



Rush Hour Run 5K RUN / 2 MILE WALK

DATE: Thursday, June 23, 2011
PLACE: SEI Corporate Headquarters
One Freedom Valley Drive
Oaks, PA 19456
TIMES: Registration – 5:30 p.m.
5K Run – 6:30 p.m.
2 Mile Walk – 6:40 p.m.

COURSE DESCRIPTION

An out-and-back run along the Perkiomen Trail.

REGISTRATION

Online at www.rushhourrun.com or complete this form and mail to:

SEI Rush Hour Run
One Freedom Valley Drive
Oaks, PA 19456

- Make checks payable to: SEI Rush Hour Run
- Registration must be received by June 20th
- Dry Fit shirts for all pre-registered runners and walkers

ENTRY FEE

\$25.00 for all pre-registered runners and walkers
\$30.00 on race day for all runners and walkers

5K AWARDS

Overall male and female winners and the top three male and female in the following age groups:

18 & under	40 – 49
19 – 29	50 – 59
30 – 39	60 & over

HAPPY HOUR

Post race party at SEI with food and drinks for all participants. Two-beer limit for all runners over 21 years of age (*ID required*).

PROCEEDS

All proceeds benefit both **Depaul House** and **SEI Cares**. Depaul House is an organization committed to helping the area's homeless population work towards self-sufficiency and independent living. SEI Cares generously supports numerous local non-profit organizations.

REGISTRATION FORM

Last Name First Name

Phone Number

Address

City State Zip Code

Email Address Age

5K 2 Mile walk (*check one*)

Male Female

Race/Walk Shirt size preference (*check one*):

Men's: S M L XL XXL

Women's: S M L XL XXL

Release: In consideration of being permitted to participate in this event, I hereby for myself, my heirs and personal representatives, assume any and all risks which might be associated with this event. I further waive, release, discharge and covenant not to sue sponsors, officials, contributors, organizers, volunteers and beneficiaries of their successors and assignees for any and all injuries of damages of any kind whatsoever suffered by me as a result of taking part in the event and/or any related activities.

Signature Date