

IMPACT. MAKE ONE.™



**SUNDAY, SEPTEMBER 11, 2011
PORTLAND, MAINE
PAYSON PARK, BAXTER BLVD.
5K RUN/WALK • 1K FUN WALK**

Register online at www.komenmaine.org



Presented by 

NATIONAL SERIES SPONSORS



STATEWIDE PRESENTING SPONSORS



Statewide Presenting Sponsors



Decathlete



Marathoner



Runner

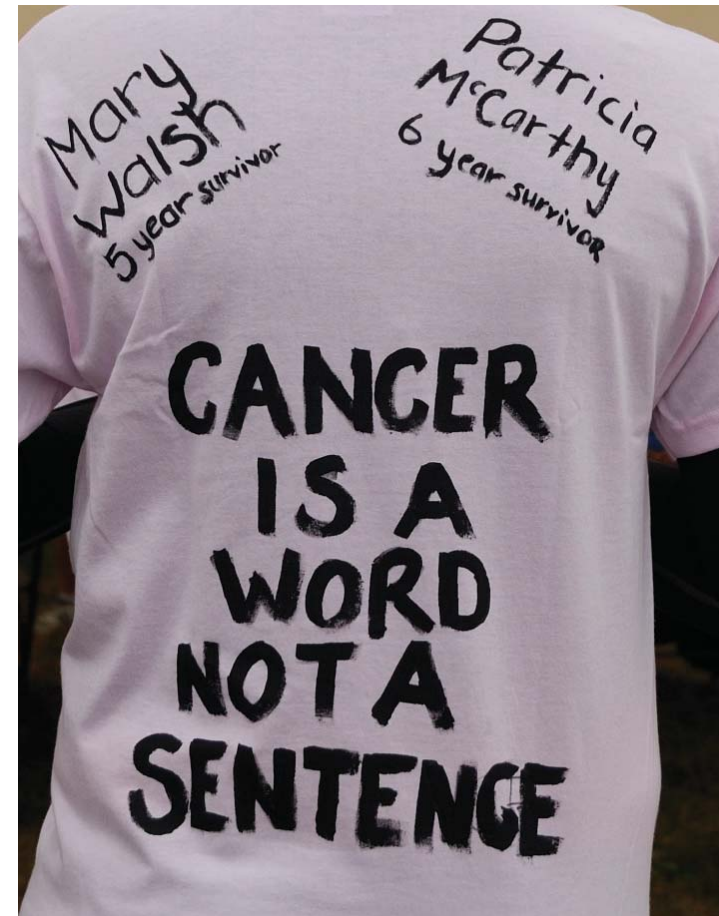


Jogger



Walker

MacDonald Page & Co., LLC
Maine Medical Center
Norman, Hanson & DeTroy, LLC
Eaton Peabody
The Great Lost Bear



IMPACT
YOUR COMMUNITY.
YOURSELF.

ABOUT THE KOMEN MAINE AFFILIATE

How your donations are invested

Of the net proceeds, **75 percent** remains in the State of Maine to fund education, screening and treatment programs. **25 percent** goes to the Susan G. Komen for the Cure® Grants Program, funding the latest in breast cancer research.

Since our incorporation, the Komen Maine Affiliate has invested more than **\$2.25 million dollars** in direct-service programs right here in Maine, as well as **over \$650,000** in research. To date, nearly \$500,000 has returned to Maine in the form of research grants through the Susan G. Komen for the Cure® Grants Program.

For a full description of all 2011 Maine grantees, please visit www.komenmaine.org.



This year, Susan G. Komen for the Cure has once again received the coveted 4-star rating from Charity Navigator, the nation's largest independent evaluator of charities.

I AM THE CURE®

is Komen's rallying cry, encouraging women to take an active role in their breast health—to become educated about breast cancer and understand that being aware is the first step in the process. Listen for the cheers as you walk or run the Race and join in!

