

15th Annual Crouse 5K Challenge

Date: Friday, May 9, 2014

**Time: 5K- 6:00 PM
1/2 Mile Fun Run- 7:00PM
Tot Sprint- 7:15 PM**

Pre-register by: 5/5/2014

Entry fees:

- \$15 -5K pre-register
- \$20- 5K race day
- \$10- GCS Student Rate-**NO SHIRT**
- \$3- 1/2 Mile Fun Run pre-register (8 & under)
- \$5 -1/2 Mile Fun Run race day
- Tot Sprint **FREE** (5 and under)

**US Track & Field
Certified Course
NY-04009AM**

Post Race Party

Music by Don Rogers
Awards, Door Prizes, Food
and Beer

**Registration & Packet pick-up
Starts 4:30 PM**

**Gowanda American Legion
100 Legion Dr., Gowanda, NY 14070
(behind Gowanda Fire Hall)**

Proceeds Benefit:

**GCS Dennis Crouse, Sr. Scholarship
Blue By U... (Youth Track Club)
Gowanda Sports Boosters**

PRIZES

1st, 2nd, 3rd

Overall Male/Female

1st, 2nd, 3rd

Male/Female Age Groups:

7-8, 9-10 11-12, 13-14, 15-16, 17-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, & **GOLDEN!**

**WNY Finish Line
Services**

Event Sponsors:

**Valley Pharmacy
Gernatt Asphalt Products
Designer Pools
Gowanda American Legion
Shop 'n Save-The Fort Family**

**Mentley Funeral Home
Crowell Home & Auto Supply
Artista Salon
Olympia Restaurant
Gowanda Harley Davidson**

Your biggest opponent is
yourself!

**Website: <http://gtownfit.com>
Jennifer Gernatt- (cell 860-8782)
Email-jengernatt@gmail.com**

Mail entry form and check to:

**Jennifer M. Gernatt
Crouse 5K Challenge
PO Box 172
Collins, NY 14034**

ENTRY FORM

FULL NAME

PHONE

STREET ADDRESS

CITY, STATE & ZIP

Circle One:

5K Run 5K Walk 1/2 M

5K Shirt Size GCS RATE NO SHIRT

XS S M L XL XXL

Sex: M OR F

Age on race day

Declaration and 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, 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 Area Chamber of Commerce, NYSDOT, Village of Gowanda, Race Committee and their representatives, agents or assigns for any and all personal injuries, damages, losses and injuries suffered from or incurred by competing in or attending this event.

Signature

Date

Signature of parent or guardian if under 18 years of age.

Date