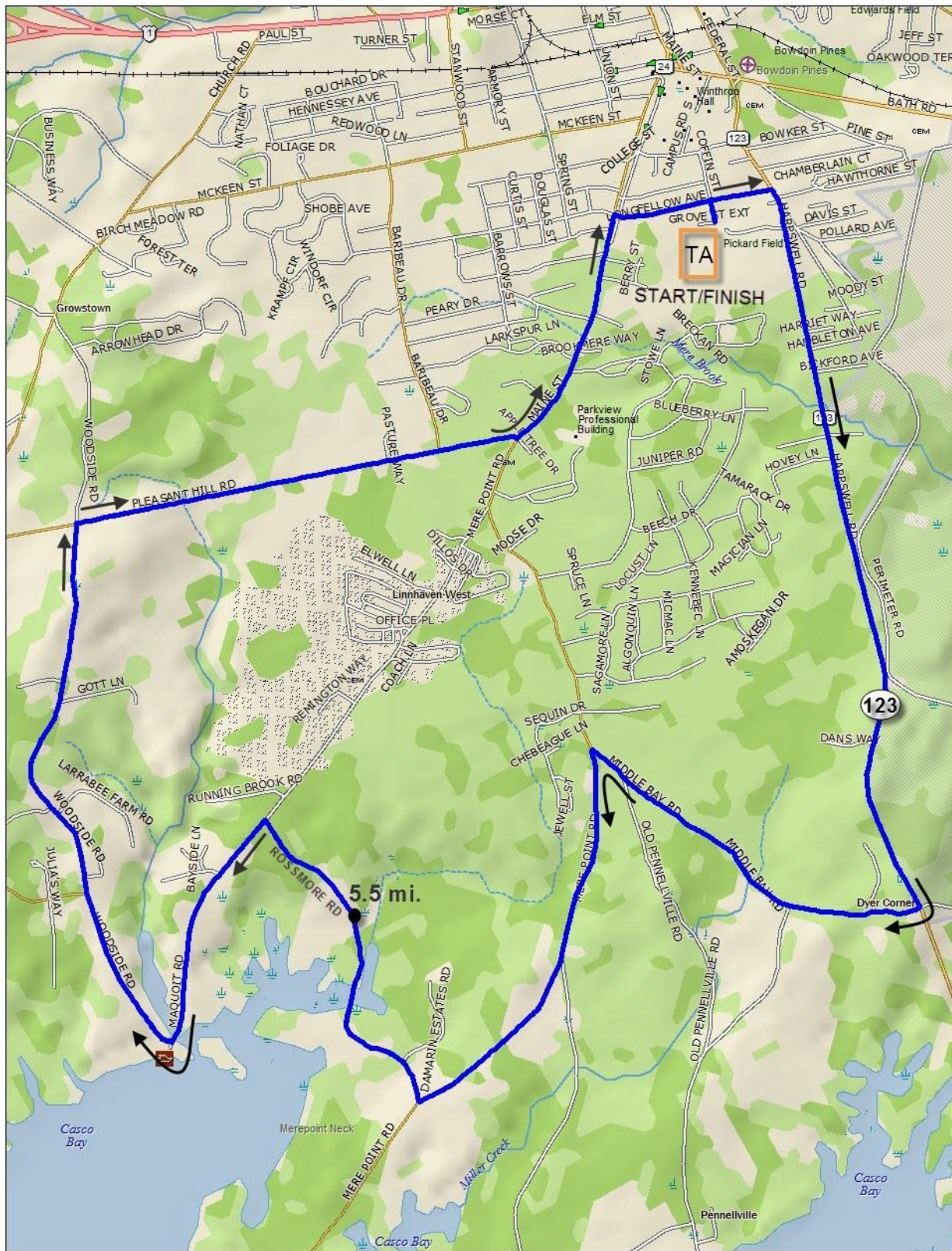
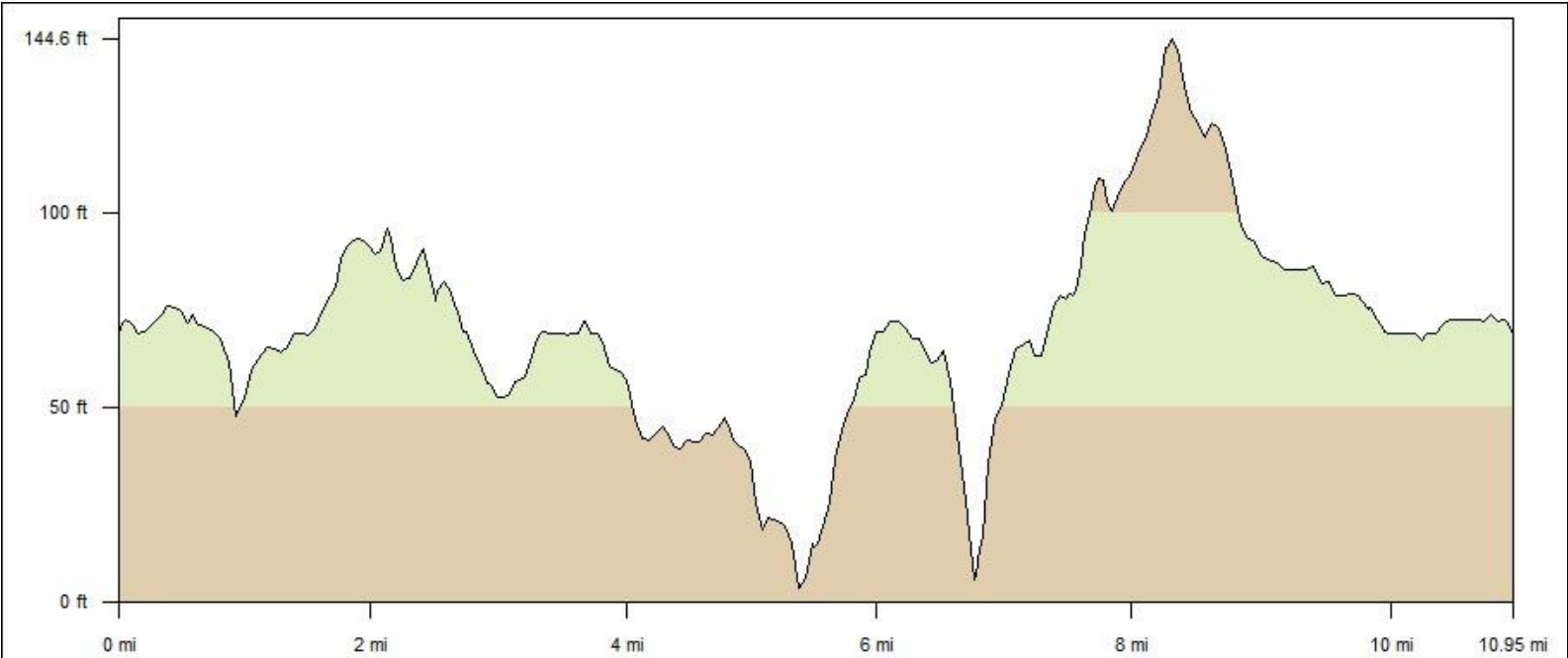


Polarbear Tri/Duathlon Bike Course - ~11 Miles



Polarbear Bike Course Profile



Lin Dist: 10.9 mi	Terr Dist: 10.9 mi	Elev Gain: -0 ft	Avg Grade: 1
Climb Elev: 354.5 ft	Desc Elev: 354.5 ft	Max. Elev: 144.6 ft	Min. Elev: 3.4 ft
Climb Dist: 5.1 mi	Desc Dist: 5.7 mi		



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Polarbear Tri/Duathlon Course Directions

1. Right off Coffin Street Extension onto Longfellow Road
2. Right onto Harpswell Road (Route 123)
3. Right onto Middle Bay Road
4. Left onto Mere Point Road
5. Right onto Ross More Road
6. Left onto Maquoit Road...Turns into Woodside Road
7. Right onto Pleasant Hill Road
8. Left onto Maine Street
9. Right onto Longfellow Avenue
10. Right onto Coffin Street Extension

Return to Transition Area