

EPIC X



10K Trail Run

Cascade & Saxl Park

Next to Dorthea Dix Psychiatric Hospital

Saturday, June 16th

8:00 AM

Registration starts at 7:00am

Walkers welcomed!



Proceeds to benefit Bangor Beautiful Projects

Entry Fee: \$10.00 in advance

\$15.00 on the day of the race

Advance registration fees can be paid at Epic

Sports, 6 Central Street, Bangor 04401

Forms available at www.epicsportsofmaine.com

Awards:

Gift Certificates from Epic Sports will be awarded to male and female age group winners. First 100 Registrants will receive a free Aasics water bottle

Directions: From I-95, take Exit 187, Hogan Road, towards State Street. Turn right onto Mt. Hope Ave., at light, turn into UTC on left. Parking available in lots. Registration tent and portable bathrooms will be on site. Course will be a loop for start and stop.

Name: _____

Address: _____

Gender : Circle one M / F

Age on race day _____

e-mail _____

RACE AGREEMENT: By signing below, you understand and agree to the following: I know that running a road/trail race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by the decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this event including but not limited to falls or injuries caused by, weather conditions, traffic, road/trail conditions, in the consideration of my entry acceptance. I, for myself and anyone entitled to act on my behalf waive and release all race sponsors, Epic Sports, The City of Bangor, and all representatives and successors from all claims or liabilities arising out of my participation in this event.

Signature _____

Signature of Parent or Guardian if under 18 yrs of age _____