

## Prouty 5K Challenge Road Race set to return



Courtesy photos

Maddie Wilson during last year's road race.



The Prouty family poses during last year's event.

SPENCER—The Prouty 5K Challenge Road Race returns for its fourth year on Saturday, Sept. 12.

The Challenge, which is named for its undulating route over Spencer's scenic roads, starts and ends on the terrace in front of Senior Living at Prouty, 195 Main St.

"The Challenge seems to have become a fall favorite for Spencer," said Race Director Paul Lemieux. "We took a year off in 2013, and were thrilled to see the huge turnout when we returned in September 2014. We are hoping to increase the number of participants even more this year."

Lemieux added: "This year's race has some exciting changes. Runners made suggestions, and we listened. One change is that we divided the '60 and above' age bracket into two. The age brackets are now: 18 & under, 19-29, 30-39, 40-49, 50-59, 60-69, and 70 & above. The new age bracket makes the race more equitable for all. In addition, our race website allows groups to compete as teams. (see [www.Prouty5K.org](http://www.Prouty5K.org).) A third change is that supporters can now make donations in honor of their favor-

ite runners or walkers. This allows people to participate even if they choose not to run or walk."

The funds raised at the Challenge will subsidize programs for seniors throughout Spencer and the surrounding areas (not only those who live at Senior Living at Prouty).

Historically, we've been able to sponsor many programs, ranging from historical presentations, to stress relief classes, to musical entertainment.

People and businesses can participate in the Prouty Run in so many ways — by running, as a race sponsor, as a volunteer, by sponsoring a race participant, or by contributing to our raffle.

Entry fees remain" \$20 for the 5K event and \$10 for the 1-Mile Run/Walk, T-shirts given to the first 150 registrants. For those local businesses and organizations who would like to gain exposure at this well-attended event, we once again offer a full array of sponsorship opportunities (including donating raffle prizes).

Details on all of the above and much more can be found on our website, [www.Prouty5K.org](http://www.Prouty5K.org).

This event is hosted by MHPI, Inc., a charitable non-profit organization dedicated to bettering the lives of the elderly and less fortunate through a full and varied array of home-based supportive services designed to keep people living independently. MHPI owns and manages the beautiful and spacious Senior Living at Prouty, where the race will begin and end. To learn more about MHPI, please visit [www.mhpi.net](http://www.mhpi.net).