



Get Fit for Education 5K Run/Walk

Project Perseverance, Inc. P.O. Box 242983

Montgomerv, AL 36124

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The Omega lota lota Chapter of Omega Psi Phi Fraternity, Inc. along with Project Perseverance, Inc. have collaborated to host the 8th Annual Get Fit for Education 5k Run/ Walk. Proceeds from the event will aid in scholarship efforts and mentorships in the tricounty area. Our Mentorship program involves youth from kindergarten, middle/junior high, and high school males in the Montgomery area. Our interactive program of involvement serves to provide positive role models in helping them acquire interpersonal skills and a sense of worth and empowerment.

# For more information...

https://projectp2007.org/upcoming-events/5k-walk-run/









## 8th Annual

Join runners and walkers from across the River Region as they participate in Montgomery's newest annual running event.

Get Fit for Education 5K Run/Walk will be held on September 14, 2024, Downtown Montgomery, in front of Riverwalk Biscuit Stadium.

The event will feature a Run/Walk of 5K.

The race is conducted through the efforts of the dedicated volunteers of Project Perseverance, Inc. and Omega lota lota Chapter of Omega Psi Phi Fraternity, Inc.

For more information ...

https://projectp2007.org/upcoming-events/5k-walk-run/

# SCHEDULE OF EVENTS:

- Saturday, September 14, 2024
- 7:00 A.M. to 7:55 A.M. Packet pick-up for registered runners.
- 7:00 A.M. to 7:55 A.M. Late registration for runners. (Day of race registration: \$40/\$30 for 18 & under)
- 8:00 A.M. 5K START!

NOTE: Awards Ceremony will follow the completion of the 5K Run/Walk.

### **REGISTRATION & ENTRY FEES:**

- Online registration available now at
- <u>https://projectp2007.org/upcoming-events/5k-walk-run/</u>
- All fees are non-refundable. Checks should be made out to Project Perseverance, Inc., a 501c (3) entity. Mail entry form and fee to:

Project Perseverance, Inc. P.O. Box 242983 Montgomery, AL 36124

5K Run/Walk – Early Registration \$35 / \$25 (18 yrs & under)

DAY OF RACE – Late Registration \$40 / \$30 (18 yrs & under)

VIRTUAL RACE – No need to show up, we will mail you your race shirt. \$40 (virtual participant)

GROUP Rates may apply to 10 or more! Contact Event Chair : Dwayne Farrior, (334) 467-7870

### **RACE INFORMATION:**

- COURSE: The course will be well marked, and safety monitors will be stationed in needed areas.
- AID STATIONS: Water stations will be located along the course.
- TRAFFIC: Traffic control will be provided by the Montgomery Police Department.
- MEDICAL: Both medical support and radio communications will be provided to assure the safety of runners.

#### **RACE CONTACT:**

For race information, contact Dwayne Farrior at (334) 467-7870 or by email at ProjectP2007@gmail.com.

### AWARDS:

#### • DIVISIONS

- Children [ Boys & Girls ] : 18 and under
- Young Adult [ Men & Women ] : 19 to 39
- Adult [ Men & Women ] : 40 to 59
- Senior [ Men & Women ] : 60 and above
- Top 3 Finishers in EACH division will be awarded.

### NOTE: NO DUPLICATION OF AWARDS!

NOTE: Cost covers race shirt, race bib, and informational bag. *Race Shirts are guaranteed* to the first 150 registered participants; *Race medals are guaranteed to the first 150 finishing participants*; Late entries/finishers while supplies last.

NOTICE: Due to insurance purposes, unregistered runners/walkers, unauthorized vehicles, bicycles, skateboards, rollerblades, strollers, baby joggers and other wheeled devices, animals, and the wearing of headphones are strictly prohibited in the event. RACE PACKETS: Race packets will not be mailed. They will be available for pick-up September 13th (5:00 P.M. – 8:00 P.M.) at 309 Mendel Parkway West, Montgomery AL 36117 and on race day, September 14th, from 6:00 A.M. until 6:50 A.M. Packets will contain your race instructions, race bib, and 5k Run/Walk shirts.

**RESULTS:** Race results will be announced as soon as available at the end of the 5K Event and posted on our website.

**REFRESHMENTS:** Water, soft drinks, fruit and snacks will be available at the finish line. **PLEASE, NO PERSONAL COOLERS ALLOWED.** 

RACE LOCATION: Downtown Montgomery, In front of Riverwalk Biscuit Stadium, 200 Coosa Street, Montgomery, AL 36104

DIRECTIONS: Montgomery is located 90 miles south of Birmingham and 180 miles North of Mobile via I-65.

From Birmingham, take I-65 S. to Exit 172. Then keep straight on Dickerson St, then left Herron St to Bibb St, then left on Coosa St.

From Mobile, take I-65 N. to Exit 172. Then right Herron St to Bibb St, then left on Coosa St.