



GOLD SPONSOR



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17th ANNUAL “Randall’s” RUN AND WALK FOR THE GYM 5K”
JUNE 29, 2019 8:30 AM (5K)

RACE DAY SIGN UP 7 A M, NASSON COMMUNITY CENTER and LITTLE THEATRE
Park At: Nasson Common

457 Main St. Nasson Common - Springvale, Me Village (Sanford)

Course Records: Male 15:04 2011 ----Female 16:40 2014

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

Awards (Top 3 in 5 yr. age groups(inc 90+) 3Team Awards(2 Female-3 Male)

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

Pre Entry Open \$20.00 Post \$25.00

60+ \$18.00 Post \$25.00

Student(18-)\$10.00 Post \$15.00s

Race Raffles T-Shirts: 1st

<https://runsignup.com/Race/ME/SPRINGVALE/RandallsRunforthegym5K>

Make Check Payable to: Nasson Community Center

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 ___

if applicable TEAMNAME _____

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: _____



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