

Gasping Gobbler

5K WALK/RUN:

Benefit: The Gasping Gobbler 5K is an activity to raise funds for Lovell Recreation Department youth and adult programs, equipment and facilities - to help keep our programs accessible and affordable. Lovell Rec serves the towns of Lovell, Stoneham, Sweden, Stow and Chatham.

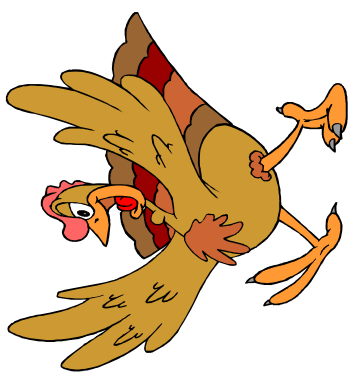
Course: Three wheel-measured loops of the grass and dirt perimeter of the Lovell Athletic Fields. The total distance is 5 kilometers (3.1 miles) and simulates many school Cross-Country Running courses – VERY SPECTATOR FRIENDLY!

Peg & Dave Mason
Enjoying the 2008 Gasping Gobbler



Photos courtesy of Wayne Rivet – Bridgton News

4th ANNUAL



Gasping Gobbler 5K Walk/Run

LOVELL, MAINE

Saturday – November 21, 2009

10 AM Start

Lovell Athletic Fields



BENEFIT FOR:

LOVELL RECREATION DEPARTMENT
YOUTH & ADULT PROGRAMS

Race Site @ Lovell Athletic Fields

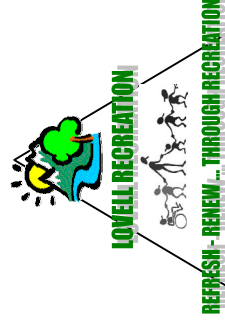
Post Race Awards @ VFW

Lovell, ME 04051

(South of Bethel)



(North of Fryeburg)



Lovell Recreation Department

P.O. Box 236
Center Lovell,, Maine 04016
Phone (207) 697-3574
Fax (207) 925-1710

REGISTRATION INFORMATION

Register on-line at Active.com or mail in registration/release form to

Lovell Recreation Department
P.O. Box 236
Center Lovell, Maine 04016

Pre-Register prior to November 18th

FEE: \$12

Post – November 18th /Race Day

FEE: \$15

Note: Family rate is three family members for \$30 – additional members \$6 each

Please make checks payable to: Lovell Rec. Department

This includes:

- *Gasping Gobbler* Winter Cap (first 80 registrants)
- REFRESHMENTS
- AWARDS
- RAFFLE

Following the race, participants and spectators will gather at the VFW for refreshments and awards.

Refreshments consist of:

Bakery items and sports drinks – free to Participants

Hot lunch (Soup/stews, etc.) – Participants and Spectators for donation



AWARDS



Runners

* 1st and 2nd Place Ribbons

For each age category:

14 & under

15 – 18

19 – 29

30 – 39

40 – 49

50 – 59

60 & over

* Overall Male/Female Awards

- Individual
- High School Team
- Middle School Team

Walkers

Ribbons for Top Ten finishers



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, causes of actions, suits, proceedings, 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. I further acknowledge that no representations as to the conditions, nature or hazards of the Gasping Gobbler course has been made to me by the Town of Lovell, its representatives, agents or employees, and assume all risks and responsibilities for injury to myself and others and any property damage that may result from my participation in said event.

Name: _____ First _____ MI _____ Last _____
Age: _____ DOB: _____ Race Category: Run or Walk (Please Circle)

4th Annual Gasping Gobbler Registration/Release Form
(Please detach and mail with fee to: Lovell Rec. Dept. P.O. Box 236, Center Lovell, Maine 04016)

Address: _____ Sex: _____ Phone # _____
Date _____ Participant _____
(Parent or Guardian if participant is under 18)