



PRESENTS THE 3rd Annual

ATA 5K

Benefiting *Julia's Grace* FOUNDATION

Sun, October 11, 2015 9:00AM at Limerick Community Park

LOCATION/REGISTRATION: Starts Limerick Community Park, Swamp Pike & Ziegler Road, Limerick, PA 19468; Registration/number pickup Saturday, October 10th, ATA Martial Arts 33 West Ridge Pike Suite 651 Limerick, PA 19468; from 12PM-3PM. Pick up also available the day of at 8AM at Limerick Community Park. 5K starting at 9:00 AM. Please check in on the day of the race by 8:45AM so 5K can promptly start at 9AM.

COURSE: Timed and measured 5K on the Limerick Community Park walking trails.

AMENITIES: T-shirt to all pre-registrants of 5K; "goodie" bag for all run finishers. Refreshments for finishers, toilet facilities, loads of parking, time clock at finish and instant results by Pretzel City Sports. Results on www.pretzelcitysports.com in 1-2 days. Held rain or shine. No refunds or mailed awards. Community Day featuring local businesses immediately following in the main pavilion at Limerick Community Park.

AWARDS: Awards for the male & female winners and runner-ups plus: 18 & Under : 1M, 1F 19 - 29: 1M, 1F 30-39: 1M, 1F 40-49: 1M, 1F 50-59: 1M, 1F 60+: 1M, 1F . No kids race awards but goodie bags for all finishers.

ENTRY: For 5K: \$30.00, 18 and older; \$20.00, 17 and under; \$75 for families of 3 and \$5 for each additional family member living at the same address. All registrations must be in by Monday, October 5, 2015. Day of race, \$35/ per person, and t-shirts while they last.

GENERAL DIRECTIONS FOR ALL: From 422 - Take the Limerick/Linfield exit. From 422 WEST make a right onto Lewis Road. From 422 EAST make a left onto Lewis Road. Follow Lewis Road to Ridge Pike. Turn right onto Ridge Pike. At first light (Limerick Diner on right), turn left onto Swamp Pike. Follow Swamp Pike to Ziegler Road. Make a right onto Ziegler Road just past Waltz's Turf Farm.

MAIL CHECK PAYABLE TO "ATA Martial Arts of Royersford" & FORM BELOW TO: ATA Martial Arts of Royersford 33 West Ridge Pike Suite 651 Limerick, PA 19468 **RACE DIRECTORS:** Jamie Moretz, JMoretz@ATARoyersford.com, or Becky Magdycz, MRSMA@ATARoyersford.com www.ataroyersford.com
OR Optional Online Registration Available at www.pretzelcitysports.com
(nominal service fee applies, closes at midnight, Monday, October 5, 2015)

.....Please Print Clearly.....

Last name _____ First name _____

Address _____

City/State _____ Zip _____ Race day age: _____ Date of birth ____/____/____

Race (circle one): 5K KIDS 1 MILE Sex: M F Phone: (____) _____ .

Shirt Size (circle one): S M L XL Kids email _____

Use back of form to tell us more sizes if this is a family registration

Already Getting Emails from Pretzel City Sports Regularly?? _____ Yes _____ No

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 there will be traffic on the course and assume the risk for running in traffic. I also assume any or all other risks associated with running or attending the race including but not limited to falls, contact with other participants, the affects of the weather and the condition of the roads, all such risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my entry fee, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge Pretzel City Sports, Reading Area Community College and any subcontractors it utilizes, all municipalities in which the race is held, the race committee, volunteers, any and all sponsors including their agents, employees, assigns or anyone acting for on their behalf, or anyone else associated in any way with the race, from any or all claims or liability for death, personal injury or property damage of any kind of nature what so ever arising out of, or in the course of, my participation in this event(s). This waiver extends to all claims of every kind or nature what so ever, foreseen or unforeseen, known or unknown. I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign)

signature _____ date ____/____/ 2015