

bike
MS

Great Maine
Getaway
Ride 2017



It's more than a ride

National Multiple Sclerosis Society
Greater New England Chapter
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www.bikeMSmaine.org

BIKE MS: GREAT MAINE GETAWAY
AUGUST 12-13, 2017

ride guide



Bike MS Ride Guide • Great Maine Getaway • Saturday-Sunday, August 12-13, 2017

Welcome to the 2017 Bike MS Great Maine Getaway hosted by the Greater New England Chapter of the National Multiple Sclerosis Society. The Greater New England Chapter serves nearly 21,000 individuals and their families who are affected by multiple sclerosis in five New England states: Maine, Massachusetts, New Hampshire, Rhode Island, and Vermont. Great Maine Getaway is one of the chapter's largest fundraising events.

The 2016 Bike MS: Great Maine Getaway was a great success. The dedication all of you have to find a cure for MS has inspired us at the National MS Society to keep pushing and to aim high. Your fundraising truly helps the MS community by providing funding for programs, home modifications, personal care attendants, research, and more. You also help to give hope to those living with MS and their families.

We are excited to have your support this year, and we are looking forward to another fantastic Bike MS ride! Last year's Getaway raised over \$400,000. In 2017, we are aiming higher again, with the goal of \$450,000 and more than 500 riders. With your help, we will make it happen! For every dollar of fundraising and sponsorship raised during the Great Maine Getaway, 82 cents goes directly to MS education, support, advocacy, services, and research.

Bike MS: Great Maine Getaway is an opportunity to take stock of what we've accomplished together in the movement to create a world free of MS. While there is still no cure, there have been great advances in diagnosis and treatment, and in our understanding of the disease in terms of gender, genetics, immunology, nervous system repair and protection, and even pediatric MS.

As you embark on your two-day challenge in August remember those who face the daily, lifelong challenges of multiple sclerosis. Your participation and fund-raising accomplishments are essential to enabling people with MS to continue moving forward. On behalf of the National Multiple Sclerosis Society, Greater New England Chapter, and the thousands living with MS, thank you.

Here's to a great 2017!

A handwritten signature in black ink that reads "Sue".

Sue Tidd
Director of Development

For cyclists and all those seeking a personal challenge and a world free of MS, Bike MS is the premier fundraising cycling series in the nation. With a choice of over 100 extraordinary rides, the Bike MS experience is the ride of your life.

bike
~~MS~~ *Table of Contents*

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bike MS[®] *By the Numbers*

HIGHLIGHTS OF GREAT MAINE GETAWAY 2016

TOP 10 TEAMS:		TOP 10 INDIVIDUALS:	
Cycling Friends	\$50,818	Jon Larkin	\$17,850
Kelly's Cruisers	\$32,683	Sumner Weeks	\$13,375
Ring Warriors	\$31,603	Gordon Haldeman	\$8,325
MSAssassins	\$30,445	Wade Anderson	\$7,875
Velo Express	\$21,615	Donna McGrew	\$6,935
Starr Companies	\$19,971	John Sheehan	\$6,650
Rollers	\$17,030	Bruce Blanchette	\$6,340
Casco Bay Bicycle Club	\$12,496	Jordan Cohen	\$5,813
Team Marjie	\$11,573	Mitch DeBlois	\$5,630

Total Teams: \$353,094 ~ Total Raised: more than \$373,000

2017 GOAL: \$450,000

BIKE MS PRIZES

THE MORE YOU RAISE, THE MORE PRIZES YOU GET !

All Bike MS cyclists raising \$750 or more will receive Bike MS the Great Maine Getaway VIP cycling jersey.



All Bike MS cyclists raising \$5,000 or more will receive the Great Maine Getaway VIP cycling jersey and be eligible for the Passport Program.

*As a National MS Society cyclist and top fundraiser, cyclists from our chapter who have raised at least \$5,000 are eligible to become a member of the elite National Bike MS Program! Through the National Bike MS Passport Program, members are eligible to attend many other Bike MS Rides throughout the nation. For more information, visit www.bikems.org

bike ~~MS~~ *Weekend Amenities*

The National MS Society works hard to ensure that every aspect of the bike MS weekend is taken care of for you.

