

# Annual Labor Day 5 Mile Road Race



647 Main St. Bangor  
207-992-4490

[www.BangorParksandRec.com](http://www.BangorParksandRec.com)

*LABOR DAY (1<sup>ST</sup> MONDAY IN SEPTEMBER)*

**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:** \$25.00 per participant (First 100 pre-registered receive a commemorative road race t-shirt)

**MUST BE REGISTERED BY THE SECOND MONDAY IN AUGUST BY 8 AM  
TO GUARANTEE SIZE**

**Registration Options:** Online at [www.BangorParksandRec.com](http://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](http://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*