

Dempsey 5K run/ walk

Starts in Lewiston, Maine

3.10 miles

Elevation **190ft** Max **115ft** Min **+98ft** Ascent **-118ft** Descent **< 3 %** Max Climb



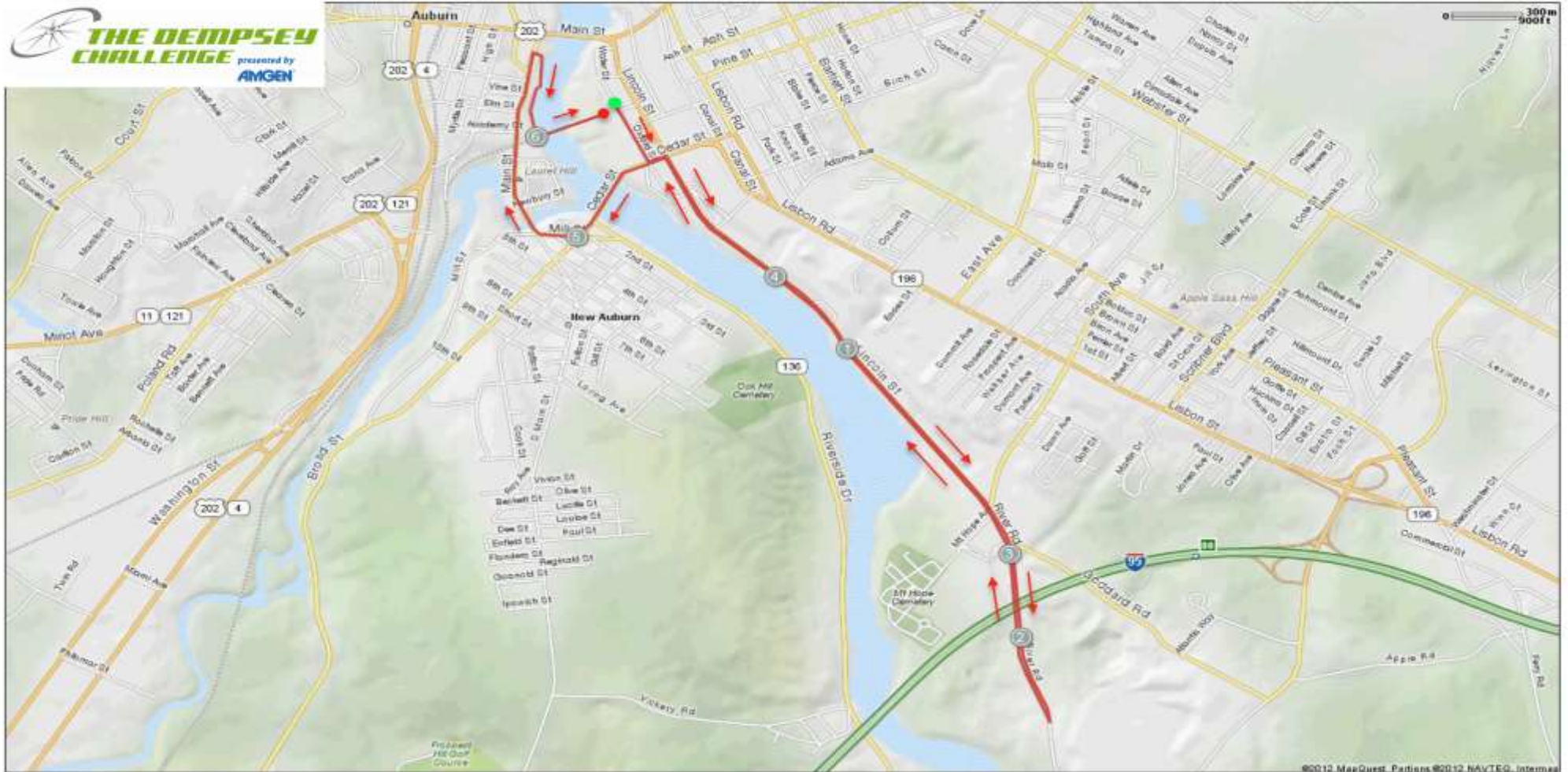
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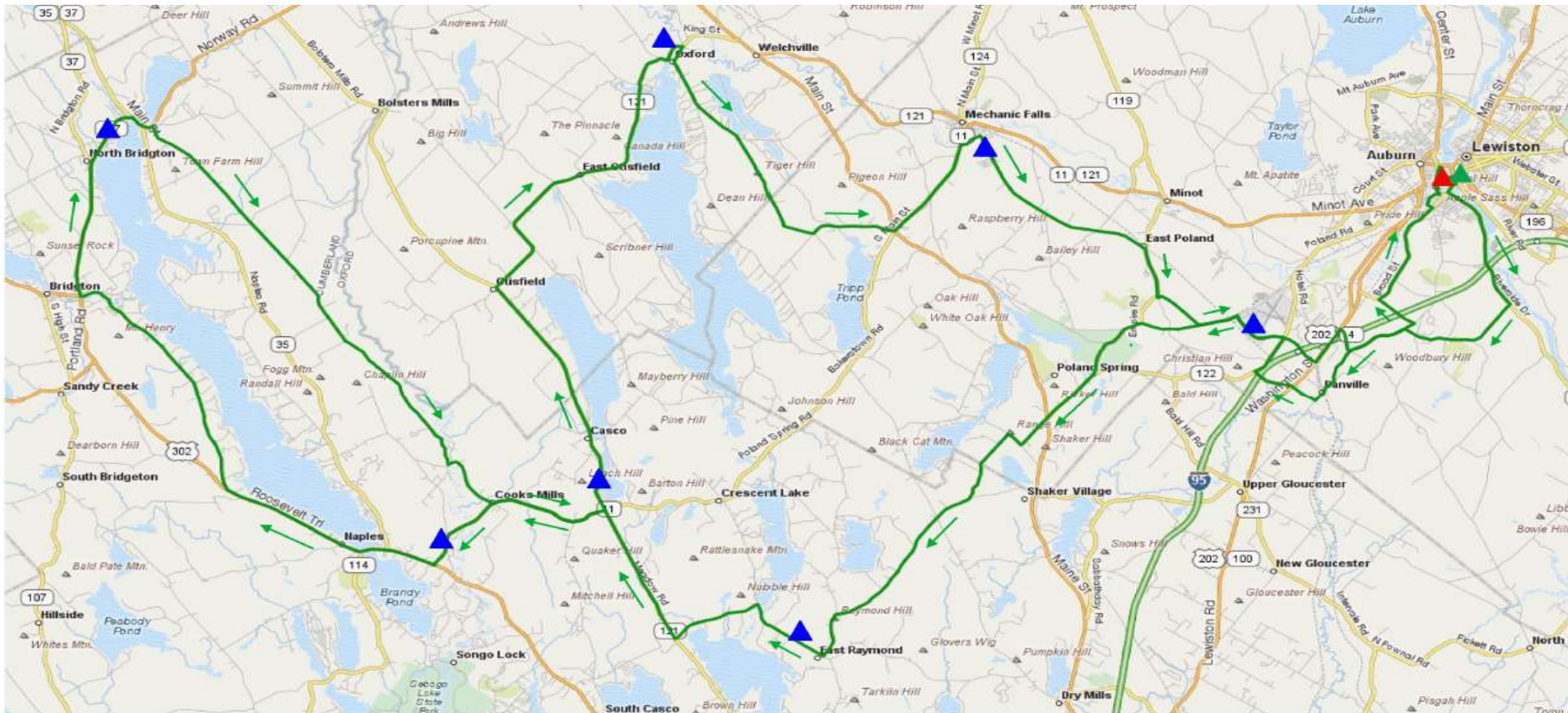
Dempsey 10K run/ walk

