



**5th Annual
Coventry
Challenge 5K
1 Mile Fun Run/Walk**

When: Sat., March 21, 2009, 9 a.m. (Registration at 7:45 a.m.) **Where:** Coventry Christian Schools, Pottstown, PA

Why: To support young runners and other young athletes and to promote a healthy lifestyle

Hosted by: Coventry Christian Schools Cross Country Team

Registration Cost: Before March 1: Individual \$18, Family \$60

After March 1: Individual \$20, Family \$75

Awards: Top 3 male and female overall and top three male and female by age division:

(13 & under, 14-18, 19-29, 30-39, 40-49, 50-59, 60+)

Coventry Christian Schools presents the 5th Annual Coventry Challenge 5K. As those who have run our race before have discovered, our desire is to provide area runners of all abilities with a first class racing experience. Both the seasoned master and the nervous first-timer will find something they love about the course, the people, the awards, the food, the fun, the organization, and the atmosphere. Most importantly, all proceeds from the race will be used to support the Coventry Christian Cross Country Team and the athletic program of Coventry Christian Schools. Your participation not only improves your health and fitness but supports healthy living in the lives of young people.

Name _____ Age: _____ Sex: _____ Circle one: 5K 1 mile

(youth S, M, L)

Shirt Size: (S, M, L, XL, XXL)

Street _____ City, State, Zip _____

Phone _____ Email _____

Please make checks payable to:
Coventry Christian Schools
699 N. Pleasantview Rd.
Pottstown, PA 19464

If a family, list family members below including age, sex, and shirt size:

Contact Paul Q. Fisher
610-326-3320
paulfisher@educatingforlife.com

ALL RUNNERS MUST READ AND SIGN:

In consideration of being allowed to participate in this event sponsored by Coventry Christian Schools (CCS), and intending to be legally bound, the undersigned acknowledges and fully understands that each participant will be engaging in this activity that involves risk of injury, which might result not from his/her own actions, inactions or negligence of others, or the conditions of the premises. Further, that there may be other unknown risks or risks not reasonably foreseen at this time. Hereby, for myself, my heirs, my executors, and administrators, I do waive and release any and all claims against Coventry Christian Schools, volunteers, sponsors, owners, and tenants of the premises for any injuries that may be incurred by me at this event. I acknowledge that I am in good physical condition for this event and am fully insured for any injury or illness that may occur during this event and give permission for use of my name and/or picture in publicity related to this event.

The undersigned has read the above waiver and release and understands that all substantial rights have been given up in voluntarily signing it.

Signature (Parent/legal guardian if under18)

COURSE MAP

For a course map, go to <http://www.mapmyrun.com/run/united-states/pa/pottstown/136302952>

DRIVING DIRECTIONS

The race begins and ends at the Pleasantview Rd. campus of Coventry Christian Schools at 699 N. Pleasantview Rd., Pottstown, PA.

From Points East of Pottstown:

- 1 Take Route 422 West to the Sanatoga Exit.
- 2 At the end of the exit ramp, go straight across Ridge Pike.
- 3 Turn left at the traffic light, which is High St.
- 4 Follow High St. west to N. Pleasantview Rd. (Turn right at the Rite Aid).
- 5 The school is on the left side of Pleasantview Rd. less than one mile from High St.

From Points West of Pottstown:

- 1 Take Route 422 East to the Armand Hammer Blvd. exit.
- 2 Turn right at end of exit ramp and left at the light.
- 3 At High St., turn right.
- 4 At N. Pleasantview Rd., turn left at the Rite Aid.
- 5 The school is on the left side of Pleasantview Rd. less than one mile from High St.