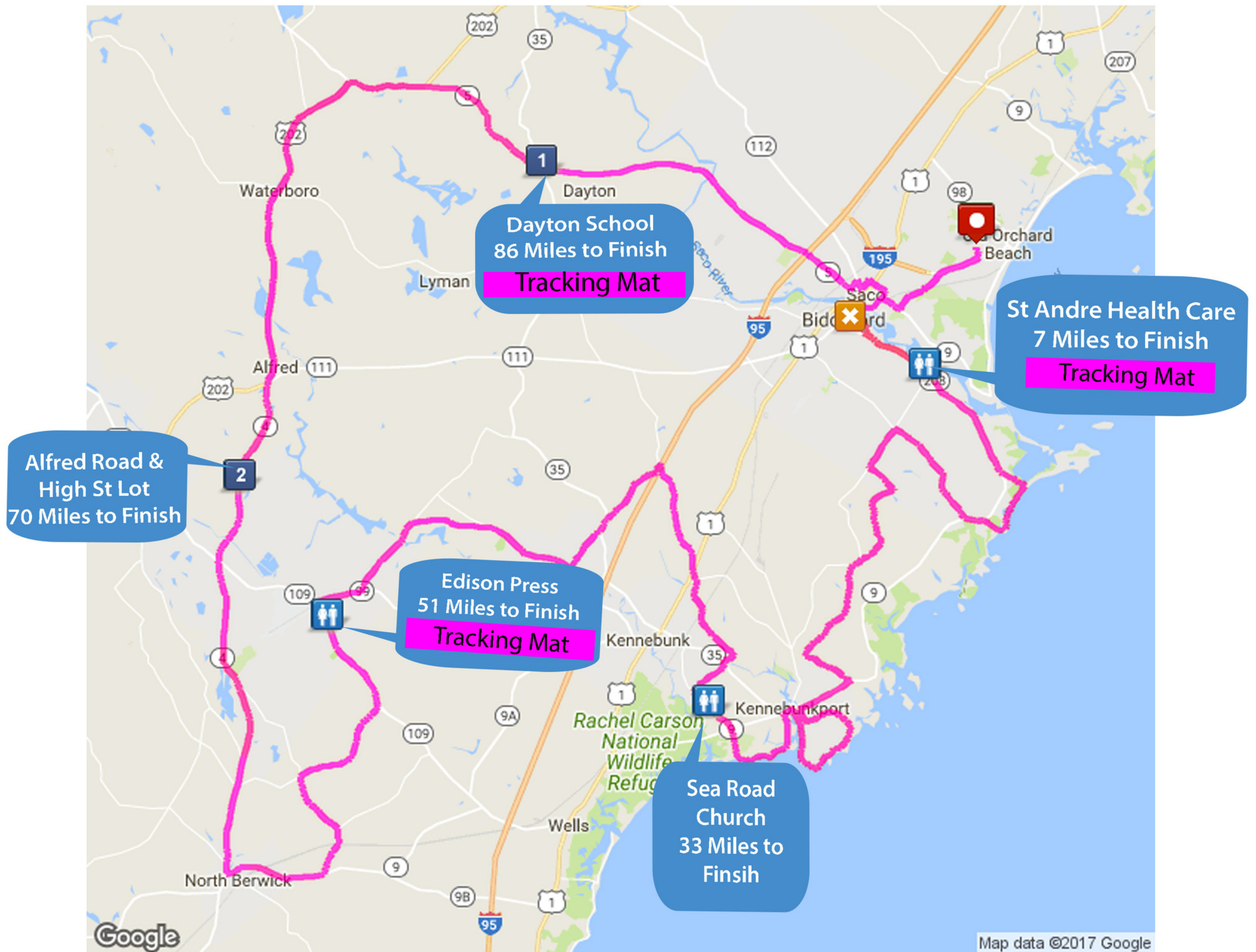


New England Parkinson's Ride

100 Mile Course - PINK

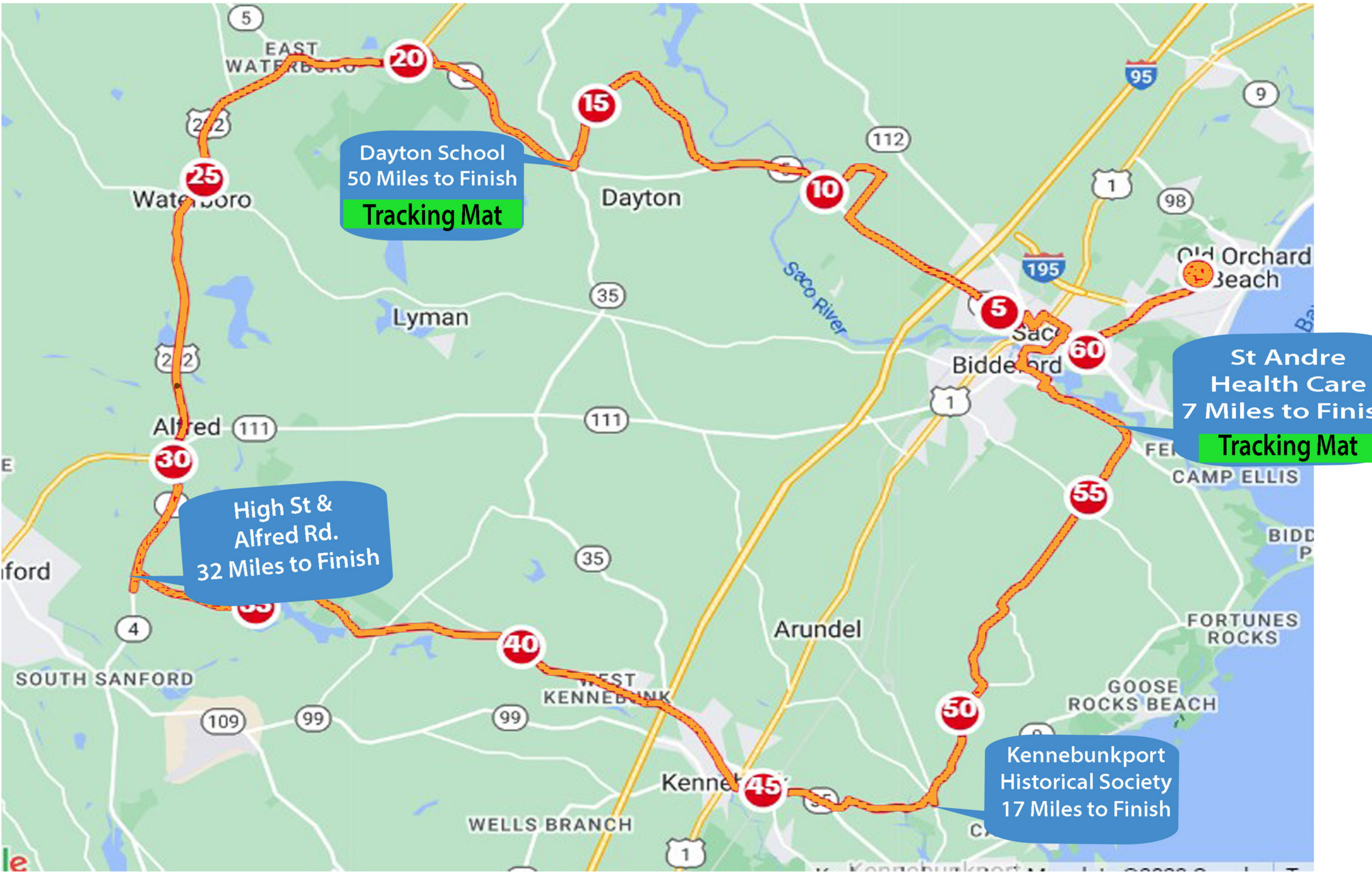


New England Parkinson's Ride – 100 Mile Course Rest Stops

100 Mile Route Rest Stop No.	Rest Stop Location	Rest Stop Ready Time	Approximate Distance to Next Rest Stop
1	Dayton School (Tracking Mat) 21 Clarks Mills Road Dayton, ME 04005	8:00 am	16 Miles
2	Alfred Rd & High St Lot 356 Alfred Road Sanford, ME	9:00 am	21 Miles
3	Edison Press, Inc (Tracking Mat) 2066 Main St Sanford, ME 04073	10:00 am	18 Miles
4	Sea Road Church 140 Sea Road Kennebunk, ME 04043	10:30 am	24 Miles
5	St Andre Health Care (Tracking Mat) 11 Hills Beach Rd Biddeford, ME 04045	11:00 am	Ride Ends in 7 Miles