FOOD

When you arrive at the finish Saturday there is an ongoing picnic of hamburgers, hot dogs, and more. Help yourself to some great food and cheer on returning cyclists! The beer and wine tent will open at 5:00 p.m. with cold beer. Dinner begins at 5:30 p.m. for everyone under the main tent near the Student Center. Your wristband is your meal ticket. On Sunday we'll have our annual Lobster Bake beginning at noon.

HOUSING

Thanks to our host, the University of New England, we are able to provide dorm rooms with hot showers or safe designated camping areas, on both Friday and Saturday night. Towels and bedding will be provided. You are also urged to bring a fan as basic housing is not air conditioned. Please request your roommate preference or any special accommodations when you make your reservation. Tenting is located behind Champlain Hall with access to bathrooms. Showers are located in the Campus Center and are open Saturday 5:30 a.m. to 8 p.m. and Sunday 5:30 a.m. to 4 p.m.

SUPPORT ON THE ROUTE

Your safety is our primary concern. We provide a well marked route, professional SAG (Support And Gear) vehicle drivers, HAM radio communications, and transportation for cyclists needing assistance. Rest stops are located approximately every 12-15 miles to provide food, drink, and medical attention. Professional bike mechanics are also stationed throughout the route to serve you. A more detailed description of our rest stops appear later in this guide.

SUPPORT OFF THE ROUTE

Over 200 volunteers join our MS staff and University of New England Ambassadors to help the weekend run smoothly. If you need assistance at any point during the weekend, look for a volunteer or MS staff member. There are also massage therapists on hand at the finish line to help with those aching muscles

CAMPUS FESTIVITIES

When you return from your Saturday ride, you are greeted by enthusiastic volunteers cheering at the finish line! Starting at 6:30 p.m. photographs taken that day stream on the tent wall for all to watch. On Sunday, following your 25, 50 or 75 mile ride, join us for our annual Lobster Bake starting at noon.

SAG

Support And Gear vehicles drive between rest stops. SAG vehicles are identified by orange flags on the passenger side windows. SAG vehicles stop if you are on the side of the road. If you do not need assistance give the SAG vehicle a "thumbs up."

SAG vehicles are equipped with bike racks, basic bike repair kits, medical kits, water and snacks. If you cannot continue to ride, a SAG vehicle will give you a ride to the next rest stop.

If you do not see a SAG vehicle within a few minutes and need assistance, call the net control number on your wristband.



FRIDAY NIGHT

Overnight accommodations for Friday are available at the University of New England dorms. Premium and Basic room options available as well as tenting. Visit the Great Maine Getaway webpage for costs for each option or call Sue Tidd at 207-781-2088.

Be sure to request roommate preference or special accommodations when you make your reservation.

Early Packet Pick-Up is scheduled from 6–8:30 p.m. on Friday at Tent located near Student Center on the campus of the University of New England. Housing assignments for Friday night guests are also available during this Early Packet Pick-Up.

Directions to University of New England

11 Hills Beach Road, Biddeford, ME 04005

The Biddeford Campus of UNE is on the coast of Maine, 20 miles south of Portland and 90 miles north of Boston.

Take the Maine Turnpike (I-95) to Exit 32 (Biddeford). After the tollbooth, turn left at the traffic light intersection onto Route 111 (Alfred Street). Staying in the right lane to the intersection of Route 1, take a left onto Route 1 from the right-hand lane, and then an immediate right as Rt. 111 branches off to the right. Then continue to the next traffic light. Turn right onto Route 9/208 (Pool Street). Follow Route 9/208 approximately 4 miles to the University of New England sign on your left. Turn left at the sign to enter the campus.



EARLY PACKET PICK-UP (EPP)

Early Packet Pick-Up is available at University of New England on Friday before the ride from 6 – 8:30 p.m. at the tent located near Student Center and Ride Start. While there, join us for a welcome reception with buffet-style hors d'oeuvres. Have a stress-free morning before the ride and say hello to the staff by picking up your packet early. At the EPP, you can drop-off all your last minute donations, pick-up your bib number, and get everything out of the way so that on Saturday morning all you need to do is lineup and ride.

