



## Directions to Venues for Maine Senior Games

### **Archery: Lakeside Archery 55 Cumberland Rd. North Yarmouth, ME**

**From the North:** From Route 95 South Take right fork onto I295 S towards Gardiner/Brunswick. Take exit 15 (Cumberland/Yarmouth) Turn right onto route 1 towards Yarmouth. Make a sharp left onto Portland Street. Continue on Middle Road and turn Right on Greely Road. Turn right on Cumberland Rd (look for US flags up and to the right just before the turn) There is also a small roadside sign that says Lakeside Archery **Follow MSG Signs**

**From the South:** Get on the Maine Turnpike heading north. Take exit 53 (West Falmouth). Turn left onto Gray Road (route 100) Turn right onto Falmouth Rd and then bear right onto Winn Rd. Three miles later turn left onto Main St and continue on Route 9. Turn right on Cumberland Rd (look for US flags up and to the right just before the turn) There is also a small roadside sign that says Lakeside Archery **Follow MSG Signs**

### **Basketball Women's and Men's: Cape Elizabeth HS 345 Ocean House Rd. Cape Elizabeth, ME 04107**

**From North and South:** Interstate 95 (Maine Turnpike) take Exit 45 (formerly Exit 7) in South Portland (Maine Mall exit)

**At** Exit 45 go straight out the access road 1.8 miles to Route 1 South.

**Follow** Route 1 South .6 miles to Pleasant Hill Road.

**Turn** left on to Pleasant Hill Road. **Follow** Pleasant Hill Road 3.2 miles to its end at Spurwink Road.

**Turn** left on to Spurwink Road (Route 77 North). **Follow** Spurwink Road 1.7 miles to Spurwink Avenue. (The white Spurwink Church will be on the left.)

**Turn** left on to Spurwink Avenue. **Follow** Spurwink Avenue 1 mile to Scott Dyer Road.

**Turn** right onto Scott Dyer Road. **Follow** Scott Dyer Road .8 miles to the blinking light

**Turn** right onto Ocean House Road. Continue on Ocean House Road .3 miles past the Pond Cove Shopping Center.

**Take** second right after the shopping center is the access road to the high school.

**Turn** right here, and take an immediate right into the Community Center parking lot, 343 Ocean House Road

**Follow** MSG signs

### **Bowling Candlepin: Big 20 Bowling Center 382 US Route 1 Scarborough, ME (883-2131)**

**From Turnpike Route 95:** Maine Turnpike (Route 95) to Exit 42. Go straight through the toll booth, crossing The Payne Road. Approximately 1.5 Miles to first set of Lights, take a left onto Route 1 and we are located 500 yards on your right.

**From Route 295 South:** Take the Route 1, Scarborough Exit (after the Portland Jetport Exit). Follow Route 1 South through 9 Sets of Lights, we are located on your left approximately ¼ mile south of Scarborough Downs.

**From Route 1 North:** After Passing the Scarborough Marsh area, go through 2 sets of lights, we are located 500 yards on your right

### **Bowling 10 Pin: Yankee Lanes Bowling 867 Riverside Portland, ME (878-2695)**

**From North and South:** Take exit 48 off the Maine Turnpike (Rte. 95). Take a right onto Riverside Street. Continue to 867...bowling lanes on your right.

**Cycling: Kennebunkport Bicycle Company (KBC) Arundel Road Kennebunkport, ME**

**From the North:** Get onto the Maine Turnpike South and continue until Exit 32 (Biddeford) Continue straight across Rte. 111. At the end turn right onto US Route 1 and continue for about 4 miles to a set of lights. (Antique Center on the left) Take a left onto Log Cabin Road and continue for several miles. As you reach a Church and Cemetery on your left, take a right and go a short distance. KBC is on your right

**From the South:** Get onto the Maine Turnpike heading North and get off at Exit 32 (Biddeford) Continue straight across Rte. 111. At the end turn right onto US Route 1 and continue for about 4 miles to a set of lights. (Antique Center on the left) Take a left onto Log Cabin Road and continue for several miles. As you reach a Church and Cemetery on your left, take a right and go a short distance. KBC is on your right

**Golf: Nonesuch River Golf Club 304 Gorham Road Scarborough, ME 207-883-0007**

**From I-95 (Maine Turnpike):** Take Scarborough Exit 42.  
At the toll booth, take left at the first stop light onto Payne Road.  
At 2nd stop light (landmark: Shaw's on the right) Take a left on to Route 114. Proceed 1/2 mile and you will see us on the left.

**From 295:** Take the "Maine Mall", Exit 1.  
Follow signs, bearing left to "airport".  
Take a left on to Payne Road.  
At the 6th stop light (landmark: Sam's Club on the Right) take a right on to Route 114.  
Proceed 1/2 mile and you will see us on the left.

**Horseshoes: Deering Oaks Portland, ME**

**From the North:** Get on the Maine Turnpike heading South until Route 295 S towards Gardiner/Brunswick. Continue until Exit 6A (Forrest Ave/US Rte. 1) Turn right at State Street and then right onto Park Ave (Deering Oaks)

**From the South:** Get on the Maine Turnpike heading North until Route 295 N Continue until Exit 6A (Forrest Ave/US Rte. 1) Turn right at State Street and then right onto Park Ave (Dee