Starts in Lewiston, Maine

6.19 miles

Elevation **207ft** Max **115ft** Min **+138ft** Ascent **-157ft** Descent **< 3 %** Max Climb

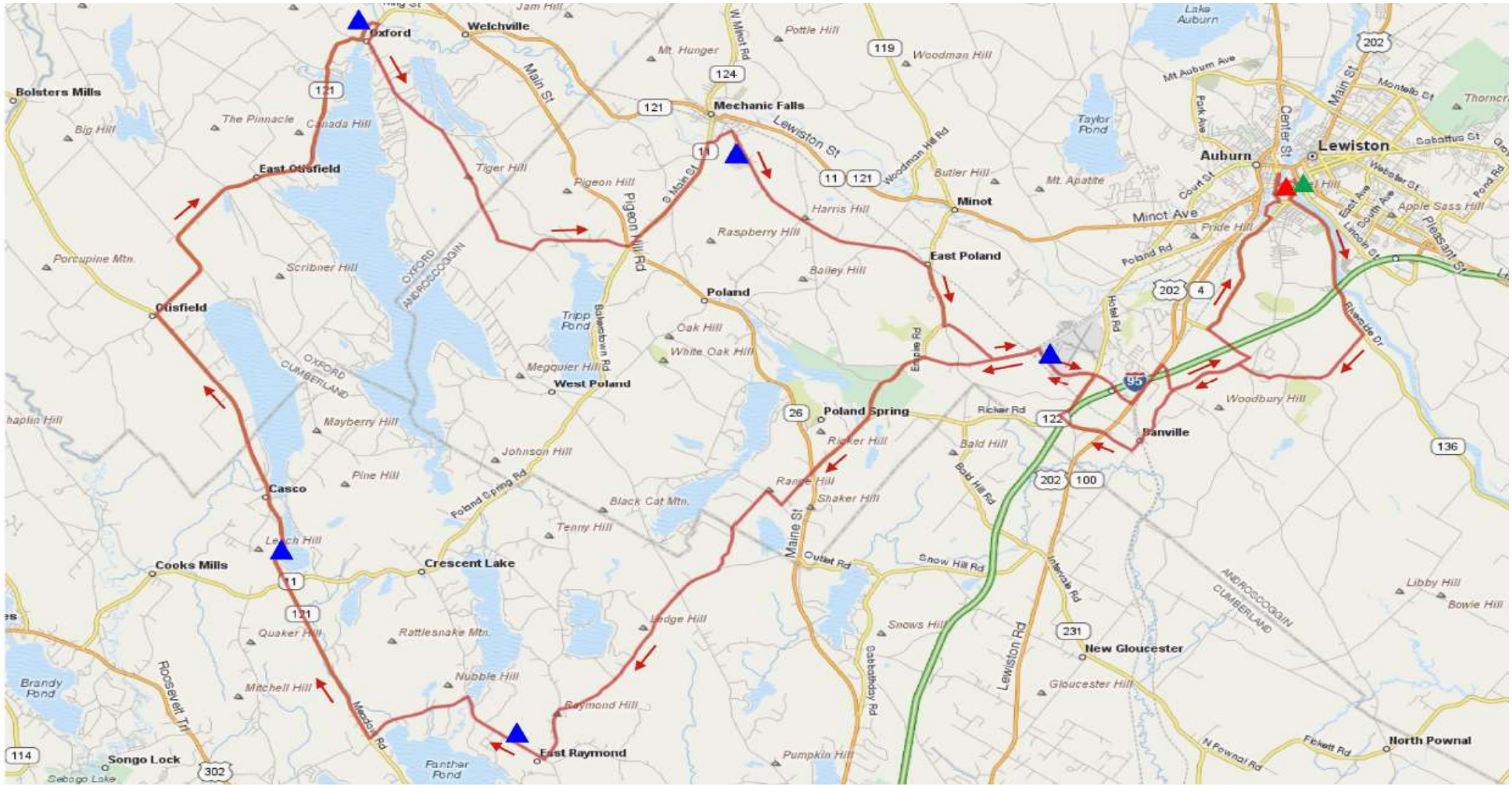