Junior Waivers

All participants under the age of 18 must have a signed and notarized waiver, and must be accompanied by a parent or guardian unless they have a signed and notarized Authorization of Responsibility waiver. Both forms can be found in the Document Downloads section at bikeMSmaine.org. Cyclists must be at least 14 years old to participate.



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PREP: BIKE TUNE/CHECK

We recommend that you have your bike tuned at one of the Bike MS supporting bike shops (see page 14) before the ride. All cyclists should carry an extra tube, a pump, and a patch kit. You may not know how to repair a puncture, but another cyclist may be able to help you.

TRAINING

Bike MS rides can be challenging, but a little training and preparation make the ride easier and more enjoyable. Here are some simple steps to bicycling success: fitness training and sports nutrition.

Bike MS rides are fun and achievable for nearly every skill level. As a starting point, less experienced riders should consider the steps listed below to help prepare.

Check with your bike shop

The best source for bicycling information is your local bike shop. Make sure your bike is properly fitted! Official bike shop partners are a good source for any cycling question. (see page 13)

Participate in team or bike shop training rides

You'll have a much safer and more enjoyable experience after you've spent time in the saddle during organized rides, learning the ins and outs of group cycling. Contact one of our bike shops for more information on local rides or visit the training section at www.bikeMSgne.org for a listing of training rides.

Keep track of your mileage

A key part of training is assessing how you've improved. Adding a bicycle computer to your bike is a good step. Basic bicycle computers can monitor your distance, ride time, and speed.

Start with short rides

Keep your first few rides of the year short and easy. 30-60 minutes of riding get you used to sitting on the saddle without over-tiring. Don't worry about speed or distance on these rides. The purpose is to become comfortable on the bike and to gain basic cardiovascular fitness.

Add in occasional longer rides

After becoming comfortable with riding for an hour or so, attempt an endurance day of two or more hours once a week. Try to maintain the same pace established during the shorter rides, but slow down if it is necessary to ride a longer time. Taking rest stops every hour can help rejuvenate you on longer rides. Be sure to eat and drink enough to avoid depleting your energy reserves (known as bonking). The purpose at this stage is to gain confidence in your ability to do long rides and to improve your cardiovascular fitness.

For more advanced training, add hill intervals

After mastering the basics, challenge yourself with more advanced training. After warming up for at least 20 minutes, find a hill you can climb in 10-20 minutes without totally exhausting yourself. After the hill, recover on the way down, and then go up again. As your fitness improves, add more repeats. The power and stamina developed with hill work helps you to tackle the larger hills on the route.



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SPORTS NUTRITION

Eating and drinking right is just as key an element of training for and riding in Bike MS rides as is the number of miles a rider spends on a bike. The best way to take charge of your body is to use common sense. However, always consult your physician before starting any training program. It is important to be well hydrated before, during, and after a ride. If you do not drink enough fluids, dehydration results, causing nausea, muscle cramps, chills, and lack of motivation. Dehydration could lead to heat stroke, a serious medical condition.

To prevent dehydration, we recommend you use the following general guidelines: on all rides, you should drink 4 to 8 ounces of water or carbohydrate drinks every 15 to 30 minutes. Drink more if it's hot or humid, or if you're riding particularly hard. On rides more than two hours in duration, carbohydrate replacement drinks empty more slowly from the stomach, so the total amount you drink should be increased to 5 to 10 ounces every 15 to 30 minutes. These energy drinks help increase your performance, reduce cramps, and lessen the possibility of heat stroke. In addition, energy bars help you avoid the infamous "BONK" that many cyclists experience on longer rides. You should eat on long rides. Good food choices include energy bars and fruit.

RIDER ETIQUETTE/SAFETY CYCLING ETIQUETTE

- Obey all traffic signs and signals. This includes traffic lights and stop signs. If in doubt, check www.maine.gov/mdot/bikeped/safety/laws
- Communicate with your fellow riders using proper cycling terms, such as "On your left," "Car back," etc. (see page 6)
- Ride single file, please! Stay to the right, except

to pass. Pass on the left side only. Do not pass on the right.

