



Coventry Woods Challenge



Presented by
Chester County Running Store and Altra Shoe Company.



Date: Sunday August 2nd

Start Time: 8:00am

Coventry Woods Racing presents 3 Hour, 6 Hour, & 6 Hour Team Relay, & 10K

Entry fees:

- \$30.00 - 3 Hour Race Till 7-1-15
 - \$40.00 - 3 Hour Race after 7-1-15
 - \$60.00 - 6 Hour Race Till 7-1-15
 - \$70.00 - 6 Hour Race after 7-1-15
 - \$100.00 - 6 Hour 3-Person Team Relay Till 7-1-15
 - \$115.00 - 6 Hour 3-Person Team Relay after 7-1-15
- All events \$10.00 more on race day
- **10K—\$20.00 mail in or on line.**

Age Groups:

19 & under, 20-29, 30-39, 40-49, 50-59, 60+
Male & Female

Awards will be given to the overall Male and Female for both the 3 & the 6 hour race.

Awards will also be given to the top three in each age group for both the 3 & the 6 hour race. Awards will be presented to the top three relay teams.

Camping will be available on Saturday night August 1st!
NO OPEN-PIT FIRES WILL BE PERMITTED!

The course will be a 6.2 mile looped course. Do as many laps as you can in either 3 or 6 hours. We will also include a 6 hour 3 person team relay and 10K. The terrain will be a mix of rock, roots, single and double track. Plenty of ascents and descents for all to enjoy!

2-aid stations will be available. The primary aid station will be near the start/finish. It will have a full array of food and drinks. The second aid station will be located around the half way point of the loop. It will have H2O only! A water hose for cooling off will be available each lap. Personal pit stations will be available to set up and pass each lap.

Directions:

Coventry Woods Park, 1954 Saint Peters Rd Pottstown, Pa 19465



Altra shoe company will be set up at the race with test shoes to run in. 4 pairs of Altra Shoes will be given away plus swag and awards.

T-Shirt Included to all pre-registrations. Purchase on race day for \$6.00 for all non pre-registrations.

Online registration go to ultrasignup.com or runcrs.com

Mail form and entry fee to:

Don Morrison
Suburbia Shopping Center
38 Glocker Way
Pottstown, PA 19465

Checks made out to CCRS

Phone: 610-327-4843
E-mail: morrisd1@aol.com

Name _____

Address _____

Phone _____

T-shirt Size: S M L XL

Sex _____ Age on race day _____

In signing this entry I, for myself, my heirs, executors, and administrators release Coventry Woods Park, North Coventry Township, Chester County Running Store, Donald Morrison, Altra Shoe Company, and all of its representatives, sponsors, from any and all injuries, damages and/or claims of any description which might arise out of this event. I have read and understand the aforementioned release and sign it voluntarily. I attend that I am fit, able, and capable of running this event.

Signature _____ Date _____

Signature of parent or guardian if under 18 years of age. _____ Date _____