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**AA** Bank of America **Caltrate** **Ford**  
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STATEWIDE PRESENTING SPONSORS



**SUNDAY, SEPTEMBER 18, 2011**  
**BANGOR, MAINE**  
**WATERFRONT**  
 5K RUN/WALK • 1K FUN WALK

Register online at [www.komenmaine.org](http://www.komenmaine.org)



**IMPACT. MAKE ONE.™**

## SPECIAL THANKS!

Statewide Presenting Sponsors



Decathlete



Triathlete



Marathoner



Runner

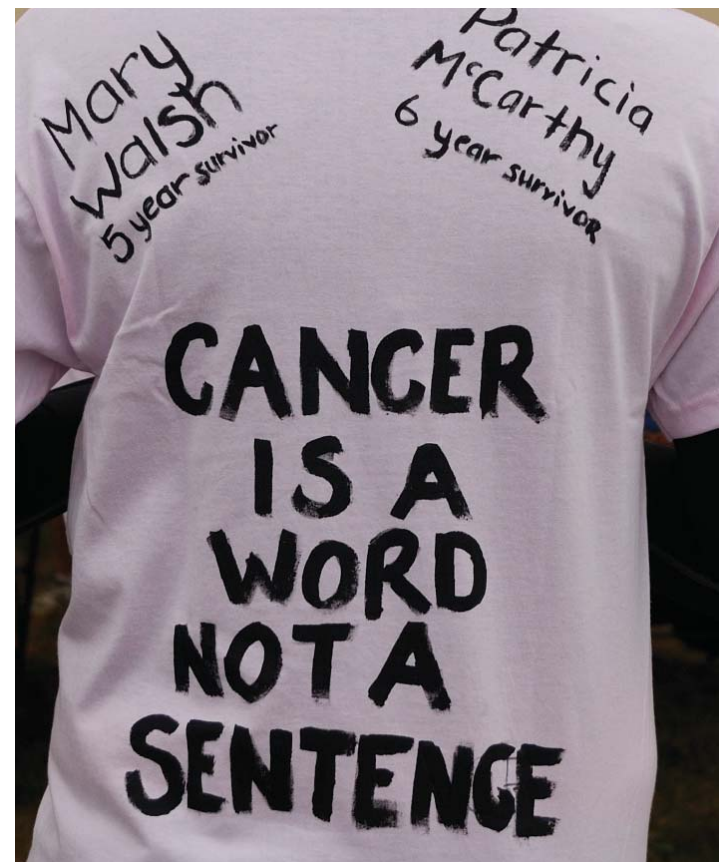


Jogger



Walker

Dahl-Chase Pathology Associates  
 Machias Savings Bank ♦ Northeast Cardiology Associates  
 Eaton Peabody ♦ Northeast Delta Dental  
 Maine Savings Federal Credit Union ♦ Ray Plumbing



**IMPACT**  
 YOUR COMMUNITY.  
 YOURSELF.

**2011 Honorary Chair, Renee Ordway**

Thank you to our 2011 Honorary Chair, Renee Ordway. A columnist for the Bangor Daily News, Renee has high-lighted breast cancer awareness, including her own scare and her experience as a co-survivor during her sister's battle with the disease.



## How your donations are invested

Of the net proceeds, **75 percent** remains in the State of Maine to fund education, screening and treatment programs. **25 percent** goes to the **Susan G. Komen for the Cure® Grants Program**, funding cutting edge breast cancer research.

Since our incorporation, the Komen Maine Affiliate has invested more than **\$2.25 million dollars** in direct-service programs right here in Maine, as well as **over \$650,000** in research. To date, nearly \$500,000 has returned to Maine in the form of research grants through the **Susan G. Komen for the Cure® Grants Program**.

For a full description of all 2011 Maine grantees, please visit [www.komenmaine.org](http://www.komenmaine.org).



This year, Susan G. Komen for the Cure has once again received the coveted 4-star rating from Charity Navigator, the nation's largest independent evaluator of charities.

## I AM THE CURE®

is Komen's rallying cry, encouraging women to take an active role in their breast health—to become educated about breast cancer and understand that being aware is the first step in the process. Listen for the cheers as you walk or run the Race and join in!

## About Susan G. Komen for the Cure®



Nancy G. Brinker promised her dying sister, Susan G. Komen, she would do everything in her power to end breast cancer forever. In 1982, that promise became Susan G. Komen for the Cure, now the world's largest breast cancer organization and the largest source of nonprofit funds dedicated to the fight against breast cancer with more than \$1.9 billion invested to date.