About Susan G. Komen for the Cure®

Nancy G. Brinker promised her dying sister, Susan G. Komen, she would do everything in her power to end breast cancer forever. In 1982, that promise became Susan G. Komen for the Cure, now the world's largest breast cancer organization and the largest source of nonprofit funds dedicated to the fight against breast cancer with nearly \$1.9 billion invested to date. For more information about Susan G. Komen for the Cure, breast health or breast cancer, visit www.komen.org or call 1-877 GO KOMEN.

SURVIVORS



2011 Team New Balance Survivor

Please join us in congratulating Nicole Landy (pictured above) for being nominated as this year's Team New Balance Survivor for the Race for the Cure - Portland. Nicole has served as Survivor Chair for both 2010 and 2011 and inspires all with her story.

Breast cancer survivors who wish to be recognized may pick up their complimentary pink cap and pink t-shirt provided by Zeta Tau Alpha.

'In Celebration' & 'In Memory' Back Signs



Participants are also invited to recognize those special people who have been touched by breast cancer. "In Memory of" and "In Celebration of" back signs are available for all Race participants. Zeta Tau Alpha is the national sponsor of the Breast Cancer Survivor Recognition Program.

SURVIVOR BRUNCH

All registered breast cancer survivors (plus one guest each) are invited to attend an exclusive brunch on September 10th. RSVP is required by Sept 5.

New this year: RSVP online at komenmaine.org under Komen Race for the Cure menu > Race Information > Survivors. If you cannot RSVP online, email race@komenmaine.org. Details on times and location will be given to those who RSVP.



Special thanks to our local Survivor Sponsor, Systems Engineering!

IMPORTANT INFORMATION

National Volunteer Recognition Program



Made with pride by Georgia-Pacific

Race volunteers will receive a T-shirt courtesy of Georgia-Pacific, the makers of Quilted Northern Ultra Plush™, in appreciation of their efforts. Georgia-Pacific, via their Quilted Northern brands, is the National Volunteer Recognition Program Sponsor.

For information about volunteer opportunities, please visit www.komenmaine.org, Komen Race for the Cure menu, Volunteer.

Get Screened

- If you are of average risk, have a mammogram every year, starting at age 40.
- If you are higher risk, talk to your doctor about additional or earlier screening.

Pre-Registration and T-Shirt Pick Up

Participants who wish to register in person or pick up their T-shirt and bib prior to the Race may do so at **Maine Running Company, 563 Forest Avenue, Portland** at the following dates and times:

Thursday, Sept 8, 3pm - 6pm
Friday, Sept 9, 3pm - 6pm
Saturday, Sept 10, 10am - 3pm

Participants who register online or by mail may choose to have their T-shirt and bib mailed directly to them for an additional \$6 fee (must register no later than 8/26/11).

Customer Service

For assistance or to request a brochure for our other Race, (Bangor Race on Sept 18th), call 207-262-7117 or email race@komenmaine.org.



TEAMS: MAKE AN IMPACT

Bring together friends, family, coworkers, neighbors or club members to join the global movement to end breast cancer forever. Teams can consist of walkers, runners, sleepers and kids. There is no extra cost to form or join a team.

Top Team Recognition

Special recognition will be announced on our website for the largest teams in each of the following categories:

- | | |
|-------------|----------------|
| Family Team | Corporate Team |
| School Team | Community Team |

Recognition will also be given to the team raising the most money, the team with the best name and the team with the best T-shirt design. Only teams of 10 or more are eligible.

Team Captains

Captains are required to **register the team name** and themselves online before other team members register. All other team members can register by mail or in-person if desired, however online registration is the easiest way to keep track of your entire team.

