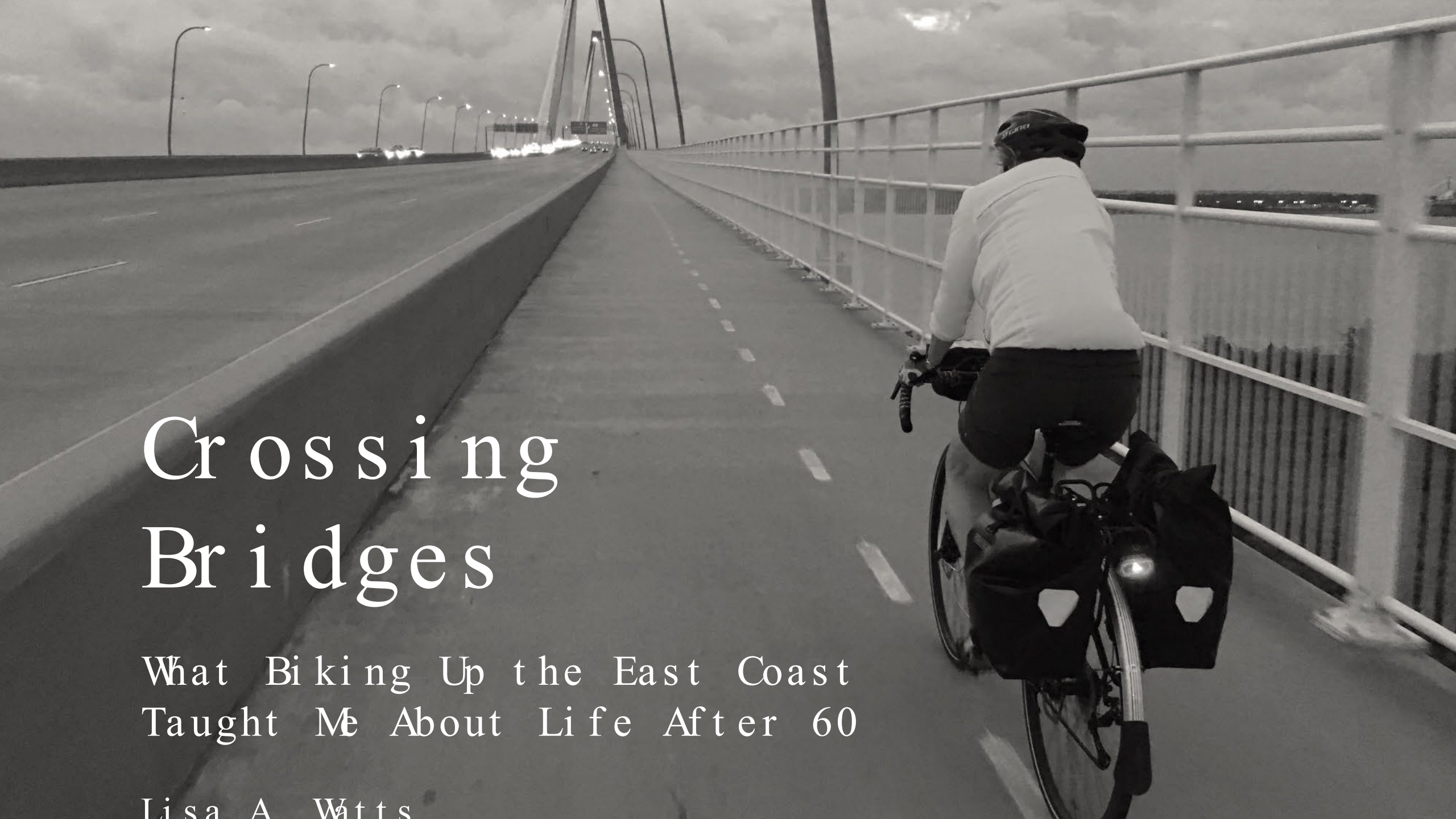


Crossing Bridges

What Biking Up the East Coast Taught Me About Life After 60

Lisa A. Watts

ME
Calais
Bangor
Augusta
Portland
NH
Portsmouth
MA
Boston
NY
Hartford
New Haven
CT
Providence
RI
NJ
New York
PA
Philadelphia
Wilmington
MD
Baltimore
Washington DC
Annapolis
DE
Fredericksburg
VA
Richmond
Norfolk
NC
Raleigh
Fayetteville
New Bern
SC
Wilmington
Myrtle Beach
Charleston
GA
Savannah
Brunswick
Jacksonville
St.Augustine
FL
Melbourne
Miami
Key West
East Coast
Greenway
East Coast Greenway
Connecting people to place
from Maine to Florida
SPINE ROUTE
COMPLEMENTARY ROUTE
FERRY OR TRANSIT

