



“10TH ANNUAL “Randall’s” RUN AND WALK FOR THE GYM 5K”

JULY 07, 2012 6:00 PM (5K)

“GOLD SPONSOR”



**RACE DAY SIGN UP 4 P M, NASSON COMMUNITY CENTER and LITTLE THEATRE
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+)**

Start time: Kid’s Fun Run 5:30 pm 5K Run & Walk: Start Time: 6:00 pm

Age 9 and Under “Fun Run Free

**Entry Fee: \$18.00 Pre: \$20.00 Post T-Shirts: 1st 200
60+ \$12.00 Pre: \$15.00 Post Post Race Raffles
Student \$10.00 Pre: \$10.00 Post Park At: Nasson Common**

Course Records: Male 15:04 2011 ----Female 16:41 2011

**Make Check Payable to: Nasson Community Center
Mail to: “Run for the Gym” 723 Hanson Ridge Rd, Springvale, ME 04083**

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

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

First Name _____ Last Name _____ Age: ___ M ___ F ___

Address: _____ T (circle) 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 ___ , Nasson Family ___ , Pledge

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: _____