

2007 Mount Desert Island Marathon Build-up Runs Presented by Crow Athletics

A series of build-up training runs ranging in length from 10K to 20 miles in preparation for the Mount Desert Island Marathon. There will be no entry fee, timing, results, or awards as the events are intended for training purposes. These runs are strictly potluck, or please indicate on our message board if you plan on attending. www.crowrunning.com

#1 Saturday, June 9 | Northeast Harbor | 10K • 8:00 a.m.

The 10K run starts at the 20 kilometer mark of the MDI Marathon route and continues to the 25 kilometer mark of the MDI Marathon route, and returns for a total distance of 10 kilometers. (The 20 kilometer mark is located on Rock End Road in Northeast Harbor, near the Neighborhood House.)

#2 Saturday, June 23 | Bar Harbor | 15K • 8:00 a.m.

The 15K run begins at the starting line of the MDI Marathon route and continues to the turnaround mark in Otter Creek, and returns.

#3 Saturday, July 7 | Seal Harbor | 10 Miles • 8:00 a.m.

The 10 mile run begins at the 8 mile mark of the MDI Marathon in Seal Harbor route and continues to the 13 mile mark in Northeast Harbor, and returns. (Meet and park at Seal Harbor Pier.)

#4 Saturday, July 22 | Asticou Landing | 13.1 Miles • 8:00 a.m.

The 13.1 mile run begins near the 11 mile mark of the MDI Marathon in Northeast Harbor and continues to just beyond the 17 mile mark on Sargeant Drive, and returns. (Meet and park at Asticou Landing.)

#5 Saturday, August 11 | Bar Harbor | 25K • 8:00 a.m.

The 25 kilometer run begins at the 2 mile mark of the MDI Marathon course and continues to just beyond the 9 mile mark in Seal Harbor, and returns. (Meet and park at the Tarn on route 3.)

#6 Saturday, September 1 | Cooksey Drive | 30K • 8:00 a.m.

The 30 kilometer run begins just beyond the 10K mark of the MDI Marathon course and continues to just beyond the 25K mark on Sargeant Drive, and returns. (Meet and park at the head of Cooksey Drive.)

#7 Saturday, September 22 | Northeast Harbor | 20 Miles • 8:00 a.m.

The 20 mile run begins at the 12 mile mark of the MDI Marathon course and runs back to the 2 mile mark on route 3, and returns. (Meet and park at the marina in Northeast Harbor.)