New England Parkinson's Ride

62 Mile Course - **ORANGE**

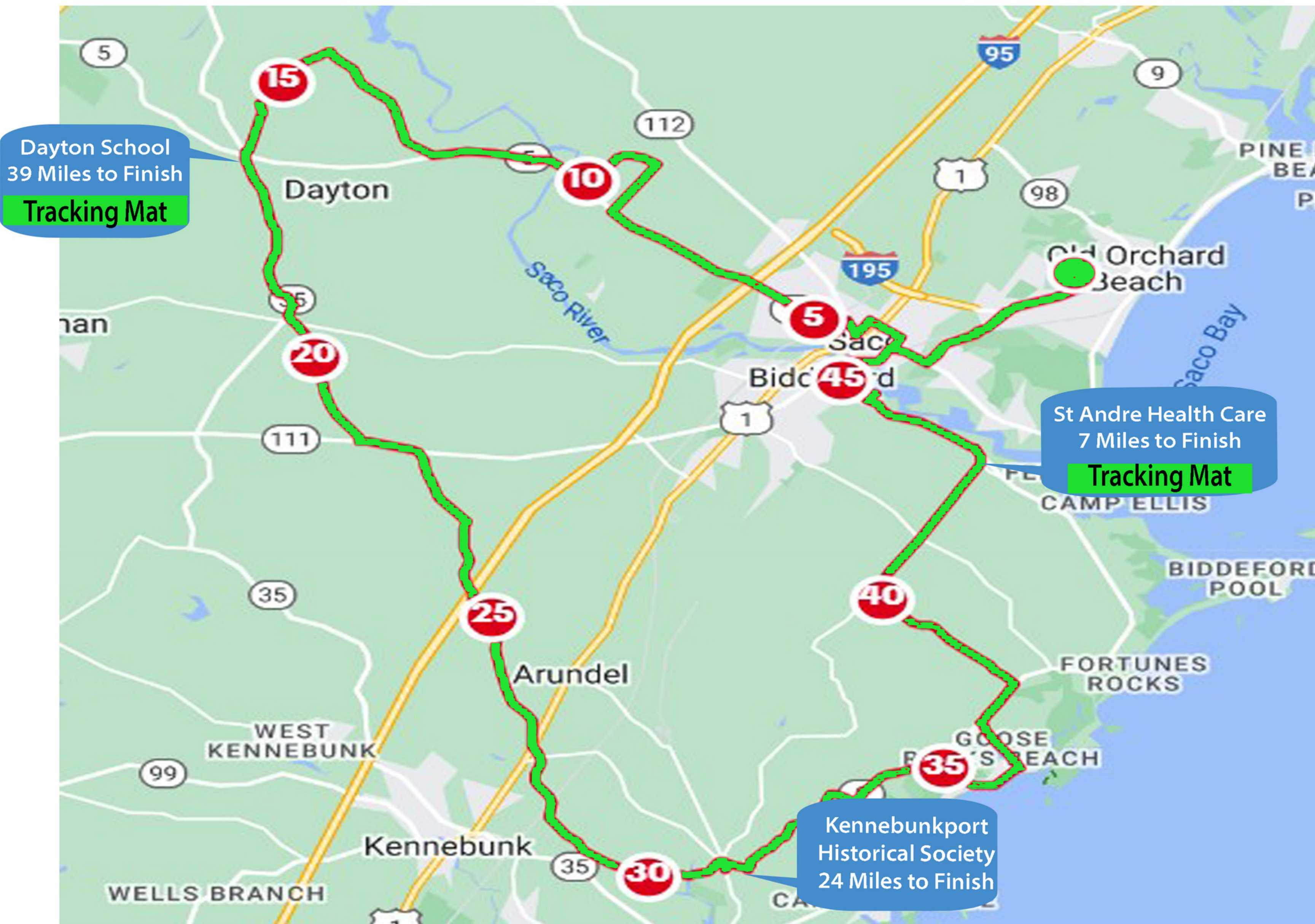


New England Parkinson's Ride – 62 Mile Course Rest Stops

62 Mile Route Rest Stop No.	Rest Stop Location	Rest Stop Ready Time	Approximate Distance to Next Rest Stop
1	Dayton School (Tracking Mat) 21 Clarks Mills Road Dayton, ME 04005	8:00 am	16 Miles
2	Alfred Rd & High St Lot 356 Alfred Road Sanford, ME	9:00 am	15.5 Miles
3	Kennebunkport Historical Society 125 North St. Kennebunkport, ME 04046	10:00 am	11.5 Miles
4	St Andre Health Care (Tracking Mat) 407 Pool St Biddeford, ME 04005	11:00 am	Ride Ends in 7 Miles

New England Parkinson's Ride

50 Mile Course - GREEN



New England Parkinson's Ride – 50 Mile Course Rest Stops

50 Mile Route Rest Stop No.	Rest Stop Location	Rest Stop Ready Time	Approximate Distance to Next Rest Stop
1	Dayton School (Tracking Mat) 21 Clarks Mills Rd Dayton, ME 04005	8:00 am	15 Miles
2	Kennebunkport Historical Society 125 North St. Kennebunkport, ME 04046	10:00 am	11.5 Miles
3	St Andre Health Care (Tracking Mat) 407 Pool St Biddeford, ME 04005	11:00 am	Ride Ends in 7 Miles

