

Maine and Mt Desert Island Trip Notes October 13-21, 2010



Pictures from the website www.mdimarathon.org/.

The Marathon called MDI

This marathon has been voted #1 for many reasons and for being a gorgeous course it is a well-deserved honor. I fortunately booked it many moons ago so I was one of the lucky 1200 to be able to participate. It sells out very early and bibs become available only on eBay.

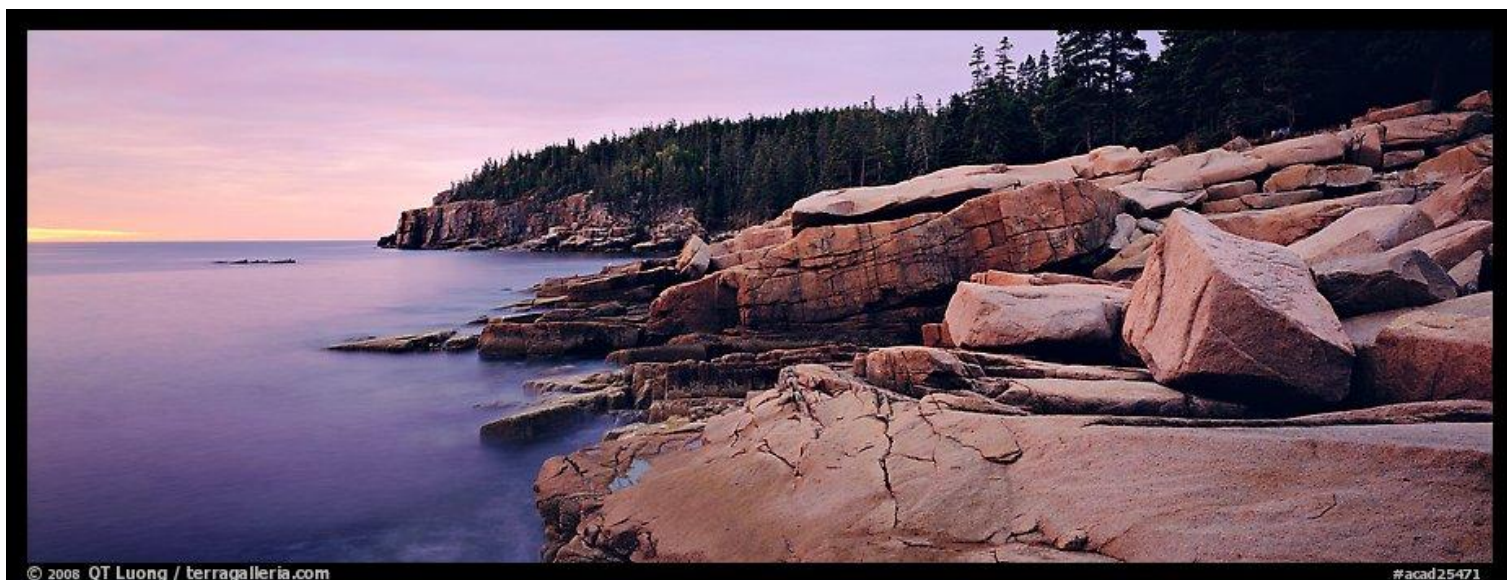
Gotta go

- The marathon rating is one of the best.
- Visiting Acadia National Park on Mount Desert Island is a treat and one of the top parks in the country.
- The volunteers, race director and staff are true New Englanders who know the definition of hospitality.
- Instead of a t-shirt, they gave a zippered wind breaker in bright orange which everyone liked -- but few of us could wear because it was so huge. It was classily embroidered with MDI.
- Downtown Bar Harbor is a cute little town full of little quaint restaurants and shops galore.
- The pasta party benefited the local high school.
- Speakers were offered in the auditorium – a father and son who ran from the length of the U.S. and raised money for cancer. We admired them but many of us had to leave before they finished a rather long slide show.
- The fall colors this time of the year can be spectacular.
- Our weather was perfect with 44 at the start and 55-57 degrees at the finish. Nice sunshine all day. But plenty of wind at 10-20mph plus some gusts of more and some areas with headwinds.
- The course is full of lovely hills and most of the time runs by the side of water and even along one of the only fiords in the country. Yes, this tree is the logo and on the course.
- They offer an early start but encouraged us 6 plus hour marathoners to start at the regular 8am.
- Free beer to runners and plenty of snack food at the finish line plus inexpensive BBQ food to purchase.
- Announcers were still at the finish line at 7 hours.



Nothing is perfect

- It's not easy to get to. From the Jersey Shore it was 10 ½ hour's drive – or 12 hours if you got into traffic as some of us did. There is a small Bar Harbor airport or there is the larger Bangor Airport and then a rental car is needed.
- The host hotel with the expo was just okay. We fortunately upgraded to their B&B called Willows and had much nicer accommodations.
- The Expo is not 1 mile from the start line but 1.6 miles. Consider staying in downtown Bar Harbor and rubbing shoulders with the old folks off the cruise ships.
- The excellent bright orange wind breaker was far too large for most of us. A friend took my size small whereas her normal size would be medium or large. Even a size XS would not have been small enough for me.
- The t-shirt offerings for purchase were uneventful and thus I ended up with nothing. Well, not that I don't have a race t-shirt or two. . . .
- The route is primarily along the side of trafficked roads though I was able to run on the side on grass or gravel through a good part of it. That however was like trail running and most chose the road surface and braced for the cars.
- Weather can be tricky: one year it snowed two days after the marathon. This time there was a huge nor'easter for two days prior to the marathon.
- The only food on the course was GU though we begged food from some volunteers who kindly agreed to share their quiche and fruit when I declared that I was near to eating road-kill.
- This is a point-to-point marathon so a bus return is required. One would NOT stay at the small village at Southwest Harbor. We went back there a couple days later and found very little though it was all quaint and lovely.



