



2019 Rowe PTO 5k and Superhero Dance Half Mile

Join us Saturday, June 1st the first annual Rowe PTO 5k and Superhero Dance Half Mile event, which includes a scenic 5K course through Rowe Elementary School's tree-lined neighborhoods with a portion of trail running/walking on Portland Trails! This event is a fundraiser for the Rowe Elementary PTO and will help support arts enrichment, hands on learning opportunities and field trips for Rowe Students. Prior to the race, kids and adults alike are encouraged to dress as a superhero for a half mile dance!

Prizes awarded for the 5K include the top male and female finishers, the top male and female finishers who are Portland Public School staff members, and top boy and girl finishers in each grade.

Register before May 20th to receive race t-shirt.

Included in 5k registration. Additional race t-shirts are available for \$10.

5K Information:

Race Time: 9:30 a.m.

\$20 in advance, \$25 day of

12 and under: \$10 in advance, \$15 day of

Portland Public Schools staff: \$15

1 Mile Information:

Race Time: 8:30 a.m.

Free! Come join us for a fun dance run through neighborhood streets!

Mail in entries payable to Rowe School PTO: ATTN: Emily Steele, 17 Colonial Rd., Portland, ME 04102 or send them to school with your student.

Online registration at:

<http://www.runinarace.com/>

Name: _____ Are you under 12? _____ Gender _____ Grade _____

Are you Rowe Staff? _____ Email Address: _____

T-Shirt Size: YS YM YL Small Medium Large X-Large XX-Large

Waiver: I hereby agree to release, discharge, indemnify, and hold The Race Director, The Race Committee, City of Portland, Run in a Race LLC, and their agents and employees harmless from liability claims, demands, costs, or charges arising out of the said program which I, or my participating child, may sustain during the said event. I also understand photos of my participation may be used for promotional purposes. I have read this waiver carefully and signed it voluntarily with full knowledge of its significance.

Signature: _____ Date: _____

(Signature of participant, or guardian if under 18)