



"Celebrating heroes and their families in our communities"

Help make a difference in the fight against cancer at Eastern Maine Medical Center.

5K Walk & Run (RRTC certified course)

Sunday, September 13, 2009 at 11:30 am

Best Western White House Inn
(Exit 180 off I-95, behind Dysart's Restaurant)

Join other runners, joggers, walkers, family & friends committed to supporting cancer research in our community. We are pleased to add a new feature to this year's Run for Hope - a 13 mile bicycle ride. This will be a ride, not a race, and the event will not be timed. Registration fees will be the same as for runners and walkers in the Run for Hope. \$15 for individuals (\$20 day of the event). We encourage riders to raise at least \$150.00 from sponsors, friends or supporters.

Please print clearly and fill out completely:

Name: _____ Age: _____ Gender: _____
Address: _____ **I plan to:** ___ WALK ___ RUN ___ BIKE
City/Town: _____ State: _____ Zip Code: _____
e-mail: _____

List family/company/team members below:

Name: _____ Age: _____ Gender: _____ **I plan to:** ___ WALK ___ RUN ___ BIKE
Name: _____ Age: _____ Gender: _____ **I plan to:** ___ WALK ___ RUN ___ BIKE
Name: _____ Age: _____ Gender: _____ **I plan to:** ___ WALK ___ RUN ___ BIKE
Company/Team Name (if applicable): _____

Please read and sign below:

In consideration of this entry being accepted, I, for myself, my heirs and assigns hereby waive and release any rights and claims that I may have against the sponsors of this run. Further, on behalf of myself (my family), I (we) consent to be photographed.

Signature _____ Parent Signature _____

General Information

Entry Fee:

Individual: \$15 (\$20 Day of Event)
 Family: \$35
 I'm not running/walking but would like to donate \$_____ in celebration of:
Name(s) _____

Awards for Open & Age Group finishers and other special categories.

Finishing times available.

T-shirts available to first 300 registrants for an additional cost
Sizes S, M, L, XL, XXL

T-shirt Fee:
 \$5 for one shirt
 \$___ for ___ shirts
Shirt Size(s) _____

Race Day Registration:

9:30 to 11 am at the Best Western White House Inn

For more information:
call 862-8000
Monday - Friday,
10 am to 4 pm

Visit: www.runforhope.org
to register and pay online.

Mail completed form with payment to:

Best Western White House Inn
155 Littlefield Avenue, Bangor, ME 04401
Make checks payable to: Run for Hope

Sponsored by:  White House Inn

ALL PROCEEDS STAY IN OUR COMMUNITY



AT



After the race
eat lunch at
DYSART'S