Please don't copy or sell this panorama – I think it's under copyright – found on the web

From a press release about MDI

Mount Desert Island (MDI) Marathon has ranked 'Most Scenic,' and runner up for 'Best Overall Marathon' in the January 2010 issue of *Runner's World Magazine*. The year-long reader's choice poll included all 435 marathons held in the US. Of those events, the Boston Marathon ranked fifth, and the New York City Marathon ranked 23rd. The MDI Marathon was also rated very highly for its course layout and support, overall value, and exceptional organization. "Beautiful place, awesome race, was the sentiment expressed in numerous comments along with thumbs up for kind volunteers and plentiful food." The MDI Marathon has been credited for its scenic point-to-point course in the past by both *Eco-Marathon* in 2002 and *ESPN* in 2006. The race starts in world famous Bar Harbor, runs

along ocean vistas, pristine lakes, and the mountains of Acadia National Park, before finishing in the quaint fishing village of Southwest Harbor.



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#acad 25482

Found on the southwest corner of the island – again from the web

From the race director on www.marathonguide.com

Tough but fair. Scenery beyond imagination! Our Mount Desert Island Marathon features a hilly, scenic route. We run past ocean vistas, lakes, forests and quaint villages. We have found that many runners more than welcome the challenge, as well as the stunningly beautiful backdrop of Acadia National Park during peak fall foliage season. We advertised our course as hilly and tough from day one, of the philosophy behind this amazing marathon. We believe our course is a true test and a breathtaking journey, as opposed to the 'come hither and qualify', mentality of many race directors who frankly seem more obsessed about digits on a clock than the necessary details needed to put on a quality race -- first priority should be a great course. . . . We feel that 'marathon' and 'easy' don't belong in the same sentence. Come run with us and you'll feel and see how marathon running was meant to be.

From a happy runner on the above site

Here is a Marathon You Have to Run - Here is a marathon that reminds us of why we love to run. It starts with amazing organization and a website that has so much information that it would take you several hours to read it all. I loved the mile-by-mile description of the course and the "Locals' Recommendations." My wife followed the detailed directions for spectators and as a result we have great pictures of the race from nearly every scenic point. The volunteers were friendly and helpful, and the course was amazingly well supported for a marathon of this size. The scenery was incredible. Peak fall foliage and panoramic views of the North Atlantic abound. Bar Harbor is welcoming as well as scenic and I don't think there was an unkind word uttered during my entire stay. Acadia National Park is part and parcel of this marathon and is stunning. I can't say enough about the race director whose attention to detail, tireless hard work, and passion for running are seen at every turn from sign up to the after marathon party. The rain jacket included in the pick-up packet is top-notch and is now a full-time part of my running gear and not just another t-shirt for a quiet drawer. If there is one thing I would change, it would be the finishers' medals, which never change from year to year (other than the date). I think a unique design each year for medal snobs like me would make me even more likely to come back. Bottom line: Run the MDI Marathon. You won't be disappointed.

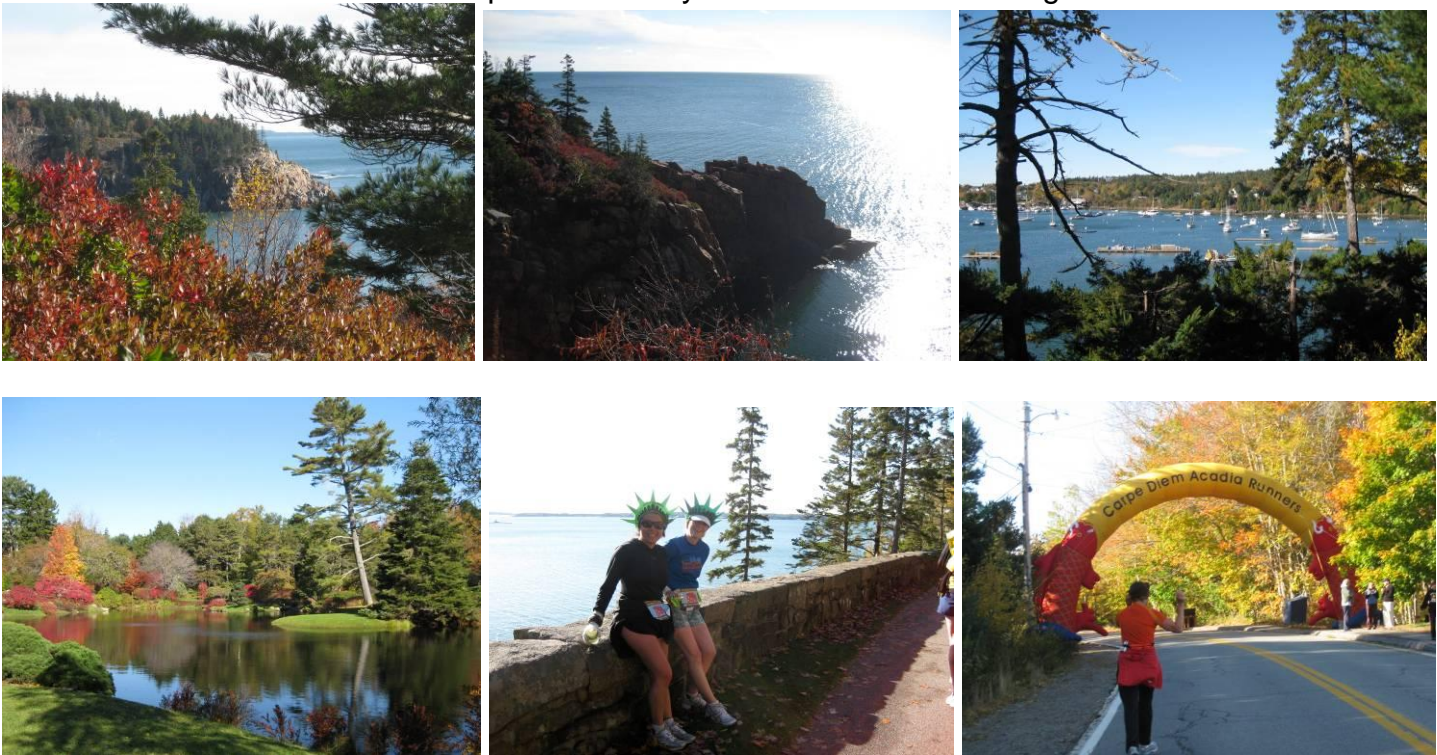
Bottom line from Diana? Registration for 2011 opened the day after the marathon and I suspect one should sign up now if you want to go.