Purdue
NORSES POND
STAFF

May 4, 2018

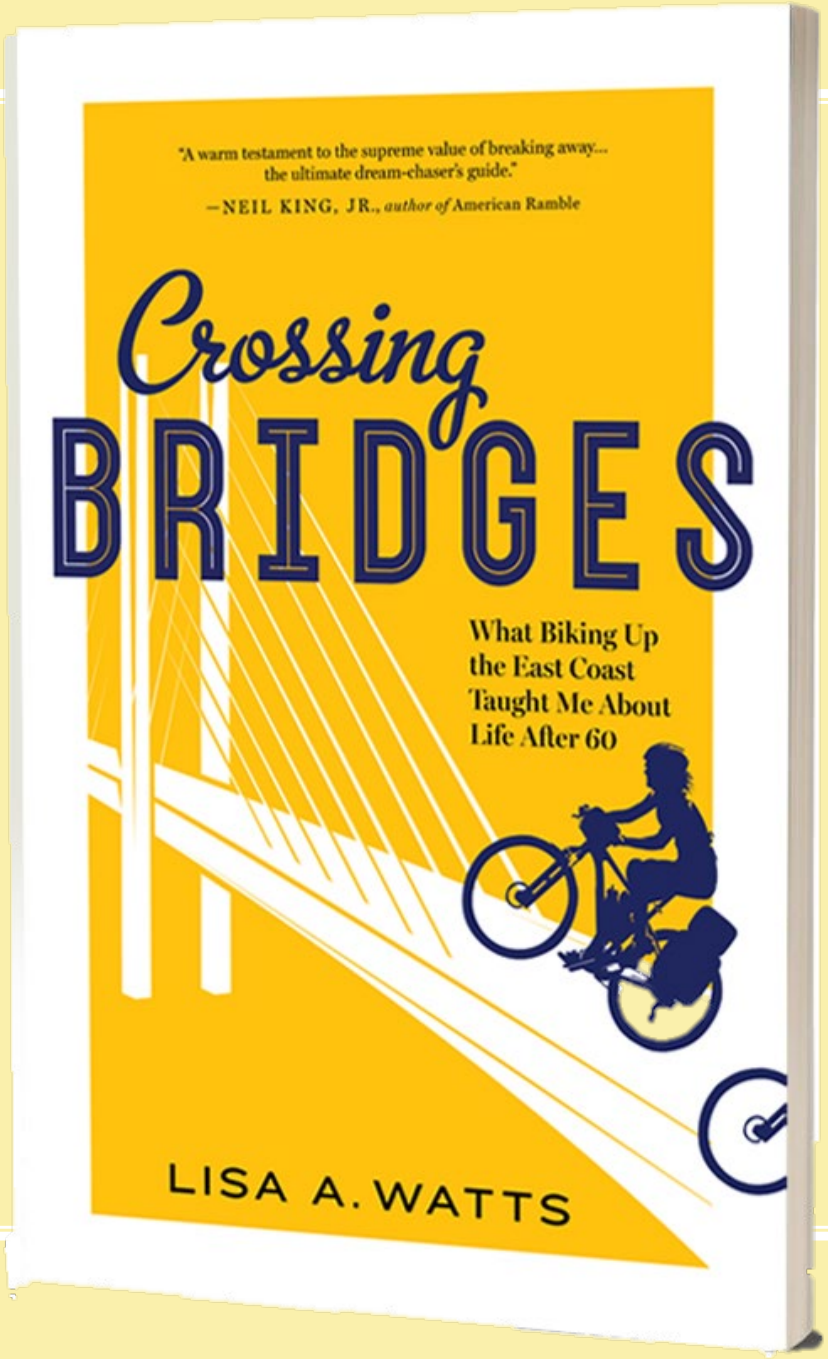
Key West, FL

Mile 0

June 24, 2018

Calais, Maine

10	Titusville	Amelia Island	
11	Ormond Beach		
12	Rest day		
13	Amelia Island, FL	Brunswick GA	64
14	Brunswick, GA	Hinesville, GA	55
15	Hinesville, GA	Savannah, GA	40
16	Savannah, GA	Beaufort, SC	51
17	Beaufort SC	Charleston, SC	88
18	Charleston	Georgetown, SC	82
19	Georgetown, SC	north Myrtle Beach, SC	60
20	North Myrtle Beach, SC	Southport, NC	50
21	Southport, NC	Wilmington, NC	32
22	Rest day		
23	Wilmington, NC	Fayetteville, NC	95
