

TIME: REGISTRATION 7:30 – 8:45am,
9:00am START - Snow, Sleet,
Rain or Shine unless canceled for
safety reasons (NO REFUNDS!)

**PLACE Start and Finish at Wissahickon
High School**

- For directions, see www.aarclub.com/frostbite

COURSE: CERTIFIED 5 mile chip-timed
course, flat with short rolling hills through
Ambler and surrounding area.

AMENITIES: Post-race food and
refreshments at the Wissahickon High School
Gym – Professional chip timing - Vendor
tables - Indoor and outdoor rest facilities -
Water stop.

BENEFITS:

Wissahickon Valley Watershed Assoc.
Kelly Ann Dolan Memorial Fund

REGISTRATION (NO REFUNDS)

Register Online at

www.aarclub.com - click on

2012 Fireside Frostbite Run

Student Online	\$22*
Adult Online (until 1/20)	\$25*
Adult Online (after 1/20)	\$30*
Rec'd in Mail	\$33
After 2/16 (if we are not sold out)	\$35

* Plus online processing fee

Or send Entry & Check payable to AARC to:

AARC
PO Box 204
Springhouse, PA 19477

~Packet Pickup~

Friday the 17th - Ambler Theater 5-8pm
Race Day starting at 7:30 am – 8:45 am
registration pending availability

~Awards~

\$250	TO OVERALL MALE & FEMALE
\$100	2 ND PLACE OVERALL M & F
\$50	3 RD PLACE OVERALL M & F
\$100	MASTERS MALE & FEMALE

~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

~Course Records~

Open female	Christine O'Connell	28:53 - 2006
Masters female	Shirley Geerling	31:15 - 2002
Open male	Karl Savage	24:37 - 2008
Masters male	Matt Sandercock	26:37 - 2010

DOOR PRIZES!

~Long Sleeve T- Shirt~

Long sleeve t-shirts with race logo guaranteed to
all those preregistered by Monday 2/13/10. Field
is limited and in 2010/11 we sold out.

Register online at
www.aarclub.com
(Click on the Penguin)

Name _____
Street Address _____
City/State/Zip _____

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

Email address: _____ Phone #: _____

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 (no refunds in the case of cancellation, 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.)

RACE BENEFICIARIES



The Wissahickon Valley Watershed Association (WVWA) is a non-profit conservation group that is dedicated to protecting the health and beauty of the Wissahickon Creek and enhancing life within the watershed by preserving open space, promoting wise land use and educating the public about environmental issues. WVWA maintains trails for the public's use and enjoyment; the largest trail is the 21-mile Green Ribbon Trail that follows the Wissahickon Creek from North Wales to the Schuylkill River. More information about the association can be seen at www.wvwa.org



Kelly Anne Dolan Memorial Fund

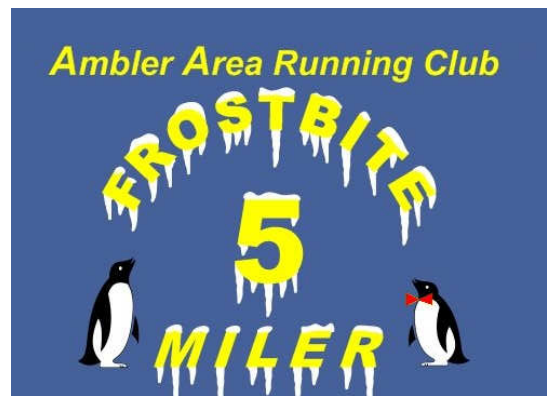
The Kelly Anne Dolan Memorial Fund, a non-profit resource center providing education, advocacy, information and financial assistance for the uninsured needs of families caring for seriously ill and physically challenged children. More information about the association can be seen at <http://www.dolanfund.org>

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

The **Ambler Area Running Club** is a non-profit 501(c)3 organization whose purpose 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.



Presents the 13th Annual Fireside Frostbite 5 Miler



With
Chip Timing

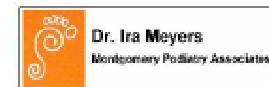
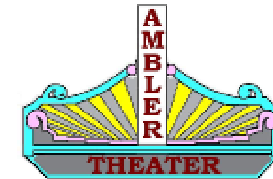
**Saturday, February 18, 2011
9 am Start!**

Snow, sleet, rain, or shine

**Start and Finish at Wissahickon
High School**

Recycle Your Old Running Shoes

The Frostbite 5 miler is participating in the Nike ReUse-A-Shoe program. Your old running shoes can be recycled into playground surfaces instead of thrown away. Please bring them to either race packet pick-up or to the race.



QUESTIONS:

EMAIL: frostbite@aarclub.com
New To Running - Check Out
www.aarclub.com/training