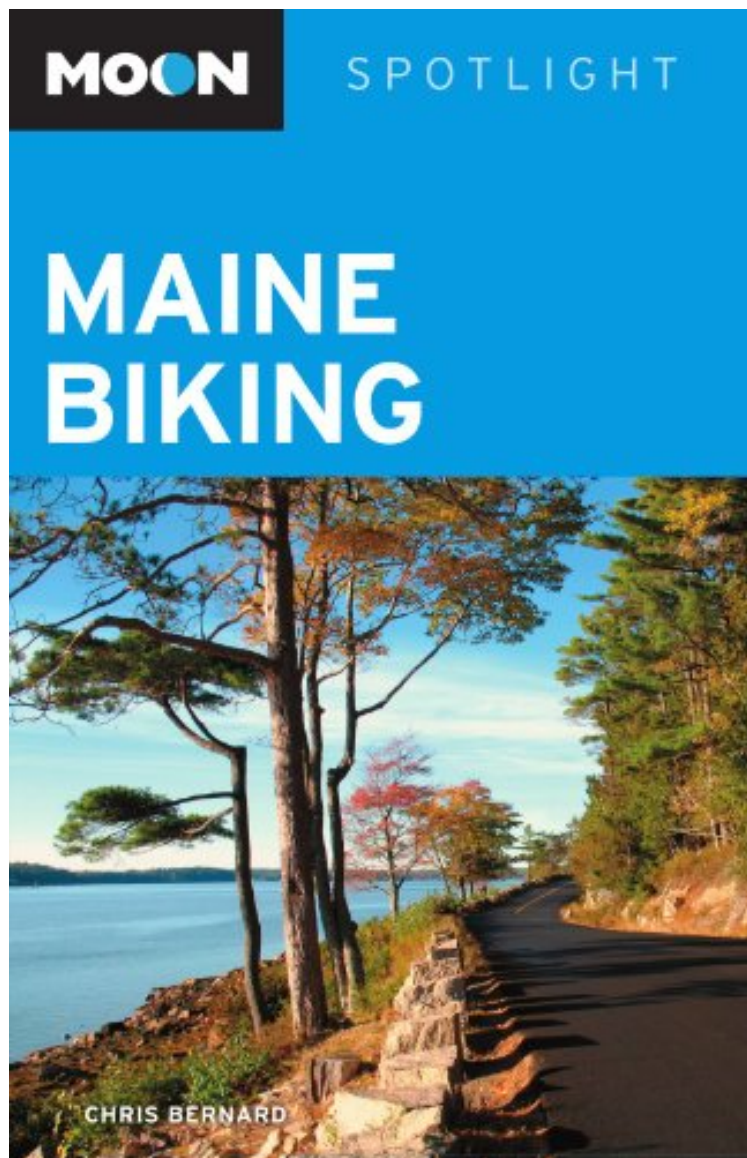


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## Moon Spotlight Maine Biking

*Chris Bernard*

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**Chris Bernard : Moon Spotlight Maine Biking** before purchasing it in order to gage whether or not it would be worth my time, and all praised Moon Spotlight Maine Biking:

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Moon Spotlight Maine Biking is a 60-page compact guide covering Maine's best biking trails, including the Kennebec River Trail, Capitol Hills Route, and Pineland Farm Trails. Experienced biker Chris Bernard provides readers with

easy-to-follow maps, bike safety tips, an essential gear list, and information on bike repair and maintenance. Whether you're in search of a family-friendly trail or an overnight trek for experienced riders, you'll find the best biking routes with Bernard as your guide. This Spotlight guidebook is excerpted from *Moon New England Biking*.

**About the Author** Chris Bernard is a freelance writer and photographer based in Southern Maine. When he's not at his desk, he's usually out on his bike, suffering his way up a hill or chasing his dog through muddy woods. One way or the other he's spent much of life on two wheels as a kid he raced BMX, in college he rode mountain bikes, and now he races road and cyclocross. He's often seen chasing a disappearing pack. He may not be the fastest rider, but he thoroughly enjoys every moment he spends on a bike. Chris has worked as a newspaper and magazine journalist and editor, a senior advertising copywriter, and a technical writer. Though he's called many far-flung places (including Alaska) home, he was born and raised in the northeast and always seems to return to his roots. So far he's lived in four of the six New England states, and his wife's family lives in the other two giving him plenty of chances to ride throughout the entire region. While researching this book, he got sunburned, muddied, bloodied, scraped, bruised, and rained on and enjoyed every second of it.