

West Chester Summer Cross Country Series 2009

Presented by

The Chester County Running Store~Nolan Painting~Westtown School

Dates: Every other Tuesday starting June 9(6/9, 6/23, 7/7, 7/21, 8/4, 8/18 & 9/1)

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 School's XC Course(this is the Ches-Mont XC course).

Cost: 5k: Pre-Register(by June 1)\$40 for the series (includes t-shirt); \$15 per race w/t-shirt; \$10 per race w/o shirt

Mile: \$30 for the series (includes shirt); \$5 per race w/no shirt. \$10 per race w/shirt(only one shirt per series)

Children's 200 meters: \$2 per race (\$10 for shirt). No youth size shirts will be available.

Late Registration-\$50.00 for Series. Please do not pre-register for anything except the series.

Awards: Prize money for the top 3 in each race (50,40,30)). Awards for top 10 men & women and top 2 Master's Runners.

*Series Prizes-Top 3 Milers get a trophy. Top 3 Male and Female 5k runners get cash(\$300, \$200, \$100)

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

6/23: **Age Graded Race** (Overall places will be adjusted using USATF's age graded tables

to determine this evening's awards); 7/21: **Team Race** (3 member teams score);

8/4: **Couples Race** (2 member, male/female couples score).

There is no additional charge for the special races.

Directions to Westtown School:

From South: Take 202 North to 926 East. Go left on Westtown Road. Look for signs to Athletic Fields.

From North: Take 202 South Westtown Road exit-Go left on Westtown Road. Pass the Main entrance of Westtown School. Go to next stop sign. Go left towards athletic fields.

Registration Form

Name _____ Age ____ Sex ____

Address _____ City _____ St ____ Zip _____

Email _____

Are you on the CCRS e-mail list? Yes No

Please **circle** below your intended registration(s):

All 7 races 6/9 6/23 7/7 7/22 8/4 8/18 9/1 **Only pre-register for the entire series.**

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 School, CK timing, 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: **CK Timing**. Questions: (610)696-0115.

Web Site: www.runcrs.com.

