



Directions to Venues for Maine Senior Games

Candlepin Bowling: 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

10 Pin Bowling: 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.

Swimming: Greely High School 303 Main Street Cumberland, ME 829-4805 Ext. 208

From the South:

Option #1:

Maine Turnpike (Interstate 95) to Portland North, exit 53. Left after toll, onto Route 100. Approximately 1 mile, turn right at the traffic light onto Falmouth Rd. Falmouth Rd. will immediately bear to the left and becomes Winn Rd. Remain on Winn until it intersects with Rt.#9 - Left onto 9. Approximately 1 mile to Cumberland Ctr. For Greely Middle School: right at traffic light, left after Wilson Elementary School. For Greely High School: straight thru traffic light, school is on the right

Option #2:

Maine Turnpike (Interstate 95) to Portland Exit #44, 295 North. Remain on 295 no. until exit 10, Bucknam Rd. Exit. Take a right at the top of the ramp. Turn Right at the intersection with Route #9. Follow Route #9 to Cumberland Center. **Greely Middle School:** right at traffic light, left after Wilson Elementary School.

Greely High School: straight thru traffic light, school is on the right

From the North:

Option #1:

Maine Turnpike (Interstate 95) south to Augusta. Continue on I-95 from Augusta to Gardiner. Exit at the Gardiner Exit 51 and continue on 295 south to Exit 15, Yarmouth/Cumberland. Take a left onto Rt. #1, continue on this route for approximately 1 mile. Before the overpass, take a left at the Tuttle Rd. sign. Take a right at the top of the ramp onto Tuttle Road. Follow Tuttle for approximately 3 miles. Middle school is on the right. For high school, continue on Tuttle Road. Turn right onto Route #9. Greely High is on the right approx. 100yds.

Option #2:

Maine Turnpike (Interstate 95). Take Exit 63, Gray N.G. Turn right after toll. At intersection with Rt. 100 (Main St. Gray), cross Rt. 100 to 115 East. Continue on 115 to stop sign at intersection with 231, turn right. Few miles and then right onto Route #9. Follow Rt. #9 into Cumberland Center. High school will be on the left. For Greely Middle School, go past the high school, turn left at the traffic light onto Tuttle Rd. After Wilson Elementary School, turn left into middle school driveway

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

1. From the Maine Turnpike take the Gray exit (63)
2. Go right on to Route 202
3. At lights take a left and go about 3-4 miles
4. You will pass a sign that says Town of New Gloucester
5. Take a right onto Depot Street

6. Continue on hilly road, cross railroad tracks
7. Take a left onto Pineland Drive
8. Continue straight up the hill (YMCA is on your right)

Women's and Men's Basketball: Southern Maine Community College South Portland, ME

FROM I-95 Take exit 45. Coming off the exit, proceed straight (1.7 miles) to Route 1 (Main Street) Portland. Turn left onto Route 1 North. At 4th set of lights, bear right toward Route 77 South. Proceed straight on Broadway (~2 miles) and take right at the 2nd light to continue on Broadway. Proceed approximately 1 mile on Broadway. At SMCC sign, turn right into parking lot.

FROM I-295 Take exit 6a (Forest Avenue South). Immediately bear to the right onto Route 77 South. Follow all the way through downtown Portland. At bottom of large hill (State Street) road bears right over the Casco Bay Bridge. After crossing the bridge proceed straight through the lights and follow road (Broadway) for approximately 1 mile. At SMCC sign, turn right into parking lot.

Hot Shot and Foul Shooting

Same as Women's and Men's Basketball (See above)

Golf Toddy Brook Golf Course 925 Sligo Road North Yarmouth, Maine 04097

From the North: From Interstate 95 (Maine Turnpike) take Exit 53 towards West Falmouth. Turn left onto ME 100/ME26 (Gray Road). Turn right onto Falmouth and then left onto Winn Road. Approx. 3 miles turn left onto Maine St/ME 9. Continue to follow Route 9 for about 4-5 miles and turn right onto Sligo Road. Toddy Brook Golf Course on your left!

From the South: From I295 take exit 22. Turn left onto ME 125 Mallet Drive. Take a left onto Durham Road (which turns into Pownal Rd) Pownal Road becomes Elmwood Road. Turn left onto Hallowell Dr /ME9. Continue to follow ME 6 for about 4-5 miles and take a left onto Sligo Road. Toddy Brook is on the left.

Softball Wainwright Fields Highland Avenue South Portland, ME

From the North: South on 295 Take Exit 4 - The sign reads: Rt. 1 South - Main St. 1/2 mile After you get off the ramp - take the immediate exit on the right - the sign says to Rt. 77 and Lincoln St./Knightville There will be a 4 way stop within 2/10 of a mile Go straight through this intersection Go 6/10 of a a mile to the next traffic light - auto parts store in front of you Turn left at this light - get into the right lane At the next light - Amato's will be in front of you Turn Right onto Evans St. Go to the end of Evans St. and turn right onto Highland Avenue Go about 1.5 miles on Highland Ave – you will see a green sign "Recreation Complex ahead" Turn right onto GARY MAIETTA Drive. There is also a large sign that says Pine Wood Condo

From the South or North on Maine Turnpike: Come into Maine on the Maine Turnpike **Take exit 45** (formerly exit 7) Go through the toll and to the end of the road - you'll be intersecting Rt. 1 Governor's Restaurant will be in front of you Turn left - you'll come to an intersection where Dairy Queen will be on your left You should be in the right hand lane Bear right at this light - keeping Willows Restaurant on your immediate right Proceed to 2nd traffic light - Amato's will be in front of you (about 8/10 of a mile from DQ) Turn Right onto Evans Go to the end of Evans St. and turn right onto Highland Avenue Go about 1.5 miles on Highland Ave – you will see a green sign "Recreation Complex ahead" Turn right onto GARY MAIETTA Drive. There is also a large sign that says Pine Wood Condo

Racquetball 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.

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.

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

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

Track & Field Scarborough High School Deering Avenue Portland, ME 04101

From the North: Travel south on I-295 from Portland. Take Exit 2 for Scarborough. Travel South on Route 1 for approximately 1 mile. Cross over the intersection with Route 114 (Mobil gas on one corner and Amato's on the other) and take your next right by the Scarborough Municipal Building. The school parking lot is down this road on your right. Fields are beyond the parking lot!

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. After less than one mile turn left onto Sawyer Road. The access road to the High School will be on your right. Look for Memorial Park and enter on your right. Travel straight past the park to access the main parking lot. Competition athletic fields will be on your left beyond the parking lot.

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.

Cycling Cape-Able Bike Shop Cape Porpoise 83 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 cemetery on your left, take a sharp left onto Arundel Road.

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 cemetery on your left, take a sharp left onto Arundel Road.

Tennis 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 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)

Triathlon Mother's Beach 260 Beach Avenue Kennebunk, ME

From the North: Enter the Maine Turnpike heading South and continue until Exit 25 (Kennebunk/Kennebunkport). Take a left onto Route 35 and continue until the roundabout. Take the second right (Rte. 35) and continue until set of lights. Take a left onto Rte. 1 and then a right onto Route 9 (police station on your left). Continue until next set of lights and take a right onto Sea Road. Continue all the way to the Beach.

From the South: Enter the Maine Turnpike heading North and continue until Exit 25 (Kennebunk/Kennebunkport). Go to the end of the road and take a left onto Route 35 and continue until the roundabout. Take the second right (Rte. 35) and continue until set of lights. Take a left onto Rte. 1 and then a right onto Route 9 (police station on your left). Continue until next set of lights and take a right onto Sea Road. Continue all the way to the Beach.

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 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)