



Gold's Gives Back!! 5K Walk/Run



Saturday, May 30th 8:30am
Gold's Gym Bangor

Registration starts at 7:45am—Pre-
registration encouraged.

All Proceeds to
The American Diabetes

Prizes for Top



American Diabetes Association.
Cure • Care • Commitment.

Directions: Gold's Gym is located at
424 Odlin Road in Bangor. Take exit
182B from I-95 onto I-395. Drive to
the end and take a left at the
intersection. Gold's Gym is located
next to the Holiday Inn.

Fundraisers!

Registration Form

Contact Information:

Name

Age on Race Day

Address

Gender

Email

Phone

Entry Fee:

\$25.00 Advance Registration
\$30.00 Day of Event

Advance Registrations can be paid at
Gold's Gym Bangor or mailed to
Gold's Gives Back: c/o Melissa Towle
16 Kennebec Rd—Hampden, Me 04444

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/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, Gold's Gym, The American Diabetes Association, The City of Bangor, and all representatives and successors from all claims or liabilities arising out of my participation in this event.

Signature of Participant

Date

Signature of Parent or Guardian if under 18

Date