

MCF TWILIGHT 5K

Thursday, June 6, 2019

Southern Maine Community College

South Portland, ME 04106

Race Start: 7:00 pm

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 back of the last start wave.

PACKET PICK-UP:

Maine Cancer Foundation

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

Tuesday, June 4, 9 am – 7 pm ****PREFERRED****

Wednesday, June 5, 9 am - 7 pm ****PREFERRED****

OR

Thursday, June 6 5:30 – 6:30 pm • RACE DAY at SMCC ****There will be very long lines*****

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.

RACE DAY:

6:45 pm - OPENING CEREMONIES

7:00 - WAVE 1 Survivors will Start

7:02 - WAVE 2 Runners will Start

7:03 - WAVE 3 Walkers, Baby Strollers & Teams will start

Race Number Display

The race number must be displayed on the front at all times during the run portion of the

race. This is primarily for safety, but also makes it easier for the Announcer and photographers to recognize athletes crossing the Finish Line.

Clothing

Athletes planning to wear layers should keep in mind that the race number needs to be visible at all times. Do not pin the number to a layer that may be removed. If the race number is left along the course or in Transition, the athlete will need to go back and get it BEFORE finishing the race.

POST-RACE ACTIVITIES:

LIVE Concert with the Jim Ciampi Band, Shipyard beer, Eli's Root Beer, and Otto's pizza! You must present an ID to be served complimentary post-race Shipyard 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.

AWARDS

The awards ceremony will take place at 8:15 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.

COURSE MAP & INFORMATION:

The 3.1 mile run is a primarily flat loop course utilizing both roads and paved pathways. The course will be clearly marked with signs and monitored closely by volunteers. Walkers are welcome to do some or all of the 5K course.

Please visit our [parking](#) and [course map](#) pages for location information.

Turn-by-Turn Directions

- From the starting gate, turn left to McKernan Drive
- Turn right to Fort Road

- Turn left to Osprey
- Osprey will turn into Adams
- Turn left to Adams
- At the top of Adams cross the street and run on left side of Benjamin Pickett
- Cross Broadway and turn left on Broadway
- Turn right on Preble
- Turn right on Greenbelt
- Cross to left side of Madison
- Follow Madison to the end of the parking lot
- Turn Right to Bug Light Park trail
- Follow Bug Light Park trail all the way around to the exit
- Follow on the left side of road up Madison
- Cross Broadway to Benjamin Pickett
- Take a left to Adams
- Follow Adams to Lighthouse Circle
- Take a left to Bunker Lane
- Follow around the Electronics Building
- Follow pathway until you reach SMCC Cafeteria
- Take right to lot EE
- Take another right to Shoreway Lane
- FINISH!

Please note that if you are a walker and not capable of walking the full 3.1 mile course, you are welcome to turn around at any time.

Water Stations

Water will be available at Mile 1 and Mile 2 on the run course.

There is only one traffic intersection crossing Broadway & Benjamin Pickett. Although this intersection will be monitored by Police, please use caution when crossing.

DIRECTIONS TO SMCC:

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

For more information, call us at 207.773.2533.