

EPIC

5K

Trail Run

**Bangor City Forest
Saturday, April 28th**

9:00 AM



**Pre-Registration at 7:30am,
Race Starts at 9:00am**



Walkers Welcomed

Proceeds to benefit Bangor Humane Society

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 winners. Overall winners will each receive a pair of Vasque trail running shoes.

Directions: From I-95, take Exit 187, Hogan Road, towards Stillwater Avenue. Go straight from Hogan Road onto Kittredge Road at light, (towards Country Inn), continue for 1 mile to end of road, parking available on road side. Registration tent and portable bathrooms will be on site. Course follows East-West path and ends near the start area. Please do not enter City Forest from Tripp Drive!

Name

Address

Gender 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 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, and road 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 Date

Signature of parent or guardian if under 18 Date