



*We Serve*

# ANNUAL WINDHAM BENEFIT 5K WALK / RUN



**WINDHAM**  
Neighbors Helping Neighbors Network

ALL PROCEEDS BENEFIT:

*Windham  
Neighbors Helping Neighbors  
Network*

& Windham Lions Charities

Sunday, October 25th, 2009  
Registration 10:00 - 11:30  
Windham High School  
Rt. 202 (one mile from the rotary)  
5K Run & Walk at 12:00  
Windham High School  
Windham, ME

Sign up on-line at:  
[www.windhamlionsme.lionwap.org](http://www.windhamlionsme.lionwap.org)  
[www.windhamneighbors.org](http://www.windhamneighbors.org)



299040 WE Windham, ME 04062  
Windham Lions  
P.O. Box 448  
Annual Windham Benefit 5K Walk / Run



Please complete your registration, sign and return completed form to the address below  
or sign up on-line at <http://windhamlionsme.lionwap.org>

## WALK REGISTRATION

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Age \_\_\_\_\_  
Address \_\_\_\_\_ City / State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_ Email \_\_\_\_\_

Entry Fee: Pre-registration (by 10/22/09) \$10.00 Event Day \$12.00 Children (12 and under) FREE (T-shirt not included)

## ROAD RACE REGISTRATION

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Age \_\_\_\_\_  
Address \_\_\_\_\_ City / State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_ Email \_\_\_\_\_

Entry Fee: Pre-registration (by 10/22/09) \$12.00 Event Day \$15.00 Children (12 and under) FREE (T-shirt not included)

Team \_\_\_\_\_ Team Captain \_\_\_\_\_

In consideration of this entry being accepted to participate in this charitable event, I, my heirs, personal representatives and assigns waive and release any and all claims I may have as a result of my participation in the Windham Lions 5K Walk / Run against it's organizers and sponsors, including, but not limited to, Windham Lions Club, and the Town of Windham.

Signature \_\_\_\_\_ Date \_\_\_\_\_  
Parents Signature (if under age 18) \_\_\_\_\_ Date \_\_\_\_\_

Collect \$100+ in pledges and registration is free.

Please make checks payable to: Windham Benefit 5K

Return to: Windham Lions, P.O. Box 448, Windham, ME 04062