In your online tools, you will find:

- Team Captain Toolkit for download
- Tools to track your team's fundraising progress
- A team web page you can customize

RACE DAY INFORMATION

Race Day Schedule - Sept 11, 2011

- 7:30 a.m. Race Day Registration
Bib & T-Shirt Pick Up
- 8:46 a.m. 9/11 Ceremony
- 9:00 a.m. Survivor Ceremony
- 9:30am Registration Closes
- 9:45 a.m. Warm Up
- 10:00 a.m. 5K Run/Walk
Timed runners/walkers in front please.
and 1K Fun Walk (not timed)

There will be no Awards Ceremony. Top runners in each age division, top survivor runners and top fundraisers will be announced on our website.

Parking

Parking will be available at Cheverus High School, 267 Ocean Avenue.

Race Course

- From Payson Park, head south on Baxter Blvd.
- Turn right onto Belmead
- Turn left onto Deerfield
- Turn left onto Preble St. Ext.
- Turn left onto Baxter Blvd.
- Finish at Payson Park

UST&F Certification # 10006RF

Safety

For the safety of all participants, rollerblades, skateboards, bicycles and pets are discouraged from participating in this event. Thank you for your cooperation.

We urge participants with baby strollers to join the Race at the end to avoid injury to participants and interference with timed runners.

Cancellation Statement

This event will occur rain or shine. We reserve the right to cancel in extreme circumstances. In that event, there will be no refunds, rather, your entry fee will be used as a donation to the Komen Maine Race for the Cure®.

