

Just do it!

**6th Annual
Chester County
Kid's Cross Country
Series**

Oakbourne Park
Westtown, PA
Fridays-September 18 & 25
October 2, 9 and 16

1st Race at 4:30PM
Race against Kid's from
your own grade.

www.runccrs.com

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610-383-9455**

Chester County Kid's XC Series
Chester Count Running Store
24B South High Street
West Chester, PA 19382

*Come out
and get fit!!*

Chesco Kid's XC

In the 6th year of this series, we aim to continue to promote fitness by allowing kids to get out and run races in beautiful Oakbourne Park on Friday afternoons in the fall. This has become an awesome event. In 2007, we averaged 198 runners per race with over 350 different kids participating in at least one race.

All 5 races will be the same distance so the runners can see their progress and improved fitness level over the course of the series. We would encourage participants to run a couple of times per week in preparation for the races.

The series winner for each grade will be determined by total points scored in the series. The scoring is 10 for 1st, 8 for 2nd, 6 for 3rd, 4 for 4th and 2 points for 5th place in each race.

Race Distances and times:

Pre-K-1/4 mile-4:30

Kindergarten and 1st Grade-1/2 mile-4:35

2nd and 3rd grade-3/4 mile-4:47

4th and 5th-1 mile-5:00

6th-8th grades-1 mile-5:00

Races of the same distance will be run together. Each grade except grade 6-8 will be scored separately.

INFORMATION

DATE & TIMES:

Fridays-9/18, 9/25, 10/2, 10/9 and 10/16. 1st race starts at 4:30PM. Registration starts at 3:50PM by the Oakbourne Mansion(in case of rain, registration will be at the pavillion).

AWARDS:

There will be awards for all finishers in each race. There will be series awards based on the total time of all five races. There will be a trophy awarded to the first girl and the first boy for each grade.

Costs:

Pre-registration for the series is \$20.00. That is due by September 1. Post-registration and day of the race entry for the series is \$25.00.

Registration cost for one race is \$7.00-This does not include a shirt.

Please do not pre-register for one race only for the series.

Amenities:

-Nike Pro T-Shirt to the 1st 300 kids to sign up for the series.

-Great prizes.

-Great improvement of fitness.

REGISTRATION FORM

NAME: _____

ADDRESS: _____

CITY: _____

STATE: _____ ZIP: _____

Grade: _____ SEX: M _____ F _____

School: _____

EMAIL: _____

I have run the XC Series _____ years.

SHIRT SIZE(Kid's sizes) S M L XL

Pre-Registration for series (postmarked by 9/1) \$20

Late Registration and race day for series \$25

Registration for one race(no shirt) \$7

**Make checks Payable & Mail to:
West Chester Elementary XC(WCEXC)**

Chester County Running Store

24B South High Street

West Chester, PA 19382

Call 610-696-0115 with questions.

www.runccrs.com

WAIVER: In consideration of the acceptance of this entry, I hereby waive and release all my rights and claims for damages that I or my heirs may have against Westtown Township, Chester County Running Store, its officials, sponsors and volunteers. I hereby 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's Signature _____