100 mile cycling course

- ▲ - START
- ▲ - FINISH
- ▲ - REST STOP

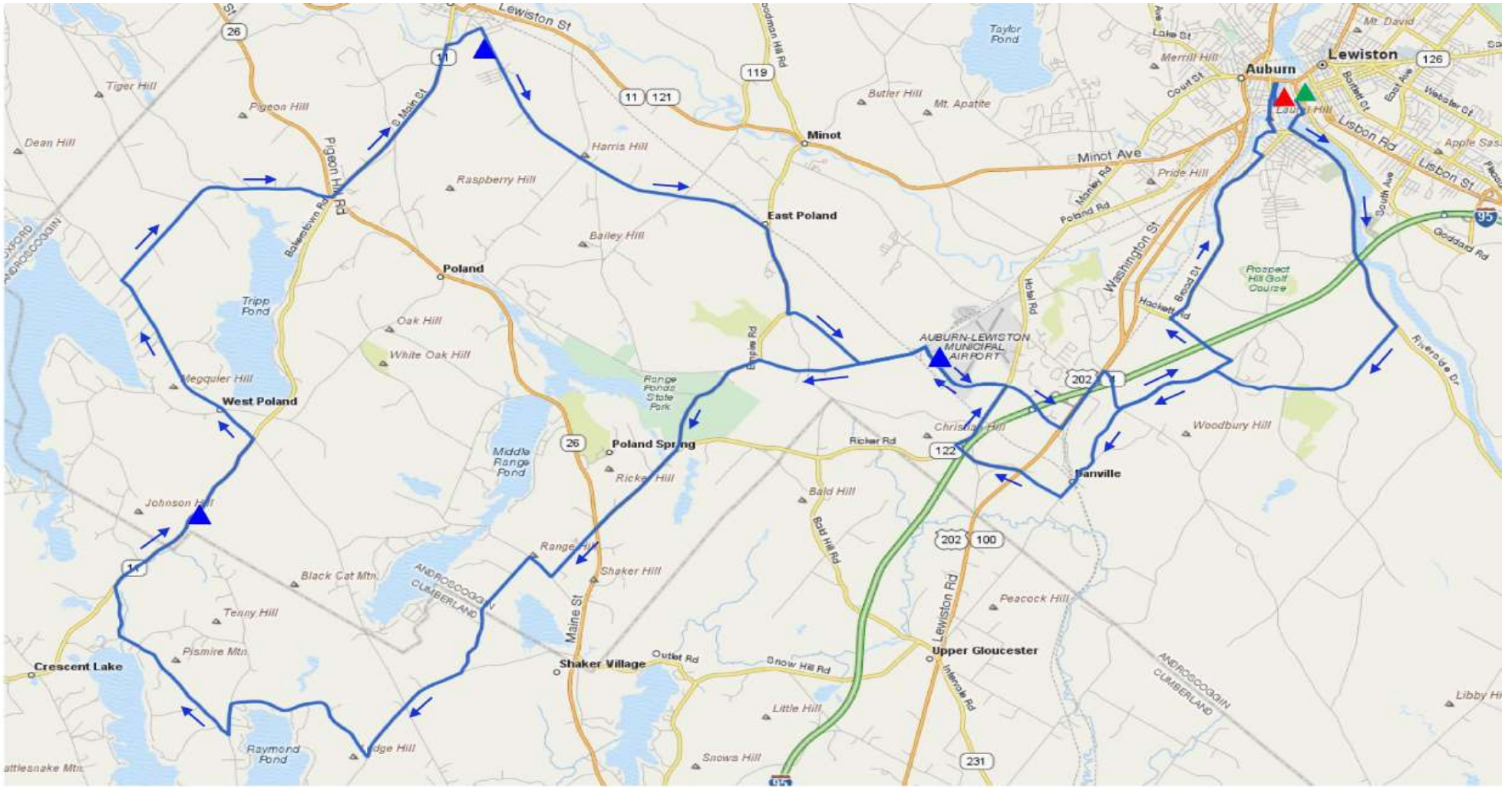




- ▲ - START
- ▲ - FINISH
