



The USATF Coventry Woods 5K & 10K Trail Challenge

Sunday May 19, 2024

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 is a mix of rock, roots, single and double track. Plenty of ascents and descents for all to enjoy.

These trails are super fun!

Start Times: 10K @ 8:00 / 5K @ 8:15

Age Groups and Awards for both races

Top M/F and top 3 M/F in each age group: 19 & under, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

Cost: 5K \$35 10K \$45

T-shirts are available for all those who pre-register by 5/5.

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

Name _____ Sex _____ Age _____

Address _____

Phone # _____ Email _____

5K _____ 10K _____ Unisex T-shirt Size (circle one): S M L XL XXL NONE (save \$5)

Waiver: In signing this entry I, for myself, my heirs, executors, and administrators release Mid-Atlantic events, Coventry Woods Park, North Coventry Township, Keystone Running Store, The Pennsylvania Running Company, RUNegades, Inc., and all of the 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 trail 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. I attest that I am fit, able, and capable of running this race.

Signature: _____ Date _____

Parent/Guardian (if under 18): _____



Register online @ RUNegades.com OR

Make Checks Payable to: Pennsylvania Running Company, LLC

Submit entries via mail to: 1129 Bateman Drive. Phoenixville, PA 19460