



# STRIVE For 5

## Foden Road Networking Group's 8<sup>th</sup> Annual 5K and Block Party

### Walker/Runner Registration and Event Information

**What:** 5K Road Race, Fun Run & Neighborhood Block Party hosted by Foden Road Networking Group, a collection of business leaders from the Foden Road/Maine Mall district of South Portland (business leaders from surrounding communities also welcome). Foden Road Networking Group members are invested in supporting the local economy and residents through business-to-business fellowship, culminating in the annual 5k/Block Party.

Proceeds benefit STRIVE, a nonprofit in the heart of the Foden Road district of South Portland. STRIVE engages and empowers 1,000+ young adults with developmental disabilities throughout Southern Maine through educational, social and employment training programs.

**When:** Saturday, September 14<sup>th</sup> 2019  
Children's Fun Run begins at 8am, 5K/Walk Begins at 8:30am  
Block Party immediately follows the 5k/Walk  
Rain or Shine

**Where:** STRIVE, 28 Foden Road, South Portland ME 04106

**Entry Fee:** \$25 pp before 9/13. \$30 for participants signing up on 9/13 (packet pick-up) or 9/14 (day-of).  
Participants 12 and under are free with an adult.  
*Every participant receives a shirt from STRIVE and free admittance to all elements of the block party.*

**Packet Pickup:** Friday, September 13<sup>th</sup> from 3pm-9pm or 7:00-7:45am on September 14<sup>th</sup> (Race Day)  
STRIVE, 28 Foden Road, South Portland ME 04106

**Race Info:** Children's Fun Run will start at the STRIVE parking lot and go to the end of Foden Road (will be closed to traffic) before turning around to finish back at the parking lot. During the 5k, runners will line up and walkers will follow. The course runs from STRIVE on Foden Road through Texas Instruments' Property onto Jet Port Plaza Road then circles back. Spectators can view the race on Foden Road & Jetport Road. Map available: [www.pslstrive.org/STRIVEforFive](http://www.pslstrive.org/STRIVEforFive)

**Parking:** Please watch for signs & volunteers to direct you to parking on Foden Road.

**Awards:** Presented to top male & female per age group: 12 and Under, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+.

**Free Block Party:** Please join the Foden Road Networking Group immediately following the race at the Block Party right at STRIVE! This is a family friendly event featuring music, kids' activities, food and more!

**2 Ways To Register:** Register online at [www.pslstrive.org/STRIVEforFive](http://www.pslstrive.org/STRIVEforFive) OR Register offline by submitting attached registration form with payment to STRIVE, 28 Foden Road, South Portland, ME 04106.

**FMI:** please contact the STRIVE Program Manager, Whitney Wildes at (207)774-6278 or [wwildes@pslstrive.org](mailto:wwildes@pslstrive.org)

**Virtual Option:** For supporters who can't join us in person- Complete your 5k run/walk anywhere at any time between September 1st through September 14th. Please register before 8/31 to receive your t-shirt & medal in the mail (included in registration). Celebrate your race/walk with us on social media, and we'll share your success with our followers!



**STRIVE For 5: Foden Road Networking Group's 8<sup>th</sup> Annual 5K and Block Party**

**Runner/Walker Registration Form**

**Name:** \_\_\_\_\_ **Age on Race Day (for award category purposes) :** \_\_\_\_\_

**Gender (for award category purposes) Male :** \_\_\_\_\_ **Female :** \_\_\_\_\_

**Names, ages and genders of family members (same household) also registering to run:**

\_\_\_\_\_  
\_\_\_\_\_

**Address:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Business or Organization :** \_\_\_\_\_

**Please check the race you are registering for. If entering multiple runners from your household, please assign each family member to their respective event by writing their names next to the event of their choice.**

**Kids Fun Run:** \_\_\_\_\_

**5K Race:** \_\_\_\_\_

**5K Walk:** \_\_\_\_\_

**Virtual 5K:** \_\_\_\_\_

**Waiver and Release Statement:** I know that running/walking in a road race is a potentially hazardous activity. I should not enter and run/walk/ride unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run/walk. I assume all risks associated with running/walking in the STRIVE for Five 5K, including but not limited to falls, contacts with other participants, the effects of the weather including high heat and/or humidity, low temperature, traffic, conditions of the road, conditions of the trail, and all risks being known and appreciated by me.

Having read this release and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf or on behalf of my estate, waive and release all associated with the STRIVE for Five 5K and SPLIT-TIME RACE MANAGEMENT and all sponsors of the race, any other persons assisting with the race, the officers, Board members, agents, servants, employees, and their successors and assigns of each and every of the above from all claims or liabilities of any kind arising out of my participation in the run/walk even though the liability may arise out of negligence or carelessness on the part of the persons referred to in this waiver.

I also grant permission for the use of any photographs, motion pictures, recordings or any other record of my participation in this event for any legitimate purpose. I understand that if the race is canceled because of circumstances beyond the control of the race committee and sponsors, including, but not limited to unsafe weather conditions or governmental ban, my entry fee will not be refunded. NO REFUNDS.

Signature of Participant: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of additional family member(s) who are 18+ : \_\_\_\_\_ Date: \_\_\_\_\_

If registering family members who are minors, please sign to acknowledge that you are their legal guardian, and that you agree that this waiver and release statement applies to their participation: \_\_\_\_\_ Date: \_\_\_\_\_

**Registration Fees: \$25 through 9/12/2019, \$30 on 9/13 and 9/14. Participants 12 and Under, Free**

**I am enclosing payment for the above participant(s) in the form of**  **cash**  **check**  
**OR**

**I authorize STRIVE to charge this credit card for the above participant(s):**

**CC Number:** \_\_\_\_\_ **Expiration:** \_\_\_\_\_ **CCV:** \_\_\_\_\_