

Your One in Five 5K Guide Book



Thank you for registering for the 13th annual One in Five 5K! We will be offering an in-person race on April 28, 2024 at First Park in Oakland. We are also offering a virtual race that you can participate in until May 12, 2024.

Please take a moment to examine the provided guide, which includes important information about the race.

The Sexual Assault Crisis & Support Center's mission is to lessen the trauma-related suffering of sexual assault and promote healing by guiding those affected by sexual violence toward survival through support, advocacy, education and community collaboration. Our agency supports bodily autonomy.

The One in Five 5K is an outreach/fundraising event for the [Sexual Assault Crisis & Support Center](#). As always, 100% of the proceeds of this event will benefit survivors of sexual assault.

How to sign up

- Go to <https://www.silentnomore.org/one-in-five-5k.html>
- Click “Register”
- Choose which event you want to participate in
- Fill in your name and contact information and select “continue”
- Review the waiver, click the box and select “continue”
- Add your t-shirt size and emergency information and select “continue”
- You can also create a team, join a team or go alone (see below for further instructions)

How do I create a team?

- Go to <https://www.silentnomore.org/one-in-five-5k.html>
- Under “Events” choose the correct event and click “Sign Up”
- Register your personal information and choose your event once again, select “Continue” at the bottom of the page
- Scroll through the waiver and check the agreement box then select “continue”
- Select your t-shirt size and answer a short series of questions: emergency contact, etc. (select “continue”)
- Create a Team Fundraiser and below add a name, fundraising goal, and personal messaging.
- Complete transaction

How do I join a team?

- Go to <https://www.silentnomore.org/one-in-five-5k.html>
- Under “events” choose your race and click “Sign Up”
- Register your personal information and choose your event once again, select “continue” at the bottom of the page
- Scroll through the waiver and check the agreement box, select “continue”
- Select your t-shirt size and answer a short series of questions: emergency contact, etc., select “continue”
- Click on “Join a Team”
- Type in the team name
- Complete registration process
- You are now part of that fundraising team

How can my friends and family donate?

- Friends and family are able to go to the website and find you or your team page by entering a name in the search bar. <https://runsignup.com/Race/Donate/ME/Oakland/OneinFive5K>
- For those who opt to link Facebook to their fundraising page, they can also ask friends to donate on there and have it automatically linked back to your fundraising page.

What if I don’t want to physically participate in the race but still want to help the Sexual Assault Crisis & Support Center raise money?

- You can do that by clicking this link:
<https://runsignup.com/Race/Donate/5783/BecomeFundraiser>

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Are you offering any fundraising incentives?

Yes, [Franklin Savings Bank](#) is sponsoring our [fundraising incentives](#) again this year!

Where can I pick up my bib?

Pre-Packet Pickup Option #1

When: Friday, April 26, 2024

Time: 8:30am – 4:30pm

Where: Sexual Assault Crisis & Support Center, 16 Commerce Plaza, Winthrop, 4th Floor

Pre-Packet Pickup Option #2

When: Saturday, April 27, 2024

Time: 2:00pm – 4:00pm

Where: Ray Haskell Parking Lot, Oakland

Same Day Packet Pickup

When: Sunday, April 28, 2024

Time: 8:00am until race starts

Where: First Park, Oakland in the Ray Haskell parking lot

How do I get a free T-shirt?

We are giving out free t-shirts to the first 200 participants who register before April 3rd, whichever comes first. We have also taken your advice and added in an “opt out” button for those of you who would like to not receive a shirt and raise more money for the agency instead. If you need us to mail your shirt, there will be a \$7.00 postage fee added to your total registration. It is our hope that you receive your t-shirt before race day but we cannot guarantee that.

Are dogs allowed?

Yes. Friendly, leashed dogs are welcome! [Hometown Veterinary Care](#) will be joining us to provide fresh water for your dogs.

Are baby strollers allowed?

Yes. We just ask that you line up near the back to allow the serious runners space at the start line.

Will bathrooms be available?

Yes. [Casella](#) is donating a few porta potties.

Will there be food?

Yes. [Aroma Joe's](#) will be on site first thing in the morning with pastries and coffee and we will have after-race food items such as granola bars, bananas, trail mix, and water donated by [Sam's Club](#).

I'm participating in the virtual race, how do I submit my time and photo?

Submit your virtual results here: [virtual results](#)

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Upload your photos here: [virtual photos](#)

Can someone pick up my race packet for me?

Yes they can. Please make sure they have your registration information along with your first and last name and team name, too, if you are on one. We will be bundling all of the teams and ask that team members coordinate their pickup with their team captain.

Is my entry fee tax deductible?

Per IRS regulations, individual registration fees for the event are not tax-deductible (due to goods and services received). Please note, any donations over and above the registration fee are tax-deductible.

Where should I park?

There will be parking in the Ray Haskell Ford parking lot on the opposite side of our 5K station. There is also additional parking across the street on Shores Road where the brown Ray Haskell storage building is.

When does the race start?

The in-person race will start at 9:00 am Sunday, April 28, 2024.
The virtual race will run from December 11, 2023 to May 12, 2024.

Will there be waves?

There will be no waves; however, we are asking that runners go first and walkers and those with strollers to start near the back of the starting line.

Will there be an awards ceremony?

We will plan the awards ceremony on race day and winners will be able to take their trophies and/or medals home with them. In an effort to collect as many donations as possible, the top fundraisers will not be announced until two-week's post-race. We also plan to hold a raffle drawing right after the awards ceremony. [Snow Pond](#) is donating two tickets to the [June 6th Jo Dee Messina concert](#) along with a free parking pass! [Hammond Lumber](#) is also donating to the raffle: hoodies, t-shirts, and ball caps. *Winners must be present to win.*

Can I register for the race the day of the race?

Yes, but the registration fee will be \$40 on race day and we can only accept cash or check. We are running a holiday special so if you register for either race in December the price will only be \$25. From Jan through April 25th at 1:00 PM the fee will be \$35. We are still offering age-based pricing for those 17 and younger who will still only pay \$15 no matter which race they choose to participate in. **Registration will close on April 25th at 1:00 PM but you can still register in person on race day with cash or check.**

In-Person Race:	Virtual Race
December registrations are only \$25	December registrations are only \$25
Register between the dates of Jan 1, 2024 – April 25 th at 1:00 PM and pay \$35	Register from January 1, 2024 through April 28, 2024 is \$30
Register on race day and pay \$40 via Cash or Check only	Register yourself on race day and still pay \$30

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What are your contingency plans for bad weather?

The event will NOT be cancelled due to rain alone unless the downpour is such that athletes, police, and volunteers lose visibility making situations unsafe. If this occurs we will wait until the rain subsides. Athletes will be informed of such a change via email on race morning.

Still have questions? Please contact Kathy.Auclair@silentnomore.org or call 207-377-1010

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