Walker ____ Runner ____

Participant _____ Team Name _____

Address _____

City / State / Zip _____ Phone _____

Walk / Race Sponsors and Team Pledges

Please include complete name and address so we can thank all participants. Pledge sheet may be duplicated. You can also donate and seek pledges on-line at http://windhamlionsme.lionwap.org

Sponsor Name	Mailing Address	Donation

All Proceeds due at race on October 25, 2009. **Pledge total** _____

Checks made out to Windham Benefit 5K

Our Sponsors

Time4Printing
Central Maine Power
Cumberland County FCU
Don Nichols Building Contractor, Inc
Tricia Zwirner, State Farm Ins.
The UPS Store, Windham
Strategic Biosolutions (Diagnostics)
Charlie Beiggs
Merchants Reporting Services
Hall Implement Company
Windham Automotive
Horsepower Autocare
Arkie Rogers Septic Service
Windham Rental Center
Mark Bryant
Windham Center Stage
Hearing Aid Center
Windham Adult Ed.
Re/Max Allied Real Estate
Corsettis
Bud Solari Appraisals
Advanced Dental Concepts
Dolby Funeral Chapel
Busque Construction Co.
Heaven and Earth Massage
Hannaford
Gilberts Chowder House
Sun Deck
Pepsi
Lakes Region Farmers Market
Edward Jones
Bob the Screenprinter
Lake Region Animal Hospital
Lee's Family Trailer
Mechanics Savings Bank
Pit Stop Fuels
57 Mineral Spring, Inc.
Tanorama
Shaw Brothers Construction
Design Fab
Southern Maine Renewable Fuels
Thatchers
Maine Running Company
Peak Performance Sports
Windham Tattoo & Body Piercing
Varney's Auto Body
Roosevelt Trail Nursery & Garden Center
C.R. Tandberg

Pre-registration

On-line at http://windhamlionsme.lionwap.org or mail to:
Windham Lions
P.O. Box 448
Windham, ME 04062
For more information email:rgarcia@securespeed.net

T-shirts for everyone registered by 10/2/09

5K Road Race

The course begins and ends in front of Windham High School. Rolling Hills

Cost: $12.00 Pre-registration by 10/22/09
$15.00 Race day
children under 12 free (no T-shirt)

Medals to the top three male and female finishers and top finishers in various age groups. Top three male and females also receive gift certificates.

5K Walk

Cost: $10.00 Pre-registration by 10/22/09
$12.00 Race Day
children under 12 free (no T-shirt)

Pledges

All participants are encouraged to collect pledges. All pledges are due on walk / run day.

- Collect $100+ and registration is free
- Prizes to the top three pledges

"The mission of the Windham Neighbors Helping Neighbors Network, is to provide one-time emergency assistance to Windham residents experiencing a critical need for essential services, help direct individuals to appropriate long term resources and promote a culture of neighbors helping neighbors."