



Dear Participant,

Thank you for deciding to be a part of **STRIVE Rocks All Night 2019 at the Cross Insurance Arena!** Whether you are returning or a new recruit, we are glad to have you as we gear up to make a difference in the lives of over 950 young adults with developmental disabilities from across the state.

Being on your feet for nearly 12 hours and raising \$100 may seem like a big job, but don't think you're alone! When March 16, 2019 rolls around, you'll be joined by hundreds of peers who are enjoying the experience with you. When all is said and done, you will have experienced one of the most gratifying and life-changing events of your life.

The funds you raise will help STRIVE provide educational and social opportunities for our members. We strongly encourage you to visit a STRIVE Friday Night Social Event or another of STRIVE's many programs/events so that you may see the direct impact of your efforts.

Included in this packet you will find everything you will need to help prepare you for STRIVE Rocks. The challenge per marathoner is \$125, but early bird sign ups before February 15th only need to raise \$100... so sign up today!

On behalf of the entire STRIVE Rocks Committee, we hope that you are just as excited about STRIVE Rocks 2019 as we are. Together, we can make this the best year for STRIVE yet! We're here to help you every step of the way. Good luck!

Sincerely,

STRIVE

Email: info@pslstrive.org

Website: www.striverocks.org

Twitter: @STRIVE_PSL

Facebook: www.facebook.com/STRIVENation



PARTICIPANT REGISTRATION & RELEASE FORM
(You do not need to complete this if you sign up on MobileCause)

NAME: _____

Birth date: _____ Age: _____ Sex: Male Female

Organization/School: _____

Please Circle One:

- I am participating in STRIVE ROCKS All Night
- I am participating in STRIVE Rocks All Day
- Please check this box if this will be your 15th STRIVE Rocks
- Check this box if this is your 1st STRIVE Rocks

MAILING ADDRESS:

Street: _____

City: _____ State: _____ Zip: _____

Phone: (____) ____ - ____ Email: _____

Song Requests

T-Shirt Size: S M L XL XXL

With respect for the opportunity to participate in this event which is sponsored by the STRIVE Rocks Planning committee, I hereby release STRIVE Rocks Representatives, STRIVE, and Cross Insurance Arena from any and all liability for injuries or damages that I may sustain as a result of my participation in the 2019 STRIVE Rocks Weekend. I also realize that any medical expenses incurred, as a result of my participation in this event will be my sole responsibility.

Pictures of STRIVE Rocks participants may be taken and used for publicity purposes, including but not limited to; publication in commercial periodicals, on STRIVE's website and on STRIVE's social media pages.

I understand that if I leave the Cross Insurance Arena for any reason, I will not be allowed back into the building, and that I have to sign out with a STRIVE Rocks representative if I do choose to leave.

Participants Signature Date

Guardian Signature (If under 18) Date

<p><i>For STRIVE use only</i></p> <p style="text-align: center;">Dancer #: _____</p>

(You do not need to complete this if you sign up on MobileCause)



Name: _____

Address

Street: _____

City: _____ State: _____ Zip: _____

Phone: (____) ____ - _____ Email: _____

Medical Conditions

Place an X next to any of the following if they pertain to your current or past medical history

____ Asthma ____ Diabetes ____ Emphysema ____ Epilepsy ____ Heart Condition

____ Contact Lenses ____ Medications ____ Allergies ____ Other: _____

Please list if you have any allergies or other health concerns

Will you be bringing any medications to STRIVE Rocks? _____ Yes _____ No

If yes, please list what you will be bringing:

***All Participants are responsible for their own medications.
Call 207-774-6278 prior to the event if you have any other questions.***

Local Emergency Contact Person (This person needs to have access to a car)

Name: _____ Relationship: _____

Address: _____

Phone Number: _____



Fundraiser FACTS

How much do I have to raise?

If you register before **February 15th**, we ask that you raise a minimum of **\$100**. If you turn your packet in after the 15th, then you must raise **\$125** to dance. Remember, the Participants who raise the most money can **win great prizes!** Get started today!

Is STRIVE a creditable non-profit?

Yes! All donations to the STRIVE Rocks are tax-deductible. Our tax-exempt ID Number is: 01-0473116. Please contact Whitney Wildes for all receipts at 207-774-6278 or wwildes@pslstrive.org.

Who should I ask?

You should ask people you know. Friends, family, and relatives are a good place to start. It is a good idea to explain a little bit about what you are doing, why it is important to you, and who it is going to benefit.

How do I collect the money?

