

# 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](http://gtownfit.weebly.com) or Facebook GTownFit

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