Confusing destination – Bar Harbor is a town on the north eastern shore of Mt Desert Island. Much of the island is designated as Acadia National Park, but not all of it. There are various small fishing villages and sections, such as the Northeast Harbor where the famous Asticou Gardens exist, and the Southwest Harbor with the marathon’s finish line. There is a small airport outside of Bar Harbor and the larger airport is in Bangor.

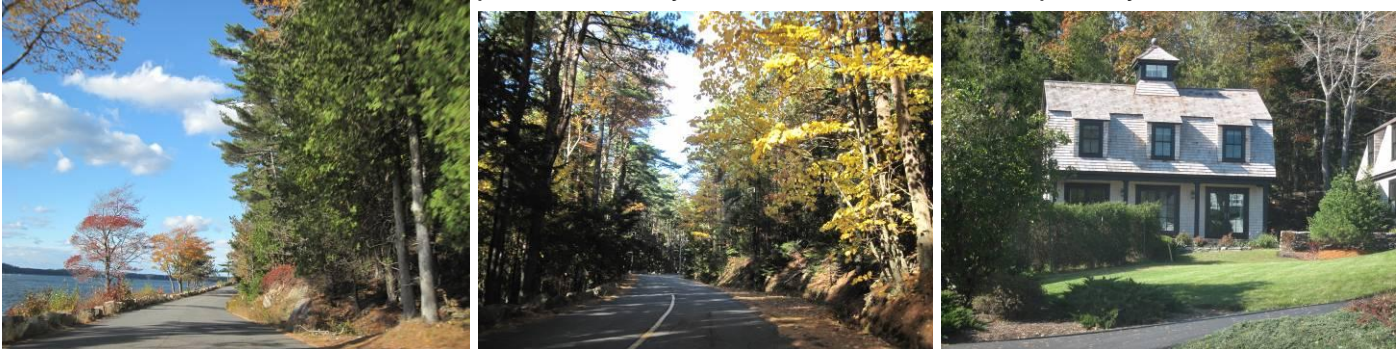
I can tell you that it is not easy to get to but probably worth the trip. Be mindful that this marathon is off-season and many tours and guides are not available and weather can be iffy, as evidenced by our nor’easter two days prior and the fact they’ve had snow two days thereafter.

It should be the height of the fall colors and we thought it was but locals claimed the ‘reds’ were gone from the winds.

Of and from the course – These pictures are by Maricar and taken during the run.



Of and from the course – these pictures are by Diana and/or Tom a couple days later.





Along the fjord, many tree lined and colorful narrow roads, small and large houses, Somesville's museum and bridge, more and more water, and finally the little town in the Southwest village for the finish line.

From the finish line – happy campers

Though surprisingly, despite the hills and slower finish times, no one was saying they were glad it was done only how wonderful it was.



From the finish line -- Mr. Hot Pink Boa - He insisted on having his picture taken with us and there was no saying NO.

Two days later, while having coffee at the finish line's restaurant, there was the same man rambling about in flip flops and shorts despite the strong winds and 55 degree weather, and with a pair of skis on his shoulders. He was asking everyone he could find "Where's the snow?" At the finish line he kept touching my shorts asking if they were Patagonia. After all, he says, he knows Mr. Patagonia.



Missed friends

Meeting Mr. Pink Boa didn't make up for all our friends who couldn't come to MDI after having signed up. We were super sorry to miss Gabriella from Boston who is embarking on a new career as well as resting some sore body parts, and Micki from NJ who had been hit by a truck while running and is finally near recovery, and David from Houston who just lost his mother. We fondly dedicated miles to

them and were just so sorry that they had to miss this wonderful marathon. Gabriella has been to MDI many times, and David was at MDI in 2009.

Charlotte and Tara – our Southern Belle friends

Eat your heart out boys, or let us make introduction. At least one of them is newly single and darned if we know why since there must be a line forming at her door.



