

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



presents
the 10th annual



7 PM Wednesday
July 15, 2009
Rain or Shine

to benefit
Kelly Anne Dolan
Memorial Fund[®]

Directions to race (start & finish):
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**



This year's race benefits The **Kelly Anne Dolan Memorial Fund**, a non-profit resource center providing education, advocacy, information and financial assistance for the uninsured needs of families caring for seriously ill and physically challenged children.



TIME: Registration Opens: 5:30 PM
 Kids Fun Run: 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 (directions at www.aarclub.com/phils/)

COURSE: Kids Fun Run (Ages 12 & under) around Shady Grove Elementary. 5K Course is mostly flat with short rolling hills down Lewis Lane and Miles Drive

AMENITIES: Rest Facilities
 Professional Timing
 Water Stop & Refreshments
 DOOR PRIZES!

REGISTRATION: (NO REFUNDS)

Register Online (\$23.00*)
www.aarclub.com/phils/

Kids Run 12 & Under \$10
 Online until July 13 \$23*
 Students** \$19*
 Rec'd in Mail by July 11 \$28
 RACE DAY \$30

* plus processing fee online

** Student ID required at Packet pickup

Make Check Payable to **AARC**

Send Entry & Check to :

AARC
 PO Box 204
 Springhouse, PA 19477

~AWARDS~

KIDS FUN RUN: ALL CHILDREN WILL RECEIVE A MEDAL AND T-SHIRT

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

High Quality
TECHWICK T-shirt
 with race logo
 to first 500 runners!

RACE DAY REGISTRANTS RECEIVE SHIRTS ONLY WHILE THEY LAST.

PACKET PICK-UP:

Tuesday(7/14) 6-8pm at Phils Tavern
 Race Day starting at 5:30 pm

QUESTIONS:

EMAIL PHILS@AARCLUB.COM

More details at
www.aarclub.com/phils/

Register online at www.aarclub.com

Name _____

Street Address _____

City/State/Zip _____

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

Email address: _____ Phone #: _____

Additional Donation Amount (optional): \$ _____

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 Amber 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.