- ▲ - REST STOP

70 mile cycling course

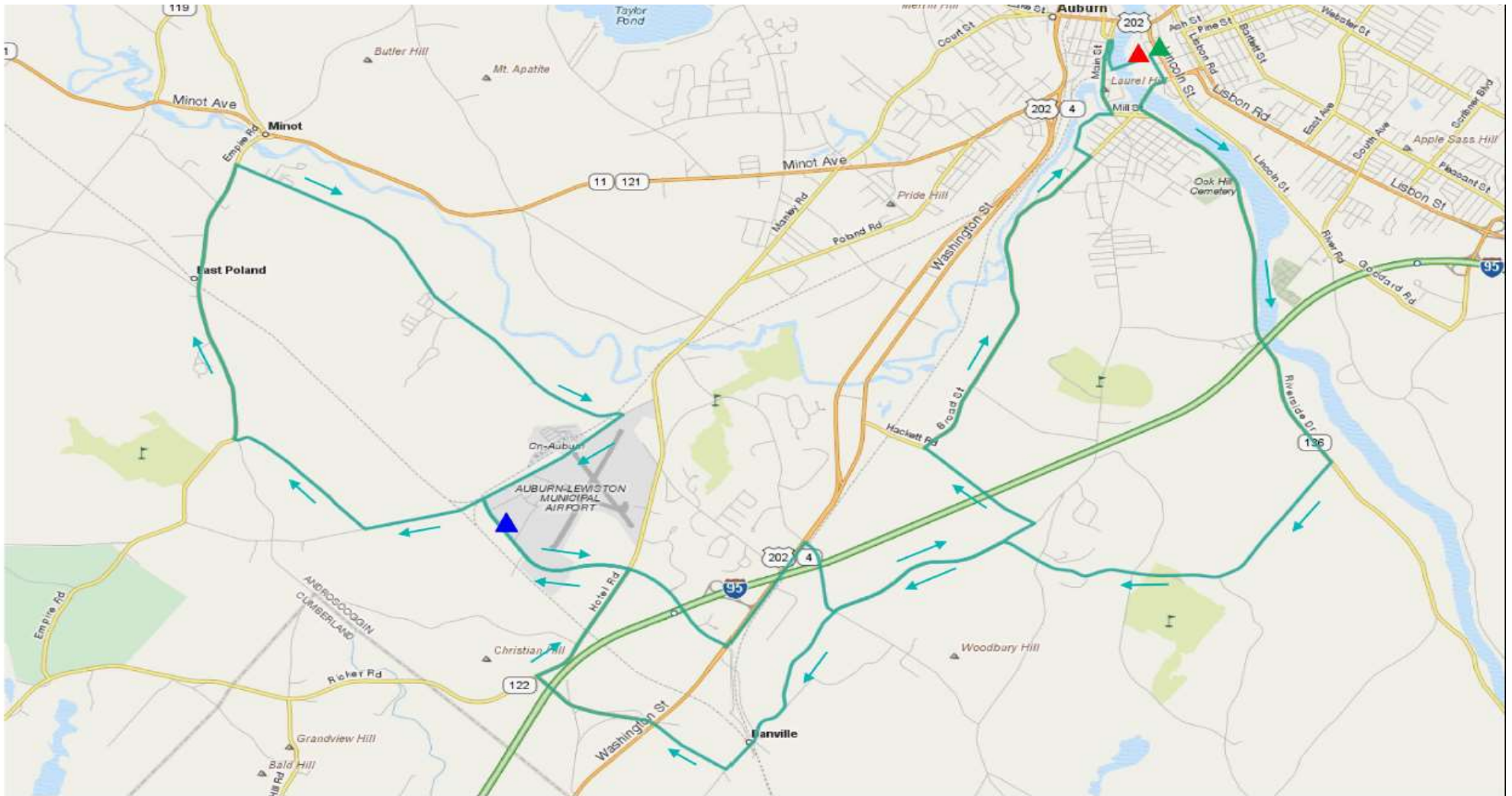




- ▲ - START
- ▲ - FINISH
- ▲ - REST STOP

50 mile cycling course