For more information about Susan G. Komen for the Cure, breast health or breast cancer, visit [www.komen.org](http://www.komen.org) or call 1-877 GO KOMEN.

## National Volunteer Recognition Program



Made with pride by Georgia-Pacific

Race volunteers will receive a T-shirt courtesy of Georgia-Pacific, the makers of Quilted Northern Ultra Plush™, in appreciation of their efforts. Georgia-Pacific, via their Quilted Northern brands, is the National Volunteer Recognition Program Sponsor.

For information about volunteer opportunities, please visit [www.komenmaine.org](http://www.komenmaine.org), Komen Race for the Cure menu, Volunteer.



Special thanks to our local Volunteer Sponsor, Gateway Title!

## Get Screened

- If you are of average risk, have a mammogram every year, starting at age 40.
- If you are higher risk, talk to your doctor about additional or earlier screening.

## Pre-Registration and T-Shirt Pick Up

Participants who wish to register in person or pick up their T-shirt and bib prior to the Race may do so at the **Bangor Mall** during the following dates and times:

- Thurs, Sept 8 ♦ 4pm - 8pm
- Fri, Sept 9 ♦ 4pm - 8pm
- Sat, Sept 10 ♦ 10am - 4pm
- Wed, Sept 14 ♦ 4pm - 8pm
- Thurs, Sept 15 ♦ 4pm - 8pm
- Fri, Sept 16 ♦ 4pm - 8pm
- Sat, Sept 17 ♦ 9am - 2pm

Participants who register online or by mail may choose to have their T-shirt and bib mailed directly to them for an additional \$6 fee (must register no later than 9/2/11).

## Customer Service

For assistance or to request a brochure for our other Race (Portland Race on Sept 11th), call 207-262-7117 or email [race@komenmaine.org](mailto:race@komenmaine.org).

## SURVIVORS



Survivors are the stars of Komen Race for the Cure and an inspiration to us all. Breast cancer survivors who wish to be recognized may pick up their complimentary pink cap and pink t-shirt provided by Zeta Tau Alpha.

### 'In Celebration' & 'In Memory' Back Signs

Participants are also invited to recognize those special people who have been touched by breast cancer. "In Memory of" and "In Celebration of" back signs are available for all Race participants. Zeta Tau Alpha is the national sponsor of the Breast Cancer Survivor Recognition Program.



### TEAM NEW BALANCE SURVIVOR

We are proud to announce that this year's Team New Balance Survivor is Joan Roberts! Joan is a one-year survivor and one of the founders of the Bangor Race!

### SURVIVOR RECEPTION

All registered breast cancer survivors (plus one guest each) are invited to attend an exclusive reception on the afternoon of September 17th at Hollywood Slots Hotel. Space is limited. **New this year:** RSVP online at [komenmaine.org](http://komenmaine.org) under Komen Race for the Cure menu, Race Information, Survivors. If you cannot RSVP online, email [race@komenmaine.org](mailto:race@komenmaine.org). Details on times and location will be given to those who RSVP.



Special thanks to our local Survivor Sponsor, Hollywood Slots!



## TEAMS: MAKE AN IMPACT

Bring together friends, family, coworkers, neighbors or club members to join the global movement to end breast cancer forever. Teams can consist of walkers, runners, sleepers and kids. There is no extra cost to form or join a team.

### Top Team Recognition

Special recognition will be announced on our website for the largest teams in each of the following categories:

Family Team                                      Corporate Team  
School Team                                        Community Team

Recognition will also be given to the team raising the most money, the team with the best name and the team with the best T-shirt design. Only teams of 10 or more are eligible.

### Team Captains

Captains are required to **register the team name** and themselves online before other team members register. All other team members can register by mail or in-person if desired, however online registration is the easiest way to keep track of your entire team.

In your online tools, you will find:

- Team Captain Toolkit for download
- Tools to track your team's fundraising progress
- A team web page you can customize

### Team Packet Pick Up - Captains

Saturday, September 10th at the Bangor Mall. Details will be emailed to Team Captains.

