



***For Further Information Contact:***

Rich Havens/ We Gather Together 5K  
48 Great Kame; Plymouth, MA 02360  
Phone: (508)-224-3601

Web: [www.timeoutproductions.com](http://www.timeoutproductions.com) \* E-Mail: [rich@timeoutproductions.com](mailto:rich@timeoutproductions.com)

**FIELD SIZE AND DONATED GROCERY BAG RECORD SMASHED AT  
CAPE COD FIVE CENTS SAVINGS BANK CHARITABLE FOUNDATION TRUST  
WE GATHER TOGETHER 5K**

(Sandwich, MA...November 30, 2008) Let the good times roll and roll and roll. A Cape Cod athletic tradition whose roots became established in 2001 keeps growing and growing, a tribute to the popularity of its sport and its cause. On a cloudy yet autumn-mild Thanksgiving morning, the 8<sup>th</sup> edition of the **Cape Cod Five Cents Savings Bank Charitable Foundation Trust We Gather Together 5K** was conducted from the Henry T. Wing School in Sandwich. The 2007 contest, staged under brilliantly sunny and warm skies, had attracted 1,472 participants...a benchmark most believed would never be surpassed. However, records are meant to be broken and the 2008 program would find 1,637 ready to usher in their 'feastful' holiday with a bit of exercise for a worthy cause.

Produced by Time Out! Productions of Plymouth (MA), the 'We Gather 5K' hosted all to a family-oriented, recreationally-competitive 3.1-mile run~walk that would burn off an estimated 400 calories providing ample room for the huge Thanksgiving feast that each would enjoy later in the day. Enrollment criteria required entrants to bring a bag containing a minimum of 10 non-perishable grocery items to be donated to the Sandwich Food Pantry and associated pantries and service programs in Bourne, Falmouth and Hyannis. The bounty of groceries are still being placed on the food pantry shelves; yet from past 5K statistics which demonstrated that the average entrant 'goes the extra mile' to contribute more than the required 10-grocery minimum, the tally could again exceed 30,000 units. While residents-in-need benefit greatly from the donations, 5K participants were duly rewarded. The first 725 enrollees received a multi-color, Thanksgiving- themed tee shirt and the first 1,000 a 'goodie bag' filled with sponsor gifts. Following the 5K, all were treated to a buffet of continental offerings sponsored by Marshland Restaurants, Cape Cod Bagel Company, Tootsie Roll, Ocean Spray, Vermont Pure Natural Spring Water and Costa Fruit and Produce. Finally, each entrant was eligible to participate in a free drawing for over 50 merchandise prizes donated by sponsors and local merchants.

Rich Havens, President of Time Out! Productions, brought the 'We Gather 5K' concept to his former home town of Sandwich in 2001 to support food pantries on Upper Cape Cod. It was his way of continuing his late parent's annual ritual of contributing to the Sandwich Food Pantry. The idea took hold so well that over a three year period from 2001 to 2003, the 5K saw annual enrollment rise from 800 participants to 1,302 and grocery counts mushroom from 15,000 to over 30,000.

Competition began this Thanksgiving morning ten minutes prior to the start of the 5K in fun-run fashion with a 'Kidz Dash'...an out-and-back jaunt up and down Route 130 in front of the Wing School. Nearly 100 children ages 12 and under lined up for the sprint...most 'allowing' their parents to join the fun...and all were treated at the finish line to Tootsie Roll pops, 'goodies' from Kellogg's Snacks and certificates courtesy of Ice Cream Sandwich. Of course, jolly Santa Claus was on hand to pass out the treats.

In the 5K (3.1-mile) event conducted over a scenic route through Historic Sandwich Village, **Jason Lyon** (age 21) of Hyannisport posted his first-ever 'We Gather' victory in a course and 'We Gather' record time of 15 minutes, 14 seconds (15:14). By a mere five seconds, Lyons bested 2007 winner **Corey Loonan** of Sandwich, who during the 2007 race notched a time of 16:12 along this new 3.1-mile course. The previous 'We Gather' record of 15:32 was charted along a different 5K route in 2006 by four-time champion Robert LaPlante. The women's race found a new victor in **Laura Hutchinson** (age 26) of South Hadley (MA). Hutchinson's time of 18:38 was good for 28<sup>th</sup> overall...and seven seconds faster than runner-up and three-time 'We Gather' champion **Lori Horan** of East Sandwich (32<sup>nd</sup> overall).

The 2008 We Gather Together 5K Run-Walk was engineered through the volunteer efforts of many, including Team Time Out!; the Sandwich High School DECA and National Honor Society programs; and Sandwich Boy Scout Troop 47. A special 'thank you' goes out to The Town of Sandwich and the Henry T. Wing School for use of the staging venues...to the Sandwich Police and Fire Departments for their expert community safety services...and to the Sandwich Department of Public Works for keeping the 5K roadways smooth.

Several in the local and New England business community made the 5K possible through their generous sponsorship contributions. Joining Cape Cod Five Cents Savings Bank Charitable Foundation Trust were The **Enterprise** Newspapers; Shepley Wood Products; Richard H. Sadowski, D.M.D.; The Wyatt Group; Sandwich Women's Club; Foot Care Essentials; Canalside Printing; Marshland Restaurant; Austin's Inc; CR Signs; Costa The Fresh Idea Company; Cape Cod Bagel; Ocean Spray; Kellogg's Snacks; Tootsie Roll; Bobby Byrne's Restaurant & Pub; Vermont Pure Natural Spring Water; Ice Cream Sandwich; Uncle Bob's Self Storage; Federal Express; Granite State Race Services; Casella Waste Services; Bousefield Sanitary Service; Hat's Off For Randie and Sandwich Service Center.

-END-