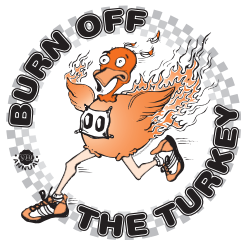


**Saturday, November 27, 2004  
9:00 A.M.**

**Record Breaker \$50 Cash Prize  
donated by  
Working Words & Graphics  
to man and woman who break  
record times:  
Paul Johnson 15:36  
Christine Snowe-Reaser 17:34**



5K Run / Walk  
Gorham, ME • 2004



**Awards**

- First male and female finisher will receive 100 gallons of heating oil donated by **Lampron Energy** and **Dodge Oil**.
- Age group awards (3 in each category):
 

14 & under	15-19
20-29	30-39
40-49	50-59
60-69	70+
- First three male and female walkers



"The Maine Name In Spring Water"

**Race-day Registration 7:30-8:30 a.m.**

**Directions to Robie Park in Gorham, Maine**

**From the north:**

Maine Turnpike exit 8, Westbrook, follow signs for Rt. 25 west to Gorham....when coming into Gorham Village, go past Flag Center on your right, Municipal Center on your right, into downtown, straight through traffic light (if it's green, that is!), at next intersection by Amatos/Gorham House of Pizza/Sierra's....turn left onto Rt. 114, South Street....go past Robie Gym on your left, Baxter Library on your right and take your next right onto Morrill Avenue. (street sign also says Gorham High School and Shaw School) First right onto Ball Park Road and you will see the race activity. Welcome!

**From the south:**

Maine Turnpike exit 5, Saco, take first exit - Industrial Park Rd., at end of ramp go left to end of street, at traffic light go right onto Rt. 112 toward Buxton....follow about 6 miles to traffic light at Tory Hill, go right onto Rt. 202 to Gorham....follow about 7 miles into Gorham Village, at end go right and at traffic light at intersection by Gorham House of Pizza go right onto Rt. 114, South Street...go past Robie Gym on your left, Baxter Library on your right and take your next right onto Morrill Avenue. (sign also says Gorham High School and Shaw School) First right onto Ball Park Road and you will see the race activity. Welcome!

**From the west:**

Route 26 south toward Gray....in Gray, follow signs to Rt. 202 south toward Windham....at traffic circle, stay on 202 south to Gorham....enter "round-a-bout" in Little Falls, stay with Rt. 202 south....to end. At flashing yellow light, turn right onto Main Street...straight through next light at Cumberland Farms....at next intersection by Gorham House of Pizza and Amato's, go left onto South Street, Rt. 114. Take second right onto Morrill Ave....first right onto Ball Park Road...First right onto Ball Park Road and you will see the race activity. Welcome!

**Registration Form for Burn Off the Turkey 5K Run/Walk**

No headsets \_\_\_\_\_  
 Name \_\_\_\_\_ Sex \_\_\_\_\_  
 Please print \_\_\_\_\_ Age \_\_\_\_\_  
 Address \_\_\_\_\_ Phone \_\_\_\_\_

Check One  
 Runner  
 Walker

Entry Fees – please check appropriate boxes (No refunds)  
 Pre-registration by November 19 \$10 (includes long sleeve t-shirt) please specify preferred size  M  L  XL  
 Pre-registration by November 19 \$8 (no t-shirt)  Registrations after November 19 \$15 (no t-shirt)

Please note: A long sleeve t-shirt will be given to the first 100 who register for \$10.

**Please make checks payable to GORHAM REC. DEPT. and mail to: Don Cross, Burn Off the Turkey 5K, PO Box 278, Gorham, ME 04038**

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this event including, but not limited to falls, contact with other participants, the effects of the weather, traffic and the conditions of the road, all such risks known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release the Gorham Recreation Dept., Town of Gorham, Gorham School Department, Gorham Business & Civic Exchange, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. Special Note: Traffic control volunteers will be on the course, but all roads will be open to traffic.

Signature \_\_\_\_\_ DATE \_\_\_\_\_  
 (Parent signature if participant is under 18)

We appreciate our race sponsors!



Greater Portland School of Jukado



270 Main Street  
Gorham ME 04038



Gorham  
Business & Civic Exchange  
and  
Gorham Recreation Dept.  
Present the 7th Annual



5K Run/Walk  
Gorham, ME • 2004

Saturday, November 27, 2004  
9:00 a.m.

Gorham High School  
Morrill Avenue • Gorham, Maine

Race Director: Don Cross

Registration: 7:30–8:30 a.m.

Race Warm-up 8:30 a.m.  
led by Theresa Labrecque

Race Start: 9:00 prompt

Sponsored by:  
Back in Motion Physical Therapy  
C.E. Carll Agency  
Century 21 First Choice Realty  
Crossroads Connection Courier Service  
Dodge Oil  
Edward Jones Investments  
Gorham House of Pizza  
Greater Portland School of Jukado  
Kerwin Chiropractic  
Lampron Energy  
Mr. Bagel  
Working Words & Graphics, Inc.



Back in Motion  
PHYSICAL  
THERAPY, LLC



Kerwin  
Chiropractic  
Quality Family Care



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