

10 Mile Route – New England Parkinson's Ride

Head out of Ballpark
Turn left onto Emerson Cummings Blvd
0.28mi Continue straight through light onto Union Ave
0.85mi Right onto West Grand Ave after crossing RR tracks
1.64mi Continue straight as West Grand Ave becomes Seaside Ave
3.84mi **REST STOP**
3.84mi Right onto Ferry Rd
6.95mi Right onto Old Orchard Rd
8.27mi Continue straight onto Saco Ave/Rte 5 keeping 7-11 on your right
8.64mi Continue up hill on Saco Ave/Rte 5
9.24mi Left at light onto Emerson Cummings Blvd
9.31mi Right onto Ballpark Way
9.5mi **You did it! Congratulations and THANK YOU SO MUCH!**