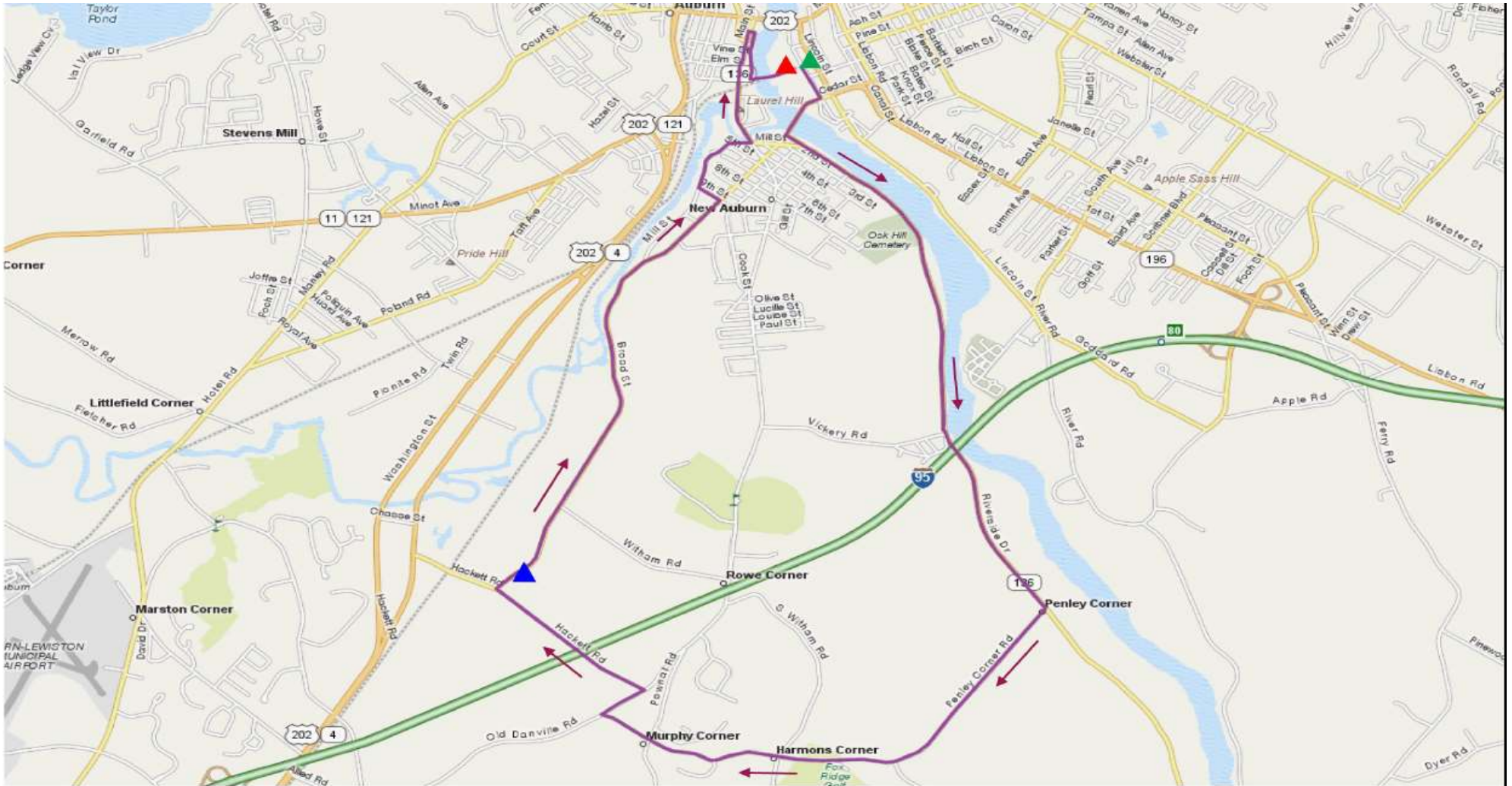




- ▲ - START
- ▲ - FINISH
- ▲ - REST STOP

25 mile cycling course





- ▲ - START
- ▲ - FINISH
- ▲ - REST STOP

10 mile cycling course

