

GREATER PHILADELPHIA 5K XC CHALLENGE



ALL AGES WELCOME

TUESDAY EVENING, AUGUST 1, 2017 6:30PM START

GERMANTOWN ACADEMY - FORT WASHINGTON, PA

Note: If the number of pre-entrants exceeds what the course can handle in one race, there will be two races, with women at 6:30pm and men at 7:15pm. Be sure to check the website for updates.

PRESENTED BY

GREATER PHILADELPHIA TRACK CLUB & GERMANTOWN ACADEMY



Sanctioned by
USA Track & Field



Course Description (spike-friendly): Open fields, dirt & wood chip paths through shaded forest, wooden bridges over creeks, and *two* large log crossings!

\$20 Pre-Entry fee (\$25 Meet Day). AWARDS (Men and Women): Overall, Overall Masters (40+), Top 3 Teams (top 3 score), Age-Group (3 deep): 10&under, 11-14, 15-18, 19-24, 25-29, 30-34 ... 100-104! Awards provided by Johnny King-Marino and Advanced Sports Chiropractic

LOCATION: CAREY STADIUM & ATHLETIC COMPLEX AT GERMANTOWN ACADEMY

340 MORRIS ROAD, FORT WASHINGTON, PA 19034 (convenient to PA Turnpike Exit #339)

*** Course Starts and Finishes on Athletic Fields above Carey Stadium ***

Registration, course map, directions, and further info on the 5K XC Race webpage at the Germantown Academy All-Comers Track & Field Meets website, www.gatrack.org

CONTACT: Race Directors: Tom Taft, tomtaft71@gmail.com, 215-778-6968;

Kyle Mecklenborg, krmeck@verizon.net, 215-393-1382

[Turn over for info on our generous sponsor, *Advanced Sports Chiropractic*]

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August 1, 2017

ALL AWARDS PROVIDED BY
JOHNNY KING-MARINO & ADVANCED SPORTS CHIROPRACTIC

GOLD-LEVEL SPONSOR:



Advanced Sports Chiropractic www.jkmhealth.com is a sports injury clinic focusing on the treatment and prevention of injuries related to endurance sports. Using techniques on the cutting edge of medical science, they have experience with IT band syndrome, plantar fasciitis, hamstring injuries, runner's knee, Achilles injuries, bursitis and many other conditions. Advanced Sports Chiropractic has treated runners of all ages and abilities, including Catherine Ndereba, 4-time Boston Marathon Champion. Their staff will attend the cross-country meet and offer complimentary stretching, muscle/soft tissue work, injury evaluations, etc. to the runners.