24	Fayetteville, NC	Clayton, NC	78
25	Clayton, NC	Durham, NC	70
26	rest day		
27	Durham	Clarksville VA	60
28	Clarksville, VA	McKenney, VA	82
29	McKenney, VA	Richmond, VA	60
30	Richmond, VA	Fredericksburg, VA	67
31	Fredericksburg, VA	Alexandria VA	68
June 1	Alexandria	Annapolis, MD	65
2	rest day		
3	Annapolis, MD	Towson, MD	44
4	Towson, MD	Havre de Grace, MD	53
5	Havre de Grace, MD	Wilmington, DE	52
	[illegible]ton, DE	Philadelphia, PA	39
		[illegible], NJ	50



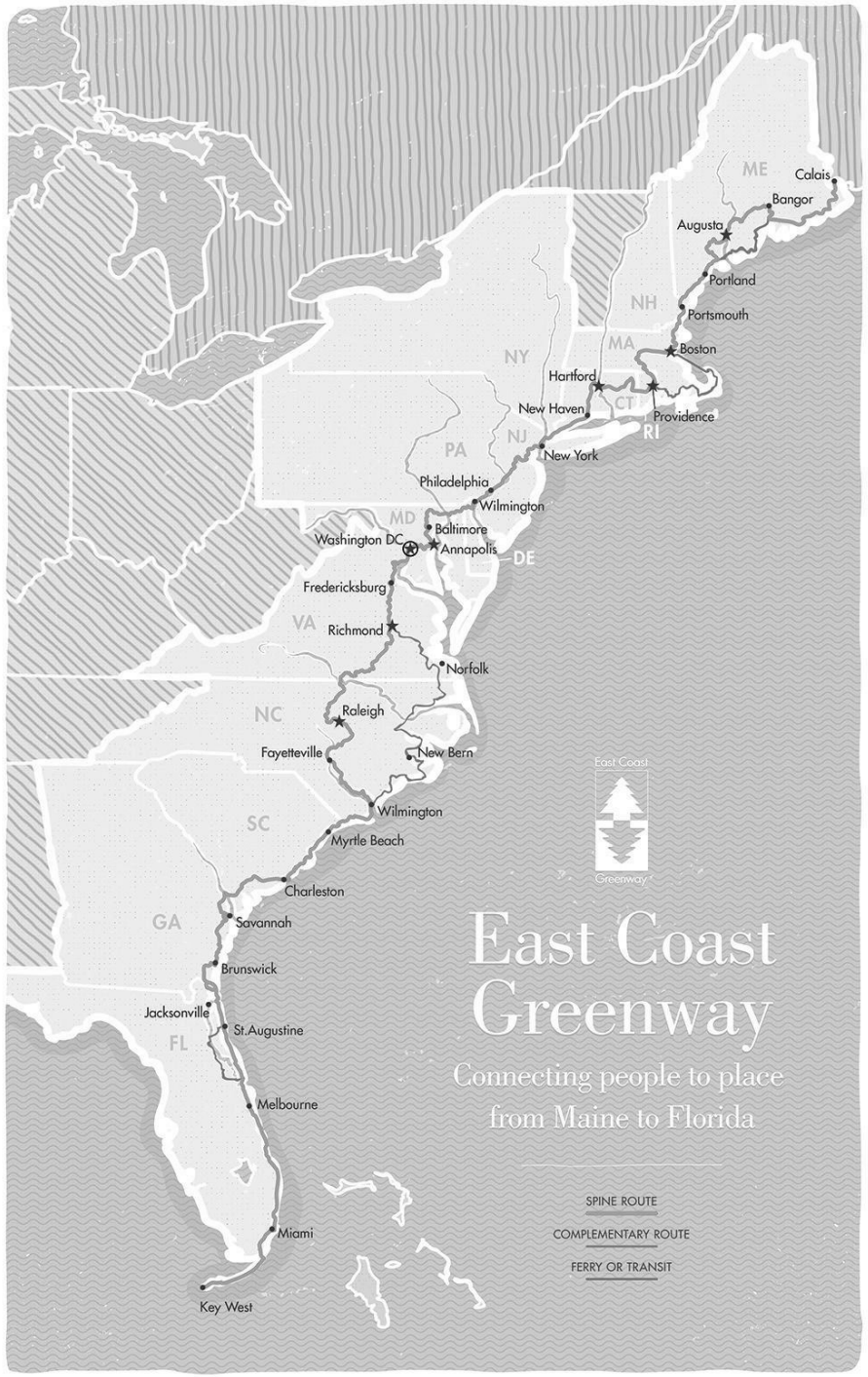
"A warm testament to the supreme value of breaking away... the ultimate dream-chaser's guide."