- Ask donors electronically! Create a fundraising page by following the instructions on the next page. Share your efforts on social media or by email.
- Consider making it your own by adding a ridiculous challenge that will entice others to donate (think ice-bucket challenge!). If you'd like to complete your challenge at the STRIVE Rocks event (depending on approval from the STRIVE team), please email wwildes@pslstrive.org to coordinate!
- Send out letters to your friends and family, particularly if they are known to love cards and snail mail! When you send out letters, try to include an envelope with your address and a stamp on it already, to make it easy to return a donation to you.
- Ask donors in person. Make sure when you do this, you have your sponsorship form so you can write down their name, address, and the amount of the donation. If they ask for a receipt, let them know you will mail it to them.

Start early! It is hard to raise a lot of money in one day, but if you start ahead of time, you will have no problem meeting your goal. After the STRIVE Rocks, send all your donors a thank you note and let them know of your experience with the event!

Who should checks be made out to?

All checks should be made out to **STRIVE**.

When can I bring in my money?

You can bring your money to the STRIVE Center any time before STRIVE Rocks. If you pre-register before February 15th you can still collect donations until STRIVE Rocks and either turn it to the STRIVE office or bring it with you on March 16th. The STRIVE Center is located at 28 Foden Road in South Portland.



Mobile Cause

Here's how to get started, and create your own fundraising page.

1. Text ROCKS2019 to 71777 or visit <https://app.mobilecause.com/vf/ROCKS2019>
2. Click the link when you get a response, then click "Become a Fundraiser" button in the middle of the page.
3. Fill out all fields, then click "Become a Fundraiser".
4. Next, personalize your individual pages or select a team that you would like to be a part of, and then click submit.
5. You will receive a text or email (you may want to check your junk folder!) to complete registration.
6. After that, you are in your back office. You can customize your picture, fundraising goal, and see how to share your page with friends.
7. Every participant has a unique text to donate keyword. When you click "share" on your homepage, it will say exactly what your keyword is. Example: "text ROCKS2019 to 71777 to support my campaign."
8. You may also "share" on Facebook, Twitter, or through email. MobileCause provides you with a preloaded link and short sentence about your page that you can send to anyone. Click the "share" button on your homepage, and all options will appear.
9. Your page will keep track of donations as you get close to your goal.

This is a quick and easy way for you to get donations! Your page takes donors credit card information, and transmits the funds directly to STRIVE. MobileCause accepts MasterCard, Visa, American Express and Discover Cards. You don't need to take donations, collect checks, or anything! Just promote your page! And remember to thank all of those who supported you through MobileCause.

Please feel free to contact Whitney Wildes at STRIVE with any questions. 207-774-6278 or wwildes@pslstrive.org

All donations to STRIVE are tax deductible. Receipts will be given through STRIVE.

Set a Goal of \$1,000 and become a 2019 STRIVE Rocks MVP!

Raise \$1,000 or more and receive one-of-a-kind 2019 MVP swag, enjoy the MVP lounge, and more at STRIVE Rocks!

Set a Goal of \$500 and become 2019 STRIVE Rocks VIP!

Raise \$500 or more and receive exclusive VIP swag, plus get numerous VIP perks at STRIVE Rocks!

Be one of our top fundraisers for a chance to win awesome prizes!



SAMPLE LETTER for Donations

Dear Friends and Family, (or insert name),

I am writing to let you know that I will be participating in **STRIVE Rocks** at the Cross Insurance Arena in Portland, the largest event of its kind in Maine. On March 16th and 17th, I will stay on my feet for 12 hours along with 1000 other individuals to show support for STRIVE, a social, educational, and recreational program located in South Portland, ME, that serves over 950 tweens, teens and young adults with developmental disabilities.

Over the past decade, STRIVE Rocks has raised over \$500,000 for STRIVE programs and has helped its members become active and viable members of the community at large. Through programs like Friday Night Social Nights, Wednesday Night Educational Series, Aktion Club, and community fundraisers and outings, STRIVE members are provided an opportunity to expand their horizons, explore new things, and begin to develop their independence.

Add this paragraph if you are writing a letter

As a participant, I have to raise a minimum donation and am asking for your help so I can achieve my goal. If you would like to help me, please mail a check to me, made payable to STRIVE. For your convenience, I have included a self-addressed stamped envelope. All donations are tax-deductible and I can give you a receipt at your request.

Add this if you are using MobileCause

As a participant, I have to raise a minimum donation and am asking for your help so I can achieve my goal. If you would like to help me, please check out my personal STRIVE Rocks Mobilecause page, **(insert the link to your page)**. Here you can pay by credit card and see how I am coming along with my STRIVE Rocks preparations!

