

*For a lifetime of caring*



MID COAST HOSPITAL

*7th Annual*

## *Great Confluence Race*

*TOWN to TOWER RUNS*

### **RULES**

#### *The Race*

The race is composed of 5 and 10k runs from both Bath and Brunswick starting points. The start time will be the same for all races. All races end in Mid Coast Hospital's south parking lot.

#### *Prohibitions*

Please, NO rollerblades, bikes, or dogs. Running strollers must be used in single-file fashion for the entire course, except when actively passing another runner.

#### *Runner's Choice*

Racers may select to leave from the 10 or 5k starting points in either Bath or Brunswick. The Bath course is the more difficult of the two.

#### *Categories*

Categories of racers are as follows—

- Gender: Male or female.
- Run: 5k or 10k from Bath; or 5 k or 10 k from Brunswick.
- Age group: <20, 20-29, 30-39, 40-49, 50-59, 60-69, and >70.

#### *“Weather” we like it or not!*

Event will be held rain or shine.

#### *Sportsmanship*

This is a drug-free race. Racers, however, will not be subjected to drug testing.

**Check-In**—Check-in for all races is at **7:15 a.m. Saturday, Nov. 17**, at **MID COAST HOSPITAL, 123 Medical Center Drive, Brunswick** off Bath Road 1.2 miles east of Cook's Corner. **Check-in closes promptly at 8:15 a.m.**  
**Buses to starting points leave at 8:30 a.m. Race starts at 9 a.m.**

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For additional copies of the *2007 Great Confluence Race* Rules or Entry Registration Forms, please contact Donna Clukey at 373-6745.

You may also download the forms, register online, and get directions to the site at [www.midcoasthealth.com/race](http://www.midcoasthealth.com/race)