



**“4TH ANNUAL RUN FOR THE GYM 5K”
JULY 8, 2006 6:00 PM (5K)**

SPONSORED BY: SANFORD INSTITUTION FOR SAVINGS

**PROCEEDS TO BENEFIT: NASSON COMMUNITY CENTER
457 Main St. Nasson Common, SPRINGVALE, ME**

Cash Awards: 5K, 1st & 2nd Male & Female + 1st Male & Female Master (40-49)

Mike Kimball Award 1st Male (50-59)

Awards (1st, 2nd & 3rd in 5 yr. age groups)

Fun Run Free: Start time: 5:30 PM

Entry Fee: \$12.00 Pre

Entry Fee: \$15.00 Post

Student Fee: \$6.00

5K Walk: Start Time: 5:45 PM

Commemorative T-Shirts: 1st 150

Post Race Raffles & Refreshments

Park At: Nasson Common

Check Payable to: Nasson Community Center

Mail to: “Run for the Gym” c/o Robert Randall, 723 Hanson Ridge Rd, Springvale, ME 04083

Collect Pledges of \$25 or more & Reg. Fee is Waived!



Web Sites: <http://nassoncc.org> <http://xenia.unh.edu/wcrc> Information: (207) 490-1386 or: runbob@metrocast.net

1st Name _____ Last Name _____ Age _____ Sex _____

Address: _____

Town: _____ State _____ Zip _____ Phone _____ E-Mail _____

Check One: Run Walk 1/2 Mile Fun Run (Age 1-9) Collect \$ 25:00 Pledges! Fee Waived

Special Awards: Resident Nasson Family

Signature: (Guardian if under 18) _____ Date: _____

In signing this entry, I for myself, my executors, and administrators, release the manager of the race, The Nasson Center Redevelopment, and all sponsors and promoters from any and all liability and damages in case of death or injury received in or any way associated with this race.

“RUN FOR THE GYM” PLEDGE SHEET

Please collect Pledges at time of Pledge and turn in on race day.
THANK YOU!

NAME

ADDRESS

\$ AMOUNT

NAME/ADDRESS OF PLEDGE COLLECTOR: _____ TOTAL AMOUNT
\$ _____ Collect \$25 or more & Registration will be waived! **Top Collector to receive Gift Certificate!**