

9th ANNUAL



**NOVEMBER 26, 2009 (THANKSGIVING DAY) AT 8:00AM
TO BENEFIT FOOD PANTRIES ON UPPER CAPE COD**

~ Can 2008's Record Entrant Field of 1,700 Be Topped? ~

Welcome to our 9th Annual Cape Cod 5 We Gather Together 5K to benefit food pantries on Upper Cape Cod. What better way to give thanks for our many blessings than by donating to those less fortunate, especially during this period of economic hardship! This 5K (3.1-mile) run and walk is unique...since for your entry fee of just \$10 and a donation of a bag of groceries for area food pantries, you'll be treated to some delicious post-5K refreshments and raffle prize opportunities...and to the **first 500** to turn in their grocery bag donation and the \$10 entry fee at the on-site registration sessions, a colorful Thanksgiving-themed **5K tee shirt!** At last year's 5K, a record field of 1,700 runners and walkers donated nearly 35,000 grocery items. **Read this complete brochure** for the details. Our 5K will 'burn up' 400 calories for the yams, stuffing and Grandma's pumpkin pie you will enjoy later at your Thanksgiving feast. **Parents, your children under 12** may join our **Kidz Dash**, a short 1/4-mile fun run staged from the 5K starting line at 7:45am. No entry form or fee required for the Dash (parents will sign a release waiver at the Dash start line)...a grocery donation is welcome! Our 'Dashers' will receive a finish treat from a 'special' visitor (*our secret!*)

WHEN, WHERE, 5K COURSE	The 5K starts at 8:00am on Thanksgiving morning, Thursday, November 26 from the Henry T. Wing School along Route 130 in Sandwich (Cape Cod, MA). An extremely scenic 3.1-mile route through historic Sandwich encompassing Town Hall Square, the Heritage Museum and Main Street. We go shine, rain or light snow fall!
BENEFICIARY	The Sandwich Food Pantry and its fellow food pantry affiliates on the 'Upper Cape'. The groceries you donate at the 5K will go <u>directly</u> to those persons and families in need! Should you also wish to make a monetary contribution to the Sandwich Food Pantry to help reduce its operations expenditures, you may bring a check or cash to our on-site 5K registration sessions.
MANAGED BY	Time Out! Productions , engineers of the New England Triathlon Tour and other fine special events. Contact: Rich Havens; 48 Great Kame; Plymouth, MA 02360. Phone: 508-224-3601; FAX: 508-224-3690; E-mail: rich@timeoutproductions.com; Website: www.timeoutproductions.com
SIGNING UP, ENTRY FEE & GROCERY DONATION	Complete the entry form and follow the important registration instructions on the next page. There is a small \$10 fee to enter the 5K (Kidz Dash FREE!)... PLUS , you must donate a grocery bag containing a minimum of 10 non-opened, non-perishable canned or boxed groceries. NO GLASS PLEASE! No grocery bag? Then the entry fee is \$20. Items of great need: jelly, Bisquick, pancake mix, 2-lb sugar, crackers, canned fruit, baked beans, Jello...and toilet paper, dish and laundry detergent, tooth brushes and bar soap. 3-lb canned hams also welcome! Go the 'extra mile' and come with as full a bag as possible. Most did in 2008!

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WE GATHER TOGETHER 5K RUN~WALK

- PAGE 2 -

<p>GOODIES TO YOU</p>	<p>Bagels, muffins, fruit, hot and cold beverages served after the 5K. The <u>first</u> 500 to turn in their grocery bag donation and pay the \$10 entry fee at the on-site registration sessions receive a colorful Thanksgiving themed souvenir tee shirt! Sizes as they are available at pick-up. Also, a 'goodie bag' containing sponsor amenities will be given to <u>next</u> 500+ entrants in the 5K who miss out on the tee shirt, while supplies last!</p>
<p>REGISTRATION SESSIONS, CHECK-IN & DOG POLICY</p>	<p>Do not mail us your completed entry form! Instead, bring your form, entry fee and grocery donation to our registration sessions inside the Multi-Purpose Hall of the Henry T. Wing School on Route 130. Make use of our early registration session on Wednesday, November 25 from 4:00 to 6:00pm. Otherwise, arrive on Thanksgiving morning between 6:30 and 7:45am. See the parking instructions in the next section.</p> <p>Before entering the Hall for your 5K bib number and amenities, first visit the Federal Express and Pantry grocery vans parked outside the Hall front doors that are displaying 'Grocery Bag Drop-Off' signs.</p> <p>Step #1: drop off your donated grocery bag at the vans and get a 'Food Bag Ticket'.</p> <p>Step #2: bring your completed entry form, \$10 cash or check entry fee and 'Food Bag Ticket' to the 'Bib Number Pick up' stations inside the Hall.</p> <p>Step #3: you will be issued safety pins and a 5K bib number to be fastened to the front of your running shirt or shorts or top. Do not pin the small one-inch tear tag as you will surrender this tag at the end of the finish line chute. Finally, for those who qualify, pick up your tee shirt and 'goodie bag' (see GOODIES TO YOU, above).</p> <p>Note: extra 5K entry forms will be provided at a table inside the Hall for Wednesday and Thursday sign-ups.</p> <p>Repeating: all entry form and fee handling is done with grocery bag turn-in at the above two sessions...<u>do not</u> mail Time Out! Productions your form and fee.</p> <p>Finally: sorry, for the safety of our runners and walkers no dogs allowed to run alongside owner runners~walkers in the 5K or Kidz Dash!</p>
<p>DIRECTIONS & PARKING</p>	<p>From Hyannis Area: Take Route 6 West to Exit 2, Route 130 Sandwich/ Mashpee. Turn <u>left</u> off the exit onto Route 130 North and travel down the hill ¼-mile to the school on your right (corner of Beale Avenue).</p> <p>From Off-Cape: Travel over the Sagamore Bridge onto Route 6 East to Exit 2, Route 130 Sandwich/ Mashpee. Turn <u>left</u> off the exit onto Route 130 North and follow the same path as described above for 'Hyannis Area'.</p> <p>Parking: Please use the lots behind the school along Morse Street and to the side of the school along Beale Avenue. Smaller parking spaces along Morse Street. Parking on Main Street inside designated parking lines (a short walk or jog to the school). <u>NO PARKING</u> ALONG Route 130, on Beale Avenue or (on Thanksgiving morning) inside the front school lot facing Route 130.</p>
<p>TIMES, SCORING, AWARDS, POSTING</p>	<p>The 5K is a 'fun run' in nature with awards for top finishers. A clock will be positioned at the finish line and you will keep track of your own time. Again for 2009: we will record times only for the first 100 5K finishers; so when you cross the finish, keep your place in the chute. Award gift certificates will be <u>mailed</u> to the first 50 finishers. Special awards mailed to the 1st Male and Female finishers overall and to the 1st Male and Female Sandwich finishers. Place-of-finish results for the first 100 finishers will be posted on our www.timeoutproductions.com website a few days after the 5K.</p> <p>Random merchandise-certificate raffles: 5K participant names drawn randomly <u>AFTER</u> the 5K...no charge to enter!</p>