12 lessons learned from the road

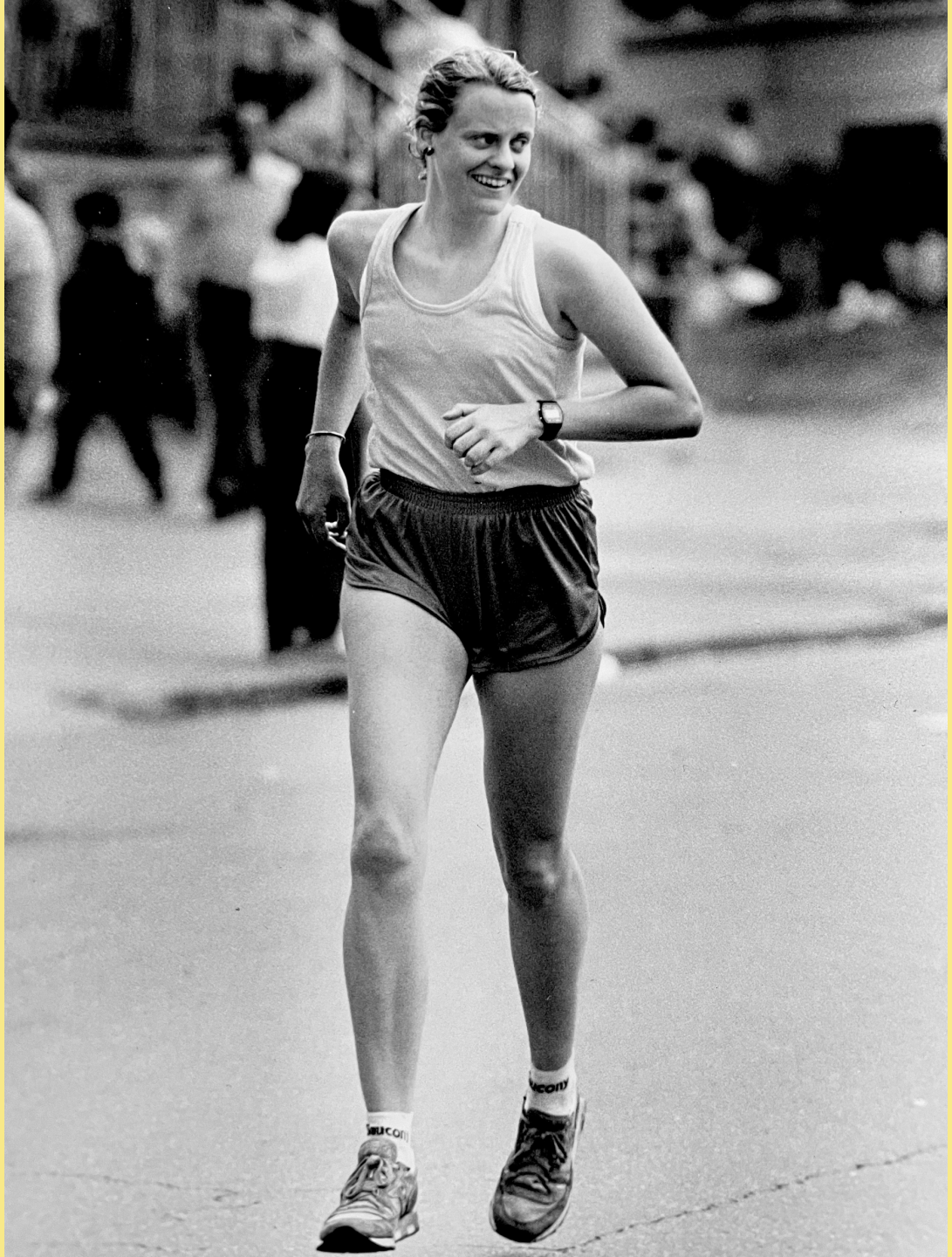
Find a good friend for the long haul.

