



## **TWILIGHT 5K ATHLETE GUIDE**

**June 3, 2010**

**[Southern Maine Community College](#)**

**South Portland, ME 04106**

**Race Start: 7:00 pm**

Welcome to Maine Cancer Foundation's inaugural **Tri for a CURE Twilight 5K!** We are pleased to announce that this race also sold out in record time! There will be 500 athletes participating!

Please read through this entire document for important details pertaining to this race. If you have any additional questions or concerns, feel free to contact us at [triracedirector@mainecancer.org](mailto:triracedirector@mainecancer.org), or call (207) 773-2533.

This race will not be cancelled for any reason, unless weather or another circumstance poses risk to athletes and volunteers. Please dress appropriately for the weather.

With the exception of our special guests Emily LeVan and her daughter Maddie, **NO STROLLERS OR DOGS WILL BE ALLOWED ON THE COURSE.** Emily and Maddie are our guest speakers as well as the designated last place finishers. For their profile and amazing story, please visit the Tri for a Cure website, <http://www.mainetriforcure.org/5K/Info>.

## **PACKET PICK-UP**

**[Maine Running Company](#)**

**563 Forest Avenue, Portland, ME 04103**

**Tuesday, June 1, 2010**

**4:00pm - 7:00pm**

**Or**

**Thursday June 3rd, at race start from 5:00pm - 6:00pm**

In your packet you will receive your bib number and your timing chip. Do not lose your timing chip, as you will be charged \$100 if you lose it! This chip should be placed securely on your left ankle.

At packet pick-up you will also receive a race shirt.

**You will also need to bring your ID to receive your ID bracelet for the complimentary wine at the race finish! No ID, no bracelet, NO wine! Sorry!**

## **POST-RACE ACTIVITIES**

### **COMPLIMENTARY WINE**

If you would like the complimentary post-race glass of wine provided by [Barefoot Wine](#) and [Churchill Catered Events](#), we will need to check your ID at packet pick-up on Tuesday, June 1st. You will be marked off on a list and you will receive your bracelet at a special table at the race start. If you did not come to packet pick-up on Tuesday at Maine Running Company we will have to check your ID when you pick up your packet on race day! **Please remember your ID because no ID no wine! Sorry. No spectators or children allowed in the wine tent, only athletes & volunteers with ID bracelets will be allowed in!**

## **COMPLIMENTARY FOOD**

Our Tri for a CURE partner, [Whole Foods Market](#), will be providing goodies at the finish line! Always delicious, always nutritious!

We will also have spectator food available from [Chicago Dogs](#)! They will have food and drink available for purchase at the race finish!

## **AWARDS**

The award ceremony will take place at 8 pm. There will be awards for the top three in the following categories (no duplicates).

- Age Group: 19 and under to over 70 in 5 year increments
- Top 3 Women Overall
- Top 3 Survivors

We will also announce the women that qualified by fundraising to receive an entry into the 2010 Tri for a CURE race!

## **PARKING**

There will be plenty of parking at SMCC. Please park in Lot A, C, or D and then walk to the race start in Parking Lot B. **You will not be allowed to park in Lot B.**

**CAMPUS MAP** - <http://www.smccme.edu/images/stories/PDFs/campus%20map%207-09.pdf>

## **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

**Please support the many generous sponsors of the Twilight 5K, we could not do this without their support:**  
<http://www.mainetriforacure.org/5K/Info>