



Registration Form  
Please fill out completely.

### BENEFICIARY SELECTION

Please give my funds raised to:

- I have no preference, please split evenly  
**OR**  
Select **ONE** beneficiary below
- Cape & Islands United Way
  - Cape Cod Child Development
  - CHAMP Homes
  - Cultural Center of Cape Cod
  - Hospice & Palliative Care of Cape Cod
  - Kiwanis Clubs of Hyannis & Sandwich

### MENU

(Please check only one)

- Chicken       Lobster

### RELEASE FORM

(All riders must sign.)

#### HELMETS ARE REQUIRED FOR EVERY RIDER. RIDE IS SINGLE FILE.

In signing this release, I acknowledge that I understand the intent thereof, and thereby agree and will absolve and hold harmless Cape Cod Charitable FunRaisers Inc., Cape & Islands United Way, Cape Cod Child Development, CHAMP Homes, Hospice & Palliative Care of Cape Cod, Kiwanis Clubs of Hyannis & Sandwich, Cultural Center of Cape Cod, corporate sponsors, cooperating organizations, and any other parties connected with this event in any way, singularly or collectively from and against any blame and liability for any injury, misadventure, loss or inconvenience, or damage hereby suffered or sustained as a result of participation in any activities associated herewith. I also hereby consent to and permit emergency treatment in the event of injury or illness. I also give permission for use of my name and photograph in connection with this event.

Signature: \_\_\_\_\_

Parent/Guardian \_\_\_\_\_

Signature (Required for riders under 18)

Date: \_\_\_\_\_

## REGISTRATION FORM

### The Last Gasp Bike, Boat 'n Bake 2009

When completing the registration form please print all information and complete both sides. Be sure to:

1. **Identify the charity** of your choice.
2. **Mark your menu** selection
3. **Sign the waiver** statement
4. **Make the checks payable to "The Last Gasp"** and mail registration form, fees, and all donations to:

**The Last Gasp**  
**P.O. Box 362**  
**Centerville, MA 02632**

5. Registration forms must be received  
**By September 8, 2009**
6. To register online with a credit card, please visit [thelastgasp.com](http://thelastgasp.com)

#### I PLAN TO:

- \***Last Gasp** - \$75 registration/\$300 minimum funds raised. (Minimum funds raised must be received prior to the ride.)
- Bus/Baker** - \$60 registration (as space allows)

Name: \_\_\_\_\_

Age: \_\_\_\_\_ This is my \_\_\_\_\_ year participating.

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Team: \_\_\_\_\_

#### In Case of Emergency Contact:

Name: \_\_\_\_\_

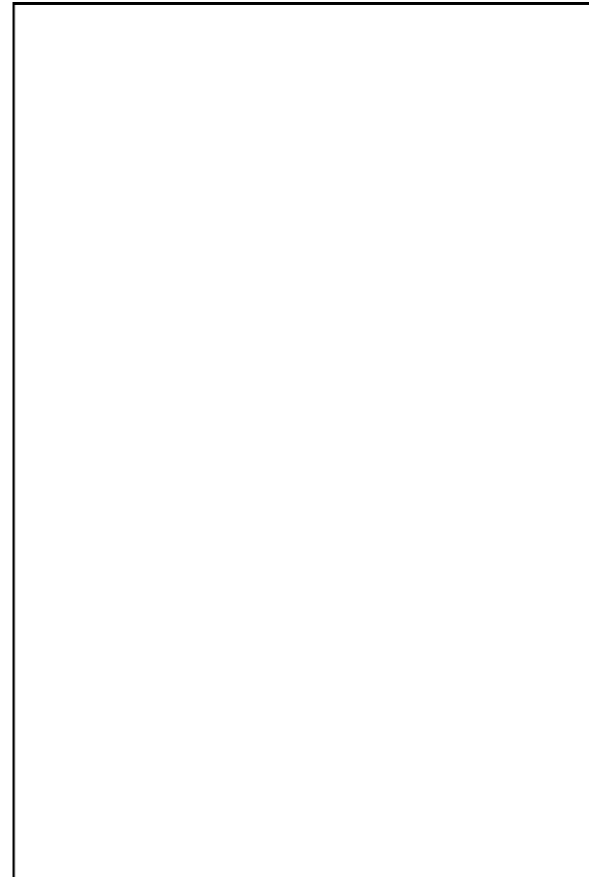
Phone: \_\_\_\_\_

Please feel free to copy this registration form to share with your friends, or visit [www.thelastgasp.com](http://www.thelastgasp.com)

**SHIRT SIZE:** (Circle) M L XL XXL OTHER

\*Because of space limitations, only the first 300 registrants will be guaranteed a spot on the boat returning to Sandwich from Provincetown. The rest of the Gaspers will be transported by bus...get your application in ASAP.

