

Coventry Woods 5K & 10K Trail Challenge

Part of the USATF Mid-Atlantic Off-Road Series



Presented by CCRS and the RUNegades

Trail racing at its best! Great trails in a beautiful setting AND the 10K is part of the USATF Mid-Atlantic Off-Road Series. The loop course will be a mix of rock, roots, single and double track. Plenty of ascents and descents for all to enjoy. These trails are super fun!

When: Sunday May 22nd @ 8:00 am (10K) and 8:15 am (5K)

Where: 1954 Saint Peters Rd. Pottstown, PA 19465

Swag: All runners who register by 5/1 will receive a unique race-themed T-shirt

Cost: 5K: \$30 until 3/31, \$35 4/1 to 4/30, \$40 5/1 to race day

10K: \$40 until 3/31; \$50 4/1 to race day



For more information and to register online, go to RUNegades.com

Name _____ Gender Group _____ Age _____

Address _____ Event: 5K / 10K

Phone # _____ Email _____

Waiver: In signing this entry I, for myself, my heirs, executors, and administrators release RUNegades, Inc., CoventryTownship, CCRS, Second Wind Race Timing, and all event representatives and sponsors from liability to any and all injuries, damages, and/or claims of any description which might arise out of this event. I understand that running a race entails certain risks and I certify that I am healthy enough to compete in this activity. I have read and understand the aforementioned release and sign it voluntarily.

Signature: _____ Date _____

Parent/Guardian (if under 18): _____

Make Checks Payable to: RUNegades, Inc
Submit entries via mail to RUNegades, Inc. 1129 Bateman Drive. Phoenixville, PA 19460
OR Register online at RUNegades.com