- Do not cross center line in roadway, regardless of passing zone.
- Use proper signals when turning. Make left turns from the center of the road or left turn lane.
- Cross railroad tracks perpendicular to the tracks. Ride in control of your bike at all times. You should be able to stop within a reasonable distance.
- Ride defensively and predictably, with consideration for your fellow riders. If you must stop, move off the road to the right.
- Don't use aero bars when in a group.
- Point out and call out any road hazards ahead. These include potholes, drain grates, stray animals, opening car doors, bigger sticks or stones, parked cars, etc.
- Do not overlap wheels of cyclist ahead of you. A slight direction change or gust of wind could easily cause you to touch wheels and fall.
- Pedal down hill when you are at the front of the bunch. Cyclists dislike having to ride under brakes.
- When climbing hills, avoid following a wheel too closely. Many riders often lose their momentum when rising out of the saddle on a hill which can cause a sudden deceleration. This can catch a rider who is following too closely, potentially resulting in a fall from a wheel touch.
- Follow the instructions of **MS Ride Leaders**. Ride Leaders are registered riders who assist with safety and communication along the route. They are distinguished by their arm bands.
- Check League of American Bicyclists website, bikeleague.org for more information.

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BIKE MS TIPS - VOCAL WARNINGS

- **Slowing** - When someone yells out "Slowing," this means that there is something that is causing the pack to slow down. This can be anything from a traffic light, a slower pack of bikes, or a car up ahead. In any event, prepare to slow down. Tap your brakes and repeat the yell "Slowing." This is to indicate to others that you've heard them and you are also slowing. This also alert those behind you that you are slowing down.
- **Stopping** - When someone yells out "Stopping," this means that there is something that is causing the pack to stop. This can be anything from a traffic light, a slower pack of bikes, a stop sign, or a car up ahead. In any event, prepare to stop. Tap your brakes and repeat the yell "Stopping." It's VERY IMPORTANT not to slam on your brakes, especially if there are others behind you!!
- **Hold your line** - When someone yells, "Hold your line," this means that you need to stay in a straight line as best you can. In most cases, the person yelling this out to you is attempting to pass. If you swing out or if you don't keep your bike steady, you could cause the other rider trouble.
- **On your Left** - When someone yells, "On your Left," this means that they are passing you on your left. No need to take this personally. Let them pass as they have the right of way. You should never hear "On your Right." That is, a cyclist should never pass on the right. However, there are many cyclists with varying experience. Be on the look out for those who pass on your right. If someone does this, *kindly* remind him or her that they should pass on the left. Also, it is common courtesy to say "Thank You" to the person yelling "on your left." This indicates that you've heard them.

- **Car Up** - When someone yells, "Car Up," this means that there is a car up front. It is intended to be a verbal caution indicating that a stop may be necessary. If you hear this, repeat the call so that others know that you are aware of the vehicle up front. It is also common courtesy to repeat this so that others behind you know about the car.
- **Car Back** - When someone yells, "Car Back," this means that there is a car behind you. It is intended to be a verbal caution indicating that a car may be passing from behind. It is also common courtesy to repeat this so that others in front of you know about the car.

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Team photos

Team pictures are taken Saturday and Sunday mornings before the ride starts. Team pictures are great to use in thank you letters and next year's donation requests. Get your team together and strike a pose!



WHAT TO BRING FOR RIDE

- Helmet – **REQUIRED**
- Tuned-up bicycle with pump (visit the bike shops on page 12 for discounts)
- Seat bag with tire patch kit, 2 spare tubes
- Two water bottles and/or hydration pack – **REQUIRED**
- Rider numbers and wristband – **REQUIRED**
- Padded bike shorts, jersey, gloves and shoes
- Jacket, rain gear, arm warmers, leg/knee warmers or tights as needed for weather
- Sunglasses, lip balm and sunscreen
- Identification (driver's license)
- Emergency cash and credit card
- Cellular telephone
- Cue sheet
- Medications
- **NO HEADPHONES, IPODS or RADIOS** permitted while riding.

