



PRESENTS THE 2nd Annual

ATA 5K

Benefiting



Saturday, September 13, 2014 9:00AM

LOCATION/REGISTRATION: Starts at ATA Martial Arts of Royersford, 33 West Ridge Pike Suite 651 Limerick, PA 19468; Registration/number pickup Friday, September 12th, ATA Martial Arts from 5PM-7PM. Pick up also available the day of at 8AM. 5K starting at 9:00 AM. Please check in at ATA Martial Arts by 8:45AM so 5K can promptly start at 9AM.

COURSE: wheel measured course; 5K run/walk. Street course with little elevation.

AMENITIES: T-shirt to all pre-registrants of 5K; "goodie" bag for all run finishers. Refreshments for finishers, indoor 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. Fall Open House featuring local businesses immediately following in the parking lot

AWARDS: Awards for the male & female winners and runner-ups plus: 10 and Under 1M, 1F; 10-12 1M, 1F; 13-16 1M, 1F; 16-18 1M, 1F; 19 - 29: 1M, 1F 30-39: 1M, 1F 40-49: 1M, 1F 50-59: 1M, 1F 60+: 1M, 1F. No 1 Mile Fun Run awards but goodie bags for all

ENTRY: For 5K: \$20.00, 18 and older; \$10.00, 17 and under; \$50 for families of 3 or more in the same family, limit 6 persons. For 1 Mile Fun Run: \$10, not timed nor awards given.. All registrations must be in by Wednesday, September 24, 2014. Afterwards, and day of race, \$25/ per person, and t-shirts while they last.

GENERAL DIRECTIONS FOR ALL: Coming 422 West: Take Royersford exit off Rt. 422 & make a Right off of the exit.. Drive about 1 ½ miles to the Limerick Square Shopping Center and turn Left into the Shopping Center. Park in the Supermarket parking and walk to ATA Martial Arts (right behind Sonic). Coming 422 East: Take Royersford exit & make a Left off of the exit. Follow directions above.

PAY IN PERSON OAT ATA R 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 DIRECTOR:** Missy Love
OR Optional Online Registration Available at www.pretzelcitysports.com (nominal service fee applies, closes at midnight, Wednesday, September 24, 2014).

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

Last name _____ First name _____

Address _____

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

Race (circle one): 5K 1 MILE FUN RUN 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****

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, ATA Martial Arts of Royersford 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). By signing, I acknowledge my photo may be taken and may be used for marketing purposes

Signature _____ date ____/____/ 2014