

TIME: REGISTRATION 7:30 – 8:45am,
9:00am START - Snow, Sleet,
Rain or Shine!

PLACE: *Mattison Elementary School*
located in central AMBLER - For
directions, see www.aarclub.com/frostbite

COURSE: *CERTIFIED* 5 mile chip-timed
course, mostly flat with short rolling hills
through downtown Ambler and surrounding
area.

AMENITIES: Pre & Post race activities,
Vendor tables, indoor rest facilities,
professional timing, water stops and
refreshments.

BENEFITS:
Wisschickon Valley Watershed Assoc.
Aid For Friends

REGISTRATION (NO REFUNDS)

Register Online at
www.aarclub.com

click on **2010 Frostbite Run**

Student Online	\$17*	} Unit 2/17
Adult Online	\$23*	
Rec'd in Mail	\$30	
After 2/17	\$33	

* plus online processing fee

Make Check Payable to **AARC**
Send Entry & Check to:

AARC
PO Box 204
Springhouse, PA 19477

~Packet Pickup~

Friday the 19th - Ambler Theater 5-8pm

or
Race Day starting at 7:30 am

~Awards~

\$250 TO OVERALL MALE & FEMALE
\$100 2ND PLACE OVERALL M & F
\$50 3RD PLACE OVERALL M & F

~Course Records~

Open female	Christine O'Connell	28:53 - 2006
Masters female	Shirley Geerling	31:15 - 2002
Open male	Karl Savage	24:37 - 2008
Masters male	Chuck Crabb	26:58 - 2001

~Age Group Awards~

Top 3 Male & Female Runners

14 & UNDER	40-44
15-19	45-49
20-24	50-54
25-29	55-59
30-34	60-64
35-39	65-69

70 & OVER

~DOOR PRIZES!~

LONG SLEEVE T-SHIRTS WITH RACE
LOGO GUARANTEED TO ALL THOSE
PREREGISTERED BY MONDAY 2/15/09.
RACE DAY REGISTRANTS RECEIVE
SHIRTS ONLY WHILE THEY LAST.

Register online at
www.aarclub.com
(Click on the Penguin)

Name _____

Street Address _____

City/State/Zip _____

Date of Birth _____ Age race day: _____ Gender: M or F

Email address: _____ Phone #: _____

Release: I know that running a road race is a potentially hazardous activity. By entering and running, I acknowledge that I am medically able and properly trained for this event. I also know that, although police protection will be provided, there may be traffic on the course route. I assume any and all risks associated with running this event including, but not limited to falls, contact with vehicles and other participants and any object, weather, and hazardous road conditions (such as ice). I hereby release, and discharge Ambler Area Running Club, its members and volunteers, all sponsors and anyone acting on their behalf from any and all claims and liability for death, personal injury, or property damage whatsoever arising out of my participation in this event. This release and discharge is effective even if the person or entity being released or discharged is negligent and such negligence is a cause of any personal injury, death, or property damage to me. I grant full permission to the event to use my image for recording of this event in any format or media. By signing this, I attest that I have read and understand this release:

Signature: _____ Date: _____

(If under the age of 18, a parent/guardian's signature is required.)

RACE BENEFICIARIES



The Wissahickon Valley Watershed Association (WVWA) is a non-profit conservation group that is dedicated to protecting the health and beauty of the Wissahickon Creek and enhancing life within the watershed by preserving open space, promoting wise land use and educating the public about environmental issues. WVWA maintains trails for the public's use and enjoyment; the largest trail is the 21-mile Green Ribbon Trail that follows the Wissahickon Creek from North Wales to the Schuylkill River.

More information about the association can be seen at www.wvwa.org



*Aid For Friends
Food and Friendship; Little
Miracles Love Can Bring*

Aid For Friends serves primarily the frail elderly, in the 5 county Greater Philadelphia area, with free daily home-cooked meals delivered weekly by empathetic volunteer visitors, and also to provide shut-ins with free outreach services. The goal is to help our homebound "client/friends" maintain their cherished independence by supporting their determination and to enhance their quality of life.

More information about the association can be seen at www.aidforfriends.org/

QUESTIONS:

EMAIL: frostbite@aarclub.com

More details at

www.aarclub.com/frostbite



Presents the
11th Annual



With
Chip Timing

**Saturday, February 20, 2010
9 am Start!**

Snow, Sleet, rain, or shine



The Ambler Area Running Club gratefully acknowledges the following sponsors, who make possible the events, activities and organizations that AARC supports:



Andrew Szekely
Chiropractic Center
DKO Service
Born To Run

Part of the proceeds from this event support AARC and its activities, whose mission is as follows:

The **Ambler Area Running Club** is a non-profit 501(c)3 organization whose purpose is to develop and promote local running and racing, to provide running-related information and social activities, and to enhance training opportunities in a supportive atmosphere for runners of all abilities. AARC provides these activities in a way that promotes the well-being of the community.