ABOUT THE RACE

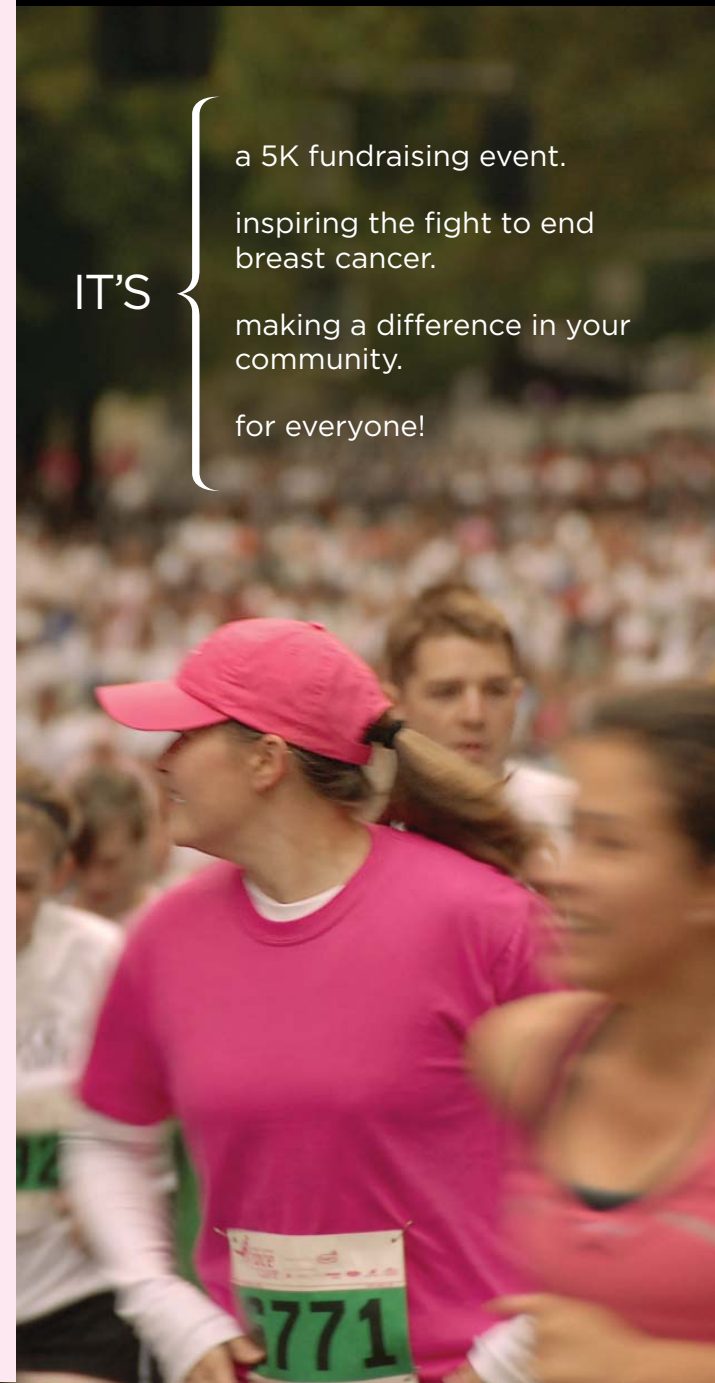
IT'S

a 5K fundraising event.

inspiring the fight to end breast cancer.

making a difference in your community.

for everyone!



REGISTRATION FORM

Or register online at www.komenmaine.org

**PORTLAND, MAINE
SUNDAY, SEPTEMBER 11, 2011**

CONTACT INFORMATION

First: _____ Last: _____

Mailing Address: _____

City: _____ State: _____ Zip: _____

Email Address: _____

Phone: (_____) _____ Gender: F M

TEAM NAME (if applicable):

Team Captain's Name: _____ Team Captain Phone: _____

CHIP TIMING (5K ONLY):

ARE YOU A COMPETITIVE RUNNER OR WALKER?

- Yes, I would like to be timed (no extra charge)
- No, I do not need to be timed (There will be a clock for self timing of non-competitive runners and walkers.)

BREAST CANCER SURVIVOR?

- Yes, I would like to be recognized as a survivor by receiving a complimentary pink cap and T-shirt.

AGE ON RACE DAY:

All registrants are required to sign the waiver below, including Sleep In participants. 18 & under require a parent or guardian signature.

Participant's Signature (or Parent/Guardian, if under 18)

PLEASE READ THE WAIVER BELOW AND SIGN ABOVE.

PHOTOGRAPHIC AND RESULTS RELEASE and WAIVER AND RELEASE OF CLAIMS

I AGREE THAT ANY AND ALL REPRESENTATIONS MADE AND RELEASES, WAIVERS, COVENANTS, CONSENTS AND PERMISSIONS GIVEN BY ME HEREUNDER ARE GIVEN ON BEHALF OF ME AND ANY AND ALL OF MY MINOR CHILDREN OR PERSONS OVER WHOM I HAVE GUARDIANSHIP PARTICIPATING IN OR ATTENDING THE EVENT.

I give my consent and permission to The Susan G. Komen Breast Cancer Foundation, Inc. d/b/a Susan G. Komen for the Cure ("Komen"), its affiliates and races, their sponsors and corporate sponsors, their successors, licensees, and assigns the irrevocable right to use, for any purpose whatsoever and without compensation, (i) any photographs, videotapes, audiotapes, or other recordings of me that are made during the course of this event (the "Event"); and (ii) the results of my participation in this Event (e.g., race time, name, participant number). I understand that (i) my consent to these provisions is given in consideration for being permitted to participate in this Event; (ii) I may be removed from this competition if I do not follow all the rules of this Event; and (iii) I am a voluntary participant in this Event. I am in good physical condition and am solely responsible for my personal health, safety and personal property. I KNOW THAT THIS EVENT IS A POTENTIALLY HAZARDOUS ACTIVITY AND I HEREBY VOLUNTARILY ASSUME FULL AND COMPLETE RESPONSIBILITY FOR, AND THE RISK OF, ANY INJURY OR ACCIDENT THAT MAY OCCUR DURING MY PARTICIPATION IN THIS EVENT OR WHILE ON THE EVENT PREMISES (COLLECTIVELY, "MY PARTICIPATION"), TO THE FULLEST EXTENT OF THE LAW, I, FOR MYSELF, MY NEXT OF KIN, MY HEIRS, ADMINISTRATORS, AND EXECUTORS (COLLECTIVELY, "RELEASEES"), HEREBY RELEASE AND HOLD HARMLESS AND COVENANT NOT TO FILE SUIT AGAINST (I) KOMEN,