**Hot Shot and Foul Shooting**

**From North and South:** Interstate 95 (Maine Turnpike) take Exit 45 (formerly Exit 7) in South Portland (Maine Mall exit)  
**At** Exit 45 go straight out the access road 1.8 miles to Route 1 South.  
**Follow** Route 1 South .6 miles to Pleasant Hill Road.  
**Turn** left on to Pleasant Hill Road. **Follow** Pleasant Hill Road 3.2 miles to its end at Spurwink Road.  
**Turn** left on to Spurwink Road (Route 77 North). **Follow** Spurwink Road 1.7 miles to Spurwink Avenue. (The white Spurwink Church will be on the left.)  
**Turn** left on to Spurwink Avenue. **Follow** Spurwink Avenue 1 mile to Scott Dyer Road.  
**Turn** right onto Scott Dyer Road. **Follow** Scott Dyer Road .8 miles to the blinking light  
**Turn** right onto Ocean House Road. Continue on Ocean House Road .3 miles past the Pond Cove Shopping Center.  
**Take** second right after the shopping center is the access road to the high school.  
**Turn** right here, and take an immediate right into the Community Center parking lot, 343 Ocean House Road  
**Follow** MSG signs

**Pickleball: Racquet and Fitness Center (775-6128) 2445 Congress Street Portland, ME**

**From the North:** Get onto I-95 until Exit 46. Take exit 46 toward Portland Jetport. Take a left onto Jetport Road and continue to the end. Take a left onto Congress St. Fitness Center is on the right.

**From The South:** Take the Maine Turnpike to Exit 46 (Jetport). Turn left onto Jetport Road and continue to end. Take a left onto Congress St and The Fitness Center is on your right.

**Racquetball: Racquet and Fitness Center (775-6128) 2445 Congress Street Portland, ME**

**From the North:** Get onto I-95 until Exit 46. Take exit 46 toward Portland Jetport. Take a left onto Jetport Road and continue to the end. Take a left onto Congress St. Fitness Center is on the right.

**From The South:** Take the Maine Turnpike to Exit 46 (Jetport). Turn left onto Jetport Road and continue to end. Take a left onto Congress St and The Fitness Center is on your right.

**Swimming: Cape Elizabeth HS 345 Ocean House Rd. Cape Elizabeth, ME 04107**

**From North and South:** Interstate 95 (Maine Turnpike) take Exit 45 (formerly Exit 7) in South Portland (Maine Mall exit)

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**Table Tennis: Pineland YMCA 25 Campus Drive STE 100 New Gloucster, ME 04260**

**From** the Maine Turnpike (Int. 95) take the Gray exit (63)

**Go** right on to Route 202

**At** lights take a left and go about 3-4 miles

**You** will pass a sign that says Town of New Gloucster

**Take** a right onto Morse Road

**Continue** on hilly road, cross railroad tracks

**Take** a left onto Pineland Drive

**Continue** straight up the hill, following MSG signs (YMCA is on your right)

**Follow** MSG Signs

**Tennis: Racquet and Fitness Center 207-775-6128 2445 Congress Street Portland, ME**

**From the North:** Get onto I-95 until Exit 46. Take exit 46 toward Portland Jetport. Take a left onto Jetport Road and continue to the end. Take a left onto Congress St. Fitness Center is on the right.

**From The South:** Take the Maine Turnpike to Exit 46 (Jetport). Turn left onto Jetport Road and continue to end. Take a left onto Congress St and The Fitness Center is on your right.

**Track & Field: Scarborough High School Scarborough, ME 04074**

**From the North:** Travel south on I-295 from Portland. Take Exit 2 for Scarborough. Travel South on Route 1 for approximately 1 mile. At the intersection with Route 114 (Mobil gas on one corner and Amato's on the other) take a right. The field is a short distance down on the left.

**From the South:** Traveling north on the Maine Turnpike (I-95), take Exit 42 and travel straight through the light. Continue on Haigais Parkway until you come to Route 1. Turn left onto Route 1. At the intersection with Route 114 (Mobil gas on one corner and Amato's on the other) take a left. Continue for a short distance and the field will be on your left!

**Triathlon: Crescent Beach State Park, 190 Bowery Beach Road, Cape Elizabeth, ME**

**From the North:** Take Make Turnpike South (Int. 95)  
**Take** Exit 36 (Saco/Old Orchard Beach)  
**Take** Exit 2B and merge onto Route one North (go 8 miles)  
**Turn** right onto Black Point Road  
**After** a few miles turn left onto Route 77 (Spurwick Road)  
Go about 5 miles.....destination on right

**From the South:** Take Make Turnpike North  
**Take** Exit 36 (Saco/Old Orchard Beach)  
**Take** Exit 2B and merge onto Route one North (go 8 miles)  
**Turn** right onto Black Point Road  
**After** a few miles turn left onto Route 77 (Spurwick Road)  
Go about 5 miles.....destination on right

**5K Road: Race LA Bridge Run Rollerdrome 12 Riverside Dr. Auburn, ME**

**From the South:** Come into Maine and get on the Maine Turnpike (Route 95 N) continue for about 70 miles. At exit 75 turn right onto US 202/4/100 towards Auburn. Turn left onto US 202 East/Washington St. North. Turn right onto Hackett Road. Bear left onto Broad Street. Turn right onto Riverside Drive.

**From the North:** From the Maine Turnpike heading South, Take exit 80 and turn right towards Lewiston.  
Bear right onto Alfred a Plourde Parkway. Take a right ramp for 196 West towards Lewiston. Bear right onto 196/Lisbon Street. Turn left to stay on 196 West/Cedar. Keep straight onto Cedar Street (Road changes name to Broad Street) Turn Left onto Riverside Drive.

**10 K Road Race: 58 Fore Street, Portland, ME**

**From the North:** Get on Maine Turnpike for about 7 miles and then take Route 295 (Gardiner/Brunswick). Take exit 7 (Franklin Arterial) toward Franklin Street. Turn left onto Fore Street

**From the South:** Get on the Maine Turnpike heading North and continue until Exit 44 toward South Portland. Get on 295 North and continue until Exit 7 toward Franklin Street. Take a right onto US Rte. 1A. Turn left onto Fore Street.