Charlotte and Tara dress in costumes for all their races. And you thought the Liberty Ladies were bold? They really do it up well with Charlotte's mother the seamstress assisting in the gal's ideas.

Then – Here's a few of their recent marathon costumes. We've been with them for a number of these marathons. I bet all marathoners can guess at which marathon they wore these costumes.



We met them in Atlanta when they dressed as flamingos, and then again in Charlotte as Christmas Trees. That year they were part of the race brochure, as I was also with Monica and in front of a NASCAR. They were part of the Shamrock VA brochure also. In Louisville KY we were also with them and amazed they kept to their costumes despite record heat; later we scooted around town doing the Urban Bourbon Trail Run. Anyway, you get the idea – they are pretty, cute and fun.



Results

I can't get too much into making excuses because it was my choice to run three weeks in a row but I do admit to being surprised at how well my legs and feet performed and the lack of soreness thereafter. (Should I touch wood quickly? See later confession and you'll see that this is dangerous talk.) I'd been in Minneapolis early in the month, in Hartford the week before, and will head to Athens Greece for the end of the month. I was rather grateful for the hills and the surface variety (side of the road dirt, grass and/or gravel) and equally grateful to Maricar for staying with me when clearly she had to wait for me through a couple potty stops. We crossed the finish line together at 6:18, after Allison managed 5:58 and Donna 5:51. (Remember Donna? We ran in Wilmington for Donna's first marathon, on her 50th birthday, in Delaware the first state.) The Southern Belles came in way before at 5:32 though they typically manage about 5 hours. Most all the runners were asking around "Have you ever seen a tougher course?" The answer is yes but it's usually called a trail run. By the way, I did get 3rd in Age Group – but by default.

It was a nor'easter

But we toured anyway. We took a National Park bus tour on Saturday in part to get an overview but also in part because mostly sitting on your backside for 3 ½ hours is a better idea than hiking. We weren't out of the bus very much but when we were, we froze. Here we up on Cadillac Mountain. I would tour there again on Monday when the weather cleared, taking a long loop walk in the sunshine. There was zero visibility on Saturday but we enjoyed the parks commentary no matter.



Here we are freezing on Cadillac Mountain on Saturday and couldn't see a thing, and then here's my view of Bar Harbor from the same location on Monday.

Death on Mt Desert Island

On one stop to see the famous Thunder Hole with a bunch of huge waves made even larger than usual due to the nor'easter we were told of deaths and injury for rogue waves. Some news reports claim there to be several deaths every year from rogue waves. From a news story in August 2009:

Rangers at Acadia National Park insisted Monday that they had done all they could to warn visitors before beauty suddenly turned brutal, launching a hurricane-generated wave over a group of gawkers, dragging several into the roiling Atlantic and killing a 7-year-old girl. Many visitors didn't heed alerts Sunday to keep back from huge waves that crashed spectacularly and dangerously against the rocky shore as Hurricane Bill passed over open ocean to the east, the park's chief ranger said. Two people were hospitalized after being pulled into the churning surf by a wave that crashed on the rocks about 150 yards from a popular attraction known as Thunder Hole, where plume-like sprays rise into the air even under less severe conditions. A viewing platform there had already been closed by the park because of the dangerous conditions. The wave swept over 20 people, 11 of whom were taken to the hospital with injuries including broken bones from being slammed onto the rocks, officials said. Several people were tossed into the water, and all but three managed to pull themselves out. Spectators eager to take in the views of dramatic surf began filling up Acadia, about 75 miles east of Augusta, the state capital, on Sunday morning, Chief Ranger Stuart West said. As the tide rose, generating even bigger waves, 10,000 people eventually parked along the road to view the waves spun off by Bill, West said. Adding to the allure was the weather. Normally, storms produce rainy or misty conditions along the shore. But Sunday's weather was dry and bright. The park dispatched seven rangers to the area to warn spectators to keep away from the rocks, where 12- to 15-foot waves were breaking, West said. "They were doing it all day long," he said. "But some folks weren't grasping how fierce the ocean can be."



From the parks: Thunder Hole is a narrow channel of solid granite. When the waves come in strong and quick, air becomes trapped in a cavern that is higher than the inlet. When enough force pushes the waves into the cavern the air escapes with a thunderous reverberation. The relationship between ocean and rock is always changing. As time has passed, the cavern has been carved out by the waves, resulting in less reverberation.



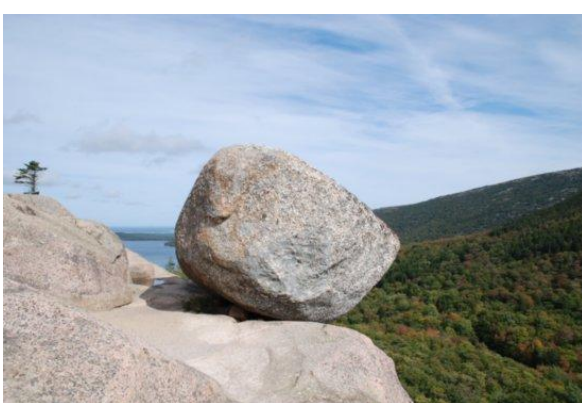
Thunder Hole and surrounding area photos from the web since we saw much of it in the storm.

Thunder Hole in calmer times



Then still another trip on Tuesday when there was no 'thundering' and very few tourists on our walk along the coastal trail with a stop at Thunder Hole. Yep, that's me climbing out on the rocks over Thunder Hole.