## Proudly Sponsored By



**Media Sponsors**  
**Cape Cod Times**  
**Barnstable Patriot**  
**Cape Cod Broadcasting**

*The Last Gasp* is an event that is the sole property of Cape Cod Charitable FunRaisers, Inc. It is for the enjoyment of the participants and the benefit of the charities named. Cape Cod Charitable FunRaisers is a 501(c)(3) non-profit organization. All contributions to *The Last Gasp* are 100% tax deductible as provided by law.

For questions or information please contact:  
*Cape Cod Charitable FunRaisers Inc.*  
**(508) 420-4030**  
**[www.thelastgasp.com](http://www.thelastgasp.com)**  
**[funraisers@thelastgasp.com](mailto:funraisers@thelastgasp.com)**

## The Eighteenth Annual LAST GASP



## BIKE, BOAT 'N BAKE

*A Local Cape Cod  
Fund Raising Extravaganza*

**Sunday,  
September 20, 2009**

### To Benefit:

**Cape & Islands United Way**  
**Cape Cod Child Development**  
**Champ Homes**  
**Cultural Center of Cape Cod**  
**Hospice & Palliative Care of Cape Cod**  
**Kiwanis Clubs of Hyannis & Sandwich**

# THE LAST GASP

**The Last Gasp** is a daylong, fundraising event for six of Cape Cod's most distinguished non-profit organizations. There are two ways for you to participate. The Last Gasp involves a bike ride from Sandwich to Provincetown (62 miles), a Cape Cod Bay cruise aboard the Dolphin Fleet, and an authentic Cape Cod clam-bake. The second way you can participate is to take the "Party Bus" from Sandwich to Provincetown and back concluding with the clam-bake.

The focus of *The Last Gasp* is to have fun while raising money for non-profit organizations. Riders may direct their funds to the **charity of their choice** as listed in this brochure — **100% of the money you raise will go to the charity of your choice.** If you have no preference, but want to see all the selected charities benefit, your funds will be split evenly among the six organizations.

## WEEKEND SCHEDULE

### SATURDAY, SEPTEMBER 19, 2009

#### PASTA SALUTE — 5 pm - 8 pm

American Legion Hall Route 130, Sandwich  
The Pasta Salute is your opportunity to complete early check in, turn in additional monies raised, receive your number, and pick up your Last Gasp instructions. Open to the public. Children's entertainment.

**Cost:** Riders free; Adults \$8; Children under 12 - \$5.

**Pasta Salute Benefits Kiwanis Club of Hyannis**

### SUNDAY, SEPTEMBER 20, 2009

**7:00 - 8:00 am** Check in, Sandwich Marina

**8:00 am** Last Gasp ride begins.

**11:00-1:30 pm** All Last Gasp riders will arrive at Provincetown. Bikes will be placed on UPS trucks for transport. Sandwiches served at the Surf Club

**2:00 pm** The Dolphin Fleet ship will leave its dock in Provincetown for a cruise of Cape Cod Bay and back to Sandwich

**3:00 pm** Dolphin Fleet arrives in Sandwich

**3:30 - 6:00 pm** Clambake and awards ceremony at the American Legion Hall, Route 130, Sandwich.

**This event takes place rain or shine.**

## September 8, 2009

### Registration Due Date

**(unless participant maximums are met earlier)**

\$75 registration fee due for all Last Gasp riders.

\$60 registration fee for all wanting to bus/bake

\$300 fundraising minimum due **prior** to the ride.

### No Exceptions

## Turning in Funds Raised

In order to participate, at least the minimum funds raised (\$300) **must** be received **prior** to the ride.

**Mail to:** The Last Gasp, Box 362, Centerville, MA 02632

**Hand In:** Pasta Salute, Sept. 19, 5pm - 8pm, American Legion, Sandwich or **Hand In:** Registration Table, Sandwich Marina, Sept. 20, 7 am.

## RIDERS UNDER 18

Riders under 18 are encouraged to ride with a parent or guardian. Parent/guardian signature is required on application.

## BIG WHEELS CLUB

Any rider raising \$1,000.00 or more will become a "Big Wheel." Each "Big Wheel" member will receive special recognition at the check presentation ceremony and will receive a top number for next year's ride.

