

54th Annual Labor Day 5 Mile Road Race



647 Main St. Bangor
207-992-4490
www.BangorParksandRec.com

Monday,
September 5, 2016

START TIME: 9:00 AM (Race starts and finishes at the Bangor Parks and Recreation Center)

RACE DAY REGISTRATION: 7:45 am – 8:45 am.

Entry Fee: \$20.00 per participant (First 100 registered receive a commemorative road race t-shirt)
MUST BE REGISTERED BY **AUGUST 15** TO BE GUARANTEED SIZE AND CUT OF SHIRT

Registration Options: Online at www.BangorParksandRec.com / Send in Registration / Come into office

Male and Female age Divisions: 19 and under, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and over.

The **Robin Emery trophy** is awarded to the top female finisher, and the **Bob Hillgrove trophy** is awarded to the top male finisher. The **Ralph Thomas trophy** is awarded to the top male master finisher, and the **Leona Clapper trophy** is awarded to the top female master finisher. Top 3 places in each age category will receive a prize.

For more information or to register go to www.BangorParksandRec.com

Bangor Labor Day 5 Mile Road Race Entry Form

If not registering online please send Registration form and payment to:
Labor Day Road Race, Bangor Parks and Recreation, 647 Main St. Bangor ME 04401
(Make Checks Payable to City of Bangor)

Name _____ Gender: Male Female

Date of Birth ____/____/____ Age on day of Race _____

T-Shirt Cut Men's Cut Women's Cut

T-Shirt Size AS AM AL AXL

Address _____ City _____ Zip _____

Email Address _____

Home Phone _____ Cell Phone _____

ADULT-PARENT/GUARDIAN -PARTICIPANT RELEASE WAIVER

I give myself and/or my child(ren) permission to participate in the Bangor Labor Day 5 Mile Road Race and to be treated by emergency personnel if needed. I further state that I assume responsibility in the inherent risks and hereby release and agree to hold the Bangor Parks & Recreation Department and its representatives, employees, instructors or facilities blameless in the event of injury, without limitation, whether consisting of personal injury or property of any extent. I give permission for my photo or my child's photo and name to be used in promoting any Bangor Parks and Recreation Program.

Signature (or parent or guardian if under 18)

Date