

ATHLETE GUIDE – MCF Twilight 5K

Thursday, June 8, 2017

Southern Maine Community College

South Portland, ME 04106

Race Start: 7:00 pm

Welcome to Maine Cancer Foundation's Annual Twilight 5K!

Please read through this entire document for important details pertaining to the race. If you have any additional questions or concerns, feel free to contact us at events@mainecancer.org or call 773-2533.

This race will not be cancelled, unless weather or other circumstances pose risk to athletes and volunteers. Please dress appropriately for the weather.

NO DOGS WILL BE ALLOWED ON THE COURSE.

Baby strollers and walkers are welcome but asked to start in the last start wave.

PACKET PICK-UP:

Maine Cancer Foundation

170 US Route 1, Suite 250, Falmouth, ME • 207-773-2533

Tuesday, June 6 9 am – 7 pm PREFERRED

Wednesday, June 7 9 am - 7 pm PREFERRED

OR

Thursday, June 8 5:30 – 6:30 pm • RACE DAY Packet Pick-Up: (Long Lines)
SMCC – LOT BB

In your packet you will receive your bib number. Your bib will have your timing chip on it if you are a runner. Walkers will not have timing chips. Please wear your bib on the front of your body.

You will need a valid photo ID to be checked if you'd like a beer bracelet.

PARKING: SMCC Campus Map <http://twilight5k.com/course-map-0>

- Lots A, C, D

PARK then walk down Benjamin Pickett, Left to Fort Road, and Right to Arboretum Drive. You will see the large tent set up and we will be waiting for you!

- Lot B – You can see Registration from this lot. (This lot will fill EARLY)
Starting Line is on Shoreway Lane.

6:45 pm - OPENING CEREMONIES

7:00 - WAVE 1 Survivors will Start

7:02 - WAVE 2 Runners will Start

7:04 - WAVE 3 Walkers, Baby Strollers & Teams will start

WALKERS:

We do have a shortened course of about 1 mile for walkers this year in addition to the 5K option. COURSE MAP: <http://twilight5k.com/course-map-0>

POST-RACE ACTIVITIES:

LIVE Concert with TICKLE!

Complimentary post-race Shipyard beer will be served. You must present an ID to be served beer. When we see your ID we will give you a bracelet. You can pick up your bracelet at packet pick up or on race day.

Please remember your ID because no ID no beer! Sorry.

We will also have complimentary pizza and Eli's Rootbeer.

Beer, pizza, and rootbeer are for participants only. The PB&ME food truck will be on site as well for the public with a large selection of food.

AWARDS

The awards ceremony will take place at 8:00 pm. There will be awards for both men and women the following categories (no duplicates).

Age Group: 19 and under to 70+ in 10 year increments

Top 3 Overall / Top 3 Survivors / Age Group Awards

19 and under / 20 – 29 / 30 – 39 / 40 – 49 / 50 – 59 / 60 – 69 / 70+

We will also award the top fundraising individuals and teams.

DIRECTIONS:

From I-95

Take exit 45. Coming off the exit, proceed straight (1.7 miles) to Route 1 (Main Street) in South Portland. Turn left onto Route 1 North.

At 4th set of lights, bear right toward Route 77 South.

Proceed straight on Broadway (~2 miles) and take right at the 2nd light to continue on Broadway.

Proceed approximately 1 mile on Broadway.

At SMCC sign, turn right into parking lot.

From I-295

Take exit 6a (Forest Avenue South).

Immediately bear to the right onto Route 77 South. Follow all the way through downtown Portland.

At bottom of large hill (State Street) road bears right over the Casco Bay Bridge.

After crossing the bridge proceed straight through the lights and follow road (Broadway) for approximately 1 mile.

At SMCC sign, turn right into parking lot