



STARTING TIME & DATE

17th ANNUAL "Randall's" RUN AND WALK FOR THE GYM 5K"
June 29, 2019 8:30 AM (5K)
"GOLD SPONSOR"



The Bank That Listens®

WINNERS CIRCLE R C SPECIAL ENTRY Sign up by June 25 th Mail in entry only

RACE DAY SIGN UP 7 A M, NASSON COMMUNITY CENTER and LITTLE THEATRE

457 Main St. Nasson Common - Springvale, Me Village (Sanford)
Course Records: Male 15:04 2011 ----Female 16:40 2014

Cash Awards: 5K 1st & 2nd Male & Female

Awards (Top 3 in 5 yr. age groups) (including 90+)

Start time: Kid's Fun Run 9:30 A M Age 9 and Under "Fun Run Free

5K Run & Walk: Start Time: 8:30 AM

Entry Fee: **\$15.00 Pre:** \$25.00 Post T-Shirts: 1st 100

60+ **\$15.00 Pre:** \$25.00 Post Post Race Raffles

Student **\$10.00 Pre:** \$15.00 Post Park At: Nasson Common 457 Main St

TEAM AWARD MIXED (3M 2F)

Mail to: "Run for the Gym" 723 Hanson Ridge Rd, Springvale, ME 04083

Web Sites: <http://www.nassoncommunitycenter.com> Information: BOB (207) 459-8376 or runbob@metrocast.net

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

Address: _____ DOB M--- D---- Y----

City: _____ State. ___ Zip _____ Phone _____ T Shirt (circle) S- M - L - XL

E-Mail _____

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

Check if applicable: Sanford/Springvale Resident ----- **TEAM NAME** _____

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: _____

