

# PHIL'S TAVERN 5K

DATE: WEDNESDAY, JULY 17

TIME: REGISTRATION 5:30 - 6:45 PM  
RACE 7:00PM

PLACE: SHADY GROVE ELEMENTARY SCHOOL  
Blue Bell (Skiypack Pike & Lewis Lane)

COURSE: 5 K COURSE,  
MOSTLY FLAT WITH SHORT  
ROLLING HILLS DOWN LEWIS LANE  
& MILES DRIVE

AMENITIES:  
REST FACILITIES  
PROFESSIONAL TIMING  
WATER STOP & REFRESHMENTS  
DOOR PRIZES

BENEFITTING: INTER-FAITH OF AMBLER

COST: BEFORE JUL 10: \$15  
AFTER JUL 10: \$20 by mail or race day  
registration  
July 15, 16 & 17: PACKET PICK UP  
\$15 Pre-registration  
at **Born to Run**  
901 N Bethlehem Pike,  
Springhouse  
215-641-0410

SINGLET SHIRTS WITH RACE LOGO TO ALL  
PRE-REGISTRANTS  
RACE DAY REGISTRANTS RECEIVE SHIRTS  
WHILE THEY LAST



## AWARDS:

1<sup>ST</sup> PLACE OVERALL MALE & FEMALE  
2<sup>ND</sup> PLACE OVERALL MALE & FEMALE  
3<sup>RD</sup> PLACE OVERALL MALE & FEMALE  
TOP MALE & FEMALE MASTERS

## 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

## HIGH SCHOOL TEAM DIVISION:

TOP MALE (3)  
TOP FEMALE (3)  
TOP CO-ED (3)

## MAKE CHECK PAYABLE TO AARC.

SEND ENTRY AND CHECK TO:  
AARC  
c/o Born to Run  
PO Box 854  
Springhouse, PA 19477

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Age \_\_\_\_\_

DOB \_\_\_\_\_ SEX \_\_\_\_\_ HIGH SCHOOL \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

SHIRT SIZE S M L XL

Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature (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 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 photo, video, or recording of this event.

Part of the proceeds from all AARC runs go to a worthy non-profit organization. This year's Phil's Tavern Run benefits **Inter-Faith of Ambler**, a non-profit organization established in 1982 to assist homeless families in Montgomery County. The organization includes a 24-hour hotline for emergency help, a Hospitality Network, and Hope Gardens. The Hospitality Network consists of local churches and synagogues, providing extended shelter, food, transportation and other services for up to three months. Hope Gardens, an 8-apartment transitional housing complex in Ambler, supports families with longer-term housing needs.

This year's race is sponsored by:

**Phil's Tavern**  
**ISG Office Concepts, Inc.**  
**Cho-Pat sports/medical devices**  
**Dr. Ira Meyers, DPM**  
**Ostroff Villari P.C.**  
**Apopka Snake Ranch**  
**LA Fitness Clubs**  
**Born To Run**  
**Just Perfect**  
**U.S. Electrodes, Inc.**  
**Flex-Cable/NCSI**

**We thank these companies and organizations for their support of the Ambler Area Running Club, as well as their support for Inter-Faith of Ambler.**

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*Directions to race start (and finish):*

*From PA Turnpike take Fort Washington exit to Rt. 309 North. Exit 309 at Susquehanna and turn left. Turn left at Butler Pike. Take 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.*

*From North, take 309 south to Butler Pike exit, turn right. Take 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.*



presents  
the 3rd annual

**PHIL'S TAVERN**  
**5K**

WEDNESDAY, JULY 17, 2002

Visit our web site at [www.aarclub.com](http://www.aarclub.com)

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