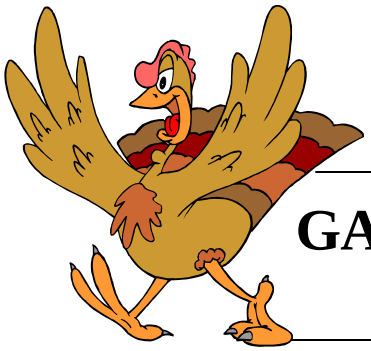

6th ANNUAL

GASPING GOBBLER 5K WALK/RUN

LOVELL RECREATION

REFRESH - RENEW ... THROUGH RECREATION

SATURDAY NOVEMBER 19, 2011 10:00 AM

LOVELL ATHLETIC FIELDS
Smarts Hill Road, Lovell, Maine

BENEFIT: **Lovell Recreation Department youth & adult programs – to help keep our programs accessible & affordable.**

COURSE: **Three wheel-measured loops of the grass and dirt perimeter of Lovell Athletic Fields. The total distance is 5K (3.1 miles) and simulates many school cross-country running courses, very spectator friendly.**

ENTRY FEE: **First 80 registered receive a Gasping Gobbler Hat or Headband**
Pre-registration of $12.00 ($15.00 after November 15th)
Family rate – three members $30 – additional members $6 each
Register by – online at Runreg.com or mail in registration/release form below

REFRESHMENTS:

- Bakery items and sports drinks -- Free to Participants
- Hot lunch (soup/stew, etc.) -- Participants and Spectators for Donation

RUNNERS M/F AGE CATEGORIES:

14 & under	40 - 49
15 – 18	50 – 59
19 – 29	60 & over
30 – 39	

AWARDS

Ribbons for 1st and 2nd M/F Runner in each age category
Ribbons for first 10 Walkers
Awards for Overall M/F & HS/MS Teams
Turkeys for 1st Place M/F Runner, 1st Place Walker and "middle of the pack"

For more information, contact: Stan Tupaj @ 207-925-1500

6th Annual Gasping Gobbler 5K Registration/Release Form
(Please detach and mail/bring with fee to: Lovell Rec. Dept. P.O. Box 236, Center Lovell, Maine 04016)

Name:_____ Age:_____ Sex:_____ Race Category: Run or Walk
First MI Last (please circle)

Address_____City_____State_____Zip_____ Phone #_____

High School/Middle School Team: _____(declare prior to race)

I, the undersigned do hereby remise, release and forever discharge the Town of Lovell, its inhabitants, agents or employees, of and from any and all manner of actions, causers of actions, suits, proceeding, debts, dues, contacts, judgments, claims and demands whatsoever in laws or equity, which against have or which my heirs, executors or administrators hereafter can, shall or may have, for or by reason of my participation in the so called Gasping Gobbler 5K.

_____ _____ _____
Participant Date (Parent or Guardian if participant is under 18)

Serving the Families of Chatham, Lovell, Stoneham, Stow, and Sweden