



Rouse 5K Run/Walk
(All Proceeds Benefit the Alzheimer's Association)
Saturday, April 9th, 2016

COURSE: The Rouse 5K Run/Walk will follow a 3.1-mile scenic, flat course through Youngsville. The race will start in front of the Rouse Home and finish in front of Rouse Rehab.

TIME: Registration begins at 7:30am; **Race starts at 9am**

ENTRY FEE: \$15.00 pre-registration; \$20 day- of race or postmarked after March 30th, 2015
****T-shirt guaranteed to first 100 pre-registered runners****

DIVISIONS: 18 & Under, 19-29, 30-39, 40-49, 50-59, 60+

AWARDS: First male and female overall; Top three finishers in each division

MAIL RACE APPLICATION AND ENTRY FEE TO:

The Rouse Estate
701 Rouse Avenue
Youngsville, PA 16371
Attn: Lacy Dexter

Make checks payable to: Rouse Wellness Committee

Questions? Contact Lacy Dexter at 814-563-7565 or ldexter@rouse.org

Visit Rouse.org or Facebook.com/rouseestate for more event info!

NAME: _____ **PHONE:** _____

ADDRESS: _____

CITY, STATE, ZIP: _____

GENDER: M F **BIRTHDAY:** _____ **AGE AS OF 4/10/15:** _____

EMAIL ADDRESS: _____

T-SHIRT SIZE (Adult): S M L XL XXL (Add \$2.00 for XXL)

PLEASE CIRCLE: WALKER RUNNER

I hereby for myself, heirs, executors and administrators waive and release any claims I may have against the Rouse Estate or any involved sponsor. In addition, I attest and verify that I have full knowledge of the risks involved in this event and that I am physically fit and trained sufficiently to participate in this event.

SIGNATURE: _____ **DATE:** _____

(If under 18, parent or guardian must sign)