Bubble Lake both up close when we walked it and the view from Jordan House.



Perched high on the top of one of those bubble hills at the end of Bubble Lake is Bubble Rock.

Asticou Gardens

We ran right by these gardens and had a wonderful view. Tom visited them and will surely add more pictures to his photo show but here's a teaser. Also see <http://gardenpreserve.org/>.



Scenes from our National Park tour in the wind and pouring rain



We learned that it had only been 8 weeks ago that the Obama family had taken the same tour, excepting they had about a zillion folks and vehicles in their entourage. Our friend Pat was staying at the same hotel and got to pet the family dog. Before Obama and before Pat came Fords, Vanderbilts, Astors, and even Steven King and they all built little “cottages” that some of us might call estates. Some might be impressed with Martha Stewart living in her ‘cottage’ called Skylands but I was reminded that no longer can she shoot the marathon’s starting gun now that she’s a felon. But she says Mt Desert Island is her favorite place in the world and she should be a good source since she even went up on Mt Everest – with sherpas carrying her espresso maker and computer gear but she did go and then return to Maine by choice. After all, Maine has more coastal footage than anywhere else in the U.S., 50+ miles of carriage roads, 121 miles of hiking trails, and is the #2 Park after N.C.’s and Yellowstone. Mt Desert Island has Cadillac Mountain, the highest coastal peak on the eastern seaboard until one reaches Rio de Janeiro (wow, I was there in July!). You can climb 1532 feet (or drive like we did) up Cadillac Mountain to see the sunrise (we went up much later) and be the first to see the sunrise in the U.S. (I like my pillow, my hubby, etc., better and far too much.)



Highseas - From the bus tour we saw the “cottage” called Highseas that some might recognize as Collingwood from a TV program called “Dark xxxx” . It has a long and interesting history and any return trip might deserve a trip here, if nothing more than it’s at the start of the Precipice Trail Climb that I’d love to do. Dangerous though it is and deaths though its caused.

Highseas is a forty room mansion on the edge of Acadia National Park. The house was donated to the Jackson Lab by the Morris family estate and has been home to summer students since 1951. Highseas has a curious history, hides a secret staircase, and overlooks breathtaking land- and seascapes. This was one of the few areas of the park that survived the huge 1947 fire, saved by the gardener who hosed the house down continuously. Our guide told us it was built in 1912 by a Princeton professor for his bride to be. She had made demands of which the house was one of them, but when she came to marry him from across the seas it was on the Titanic so she never saw her summer cottage. Oddly it was the professor, after losing his fiancé, who laid out the famous Precipice Trail, but it was he who first died on it while climbing. It is now part of the famous Jackson Laboratory and serves as a dormitory. By the way, people continue to die on the Precipice Trail. Or as Tom says, can it be worth it?

Downtown Bar Harbor – very touristy and full of cruise ship passengers during some days and oddly full of restaurants that are booked solid and noisy. Cute but glitzy. Yes, that’s an old Nash Rambler Car on top of the doorway. Yes, there’s water and more water everywhere.



Our Bar Harbor Hotel – We were at the host hotel Atlantic Oceanside but in their adjoining former B&B called Willows. The main hotel was just okay and not a lot more than a Best Western. The Willows was charming and we enjoyed it but it was not well maintained. From the website www.nationalparkreservations.com/acadia_atlantic.htm

The Willows in Bar Harbor, Maine was built in 1913 for Miss Charlotte Baker, a patron of the arts who was closely associated with the Spence School for girls in New York City. The entire project was completed for \$50,000. Local newspaper accounts of the time clearly thought this to be quite an extravagant sum to spend on a summer home in Bar Harbor. The name Willows was chosen because of the stately willow trees that lined the curving entry drive. Miss Baker enjoyed her home in Maine for a number of years and was active in the arts in the summer Bar Harbor community. The great room with magnificent views of the bay was her conservatory and she frequently hosted concerts, poetry readings, piano recitals and other affairs connected with the Bar Harbor summer art scene. When not otherwise in use, the conservatory served as Miss Baker's art studio, where she liked to paint scenes of Frenchman Bay as viewed from her picture window. Completed in 2008, The Willows building was completely restored to its original splendor. It is now considered the crown jewel of the Atlantic Oceanside Hotel. The Willows now offers thirteen luxurious guest rooms with period furnishings and modern hotel amenities.

We did have a huge L-shaped room, a private stonewalled porch facing the water, the most amazing quiet solitude (when weddings weren't going on) and the whole of the downstairs as our living room. Since it 'had' been a B&B there was a full bathroom right out our door effectively giving us a room with two bathrooms which is something we look for as that's what we're used to.





From their website: The Atlantic Oceanside hotel, mansion, and conference center is located on the ocean in beautiful Bar Harbor, Maine. Twelve acres of lush, beautiful lawns, gardens, and incredible views of Maine's scenic coast set this resort apart from the ordinary. Formerly the estate of Klondike billionaire, Sir Harry Oakes, we are located near the entrance to Acadia National Park and quietly located a few minutes from downtown Bar Harbor.

Other hotel choices? After getting to Mt Desert Island, I tried to think where else one might stay and the other choices all have problems too. Harborside is closer and looks fine but there's something wrong with it that locals alluded to but wouldn't say but clearly said not to eat there any longer. A friend said he'd stayed there but they were closing up the weekend of the race. The Grand on Main Street looks worthy of checking out as its new and clean and neat but I didn't look inside. There are many Motel 6-looking places downtown and on the roads leading into Bar Harbor and not many that I'd want to consider staying in.