***-Consider making it your own by adding a ridiculous challenge that will entice others to donate (think ice-bucket challenge!). If you'd like to complete your challenge at the STRIVE Rocks event (depending on approval from the STRIVE team), please email wwildes@pslstrive.org to coordinate!**

Thank you for your time and support. I'm really excited about STRIVE Rocks 2019 and I would encourage you to learn more about both STRIVE Rocks and STRIVE. To find out more information, you can visit the STRIVE website at www.pslstrive.org. Thanks again!

Sincerely,
Your Name



PARTICIPANT SURVIVAL GUIDE

So you've signed up to stay on your feet for STRIVE for 12 hours! Whether you are doing this with friends or individually, it is going to be a fantastic night! Here are a few tips that will help you to have a great night as you rock with STRIVE:

Preparation is the most important part!

Stay Healthy

- Get plenty of sleep in the weeks leading up to STRIVE Rocks.
- Avoid sickness: wash your hands, eat well, and take vitamins.
- Eat well: choose healthy foods, like fruits and vegetables, whole grains, and high protein.
- Avoid junk foods high in fats and sugars.
- Avoid caffeine especially in the final week leading up to STRIVE Rocks.

Exercise

- Walking, running, dancing, stair master and leg stretches.
- If you already work out regularly, continue to do so. If you do not work out regularly, start slowly & build up.
- **DO NOT** do any strenuous exercise the day before or day of STRIVE Rocks. Get your rest!

Attitude

- Mental toughness is one of the most important elements in planning to dance for STRIVE. If you adopt that attitude that you and your team will complete the entire night, you will be able to do it!

Talk it up!

- Keep your eye on the prize. Remember that you are dancing for a great cause!
- Invite friends and family members to come visit you throughout the night. This will make things go faster and you can show all those who supported you the good cause their money is going towards.

THINGS TO BRING TO STRIVE ROCKS:

These things will help to keep you going through the night!

Personal belongings:

- Toothbrush, toothpaste, deodorant, brush/comb, and hair tie/hat
- Glasses or eye drops
- Any medicine you need

Foot Gear:

- Socks! 3-4 pairs to change approximately every 4 hours
- 1-2 pairs of comfortable, **broken-in** sneakers—**DO NOT** bring brand new sneakers

Clothing:

- 2-3 extra, clean t-shirts
- Comfortable, loose fitting shorts and pants
- Costumes for theme hours

DO NOT BRING:

- Any valuables you might lose
- Drugs, cigarettes, and alcohol
- Food—we provide tons of it!



FREQUENTLY ASKED QUESTIONS

Do participants have to raise money?

- Each participant must raise a minimum of \$100. If you are registering after February 15th, you must raise \$125.

What does the money I raise go towards?

- The money raised goes to benefit STRIVE, a nonprofit located in South Portland that serves tweens, teens and young adults (ages 11-24) with developmental disabilities. STRIVE relies on fundraisers, like the STRIVE Rocks to continue offering programs to over 900 young adults in Maine with developmental disabilities.

Is there an age limit to participate in the STRIVE ROCKS Weekend at the Cross Insurance Arena?

- No. STRIVE Rocks is a family friendly event. There is no age limit to be a Participant.

Will there be security on site?

- Yes. STRIVE has a contract with the Cross Insurance Arena that will provide a security team for the entire 12 hours. There will be staff monitoring entrances and exits through the event. All STRIVE staff are CPR certified. This is a heavily staffed event, which will include STRIVE staff, volunteers and parents. We want every participant at the DM to have fun and feel safe, so please remember that this is a chem-free event. Anyone that brings illegal substances to the DM will be asked to leave, no questions asked.

Can my parent/ guardian/ school advisor come?

- Sure! Parents & school advisors are welcome to come to the DM to support you, however they will need to sign in and are asked to hang out in a special "Friends & Family" section that is located off the dance floor. Visitors are not allowed to participate in any STRIVE Rocks activities, including taking advantage of the provided drinks and snacks.

Do I have stay for the entire 12 hours?

- No. You may stay for as long as you like, BUT once you leave the Cross Insurance Arena, you will not be allowed back in. **There is no re-admittance to STRIVE Rocks!** Please arrange your rides in advance.
- We challenge you and your friends to stay all 12 hours and celebrate the hard work you have done preparing for STRIVE Rocks and cheer on your friends throughout the night. Plus you won't want to miss any of the hourly activities or the awards ceremony at the conclusion of STRIVE Rocks! **Stay all 12 hours receive a 2019 STRIVE Rocks Medal!**