“6TH ANNUAL RUN AND WALK FOR THE GYM 5K”
JULY 12, 2008  6:00 PM (5K)

GOLD SPONSOR

PROCEEDS TO BENEFIT: NASSON COMMUNITY CENTER
457 Main St. Nasson Common - Springvale, ME (Village of Sanford)
Cash Awards: 5K 1st & 2nd Male & Female + 1st Male & Female Master (40-49)
Mike Kimball Award 1st Male (50-59)    George J. Gillis Award - Pledge Winner
Awards (Top 3: in 5 yr. age groups) (Including 80+)
Age 9 and Under “Fun Run Free”
Start time: 5:30 PM  5K Walk: Start Time: 6:00 PM
Entry Fee: $12.00 Pre $15.00 Post  T-Shirts: 1st 200
60+ $8.00 Pre:  $12.00 Post    Post Race Raffles & Refreshments
Student Fee: $6.00 Pre  $6.00 Post  Park At: Nasson Common

View Interactive Course Map on MapMyRun.com

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! (See Pledge Sheet on Back)

Web Sites: http://nassoncc.org  http://www.runthecircle.com  Information: (207) 490-1386 or: runbob@metrocast.net

1st Name______________________________Last Name_____________________________________Age: ___ M___ F
Address: _______________________________________________________________________
City:________________________ State.___Zip______Phone__________E-Mail________________

Check One: ___ Run  ___Walk  ___ 1/2 Mile Fun Run (Age: 9 & Under)
Check if applicable: Sanford/Springvale Resident _______ Nasson Family _______

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.

Signature: (Guardian if under 18)_____________________________________Date:____________________