



**Marathon
Sports**

WRENTHAM XC CUP CHALLENGE

Sunday Oct 14th, 2018 At Wrentham Developmental Center Fairgrounds corner of Sheer and Emerald St Wrentham Mass

Sanctioned by USATF-NE

Hosted by Seekonk Warrior Track Club &
Mass State Track Coaches Association

RACE PROCEEDS go to Mass State Track Coaches Scholarship & Campership programs.

www.mstca.org for more information



RACE SCHEDULE

10:00am Open 5K for men
10 35am Open 5K for women
11:10am Middle school 3K boys
11:30am Middle school 3k girls
12:00pm High School Age 5k Boys -Grades 9-12
12:30pm High School Age 5k Girls-Grades 9-12



Bib numbers will have chips attached to them. Please do NOT stop your watch as you cross the finish line. It will disrupt the signal and your time will not be recorded.



Open 5K Race top three finishers Plaques and gift certificates.

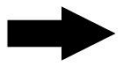
Gift certificates & medals Top 3 in the 19-29 , 30-39, 40-49 50-59 , 60 & Over

Middle school 3K and High school 5K races Top 15 medals.

Post-Race snacks will be available to all runners

The course is a relatively flat course with some rolling hills. The course is over a grassed surface and pretty fast. It will be high school course used during the fall season. Bring your spike shoes!

For safety reasons we will not run a race with over 350 competitors in the race at the same time. If the number of competitors reaches over that number we will split the race in half. We will use your best times to determine the split. If a race is split it will obviously change some starting times.



ONLINE REGISTRATION: www.coacho.com



Entry Fees Preregistered Open 5K \$20 by October 9, 2018

Day of Race \$30 onsite only

Middle & High School Age competitors 3k and 5k Preregistered \$15

Day of Race \$20 onsite only

Pre-Registration ends on Tuesday, October 9, 2018

Day of Post Registration begins at 7:30 am closes at 9:30 am.



Pre-Race Bib pickups can be picked up at Marathon Sports Store [287 School St. Mansfield 02048](#)

Friday and between 4:00 pm and 7:30 pm Saturday noon to 3:30 pm

All Pre Race competitors will receive a souvenir tee shirt the day of the race.



Race day bib numbers can be picked up starting at 7:30 am.



Race Director Dennis Sheppard Dennis.Sheppard@marathonsports.com



Medical ...A licensed Athletic Trainers on site. Each will have a lead cart with a trainer on board and a trainer at the finish line area. An EMT will also be on site.



Parking can be done on the grounds of the Wrentham Developmental Center Fairgrounds. A crew will direct you to a proper parking place. Cost of parking \$5 per vehicle. Proceeds will be donated to the Friends of Wrentham State Hospital and Seekonk Warrior Track Club.

Help needed... We are racing on the grounds of an active state hospital and we are asking you to not run up between the buildings and do not drive up into the campus area. We do not want to scare the patients. Please park at the fairgrounds. All warm ups can be done on the grassed areas or on the outside of the race course.