



CITY OF BANGOR
PARKS & RECREATION

Labor Day 5 Mile Road Race



LABOR DAY: Monday September 4th

START TIME: 9:00 AM (Race starts and finishes at the Bangor Parks and Recreation Center 647 Main Street)

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

Entry Fee: \$35.00 per participant (If registered by 9/1/2023)
Must be registered 3 weeks prior to race to guarantee shirt size
\$45.00 per participant (9/2 – 9/4)

Registration Options: Online at [Bangor Parks and Rec/](#) Send in Registration / Come into office

Male and Female age Divisions: 19 and under, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+

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.

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 Street 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 Women's

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.

Participant Signature (or parent or guardian if under 18) _____

_____ Date