OVERNIGHT BAG

- Toiletries including soap and shampoo
- Change of clothes for Saturday evening
- Plastic cover for bike seat on Saturday night
- Riding clothes for Sunday
- Rain gear
- Comfortable shoes
- Plastic bag to protect dry clothing and to pack wet clothing
- Bring a fan for your room
- Leave room in your bag for your event T-shirt and fundraising prizes.

2017 BIKE MS STORE OPEN

Purchase top quality bike MS cycling apparel from Primal Custom offered at below typical retail pricing. Inventory includes Bike MS water bottles.

To Order: Visit any of our ride pages at www.bikeMSgne.org, and click on Bike MS Store



Bike MS Champion

Bike MS Champions connects Bike MS cyclists to people living with MS. Many cyclists who ride in one of the Bike MS Rides, don't personally know anyone who has MS. Creating relationships between cyclists and people with MS helps motivate, inspire, raise awareness, and communicate the importance of finding a cure. Cyclists who choose to participate are connected with their Champion through a bright blue bandana, signed by the Champion. Cyclists keep this bandana with them throughout the ride. For many cyclists, MS Champions creates that extra motivation to reach the finish line. Many MS Champions like to write inspirational messages or words of thanks to their cyclists. Others prefer to share their personal experiences living with multiple sclerosis in a note to their rider, through email messages, over the telephone or in person. To join the Bike MS Champions program, please contact Robin Maxcy at 781-693-5104 or robin.maxcy@nmss.org.

bike MS[®] *The Ride*

START

Saturday, August 13 at University of New England

Time Line

- 5:30 a.m. Registration opens
Breakfast in dining commons for Friday night guests
- 6:00 a.m. Team photos start
- 7:00 a.m. Line-up in corrals
- 7:30 a.m. Great Maine Getaway starts!

Parking

Parking is free and there is space for everyone. You may leave your car at the University of New England for the duration of the ride.

REGISTRATION

If you did not attend an early packet pickup, begin at the Tent next to the Student Center. Drop off fundraising and pick up your Rider Packet. Included are your event credentials and other information.

Using your event credentials

Wristbands: A Bike MS wristband will be provided to you in your registration packet. This wristband allows you access to rest stops and food areas. Printed on the wristband is the Bike MS emergency contact telephone number (Net Control).

Bib Numbers: Having your number clearly visible allows us to identify you during the Bike MS ride.



FINISH

Saturday, August 13 at University of New England

Time Line

- 11:00 a.m. Massage opens
- 11:00 a.m. Picnic begins
- 4:00 p.m. Route closes & Massage ends
- 5:00 p.m. Beer tent opens
- 5:30 p.m. Dinner begins
- 7:00 p.m. Awards program begins

Check-in

When you cross the finish line, all riders check in and pick up check-in packets and t-shirts. This lets us know that you have safely finished the ride. This packet includes your housing assignment, lobster bake or barbecue ticket, 2 complimentary drink tickets to Saturday night's event and your 21+ wristband for alcohol service. Note: Sunday only riders receive Lobster Bake/BBQ ticket when they check in Sunday morning.

Housing

If you are staying at the University of New England, pick up your room assignment when you check in from the ride. All rooms have a key and key card. You must return the key between noon - 4 p.m. on Sunday. There is a \$50 fee for not returning a key and \$35 fee for not returning a key card. If you are locked out you will need to call 468-4075 for someone to unlock your room. There are staff and UNE Ambassador's present to answer any housing questions.

Massage

We have scheduled massage therapists for this year's ride. Sign-up for your massage when you return from your ride. Therapists are available until 4 p.m.

Food/Beverage

When you arrive at the finish there is an ongoing picnic of hamburgers, hot dogs, and more. Help yourself to some great food and cheer on returning cyclists! The beer and wine tent will open at 5:00 p.m. with cold Taste of Maine beer. Dinner begins at 5:30 p.m. for everyone under the main tent. Your wristband is your meal ticket.

bike ~~MS~~ *The Ride*

START

Sunday, August 13 at University of New England

Time Line

- 5:30 a.m. Breakfast opens
- 6:00 a.m. Registration opens
- 7:00 a.m. Line-up at Start
- 7:30 a.m. Ride begins

FINISH

Time Line

- Noon - 5:30 p.m. Lobster Bake/BBQ begins at
- Route closes Noon.
- 3:00 p.m.

