

THE WINE FLIGHT GUIDE

Saturday October 25, 2008 - 9:30 a.m.
Portland, Maine

Welcome to the inaugural Wine Flight 5k event!
This athlete guide is designed to give you all the information you need to participate.

Event Day Schedule

8-9:00 am - Check-in and Registration
9:30 am - 5k begins
11:00 am - Post-race Activities begin with Trivia and Prizes
11:00 am - Group One Wine Tasting
11:30 am - Group Two Wine Tasting

Registration and Check-in

Check-in will take place the morning of the race from 8 a.m. - 9 a.m. on the Maine State Pier (near the Whale Wall). Please sign in and pick up your wristband.

T-shirts will be available to the first 100 participants that registered. Additional shirts can be ordered at registration for \$15 (includes shipping). Bring cash, check or credit card to place your order.

Parking and Directions

There is a parking garage located on-site at the Maine State Pier. We advise you to park there or in any other city garage or metered spot. There is no parking available on the Pier. Please visit <http://www.cascobaylines.com/>, or www.portlandmaine.com for more information about downtown Portland, including parking maps and directions.

The Course

A 3.1-mile run/walk through Portland's East End that starts and finishes at the Maine State Pier. The Flight course consists of three out and back loops.

Loop 1: *The short dash* - .75 miles - From the Pier to Commercial Street, up India Street, to Federal Street, down Hampshire Street, to Middle Street, and back down India to Commercial and then the Pier.

Loop 2: *The hills* - 1.4 miles - From the Pier out to Commercial Street Ext., to Hancock then to Fore Street, looping around the East End, and returning down Fore to the Pier.

Loop 3: The flat finish - 1 mile down and back along the Eastern Prom Trail and the ocean.

Visit <http://tri-maine.com/WINEFLIGHT5KMAP2.pdf> to download a course map or see the turn-by-turn description on the last page of this guide.

IMPORTANT: Please be prepared to stop at intersections with heavy traffic. There will be volunteers positioned along the course to help control traffic; however because there is no time clock for this event, you should pay attention and run/walk with care.

Aid-Stations

Each loop ends at a unique aid station with local bites. Stay and sample everything or eat and go! Volunteers will be on hand to deliver your treats. Please refrain from taking food off the table and allow us to serve you.

Loop 1: Fruit and veggies
Loop 2: Meats and cheese
Loop 3: Dessert

Aid-Stations are generously supplied by Bresca, Big Sky Bakery, K Horton Specialty Foods, Maine Beer and Beverage, Rosemont Market, Cabot, The Flatbread Company, and Lindt Chocolates.

Please Note: You will only be able to experience each Aid Station one time. Once you leave an aid station, you cannot return. This includes the dessert station so make sure that you eat all the treats you desire **before** crossing the finish line.

A water table will be located on the Pier and will be accessible as you head out for each of the three loops.

Timing

There is no time clock for this event - it's all about the experience and atmosphere. Run as hard or walk as easy as you'd like between stations. Make your pit stops longer than your splits. If you absolutely have to know your time, bring your own watch. But remember, you may have to stop along the way - **this isn't a race!**

Post-Race Celebration

Sebago Brewing Company will be hosting the post-race celebration! Sebago is located next to Tri-Maine's offices at 164 Middle Street.

Each finisher will get a card - red or white - based on the order of finish (first 75 finishers are given white, second 75 are given red). This card serves as entry into the post-race wine tasting, so be sure that you finish with the people you want to go to the wine tasting with.

Every participant over the age of 21 will receive one complimentary wine tasting.

Tasting Times are as follows:

11:00 - 11:30 - Group One (Red cards)
11:30 - Noon - Group Two (White cards)

Friends and family and participants under 21 are welcome to celebrate at Sebago, however only event entrants of age are allowed participate in the wine tasting.

SPECIAL DEAL: Sebago is also offering lunch and drink specials to all Flight participants - show your bracelet and get a great deal!

Prizes

Brush up on your wine and Portland East End knowledge because in lieu of a time clock, prizes will be given to the winners of trivia! All 5k participants are eligible and prizes include gift certificates to fine Portland eateries and entries into next year's Wine Flight. Trivia will take place at Sebago during both tasting times and both red

and white card holds will have equal opportunity to win.

