



Dickinson Center's VIRTUAL RUN/WALK FOR WELLNESS 5K

July 21st-23rd, 2023

Any 5K trail or path of your choosing

All proceeds will benefit Dickinson Center's Wellness Program.

About Us

Dickinson Center, Inc. is a nonprofit organization committed to helping individuals reach their full potential by providing a comprehensive spectrum of behavioral health, intellectual disability, and prevention services.

Virtual 5K Instructions

Run, hike, or walk a 5K trail or path of your choosing on the weekend of July 21-23, 2023. **Submit a screenshot of the trail you used with your time to Rita Kraus at rkraus@dickinsoncenter.org.**

T-shirts or Water Bottle

T-shirts or water bottles will be given to all pre-registered participants. **All pre-registrations must be in by NOON on JULY 14th, 2023.**

Clip and mail with entry fee to:

Dickinson Center, Attention: Rita Kraus, 43 Servidea Drive, Ridgway, PA 15853

Make checks payable to Dickinson Center, Inc. Wellness Committee

Name: _____ Email: _____

Phone: _____ Address: _____

Emergency Contact Name & phone number: _____

Age Group: 12 & Under ___ 13-19 ___ 20-29 ___ 30-39 ___ 40-49 ___ 50-59 ___ Over 60 ___

Gender: _____ I am a Walker _____ Runner _____

Fee: \$10.00 ___ Pre-registered **CHOOSE ONE:** Water Bottle _____ or **T-Shirt Size:** _____ Adult sizes (S, M, L, XL)
 _____ Youth sizes (S, M, L)

Waiver (must be signed to participate): In consideration of the acceptance of the entry, I hereby waive and release Dickinson Center, Inc., all sponsors, officials and representatives from any and all rights and claims from damages arising from any injury suffered during this event, including those attributed to weather conditions. I attest that I am an amateur runner/walker and I am physically fit to participate in this event.



Signature
(parent's signature required if participant is under 18)

Dickinson Center, Inc. is a private, non-profit 501(c) (3) charitable organization under the Commonwealth of Pennsylvania. Your donation may or may not qualify for charitable contribution status depending on applicable State and Federal regulations. The official registration and financial information of Dickinson Center, Inc. may be obtained from the Pennsylvania Department of State by calling toll free, within Pennsylvania, 1-800-732-0999. Registration does not imply endorsement.