## RACE DAY INFORMATION

### Race Day Schedule - Sept 18, 2011

- 7:30 a.m. Race Day Registration  
Bib & T-Shirt Pick Up
- 9:00 a.m. Survivor Ceremony
- 9:30 a.m. Registration Closes
- 9:45 a.m. Warm Up
- 10:00 a.m. 5K Run/Walk  
Timed runners/walkers in front please.  
and 1K Fun Walk (not timed)

There will be no Awards Ceremony. Top runners in each age division, top survivor runners and top fundraisers will be announced on our website and prizes will be mailed.

### Parking

Parking will be available at the Parking Garage. We ask that participants not park at the waterfront. Directions may be found on our website at [www.komenmaine.org](http://www.komenmaine.org).

### Race Course

#### US Track & Field Certification # ME08005RF

- From Front Street, turn left onto May St.
- Turn left onto Summer
- Right onto Cedar
- Left onto Main
- Right onto Lincoln
- Left onto Webster
- Left onto Buck
- Left onto Main
- Right onto Railroad / Finish Line on Railroad

### Safety

For the safety of all participants, rollerblades, skateboards, bicycles and pets are discouraged from participating in this event. We urge participants with baby strollers to join the Race at the end to avoid injury to participants and interference with timed runners. Thank you for your cooperation.

### Cancellation Statement

This event will occur rain or shine. We reserve the right to cancel in extreme circumstances. In that event, there will be no refunds, rather, your entry fee will be used as a donation to the Komen Maine Race for the Cure®.



# REGISTRATION FORM

Or register online at [www.komenmaine.org](http://www.komenmaine.org)

**BANGOR, MAINE**  
**SUNDAY, SEPTEMBER 18, 2011**

## CONTACT INFORMATION

First: \_\_\_\_\_ Last: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email Address: \_\_\_\_\_

Phone: ( \_\_\_\_\_ ) \_\_\_\_\_ Gender: F M

## TEAM NAME (if applicable):

Team Captain's Name: \_\_\_\_\_ Team Captain Phone: \_\_\_\_\_

## CHIP TIMING (5K ONLY):

### ARE YOU A COMPETITIVE RUNNER OR WALKER?

- Yes, I would like to be timed (no extra charge)
- No, I do not need to be timed (There will be a clock for self timing of non-competitive runners and walkers.)

## BREAST CANCER SURVIVOR?

- Yes, I would like to be recognized as a survivor by receiving a complimentary pink cap and T-shirt.

## AGE ON RACE DAY:

### PLEASE...

Print clearly and complete all sections.

Sign the waiver below in the yellow section.

Use one form per person. Forms can be copied for additional registrants.

## FOR OFFICE USE ONLY

Cash or Check # \_\_\_\_\_ Amount: \_\_\_\_\_

If paying for more than one reg: \_\_\_\_\_ of \_\_\_\_\_

Bib / Chip # \_\_\_\_\_

## REGISTRATION TYPE:

- General Registration \$ 25.00
- Teens, Ages 13 - 18 \$ 15.00
- Kids for the Cure, Ages 5 - 12 \$ 10.00
- Sleep In for the Cure \$ 30.00
- Please Mail My T-shirt (deadline Sept 2) \$ 6.00
- Add a tax deductible donation \$ \_\_\_\_\_

**May we suggest an additional donation of \$15 in honor of the 15th Annual Bangor Race?**

TOTAL AMOUNT ENCLOSED \$ \_\_\_\_\_

## PAYMENT:

- Enclosed check made payable to: **Komen Maine Race - Bangor**

**Mail complete entry form**

**and fees by Sept 2:**

Komen Maine Race - Bangor  
PO Box 1626  
Bangor, ME 04402-1626

- Please do not mail cash.
- Registration fees are not tax deductible.
- Donations and pledges are tax deductible.

## T-SHIRT SIZE\* (CHOOSE ONE):

### ADULT

- Small
- Medium
- Large
- XL
- XXL

### YOUTH

- Youth Small
- Youth Medium
- Youth Large

**To receive your T-shirt and bib by mail, your registration must be received by Sept 2nd and the mailing fee of \$6 must be paid.**

\* T-shirts are guaranteed for the first 5,800 registrants. However, sizes are not guaranteed.

All registrants are required to sign the waiver below, including Sleep In participants. 18 & under require a parent or guardian signature.