The route is marked with green, blue, yellow and orange arrows. The 2017 route cue sheets are available on the Great Maine Getaway home page if you would like to review the routes.

WEATHER

We ride rain or shine and there is no rain date. In the event of severe weather, the Ride Director may suspend or cancel the ride. Should the weather take a turn for the worse during the ride, SAG vehicles will transport you to designated shelter areas along the route. Check the Great Maine Getaway Facebook page for updates if weather looks questionable.



ON THE ROAD

Rest Stops

To help you along the route, we have rest stops approximately every 12-15 miles. The stops are manned by volunteers, bike mechanics and medical help and stocked with water, Gatorade, fruit, energy bars and other healthy snacks. Lunch stops also have sandwiches. Use your time at the rest stops to fill your bottles or hydration pack, but don't stay too long. After about 15 minutes your body and muscles cool down and it takes more energy to get back to your regular riding pace.

SUPPORT VEHICLES (SAG)

To signal Support And Gear vehicles, follow these three steps:

1. **Off Road.** Move off the path.
2. **Off Bike.** Stand or sit nearby.
3. **Signal to SAG.**
 - Use thumbs down for help needed.
 - If resting, give thumbs up sign.

VOLUNTEERS

Volunteers make it happen!

Do you know anyone who can lend a helping hand? If so, please contact Darci Brown, Volunteer Coordinator, at 207.781.9930 or darcie.brown@nmss.org. Volunteer assignments range from preparing ride materials to loading trucks or managing a rest stop.



bike MS *Post Ride*

THE BIDDEFORD/SACO AREA

The twin communities of Biddeford/Saco are among the most scenic in New England, with ten miles of riverfront and ten miles of shoreline. Here you will find great outdoors to explore on land or water. The Amtrak Downeaster stops in Saco, which makes getting here even easier!

For water-lovers, the beautiful Saco River is an aquatic playground. Summertime visitors may enjoy kayaking or canoeing to where the river meets the sea at Hills Beach-Camp Ellis. Ocean kayaking and sailing are popular activities on Saco Bay.

Those looking for a different kind of family fun in the water can check out Funtown/Splashtown U.S.A., the largest family-themed amusement and water park in northern New England, or Aquaboggan Water Park, Maine's original water park.

Biddeford/Saco has many coastal gems such as Ferry Beach State Park, the historic Wood Island Lighthouse and the Rachel Carson U.S. Wildlife Preserve, which provide great opportunities for sight-seeing, hiking and bird watching. Saco Bay Trails provide another opportunity to enjoy the outdoors hiking in the summer and snowshoeing or cross-country skiing in the winter. Families can incorporate Saco Bay Trails' Great Outdoors Activity Book into the adventure for even more interactive fun on the trail. The book includes information about plants and animals one might encounter on their journey.

To learn more about the area's history and heritage, stop in at the Saco Museum.

AREA ATTRACTIONS

Bringing your family to the Bike MS: Great Maine Getaway? If they're not riding with you or volunteering, there are plenty of fun things to do in southern Maine. Here are just a few:

Aquaboggan Water Park	Saco	207-282-3112	aquabogganwaterpark.com
Children's Museum & Theatre of Maine	Portland	207-828-1234	kitetail.org
Desert of Maine	Freeport	207-865-6962	desertofmaine.com
Funtown Splashtown USA	Saco	207-284-5139	funtownsplashtownusa.com
Old Orchard Beach		207-934-2500	
Palace Playland	Old Orchard Beach	207-934-2001	palaceplayland.com
Portland Head Light	Cape Elizabeth	207-799-2661	portlandheadlight.com
Saco Drive-In Theater	Saco	207-284-1016	
Seashore Trolley Museum	Kennebunkport	207-967-2800	trolley-museum.org
York's Wild Kingdom	York Beach	207-363-4911	yorkzoo.com