Eating – always a priority for one of us

Downtown Maggie's went over well but it was closing down for the season and their noted main course of Lobster crepes was \$30. We enjoyed Café This Way just off Mt Desert Street with our whole group but felt lucky to get a cubbyhole of an area for our table or it would have been noisy. Galyn's and Geddes were thought to be fine but super full and noisy and both on Main Street. Town Hill Bistro just out of town about 15 minutes might have been Tom's favorite but hard to get into and very small. We tried twice to eat at Jordan Pond House to no avail due to crowds and wait lists. I don't wait for food. Two Cats on Cottage Street warranted two trips, as did Jordan's downtown for breakfast. Frankly, food is pricey in Mt Desert Island and I wasn't terribly impressed anywhere and even Tom didn't give any restaurant nor their food a top rating. So go for the view, not the food, and take a load of snacks with you. I used all of my stash.

The hike

Other than the marathon, one of my favorite times on the trip was the long coastal hike from Sand Beach, via Thunder Hole, to Otter Point and Otter Cove. These are all iPhone pictures. We'll save the pro pictures for Tom's Photo Show.





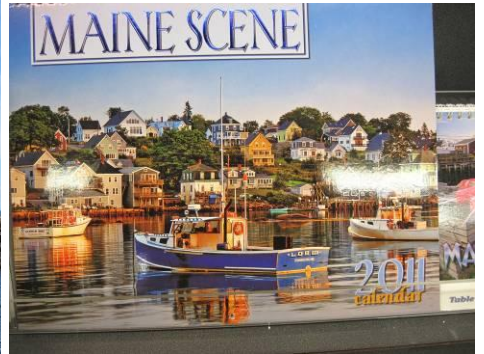
Bar Harbor – Mount Desert Island – Acadia National Park wasn't our only destination. In part since I didn't want to drive the 9 to 12 hours all at one stretch, and in part since Kathrine "K.V." Switzer (aka Marathon Woman) told us about the lovely York Harbor area and their Inn, we stayed two nights there on our way to Acadia.

York Harbor is just over the N.H. border and is all of York Village, York Beach, and York Harbor. Part of the draw was the late 1600s to 1700s historic inn that K.V. had stayed in.



From their website and that was our room: The 1730 Harbor Crest Inn is located on scenic Coastal Rte 1A. It is about .5 mile from the shops and restaurants of York Village, legendary Wiggly Bridge, Fisherman's Walk and the Harbor Beach. Built in 1730, this historic upscale inn is surrounded by a wrought iron fence outlining the original grand circular driveway and gardens. The Inn has seven beautifully appointed luxury guest rooms including one two-room suite with a second floor deck. All seven guest rooms have been revitalized with four-poster king size beds, gas or wood (wax log) fireplaces, wireless and direct internet connections and spacious bathrooms. Six of the seven rooms have two person Jacuzzi spa tubs. Guests of the Harbor Crest can enjoy relaxing on the outdoor stone porch, soaking up the sun in the glass enclosed sun room or socializing in other common areas, such as the elegantly fireplaced living and dining rooms.

York is well worth a tourist visit in itself

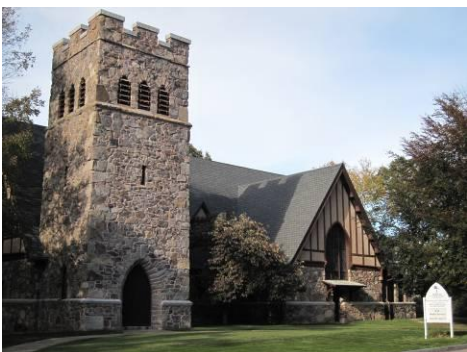


Their lighthouse is said to be one of the most photographed in the country. They even make night light replicas.

A cliff walk something of the style of old Newport RI



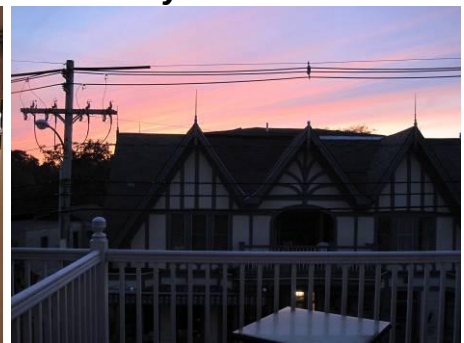
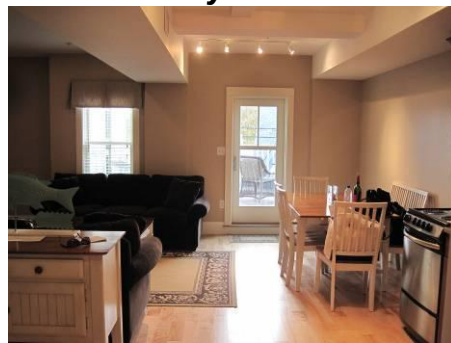
We were blessed with good weather on our first day and before the nor'easter the fall leaves were probably at their height. By our return to York five days later many of the red colors were on the ground.





More homes on our Cliff Walk and then finally what we felt like after a long hike. Ready for a drink, or at least a lobster dinner.