## PRIZES

**The Last Gasp** recognizes and awards the top fund-raisers and top fun raisers alike. In addition, the top male and female fundraisers will be awarded Pairpoint crystal trophies honoring the late Judge Henry L. and Mary E. Murphy.

## CREATE A TEAM

Join together with friends, family, or co-workers and raise money together. Prizes and recognition will be awarded to the top fun and fundraising teams. For help in team building, please call/write Cape Cod Charitable FunRaisers.  
**508 420-4030**

## THANK YOU

## BENEFICIARIES

### Cape Cod Child Development

Cape Cod Child Development has been a leading provider of child & family services on Cape Cod, the Islands & in Wareham since 1971. The agency serves approximately 2,500 children and their families through core programming that includes Early Intervention, the Families United Network (F.U.N.), Family Child Care, Preschool / Head Start, School-Age Child Care and the Teen Parent Program. Support earned from Last Gasp will allow staff to continue offering affordable, accessible and quality programs that allow every family the opportunity to achieve successful outcomes for their children. [www.cccdp.org](http://www.cccdp.org)

### Hospice & Palliative Care of Cape Cod

Hospice & Palliative Care of Cape Cod (H&PCCC) is the only independent non-profit on Cape Cod solely devoted to end-of-life care. Since 1981, H&PCCC has had a single dedicated mission: to provide services that enhance the comfort and quality of life for patients and families experiencing the impact of serious illness and loss. Donations from local citizens provide the crucial difference between cost of services and reimbursements. They also help support our unique Kids Grieve Too!® program, and our Mary McCarthy Hospice House, the only residence of its kind on Cape Cod.

### Cape & Islands United Way

We help people. HERE!

### Kiwanis Clubs of Hyannis and Sandwich

The Kiwanis Clubs of Hyannis and Sandwich major emphasis is the performance of service projects which improve the lives of young people, primarily young children. This year, Kiwanis will donate a major portion of the proceeds raised to **Rehabilitation Hospital of Cape Cod and the Islands, Boys & Girls Club of Cape Cod, Children's Cove and Special Olympics – Greater Cape & Islands.** The balance of the funds will be distributed by Kiwanis within the Cape community for college scholarships for our high school graduates and, through various other endeavors, to help meet the needs of those among us who have been less fortunate.

### CHAMP Homes

Champ Homes has a passion for affordable, supportive housing and needs your support to supply dignified and loving services to others from all walks of life. Each resident of Champ Homes are real heroes who strive to meet daily challenges. Thank you for your loving support of our mission.

### Cultural Center of Cape Cod

The Cultural Center's mission is to increase access to education in the visual and performing arts, culture and humanities for all Cape residents, with specific concentration on youth development and professional growth. It serves as a focal point for the community and visitors to the area interested in culture and the arts by offering instruction, entertainment and exhibition.

## REQUIREMENTS & BENEFITS

To reserve your place, registration **forms and appropriate fee must be received by September 8, 2009.**

### LAST GASP-BIKERS (Limit 300 Riders)

- **\$75 registration fee is due by September 8th. At least \$300 in fundraising is due prior to the ride. No exceptions.**
- Helmets required for all bikers. Single file ride.
- Beverages and snacks are provided along the route
- Support vehicles patrolling the route
- Cape Cod Bay Cruise back to Sandwich aboard the Dolphin Fleet
- Authentic Cape Cod Clambake
- Commemorative 2009 Last Gasp T-Shirt
- Complimentary Pasta Salute admission
- Lunch at the Surf Club in Provincetown

### LAST GASP BUS/BAKE (Subject to availability)

- **\$60 Registration fee due by September 8, 2009**
- Ride the party bus from Sandwich to Provincetown and back
- Bus will leave the Sandwich Marina about 8:30 am on September 20
- Bus will make a couple of viewing stops
- Lunch at the Surf Club in Provincetown
- Bus will leave Provincetown at 1:45 pm and return to the Sandwich Marina by 3:00 pm
- Includes Pasta Salute, T-Shirt and Clambake

**Please make checks payable to: The Last Gasp**

Mail registration form, fees, and all checks to:  
**The Last Gasp, PO Box 362, Centerville, MA 02632**  
[www.thelastgasp.com](http://www.thelastgasp.com)  
[FunRaisers@thelastgasp.com](mailto:FunRaisers@thelastgasp.com)  
**508-420-4030**