



# Action Karate AK5K Run/Walk for ALS Sunday, April 7, 2013

Tyler State Park, Newtown, PA

Sunday, April 7, 2013

09:00AM 5K Run/Walk

**WHO:** Runners of all ages. Gather your family, friends and co-workers. Walkers are also invited to participate using the same course.

**WHAT:** The Action Karate AK5K is a fund raiser for the ALS Association Greater Philadelphia Chapter. Established in 1985, The ALS Association is the only national non-profit organization fighting Lou Gehrig's Disease on every front.

**WHERE:** Tyler State Park in Newtown, PA. The course will begin on Stable Mill Trail near the Center of the Arts (formerly the Guild of Craftstman). It will continue onto Woodfield Trail and then onto Mill Dairy Trail where there will be a turn-around cone just past the pedestrian causeway. After the turn-around point, participants will make a right onto Natural Area Trail and then another right back onto Stable Mill Trail. The finish line will be on Stable Mill Trail near the Center of the Arts.

**WHEN:** Sunday, April 7, 2013 – RAIN or SHINE or SNOW!  
07:30 a.m. – Registration begins  
08:40 a.m. – Registration closes  
09:00 a.m. – 5K Run/Walk begins  
10:30 a.m. – Award presentation at finish line

**HOW:** To register, complete the form below and submit a \$25 check/money order to AK5K Run/Walk by March 27, 2013. The fee for entries received after March 27, 2013 and on Race Day, is \$30. First 200 registrants receive an AK5K Run/Walk T-Shirt.

**On-line registration is also available. Please visit our website at <http://www.ak5krun.com>.**

**RESULTS:** Finish line and timing service provided by Pretzel City Sports. Race results posted on <http://www.ak5krun.com>

**AWARDS:** Male and female overall finishers, male and female overall masters, and top three in 16 age groups: 9 & U, 10-13, 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, and 80 & O.

**DIRECTIONS:** You can reach the park from I-95 at the Newtown/Yardley Exit 49, then follow the Bypass West and make a left on Route 332 (Newtown-Richboro Road). Follow Rt. 332 approximately 2 miles and make a right into the park on Number 1 Lane Trail. Parking personnel will direct you to the parking area.

**ABOUT US:** Action Karate has been teaching martial arts for families since 1994 and has grown to 13 different locations. Our classes develop respect, concentration, courtesy, and self-discipline as well as building confidence and self-esteem.

**REGISTRATION: AK5K Run/Walk** Complete this portion. Detach and mail. Include \$25 early registration fee before March 27<sup>th</sup>, 2013. Late registration fee \$30. Checks payable to AK5K Run/Walk.

Name \_\_\_\_\_ Address \_\_\_\_\_  
Phone \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
E-mail address \_\_\_\_\_ Age (on Race Day) \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

T-shirt size (circle one)  
Youth L M S  
Adult S M L XL XXL

**WAIVER/RELEASE:** I hereby waive all claims against the race director, race officials and volunteers, any and all sponsors including, but not limited to Action Karate, Tyler State Park, the Townships of Newtown, PA and Northampton, PA, the and those in their employ, the Counties of Bucks, and all their representatives and successors from any injury or liability I might suffer in this event. I attest that I am physically fit and prepared for this event. I assume all risks associated with running in this event including, but not limited to: falls; contact with other participants; the effects of the weather, including high heat and/or humidity; and the condition of the road; all such risks being known and appreciated by me. I grant full permission for organizers to use my name and or pictures in legitimate accounts and promotions of this event.

Signature X \_\_\_\_\_ Date \_\_\_\_\_  
(Parent or guardian's signature if less than 18 years of age.)

**Please make checks payable to AK5K Run/Walk and mail to:**  
**Action Karate Newtown – AK5K**  
**11 Penns Trail - Suite 500**  
**Newtown, PA 18940**

**Our Action Karate Newtown studio is open M-Th from 4pm-9pm, Fri from 4pm-7pm and Sat from 8:30am-1pm. Please feel free to stop in and drop off your registration form and check/money order!**  
**If you have any questions, please call us at (215) 820-1082.**