There's York Village, York Harbor and finally York Beach where we stayed our second time



We found the Atlantic House just off the beach of York Beach during our first visit and arranged for a double-deck suite with fireplace, deck, kitchen, two bathrooms and Jacuzzi (sorry to say there's more on this later) for this stay. And we were given a gorgeous sunset too.

Off season great deals and with the best restaurant we'd found for a very long time. Called Blue Sky. www.atlantichouseyorkbeach.com. I'm sorry that we missed a picture of the outside so if you're going that way, you'll just have to look on their website. Family run and not all that professional as hoteliers but so kind and sweet that we had a delightful visit. Well, except for my Jacuzzi story.

History of Atlantic House – from the web: The original Atlantic House was built in 1888, and then sold in 1894 for \$9,000. The Atlantic House was built as a grand hotel, four stories high with shops below, a long open air balcony with ocean views above and a win-win location right in the heart of York Beach's bustling summer business center. However, by the end of the 20th century, the building was nothing more than an enormous eye sore and a dangerous safety hazard. Donald Rivers, owner of Rivers By The Sea Real Estate Sales and Rentals, understood the need for a dire face-lift and transformation of the old Pop's Shell Shack to help maintain York Beach as a quality family vacation destination.

A dream and vision ensued. A sales contract was drawn up and plans began... Four years later, after town-wide votes needed to initiate change were successful, after numerous planning board meetings attended over a three year period and endless details pondered, the Atlantic House team will finally be able to implement its



plan for a rejuvenation of an anchor establishment in downtown Short Sands Beach. The 12 million dollar project also includes renovating the historic Kearsarge House, currently known as Shelton's Gifts and Gabby Sullivan's Restaurant. TMS Architects, noted for their much heralded design work at the Wentworth By The Sea Hotel in New Hampshire, have been working on the plans for the past year and a half. By partnering with one of the best architects in the area, Rivers is ensuring that the original beauty and integrity of the buildings' architecture will remain intact.

Superwoman no more!

I was feeling no pain despite having accomplished my 18th marathon of the year, despite being Medicare age, despite all odds, everything seemed to be working. I was on my way to earning a Marathon Maniacs 8th star (not that I ever joined and not that I don't find myself checking and looking and thinking I'm sick sick sick all over again.) Then what happens?



The Fallen Woman

Cockiness begets trouble and trouble I found in the shiny and slippery Jacuzzi tub/shower in York Harbor on our way home in the form of a major fall resulting in a hurt wrist and a fat, black and blue toe. So much for superwoman. I now find myself limping and wondering if the upcoming Athens Greece Marathon will be possible. (Update a few days later – it is.)

Here we are, the Liberty Ladies Maricar and Diana, coming into the home stretch. Not fast but happy. That new fashion design you see is sometimes my Phantom t-shirt apparel but just as often my t-shirt that I can't decide if it comes on or off so it stays around my neck.

What's next?

Who knows, considering the above, but paid for and committed are Athens Greece in just a couple days, Manchester NH the next day after I arrive home, Outer Banks NC with Marv and Maryanne, a couple smallish runs locally (Born to Run 5 miler and Navesink Challenge 15K Hills) and then a tourist trip to San Francisco with Kathy, followed by a Marathon and tourist to Honolulu with Tom. January remains nearly empty, well, until the end of the month with Houston Marathon.

More ideas?

Thanks for listening. Thanks for your input. I enjoy the recap very much and feel blessed to be able to keep going, limping currently or not.

A video – received after trip report circulated

Check out 2:21 and 3:10. Southern Belles at 2:21 and Liberty Ladies at 3:10.

From: information@mdimarathon.org

<http://www.youtube.com/watch?v=V-KvZL2IkIc>

Itinerary

Wed, Oct 13 – Diana and Tom

Am Drive to Portsmouth area – around 6 hours

Hotel York Harbor Inn, part of Harbor Crest (per K.V.)
On York Harbor in Killery area
Coastal Route 1A, P.O. Box 573, York Harbor, Maine 03911 Tele: 800 343 3869

Fri, Oct 15 – Maricar, Allison, Donna

2:30pm Depart via car

- Diana and Tom

Depart York to Bar Harbor

Noon Expo at Atlantic Oceanside Hotel until 8:00pm

Ideas:

Drive – 9 ¾ hours from Middletown per mapquest – Note – took up to 12 hours!

Air – Bangor closest but not serviced by Continental; Portland Maine is serviced, then about 3 ½ hour's drive to Bar Harbor; US Air goes from LaGuardia to Bangor; Lots of good sights on way

Hotel Atlantic Oceanside, previously called Atlantic Oaks by the Sea – room #813 King
119 Eden Street, Bar Harbor, Maine Tele: 800 336 2463

Sat, Oct 16

9:00am Expo at Atlantic Oceanside until 5:00pm

Sun, Oct 17

8:00am Marathon with early starts available for those taking over 6 ½ hours

www.mdimarathon.org

Early start available. No course limit but it doesn't get light until near 7am and starts getting dark at 4pm.

Wed, Oct 20

Am Depart via car to York

Hotel York Harbor Inn – switched to Atlantic House in York Beach

Thu, Oct 21

Am Depart via car to home in NJ

Participants:

Diana and Tom

Maricar and Allison

Micki now out; Donna with Micki's friend?

Gabriella now out?

Charlotte and Tara – at Anchorage Motel close to downtown Bar Harbor

David and Maggie Williams now out?

Nancy Goodnight – no show

Tourist ideas from Pat who was just in Mt Desert Island – overlapping the Obamas and in same hotel! Here are some of the things Karen and I did when we were in Maine.

