

18th Annual Crouse 5K Challenge



When: Sunday, May 21, 2017

Time: 5K=12:00 (noon) Registration 10:00AM

1:15PM 1/2 Mile Fun Run (7 & under)

1:30PM Tot Sprint (4 & under free)

Cost: 5K \$15 (before 5/15/17) \$20 Race Day

GCS Student Rate \$10 (no shirt)

1/2 Mile Fun Run \$5

Where: American Legion Post 409, Gowanda

Post Race Party

Music, Food & Refreshments

Award Ceremony

Overall M/F

Age Categories

Proceeds benefit GCS :

Dennis Crouse Sr., Scholarship Fund
& Blue By U...Youth Track Club

Class of 2019

Pre-Race Pancake Breakfast

8:00AM-11:00AM \$5.00

Chinese Auction@ American Legion

Visit our website: gtownfit.weebly.com or Facebook GTownFit

Race Director: Jennifer M. Gernatt (716) 860-8782 or email JenniferGernatt@yahoo.com

Name: _____

Address: _____

Phone: _____ **Race Day Age:** _____

Male or Female: _____

Circle one for shirt size: (Guaranteed only for FIRST 100 registered)

YS YM AS AM AXL AXXL or GCS Student (no shirt)

Circle one: **5K Run** **5K Walk** **5K GCS Student (no shirt)**

or 1/2 Mile Fun Run (7& under only)

Declaration of Release: In consideration of you accepting my entry and permitting me to attend or participate therein, I intend to be legally bound for myself, my heirs, my executors and administrators to waive and release any and all rights and claims for personal injury or other damages I may now or in the future have against the sponsors of this event, Gowanda Chamber of Commerce, NYSDOT, Village of Gowanda, American Legion, Crouse 5K Challenge Race Committee and their agents or assignees for any and all personal injuries, damages, losses and injuries suffered from or incurred in our attending of this event.

Signature (if minor, parent signature)

Date

Payment to: Crouse 5K Challenge PO Box 172, Collins, NY 14034