



**6th Annual
Coventry
Challenge 5K
1 Mile Fun Run/Walk**

This Form for CCS Students and Parents Only! All others must use payment form available in office and on website.

Where: Pleasantview Campus

When: Saturday, March 20, 2010. Registration begins at 7:45 a.m., Races at 9 a.m. and 9:05 a.m.

Thanks to the Pottstown Area Health and Wellness Foundation, registration is free to all CCS parents and students. This means we can focus on our training and fundraising efforts! Be sure to recruit runners and walkers from your friends, neighbors, coworkers, and extended family. Send them to our website to register online or get a regular registration form for them from the office or the website forms section. They will need to pay the registration fee and use that form instead of this one.

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 _____

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

⇨

Shirt guaranteed only to those who register by March 1.
⇩

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>
(It will say 2.99 miles, but that's because clicking on the map is not very precise! It's a wheel-measured 5K course.)

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.