



# The USATF Coventry Woods 5K & 10K Trail Challenge

Sunday May 18, 2025

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!**

10K: start @ 8:00 5K: start @ 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+ Male & Female

### 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](http://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, Chester County Running Store, 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](http://RUNegades.com) OR

Make Checks Payable to: Pennsylvania Running Company, LLC

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