



MID COAST HOSPITAL'S *7th Annual*
Great Confluence Race

TOWN to TOWER RUNS

Saturday, November 17, 2007

5k and 10k Races from Bath and Brunswick

RAIN OR SHINE, 5K AND 10K RUNS WILL START SIMULTANEOUSLY from four different locations—two in Bath and two in Brunswick—and end at **MID COAST HOSPITAL** on Medical Center Drive, 1.2 miles east of Cook's Corner, Brunswick. The routes are challenging, scenic, and a great way to stay fit.

5k and 10k Check-In—7:15 a.m.

at **MID COAST HOSPITAL, 123 Medical Center Drive, Brunswick**

Buses to starting points leave at 8:30 a.m. Race starts at 9 a.m.

Transportation provided to starting points - \$16 entry fee includes official race shirt

Contact Donna Clukey at 373-6745 for entry materials, or visit www.midcoasthealth.com/race for downloadable forms, course maps, or to register on-line.

**Fun Run, Healthy Walk,
& Family Fitness Day**

Concurrent with the 5k and 10k races, there will be a **One-Mile Fun Run** and a **Nature Trails Healthy Walk** as part of **Family Fitness Day**. Also featured will be face painting, snack making, costumed characters, and displays of emergency vehicles.



MID COAST HOSPITAL

For a lifetime of caring

123 Medical Center Drive, Brunswick, Maine 04011

www.midcoasthealth.com/race

