

West Chester Summer Cross Country Series 2005

Presented by

The Chester County Running Store~Kelly's Sport's, Ltd.~Westtown Twp.
The West Chester Running Club~Wawa Food Market~WC Henderson XC~CK Timing

Dates: Every other Tuesday starting June 14 (6/14,6/28,7/12,7/26,8/9,8/23)

Distances: 5k open to all; kids' mile (12 & under); children's 200 meters (6 & under)

Starting Times: 200 meters @ 6:40pm; mile @ 6:45pm; 5k @ 7:00pm

Course: Westtown Township's Oakbourne Park/xc course (see below for directions)

Cost: 5k: \$30 for the series (includes t-shirt); \$12 per race w/t-shirt; \$8 per race w/o shirt
Mile: \$20 for the series (includes shirt); \$6 per race w/shirt (only one shirt per series)
Children's 200 meters: free of charge (\$6 for shirt)

Awards: Prize money for the top 3 in each race (50,25,15). Awards for top 10 men & women.

All milers and children's participants get an award for each race.

*Overall awards/prizes to the top three series scorers in the mile at the end of the series.

Special Races: Prizes will be awarded for the designated special races:

6/28: **Age Graded Race** (Overall places will be adjusted using USATF's age graded tables to determine this evening's awards); 7/26: **Team Race** (3 member teams score);

8/9: **Couples Race** (2 member, male/female couples score).

There is no additional charge for the special races.

Directions to Oakbourne Park:

From South: Take 202 North to right turn at Pleasant Grove Rd. (by the Westtown Police Building and St. Maximillian Church). Go about two miles to stop sign at Concord Rd. and turn left. Go past entrance to the Gaudienza House and take the next left into park.

From North: Take 202 South to left turn at S. Matlack St. stoplight (by Kelly's Sports & Fed Ex buildings). Follow to Concord Rd. and bear right. Park entrance is on right.

Registration Form

Name _____ Age ____ Sex ____

Address _____ City _____ St ____ Zip _____

Have you run the XC series before? ____ How many years? ____

Please circle below your intended registration(s):

All 6 races ____ 6/14 ____ 6/28 ____ 7/12 ____ 7/26 ____ 8/9 ____ 8/23 ____

Waiver: In consideration of acceptance of this entry, I hereby waive and release any and all rights and claims for damages that I or my heirs may have against Westtown Township, Henderson HS, Henderson XC, its officials, WC summer series sponsors and volunteers. I certify that I have properly trained for this event and have been medically certified to be able to participate in this event.

Signature _____ Date _____ Parent Signature _____

(if under 18 yrs. of age)

Please send pre-registration forms to: The Chester County Running Store, 24 South High Street, West Chester, PA 19382. Make checks payable to: Henderson Girls Cross Country. Questions: (610)696-0115.

Web Site: www.runcrs.com