bike
MS *Lodging*

LOCAL LODGING

Beau Rivage Motel	Old Orchard Beach	207-934-4668 or 800-939-4668	beaurivagemotel.com
Best Value Inn	Biddeford	207-284-2440	americasbestvalueinn.com/ bestv.cfm?idp=769
Black Point Inn	Scarborough	207-883-2500	blackpointinn.com/inn/
Comfort Suites	Biddeford	207-294-6464	comfortsuites.com/hotel- biddeford-maine
Comfort Inn & Suites	Scarborough	207-883-2700	comfortinn.com
Friendship Motor Inn	Old Orchard Beach	207-934-4644 or 800-969-7100	friendshipmotorinn.com
Hampton Inn Saco/Biddeford	Saco	207-282-7222	hilton.com/search/hp/ usme/saco
Holiday Inn Portland-By The Bay	Portland	207-775-2311	holidayinn.com
Homewood Suites by Hilton	Scarborough	207-775-2700	
Ocean Woods Resort	Kennebunkport	207-967-1928	oceanwoodsresort.com
Ramada Saco/Old Orchard Beach	Saco	207-286-9600	ramada.com.saco
Rhumb Line Resort	Kennebunkport	207-967-5457 or 800-337-4862	rhumblineresort.com/
Seaside Inn	Kennebunkport	207-967-4461 or 800-967-4461	kennebunkbeachmaine. com/seasideinn/
The Colony Hotel	Kennebunkport	207-967-3331	thecolonyhotel.com/maine
The Inn at English Meadows	Kennebunkport	207-967-5766 or 800-272-0698	englishmeadowsinn.com



bike MS *Area Information*

PLACES TO EAT

BIDDEFORD		SACO	
Applebee's	207-282-8603	Amato's Sandwich Shop	207-286-2934
Aroma Joes Coffee	207-602-1619	China House Restaurant	207-282-2293
Bebe's Burritos & Cantina	207-283-4222	Golden Rooster Restaurant	207-282-9003
Dahlia's Delights	207-710-2119	Kerrymen Pub	207-282-7425
LongHorn Steakhouse	207-294-4316	Little Caesars Pizza	207-283-0021
Mulligan's At Mill Side Live!	207-284-9283	Lucky Loggers Landing Restaurant	207-283-0485
Olive Garden	207-282-0044	Michael's Pizza	207-282-2711
Papa John's Pizza	207-284-7200	Michael's Pizza	207-282-2711
Pizza By Alex	207-283-0002	Rapid Ray's	207-282-1847
Que Huong Vietnamese Food	207-571-8050	Rosa Linda's Pizzeria & Café	207-283-1990
T.J.'s Pizza	207-284-6133	Saco House of Pizza	207-282-5942
Tim Hortons	207-282-5211	Saco Island Deli	207-286-3842
Union House Pub & Pizza	207-571-8065	Kentucky Fried Chicken/Taco Bell	207-283-1448
OLD ORCHARD		Skippers Restaurant, Inc.	207-282-7300
Jimmy The Greek's	207-934-7499	The Chef and the Gardener	207-282-9035
Jumpin' Jakes LLC	207-937-3250	The Run of the Mill	207-571-9648

CHAMBER OF COMMERCE

Biddeford-Saco	biddefordsaco-chamber.org	207-282-1567
Kennebunk and Kennebunkport	visitthekennebunks.com	207-967-0857
Portland	portlandregion.com	207-772-2811
State of Maine Visitor Site	visitmaine.com	800-624-6345



BIKE SHOPS

Partnering with Bike Shops is crucial to the success of Bike MS rides. The following are Bike Shops that support Great Maine Getaway:

Allspeed Cyclery & Snow	Portland	207-878-8741	allspeed.com
Back Bay Bicycles	Portland	207-773-6906	backbaybicycle.com
Cycle Mania	Portland	207-774-2933	cyclemania1.com
EMS	Portland	207-541-1919	ems.com
Ernie's Cycle Shop	Westbrook	207-854-4090	erniescycleshop.com
Freeport Ski and bike	Freeport	207-865-0523	freeportskiandbike.com
Kennebunkport Bicycle Company	Kennebunkport	207-251-3135	
Quinn's Bike & Fitness	Biddeford	207-284-4632	quinnsbike.com
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