



**“8TH ANNUAL RUN AND WALK FOR THE GYM 5K”
JULY 10, 2010 6:00 PM (5K)**

“GOLD SPONSOR”



Race 2 of “Run For A Cause Race Series”

**PROCEEDS TO BENEFIT: NASSON COMMUNITY CENTER and LITTLE THEATRE
457 Main St. Nason 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: Kid’s Fun Run 5:30 pm

5K Run & 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: Nason Common

Course Records: Male Danny Vassallo 15:16 2008 ----Female Lesley Hocking 17:36 2009

Make Check Payable to: Nason 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://nasoncc.org> <http://www.runthecircle.com> Information: (207) 490-1386 or: runbob@metrocast.net

1st Name _____ Last Name _____ Age: ___ M ___ F ---

Address: _____ T SIZE S- M -L -XL

City: _____ State: ___ Zip _____ Phone _____ E-Mail _____

Check One: ___ Run ___ Walk ___ 1/2 Mile Fun Run (Age: 9 & Under)

Check if applicable: --- Sanford/Springvale Resident ___ Nason Family ___ WCRC ___ Pledge ___ Run For A Cause

In signing this entry, I for myself, my executors, and administrators, release the manager of the race, The Nason 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: _____