New England Parkinson's Ride

30 Mile Course - YELLOW

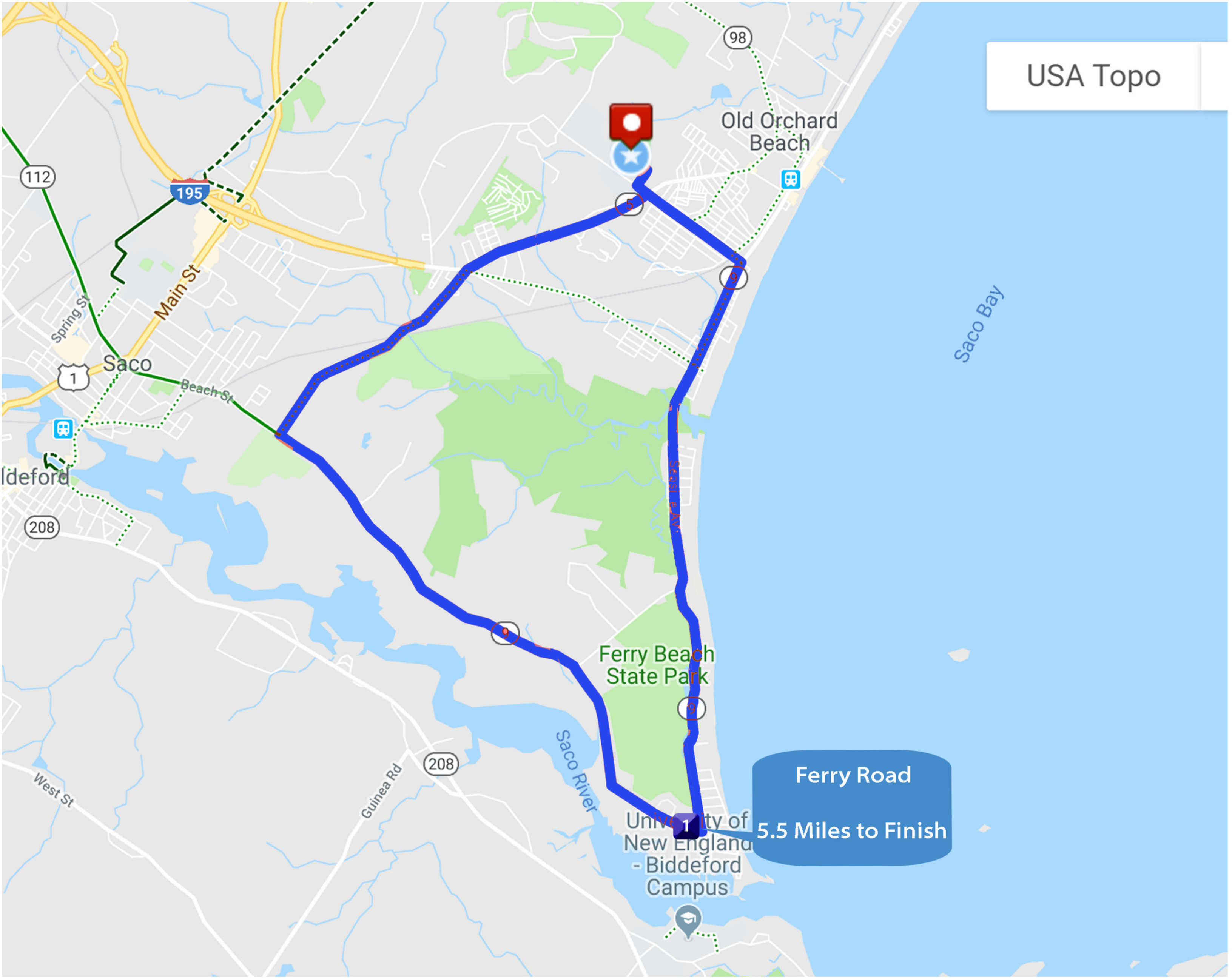


New England Parkinson's Ride – 30 Mile Course Rest Stops

30 Mile Route Rest Stop No.	Rest Stop Location	Rest Stop Ready Time	Approximate Distance to Next Rest Stop
1	Weymouth Park Little League Field 38 Beech Plains Road Buxton, ME 04093	11:00 am	12 Miles
2	Ken's Place Seafood 207 Pine Point Road Scarborough, ME 04074	11:30 am	Ride Ends in 5 Miles

New England Parkinson's Ride

10 Mile Course - BLUE



New England Parkinson's Ride – 10 Mile Course Rest Stops

10 Mile Route Rest Stop No.	Rest Stop Location	Rest Stop Ready Time	Approximate Distance to Next Rest Stop
1	Intersection of Seaside Ave and Ferry Road Saco, ME 04072	12:00 pm	Ride Ends in 5.5 Miles