“5TH ANNUAL RUN AND WALK FOR THE GYM 5K”
JULY 7, 2007  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 (Top 3: in 5 yr. age groups: + 70-79, 80+ )
Age 9 and Under “Fun Run Free”

Start time: 5:30 PM  5K Walk: Start Time: 5:45 PM
Entry Fee: $12.00 Pre  $15.00 Post  T-Shirts: 1st 100
60+ $8.00 Pre  $12.00 Post  Post Race Raffles & Refreshments
Student Fee: $6.00 Pre  $6.00 Post  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____ M____ F____
Address: ____________________________________________________________________________
City:________________________ 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: 1st Sanford/Springvale Resident  1st 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:___________________________