

# ATA Martial Arts of Royersford PRESENTS THE 1<sup>st</sup> Annual

# ATA 5K

Benefiting Children's Cancer Research at CHOP  
**Sun, September 29, 2013 9:00AM**

**LOCATION/REGISTRATION:** Starts at ATA Martial Arts of Royersford, 33 West Ridge Pike Suite 651 Limerick, PA 19468; Registration/number pickup Saturday, September 28<sup>th</sup>, Front St. starting at 9:00 AM. 5K at 10:00 AM, kids run at 10:45 AM. Pick up bibs the day of or the day before, Sept 28<sup>th</sup> at ATA Martial Arts from 5PM-8PM.

**COURSE:** wheel measured course; 5K run/walk.

**AMENITIES:** T-shirt to all preregistrants of 5K; "goodie" bag for all run finishers. Refreshments for finishers, indoor toilet facilities & showers, loads of parking, time clock at finish and instant results. Held rain or shine. No refunds or mailed awards. Fall Open House featuring local businesses immediately following in the parking lot in front of ATA Martial Arts. Results on [www.pretzelcitysports.com](http://www.pretzelcitysports.com) in 1-2 days.

**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: \$20.00, 18 and older; \$15.00, 17 and under; \$50 for families of 3 or more. All registrations must be in by Wednesday, September 25, 2013. Afterwards, and day of race, \$25/ per person. And t-shirts while they last.

**GENERAL DIRECTIONS FOR ALL:** Take Royersford exit off Rt. 422 & make a Right off of the exit.. Drive about 1 1/2 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).

**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:** Becky Magdycz, [mrs@ataroyersford.com](mailto:mrs@ataroyersford.com),  
[www.ataroyersford.com](http://www.ataroyersford.com)

OR Optional Online Registration Available at

[www.pretzelcitysports.com](http://www.pretzelcitysports.com)

(nominal service fee applies, closes at midnight, the Wednesday before race day)

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

Last name \_\_\_\_\_ First name \_\_\_\_\_

Address \_\_\_\_\_

City/State \_\_\_\_\_ Zip \_\_\_\_\_ Race day age: \_\_\_\_\_ Date of birth \_\_\_\_/\_\_\_\_/\_\_\_\_

Race (circle one): 5K KIDS Sex: M F Phone: (\_\_\_\_) \_\_\_\_\_ A.M. or P.M.??

Shirt Size (circle one): S M L XL email \_\_\_\_\_@\_\_\_\_\_

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 \_\_\_\_/\_\_\_\_/ 2013