Beneficiaries

Hardy Girls Healthy Women is a nonprofit organization dedicated to the health and well being of girls and women. Their vision is that all girls and women experience equality, independence, and safety in their everyday lives. To that end, their mission is to create opportunities, develop programs, and provide services that empower them.

www.hardygirlshealthywomen.org

GoGirlsGo! is the primary programming focus of the Women's Sports Foundation designed to combat the alarming physical and psychological health hazards affecting America's young girls. GoGirlGo! uses sport and physical activity as an educational intervention that supports girls' health and wellness in childhood and early womanhood. www.womenssportsfoundation.org/GoGirlGo

Volunteers

We're always excited to have volunteers join us. Any friends and family interested in volunteering for The Flight should email melissa@tri-maine.com or stop by the registration table on the morning of the race.

Harvest on the Harbor

The Flight runs in conjunction with **Harvest on the Harbor Festival**. Harvest on the Harbor is a Culinary Festival presented by the Convention and Visitor's Bureau of Greater Portland. The Harvest presents three full days in which to experience the flavors of Maine during the harvest season - food and wine receptions, cooking demonstrations, and a celebrity chef gala wine dinner on Saturday evening. The event showcases both local Maine food and local creative chefs.

Visit www.harvestontheharbor.com for a full schedule of events and more details.

Turn-by-Turn Directions to the 2008 Wine Flight Course

START - On Pier access road

(Loop 1) - Run towards Commercial Street, in right hand lane (closest to Whale Wall)

Turn Right on Commercial Street

Turn Left against traffic pattern onto India Street. Enter sidewalk next to Benkay Restaurant.

Turn Left onto Federal Street, staying in left hand lane against the traffic pattern

Turn Left onto Hampshire Street

Turn Left onto Middle Street, crossing over to the right hand lane

Turn right onto India Street, keeping to the sidewalk

Cross Commercial Street at the stop sign and turn right onto sidewalk

Turn Left on Pier access road, staying in the left hand lane against the traffic pattern, inside the running lane marked off by barricades

Enter the Pier and experience **Aid Station #1**

Turnaround, head in the direction of Commercial Street

(Loop 2) - Exit the Pier Access Road via the dirt path on the right hand side and enter the sidewalk

Continue following the sidewalk along the waterfront

Turn Left on Hancock Street into the right hand lane and enter the sidewalk

Turn Right on Fore Street onto the sidewalk

Turn Left on Saint Lawrence Street into the left hand lane against the traffic pattern

Turn Left onto Hoyts Lane which is not marked. Gilbert Lane is directly across the street.

Turn Left on Waterville Street, cross over to the right hand side of the road

Turn Right on Fore Street and stay on the sidewalk

Cross over Fore Street at Mountfort Street and continue right following the sidewalk

Turn Left on Hancock Street remaining in the right hand lane on the sidewalk

At the end of Hancock Street, cross over Commercial Street Ext.

Turn Right on Commercial Street Ext. keeping to the sidewalk

Follow sidewalk back to the Pier Access Road

Turn Left onto Pier Access Road, staying in the left hand lane against the traffic pattern, inside the running lane marked off by barricades

Enter the Pier and experience **Aid Station #2**

Turnaround, head in the direction of Commercial Street

(Loop 3) - Exit the Pier Access Road via the dirt path on the right hand side and enter the sidewalk

Continue following the sidewalk along the waterfront

Enter the Eastern Prom Trail, staying on the right hand side of the trail

Turnaround at the cones (.5 miles)

Follow the Eastern Prom Trail back to the sidewalk, staying on the right hand side of the trail

Enter the sidewalk on the waterfront side of Commercial Street Ext.

Follow sidewalk back to the Pier Access Road

Turn Left onto Pier Access Road, staying in the left hand lane against the traffic pattern, inside the running lane marked off by barricades

Enter the Pier and experience **Aid Station #3**

FINISH at the end of the Pier

Thanks for participating in the 2008 Wine Flight.

Run, Walk, Indulge.

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