



This race is made possible through the support of the following sponsors:



AMBLER SAVINGS



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Breznicky-Rotz, P.C.



ony A's Pizza

Ambler Theater

Ambler Beverage Company

The Pager Guy

Act II Theater

Mermaid Art Studio

Insignia Sign

Jackets 'N Things

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.



presents
the 5th annual
FROSTBITE
5 MILER



9 AM Saturday
February 14, 2004
benefitting
Ambler Main Street
and Wissahickon Fire Police



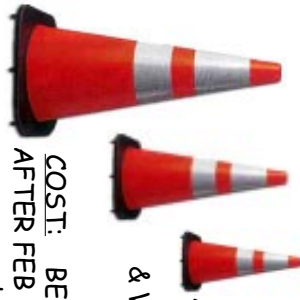


TIME: REGISTRATION 7:30 - 8:45am,
RACE 9:00am

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 DOWNTOWN AMBLER
AND SURROUNDING AREA.

AMENITIES: PRE & POST RACE ACTIVITIES
INDOORS WITH REST FACILITIES;
PROFESSIONAL TIMING, WATER STOP, &
REFRESHMENTS



BENEFITTING:
Ambler Main Street
Development Org.
& Wissahickon Fire Police

COST: BEFORE FEB 11: \$18
AFTER FEB 11: \$20 by mail or
race day registration
Feb 12 & 13: **PACKET PICK-UP AT**
Born to Run
901 N Bethlehem Pike
Springhouse

MAKE CHECK PAYABLE TO AARC AND SEND
ENTRY AND CHECK TO

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

Or register online (no extra charge)
at www.aarclub.com
click on **2004 Frostbite Run**



AWARDS:

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

**AGE GROUP AWARDS TO
TOP 3 MALE & FEMALE RUNNERS:**

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

**Special Valentine's Day Award to the
Fastest Couple (combined running times)**

DOOR PRIZES!

LONG SLEEVE T-SHIRTS
WITH RACE LOGO TO ALL RUNNERS
REGISTERED BY FEBRUARY 10;
RACE DAY REGISTRANTS RECEIVE SHIRTS
ONLY WHILE THEY LAST.

QUESTIONS: CALL 215-641-0410 OR
EMAIL WM@AARCLUB.COM



Last Name _____ First Name _____ Age _____

Birthdate _____ SEX _____ AARC Member: YES _____ NO _____

Street _____ Shirt Size: S M L XL

City _____ State _____ Zip _____

Phone _____ E-mail _____

Signature _____ Date _____

Signature (parent if under 18) _____ Date _____

To register online:
www.aarclub.com
Click on:
2004 Frostbite Run

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 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 recording of this event in any format or media.