Participant's Signature (or Parent/Guardian, if under 18)

## PLEASE READ THE WAIVER BELOW AND SIGN ABOVE.

### PHOTOGRAPHIC AND RESULTS RELEASE and WAIVER AND RELEASE OF CLAIMS

I AGREE THAT ANY AND ALL REPRESENTATIONS MADE AND RELEASES, WAIVERS, COVENANTS, CONSENTS AND PERMISSIONS GIVEN BY ME HEREUNDER ARE GIVEN ON BEHALF OF ME AND ANY AND ALL OF MY MINOR CHILDREN OR PERSONS OVER WHOM I HAVE GUARDIANSHIP PARTICIPATING IN OR ATTENDING THE EVENT.

I give my consent and permission to The Susan G. Komen Breast Cancer Foundation, Inc. d/b/a Susan G. Komen for the Cure ("Komen"), its affiliates and races, their sponsors and corporate sponsors, their successors, licensees, and assigns the irrevocable right to use, for any purpose whatsoever and without compensation, (i) any photographs, videotapes, audiotapes, or other recordings of me that are made during the course of this event (the "Event"); and (ii) the results of my participation in this Event (e.g., race time, name, participant number). I understand that (i) my consent to these provisions is given in consideration for being permitted to participate in this Event; (ii) I may be removed from this competition if I do not follow all the rules of this Event; and (iii) I am a voluntary participant in this Event. I am in good physical condition and am solely responsible for my personal health, safety and personal property. I KNOW THAT THIS EVENT IS A POTENTIALLY HAZARDOUS ACTIVITY AND I HEREBY VOLUNTARILY ASSUME FULL AND COMPLETE RESPONSIBILITY FOR, AND THE RISK OF, ANY INJURY OR ACCIDENT THAT MAY OCCUR DURING MY PARTICIPATION IN THIS EVENT OR WHILE ON THE EVENT PREMISES (COLLECTIVELY, "MY PARTICIPATION"). TO THE FULLEST EXTENT OF THE LAW, I, FOR MYSELF, MY NEXT OF KIN, MY HEIRS, ADMINISTRATORS, AND EXECUTORS (COLLECTIVELY, "RELEASEES"), HEREBY RELEASE AND HOLD HARMLESS AND COVENANT NOT TO FILE SUIT AGAINST (I) KOMEN,

MAINE AFFILIATE OF THE SUSAN G. KOMEN BREAST CANCER FOUNDATION D/B/A MAINE AFFILIATE OF SUSAN G. KOMEN FOR THE CURE AND ALL OTHER KOMEN AFFILIATES AND THEIR RESPECTIVE DIRECTORS, OFFICERS, VOLUNTEERS, AGENTS AND EMPLOYEES; (II) ANY EVENT SPONSORS; AND (III) ALL OTHER PERSONS OR ENTITIES ASSOCIATED WITH THIS EVENT (COLLECTIVELY, THE "RELEASEES") FOR ANY INJURY OR DAMAGES I MIGHT SUFFER IN CONNECTION WITH MY PARTICIPATION. THIS RELEASE APPLIES TO ANY AND ALL LOSS, LIABILITY, OR CLAIMS I OR MY RELEASEES MAY HAVE ARISING OUT OF MY PARTICIPATION, INCLUDING BUT NOT LIMITED TO, PERSONAL INJURY OR DAMAGE SUFFERED BY ME OR OTHERS, WHETHER SUCH LOSSES, LIABILITIES, OR CLAIMS BE CAUSED BY FALLS, CONTACT WITH AND/OR THE ACTIONS OF OTHER PARTICIPANTS, CONTACT WITH FIXED OR NON-FIXED OBJECTS, CONTACT WITH ANIMALS, CONDITIONS OF THE EVENT PREMISES, NEGLIGENCE OF THE RELEASEES, RISKS NOT KNOWN TO ME OR NOT REASONABLY FORESEEABLE AT THIS TIME, OR OTHERWISE.

This Photographic and Results Release and Waiver and Release of Claims (collectively, the "Release") shall be construed under the laws of the state in which the Event is held. In the event any provision of this Release is deemed unenforceable by law, (i) Komen shall have the right to modify such provision to the extent necessary to be deemed enforceable; and (ii) all other provisions of this Release shall remain in full force and effect.

I understand that I have given up substantial rights by signing this Release, and have signed it freely and voluntarily without any inducement, assurance or guarantee being made to me and intend my signature to be a complete and unconditional release of liability to the greatest extent allowed by law.

**Please note that registration fees will increase by \$5 on Race Day.**