

FROSTBITE 5 MILER

TIME: REGISTRATION 7:30 - 8:45am,
RACE 9:00am
SNOW STORM? CALL 215-641-0410

PLACE: MATTISON AVENUE ELEMENTARY
located in central AMBLER
(Mattison Ave & S. Ridge Ave)

COURSE: CERTIFIED 5 MILE COURSE,
MOSTLY FLAT WITH SHORT
ROLLING HILLS THROUGH DOWN-
TOWN AMBLER & SURROUNDING AREA

AMENITIES:
PRE & POST RACE ACTIVITIES ARE
INDOORS WITH REST FACILITIES
PROFESSIONAL TIMING
WATER STOP & REFRESHMENTS
DOOR PRIZES!

BENEFITTING: Ambler Main Street Development
Ambler Ambulance

COST: BEFORE FEB 11: \$15
AFTER FEB 11: \$20 by mail or
race day registration
Feb 13 & 14: PACKET PICK UP
\$15 Pre-registration
at **Born to Run**
901 N Bethlehem Pike
Springhouse

QUESTIONS? CALL 215-641-0410
EMAIL WM@aarclub.com

LONG SLEEVE T-SHIRTS WITH RACE LOGO TO ALL
PRE-REGISTRANTS

RACE DAY REGISTRANTS RECEIVE T-SHIRTS
ONLY WHILE THEY LAST



AWARDS:

\$100 TO OVERALL MALE & FEMALE
\$50 TO 2ND PLACE OVERALL MALE
& FEMALE
\$25 TO 3RD PLACE OVERALL MALE
& FEMALE
\$50 TO TOP MALE & FEMALE MASTERS
& TOP 3 RACE WALKERS

AGE GROUP AWARDS TO TOP 3 MALE & FEMALE RUNNERS:

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

MAKE CHECK PAYABLE TO **AARC***.
SEND ENTRY AND CHECK TO:

AARC
c/o Born to Run
PO Box 854
Springhouse, PA 19477

*To register online: **www.aarclub.com**
Click on: 2003 Frostbite Run

Last Name _____ First Name _____ Age _____ W1125

To register online:
www.aarclub.com
Click on:
2003 Frostbite Run

BIRTHDATE _____ SEX _____ AARC Member: YES ___ NO ___

Street _____

City _____ State _____ Zip _____

Phone _____ E-mail _____

Signature _____ Date _____

Signature of parent if under 18 _____ Date _____

Waiver: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that, although police protection will be provided, there may be some traffic on the course route. I assume any risk associated with running this event including, but not limited to falls, contact, weather, hazardous road conditions (such as ice), and all such risks known or unknown to me. I understand that bikes, skateboards, baby joggers, in-line skates, and animals are not allowed in the race and I will abide by those guidelines. I hereby for myself, my heirs, my executors, or anyone else who might claim on my behalf, covenant not to sue and waive, release, and discharge any sponsor or anyone acting on their behalf from any and all claims of liability for death, personal injury, or property damage whatsoever arising out of my participation in this event. I grant full permission to the event to use my image for reporting on the event in any format or media.

The Ambler Area Running Club gratefully acknowledges the following sponsors of the Frostbite 5-Miler. Their generous support makes it possible for AARC to benefit non-profit organizations in our community through local running activities.



Breznicky-Rotz, P.C.



Dr. Ira Meyers
Podiatric Medicine & Surgery



FitForLife; Moulton Builders, Inc.;
Act II Playhouse

Directions to race:

From PA Turnpike take Fort Washington exit to 309 North. Exit 309 at Susquehanna and turn left onto Susquehanna. Then, turn left onto Butler. Continue into Ambler and turn Left onto S. Ridge. Take next left onto Poplar and park at municipal parking lot on right next to the church.

From North, take 309 south to Butler Ave exit, turn right onto Butler. Continue into Ambler and turn Left onto S. Ridge. Take next left onto Poplar and park at municipal parking lot on right next to the church.

For all up-to-date information about the run, including course map and description, schedule, awards, sponsors, and online registration, visit

www.aarclub.com/frostbite



presents
the 4th annual
**FROSTBITE
5 MILER**



9 AM Saturday
February 15, 2003
benefitting
**Ambler Main Street
Ambler Ambulance**