Find a spouse who know you need to leave home sometimes.

Buy a sturdy bike and pack lightly.



You don't have to blaze your own trail.



Stop doubting yourself and trust your own strength.

It’s OK to ask for help.

Just cross the bridge. They aren't all scary.

Connect
the dots
by
visiting
your past.

Let go of ambition as you wrap up your career.

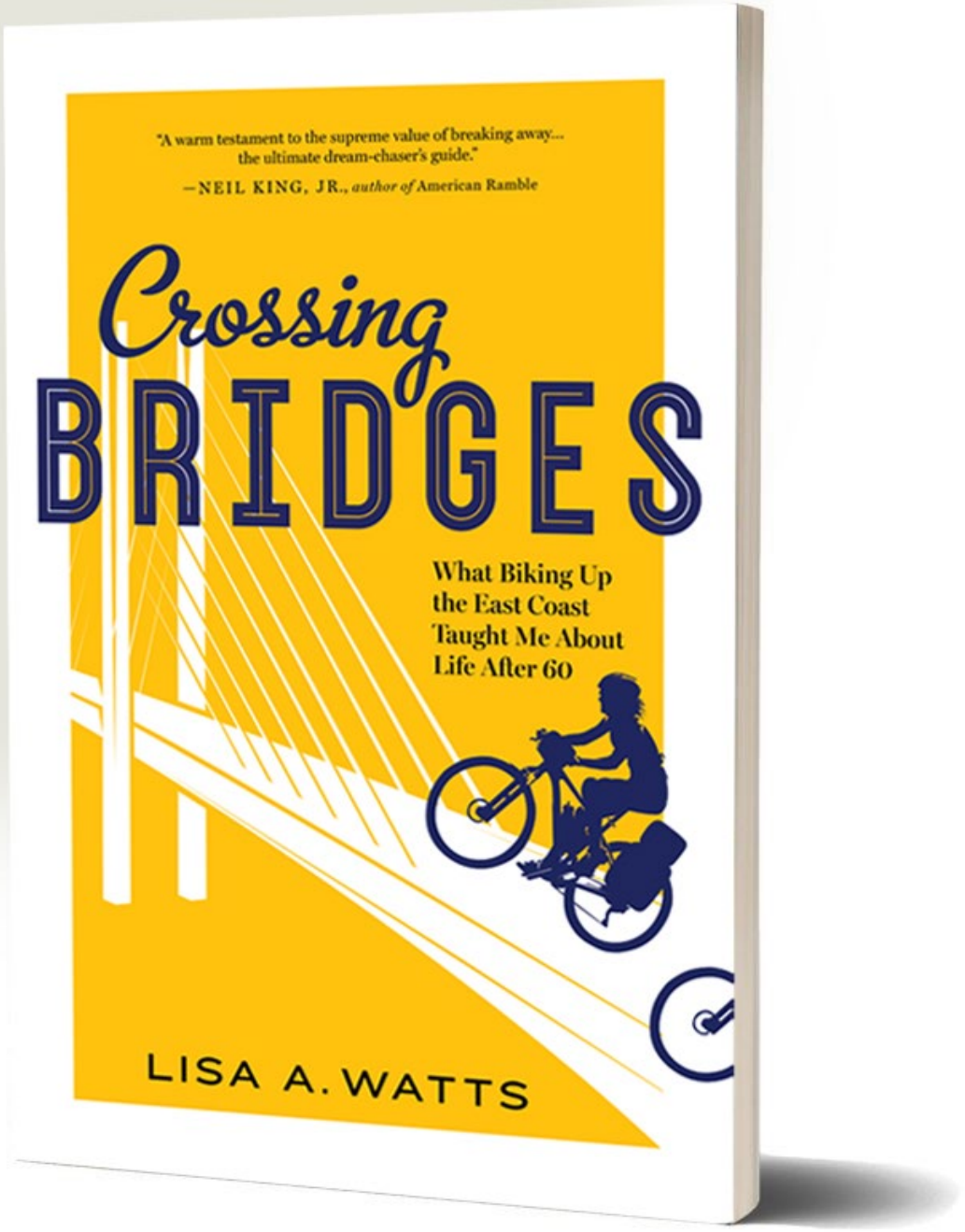
Reframe how you see and talk about aging.

Hug your friends.

Downsize your stuff, or the pannier effect.

One day you'll wake up and there won't be any more time to do the thing you've always wanted. Do it now.

—PAULO COELHO



Happy trails, thank you!

crossingbridgesmemoir.com