

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



presents



July 14, 2010

to benefit

Wissahickon Valley Watershed Association

and

The Inter-faith Housing Alliance

Directions to race (start & finish):

From PA Turnpike take Fort Washington exit to 309 North. Exit 309 at Susquehanna; turn left onto Susquehanna. Then, turn left onto Butler Pike. Take Butler Pike thru Ambler to light at Skippack Pike (Rt. 73). Turn right onto Skippack Pike. At next light turn right into Lewis Lane. Park in Shady Grove Elementary parking lot on right.

From North, take 309 South to Bethlehem Pike. Follow Bethlehem Pike to Butler Pike and turn right. Follow Butler Pike thru Ambler to light at Skippack Pike (Rt. 73). Turn right onto Skippack Pike. At next light turn right onto Lewis Lane. Park in Shady Grove Elementary parking lot on right.

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

The purpose of the **Ambler Area Running Club** 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. **To learn more or to become a member, visit www.aarclub.com**



TIME: Registration Opens: 5:30 PM
1 Mile Fun Run/Walk: 6:30 PM
5K Race: 7:00 PM

Registration will close 15 minutes prior to each event

PLACE: *Shady Grove Elementary*
Skippack Pike & Lewis Lane
Blue Bell, PA

COURSE: Certified 5K Course is mostly flat with short rolling hills down Lewis Lane and Miles Drive. The 1 Mile Run/Walk on the grounds of Shady Grove Elementary.

AMENITIES: Post race food and refreshments at Shady Grove Elementary School - Professional timing - Vendor tables - Water stops.

5K REGISTRATION: (NO REFUNDS)

www.aarclub.com/phils/

Adult online until July 12 \$25*
Students** online until July 12 \$20*
RACE DAY and after July 12 \$35

1 Mile Fun Run/Walk \$10

* plus online processing fee

**Over 18 Student ID required at Packet pickup
For mail in registration (\$28 by July 10)

visit www.aarclub.com/phils/app
Make Check Payable to **AARC**
Send Application & Check to:

AARC
PO Box 204
Springhouse, PA 19477

~AWARDS~

FUN RUN/WALK: ALL CHILDREN AND ADULTS WILL RECEIVE A MEDAL

5K AWARDS:

1ST PLACE OVERALL MALE & FEMALE
2ND PLACE OVERALL MALE & FEMALE
3RD PLACE OVERALL MALE & FEMALE
TOP MALE & FEMALE MASTERS

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	

Men's and Women's tailored

Technical T-shirt

with race logo guaranteed to 5K runners registered by June 23rd!

RACE DAY REGISTRANTS RECEIVE SHIRTS

ONLY WHILE THEY LAST.

PACKET PICK-UP:

Tuesday(7/13): 6-8pm at Phils Tavern
(Butler Pike and Skippack Pike)
Race Day: 5:30 pm at Shady Grove

QUESTIONS:

EMAIL PHILS@AARCLUB.COM

More details at
www.aarclub.com/phils/

Name _____

Street Address _____

City/State/Zip _____

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

Email address: _____ Phone #: _____

Shirt Size: S M L XL

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.)

No dogs allowed in the race. Strollers must race at the back of the pack. The use of headphones is discouraged, but if you must use them use only one ear-phone please.