

# TRAIL HOP 250

**THE BOW**  
BEER GARDEN & EVENT CENTER  
— LYMAN, MAINE —

★ **AT THE BOW** ★

★ **RUN • DRINK • HANG** ★

**SUNDAY**  
**JULY 5, 2026**

A TRAIL RUN  
BUILT FOR  
ADVENTURE...  
FINISHED  
THE BOW  
WAY!



COMMEMORATIVE  
GLASS +  
FIRST BEER  
INCLUDED!

🕒 REGISTRATION STARTS: 10:00AM  
RACE STARTS: 11:00AM

📍 THE BOW BEER GARDEN & EVENT CENTER  
21 LEDGEWOOD LANE  
LYMAN, ME 04002

👟 RUGGED WOODED COURSE  
ALL TERRAIN • ALL FUN

★ OPTIONAL ★  
**WOOD-FIRED  
PIZZA BUFFET**

**\$12**

FOR RACE PARTICIPANTS ONLY

PAY DAY-OF  
AT REGISTRATION



LIVE MUSIC  
AFTER THE RACE



COLD DRINKS  
ON THE HILL



HANG OUT  
WITH FRIENDS



DOG & FAMILY  
FRIENDLY

UNITED STATES OF AMERICA

1776



2026

CELEBRATE AMERICA 250 AT TRAIL HOP 250!

**REGISTER TODAY!**

RUN THE TRAILS. DRINK THE BEER.  
HANG ON THE HILL. THAT'S THE BOW.

REGISTER ONLINE: <https://runinarace.com/TheBowTrailHop/index.html>

SCAN TO SIGN UP!



POINT YOUR  
PHONE CAMERA  
TO SCAN!

