



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



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

Entry Fee: \$12.00 Pre \$15.00 Post

60+ \$8.00 Pre: \$12.00 Post

Student Fee: \$6.00 Pre \$6.00 Post

5K Walk: Start Time: 6:00 PM

T-Shirts: 1st 200

Post Race Raffles & Refreshments

Park At: Nasson Common



View Interactive 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 & Req. 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: _____