

ATHELTE GUIDE – Power of SHE

Sunday, August 21, 2016

University of Southern Maine ~ Bedford Street Parking Lot, Portland, ME

Race Start: 8:00 am (Preble Street Parking Lot at Baxter Blvd)

Welcome to sheJAMs Power of SHE 5K! This event will benefit Maine Women's Fund! We are excited to support and bring awareness to the Fund. <http://www.mainewomensfund.org>

Please read through this entire document for important details pertaining to this race. If you have any additional questions or concerns, feel free to contact us at info@sheJAMs.com Or call 671-2420.

This race will not be cancelled for any reason, unless weather or another circumstance poses risk to athletes and volunteers. Please dress appropriately for the weather.

NO DOGS WILL BE ALLOWED ON THE COURSE.

Baby strollers and walkers are welcome but asked to start after the runners.

PACKET PICK-UP:

SUNDAY, August 21

6:30 am - 7:30 am

Bedford Street Parking Lot, University of Southern Maine, Portland, ME

Friends can register or sign up to volunteer during this time.

In your packet you will receive your bib number and Yowie. Your bib will have your timing chip on it. Please wear your bib on the front of your body.

PARKING: USM Bedford Street Parking Lot or USM Parking Garage, 88 Bedford Street, Portland, ME

Look for our PINK TENTS

OPENING CEREMONIES 7:45 am ~ Preble Street Parking Lot on Baxter Blvd.

POST-RACE FOOD

Water and some snacks will be served at the finish line.

AWARDS

The awards ceremony will take place at 9:00 am at the Finish Line. There will be awards in the following categories (no duplicates).

Top 3 Overall / Age Group Awards

Age Group:

19 & under / 20 - 29 / 30 - 39 / 40 - 49 / 50 - 59 / 60 - 69 / 70+