Restaurants:

- Galyn's, 17 Main St., BH 207.288.9706 - great lobster dishes with a flair
- Abel's Lobster Pound Rt. 198 Somes Sound, Mount Desert, ME. 207.276.5827 - casual, log cabin setting high on the sound (which is the only fjord in North America), family owned, great lobsters any way you want them
- Jordan Pond House, Park Loop Rd., Acadia National Park, 207.276.3316

Attractions: -Asticou Azalea Garden (official name but more than that), at intersection of Rt. 3 and Rt. 198 in Northeast Harbor area, explore the Southwest area as well.
We had a drink at the old, historic Claremont Inn at sunset.

Hiking: So many nice hikes in Acadia. We did the 4 mile ranger-led hike from Beech Mountain. Tom, there was so much moss I went into overdrive!

Food: "Lobstah, lobstah, and more lobstah." We had lobster benedict at the Harborside Hotel (Holiday Inn) which is on the point as you get into the main part of town.

Popovers -- gotta have at least one every day with Maine blueberry jam/preserves. We got carried away with all things blueberry, going so far as having blueberry martinis. Mmmmmm good.

From: MDI Marathon Information <information@mdimarathon.org>

To: Diana Burton <dianab@juno.com>

Date: Mon, 30 Nov 2009 10:20:07 -0500

Hi Diana,

There is a \$15 discount. You must be an active member and indicate this (membership number) on the mail-in form, found on our registration page:

http://www.mdimarathon.org/registration_mdi26.2.html

Our host hotel will once again be the Atlantic Oceanside, which is also the site of our pre-race expo. You can find out more information by visiting our Host Hotel web page:

http://www.mdimarathon.org/host_hotel_mdi26.2.html

Best in running,

MDI Marathon Staff

general information

Mount Desert Island Marathon

information@mdimarathon.org

From David Williams 11/09

Mt. Desert Island - Bar Harbor, Maine.

Fantastic!! Did it last year. The fall colors were amazing, the views were beautiful, most of the island is a National Park. The course starts downtown in Bar Harbor and finishes across the island. Bus back (but I had a friend there and her parents gave me a ride back). It is very hilly with "a few small hills and a bunch of big \$&?!ers". The worst was from mile 20 to 24. I walked all the big up hills and still finished under 6 hours. While there, go for sunrise on top of Cadillac Mountain. We stayed at the Harborside, very pretty spot, nice, right downtown, a few short blocks to the start. Some issues with the hotel because they were starting to close down for the season, but it is probably the nicest place in town. <http://www.theharborsidehotel.com/>

From Chuck Wasick on 11/12/09.

There are a couple of nice and very expensive hotels right on the water downtown. However we stayed at Aysgarth Station. It is conveniently located bed and breakfast. I think you might really like it there. The owners are Jane and Steve. Jane originally from England is shown above knows everything about the area and what to do she is a great cook (not pseudo) and friendly and full of fun. Steve works at the research center and rides a motorcycle. Look at the reviews on their website and you can see why we liked it so much. You can't make your reservations too early because of their popularity.

From David Williams 4/14/10:

I am a "flatlander" from Houston where for hill train we go to a neighborhood that has speed bumps. I did MDI in 2008. I describe MDI as having a few small hills and a bunch of big suckers. But I had a very nice run, in the range of most of my marathons around that time -- meaning 5:45-6:05. This one was 5:59. It was a cold day, which really helped me. For all the big hills (about 13 of them) I just walked from the very first one. I tried to keep a fast walk going instead of just walking. Then I ran down and ran between the hills. The course was BEAUTIFUL. The fall colors were amazing, ocean views, fishing villages, etc. The worst hill was about mile 21 to 24. I struggled up that but recovered enough to "finish with dignity".

From David Williams 10/10:

I don't remember if I told you (I probably did but I'll say it again) but a favorite thing to do in Bar Harbor is to go to the top of Cadillac Mtn for sunrise. You have to get up early, which I know is harder for Diana than Maricar, but it can be worth it if it is a pretty day. A few clouds are best. Be sure to dress warmly since it is cold at the top and you will likely sit out for a while to watch the view. You can drive all the way there so no excuses. Be sure to get a park pass for the car when you get to town since you need it for much of the island and to go to Cadillac Mtn.

For pasta we went to a cheap place that suited Maggie's parents. It has a variety of stuff but the all you could eat pasta was a deal. It is on Main Street a few blocks south of the Green (the marathon start).

<http://poorboysgourmet.com/pasta.html>

Just before you get to Mt Desert Island, driving down from Bangor, you will see a lobster place on the right. It was one of the few lobster places that was open this late in the year. It was very good. Maggie loves lobster and she loved this place. Good prices for good food. NOT fancy at all.

We drove all the way out to Deer Island to Stonington and had great moules. Place in town, on the harbor. Don't recall the name.

You will probably be taking the interstate both directions, but if you pass thru Rockland, it is our favorite town. Café Miranda is great, with a crazy menu. It is attached as a PDF because it is just fun to read. Rockland Café has great seafood, very casual.

<http://www.cafemiranda.com/> <http://rocklandcafe.com/>

Just north of York is the Maine Diner in Wells, on Route 1. A landmark and the food is very good.

<http://www.mainediner.com/menu.cfm>

A good blogger's story about running this MDI from an Oregon newspaper. I should have just waited and used his report!

<http://blog.oregonlive.com/runoregon//print.html>