MAINE AFFILIATE OF THE SUSAN G. KOMEN BREAST CANCER FOUNDATION D/B/A MAINE AFFILIATE OF SUSAN G. KOMEN FOR THE CURE AND ALL OTHER KOMEN AFFILIATES AND THEIR RESPECTIVE DIRECTORS, OFFICERS, VOLUNTEERS, AGENTS AND EMPLOYEES; (II) ANY EVENT SPONSORS; AND (III) ALL OTHER PERSONS OR ENTITIES ASSOCIATED WITH THIS EVENT (COLLECTIVELY, THE "RELEASEES") FOR ANY INJURY OR DAMAGES I MIGHT SUFFER IN CONNECTION WITH MY PARTICIPATION. THIS RELEASE APPLIES TO ANY AND ALL LOSS, LIABILITY, OR CLAIMS I OR MY RELEASEES MAY HAVE ARISING OUT OF MY PARTICIPATION, INCLUDING BUT NOT LIMITED TO, PERSONAL INJURY OR DAMAGE SUFFERED BY ME OR OTHERS, WHETHER SUCH LOSSES, LIABILITIES, OR CLAIMS BE CAUSED BY FALLS, CONTACT WITH AND/OR THE ACTIONS OF OTHER PARTICIPANTS, CONTACT WITH FIXED OR NON-FIXED OBJECTS, CONTACT WITH ANIMALS, CONDITIONS OF THE EVENT PREMISES, NEGLIGENCE OF THE RELEASEES, RISKS NOT KNOWN TO ME OR NOT REASONABLY FORESEEABLE AT THIS TIME, OR OTHERWISE.

This Photographic and Results Release and Waiver and Release of Claims (collectively, the "Release") shall be construed under the laws of the state in which the Event is held. In the event any provision of this Release is deemed unenforceable by law, (i) Komen shall have the right to modify such provision to the extent necessary to be deemed enforceable; and (ii) all other provisions of this Release shall remain in full force and effect.

I understand that I have given up substantial rights by signing this Release, and have signed it freely and voluntarily without any inducement, assurance or guarantee being made to me and intend my signature to be a complete and unconditional release of liability to the greatest extent allowed by law.

PLEASE...

Print clearly and complete all sections.

Sign the waiver below in the yellow section.

Use one form per person. Forms can be copied for additional registrants.

FOR OFFICE USE ONLY

Cash or Check # _____ Amount: _____

If paying for more than one reg: _____ of _____

Bib / Chip # _____

REGISTRATION TYPE:

- General Registration \$ 25.00
- Teens, Ages 13 - 18 \$ 15.00
- Kids for the Cure, Ages 5 - 12 \$ 10.00
- Sleep In for the Cure \$ 30.00
- Please Mail My T-shirt (deadline Aug 26) \$ 6.00
- Add a tax deductible donation \$ _____

May we suggest an additional donation of \$10?

TOTAL AMOUNT ENCLOSED \$ _____

PAYMENT:

- Enclosed check made payable to:

Komen Maine Race - Portland

Mail complete entry form

and fees by Aug 26:

Komen Maine Race - Portland

PO Box 1626

Bangor, ME 04402-1626

- Please do not mail cash.
- Registration fees are not tax deductible.
- Donations and pledges are tax deductible.

T-SHIRT SIZE* (CHOOSE ONE):

ADULT

- Small
- Medium
- Large
- XL
- XXL

YOUTH

- Youth Small
- Youth Medium
- Youth Large

To receive your T-shirt and bib by mail, your registration must be received by Aug 26th and the mailing fee of \$6 must be paid.

* T-shirts are guaranteed for the first 1,800 registrants. However, sizes are not guaranteed.

Please note that registration fees will increase by \$5 on Race Day.