



Rabbit Run

4 Mile Trail Run at the Bangor City Forest

Prizes!

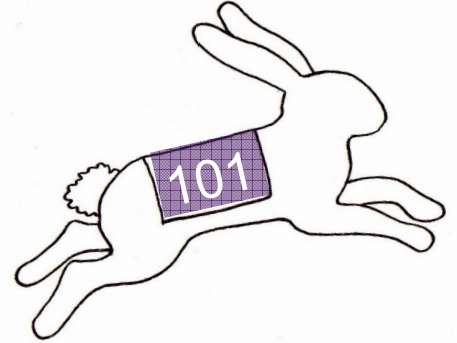
Gift certificates will be awarded to overall male and female winners as well as age groups.

Saturday, May 9th

9:00am

Registration starts at 8:00am

Walkers welcome!



Directions: From I-95 take Exit 187/Hogan Road toward Stillwater Ave. Go straight from Hogan Rd. onto Kittredge Rd at light (by Country Inn) and continue for 1 mile to end of road. Parking available on road side after pavement ends. Registration tent and portable bathrooms will be on site. Course follows East-West path via Rabbit Trail and ends near the start area. *Please do not enter the City Forest from Tripp Dr.*

REGISTRATION FORM

Contact Information

Name _____

Address _____

Phone _____

Email _____

Age on race day _____

Gender _____

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, and 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 _____ Date _____

Signature of parent or guardian if under 18 _____ Date _____

Entry Fee:

\$10.00 in advance

\$15.00 on race day

Advance registrations can be paid at Epic Sports at 6 Central St. in Bangor. *Forms available at www.sub5.com*

Race proceeds will benefit the American Folk Festival!

Special Thanks to



long may you run...