



AUGUST 21, 2021 | 8:30 AM

AMBLER AREA RUNNING CLUB PHILS 5K 2021 RACE GUIDE

Temple University, Ambler Campus

Benefitting:
Do Better 4 Steve &
The Salvation Army Foster Care & Adoption Services



TABLE OF CONTENTS

| | |
|----|--------------------|
| 1 | WELCOME |
| 2 | AARC |
| 3 | SPONSORS |
| 6 | GIVING BACK |
| 9 | PACKET PICK-UP |
| 10 | RACE DAY |
| 11 | COVID-19 POLICY |
| 12 | COURSE INFORMATION |
| 13 | AWARDS |



2021 WELCOME

Dear Phils 5K Participant,

Thank you for registering to run the 2021 Ambler Area Running Club Phils 5K run. We know the last year and a half has been challenging to say the least, but we are delighted to be back in person, hosting you for this great event!

The Phils race has taken on many forms over its 21 year history, growing from a 5K to a 10K and in recent years a Quarter Marathon.

Things may be a little different this year, with our throw back to the 5K distance, but we are no less proud of the success of this event, in whatever distance it may take on.

A big thank you goes out to the volunteers, our sponsors, including Phils Tavern our title sponsor, and you the runners, as without all of you, this would not be possible!

We would also like to take this time to thank the race committee, who has planned tirelessly for months, to make a live race happen safely in the midst of a pandemic. They have worked hard to organize a quality, local 5K, that not only promotes running in the community, but gives back via donations to local non-profit organizations, and scholarship money to four local high schools.

This year's race beneficiaries as chosen by club members are, Do Better 4 Steve and Salvation Army Foster Care Services.

We ask that you please take a few minutes to review this guide, as it contains important information pertaining to packet pickup, and race day logistics.

We wish all of our participants the best of luck on Saturday!

Katrina Brown & Ken Surowitz
Co-Race Directors

AMBLER AREA RUNNING CLUB

The Ambler Area Running Club (AARC) was founded in 1999 and currently has close to 200 active members.

The purpose of the AARC 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.

In addition to our annual Fireside Frostbite 5-Miler in February and Phil's Tavern race in summer, we also host weekly fun runs, seasonal track workouts plus traveling fun run and bike events throughout the year.

While running is a large portion of our club events, so is being social. We have an entire committee dedicated to organizing fun events throughout the year such as our winter banquet, a fall picnic and wine and cheese nights.

If you are looking to run with a club that has a relaxed atmosphere and social training environment, consider the Ambler Area Running Club. We welcome new members and encourage active involvement.

More information on our weekly fun runs and club in general can be found at www.aarclub.com.

TITLE SPONSOR

The Phil's Tavern

Our main sponsor Phil's Tavern has been with us since the inception of this race back in 2000, and have again this year, graciously provided all of the post race refreshments!

Phil's Tavern is a great place to visit and is only about four miles from Temple University's Ambler Campus.

We encourage you to join us there after the race festivities have ended, to celebrate your accomplishment!

931 Butler Pike
Blue Bell, PA 19422
215-643-5664
www.thephilstavern.com

Open 10am-2am daily

2021 SPONSORS

GOLD SPONSORS

Please click the sponsor logos for more info on each business



2021 SPONSORS

SILVER SPONSORS

Please click the sponsor logos for more info on each business



GIVING BACK

Each year our club gives back to the community in the way of donations to local non-profits, as well as scholarship awards, to seniors at four local high schools.

We would like to congratulate our eight seniors, who were our scholarship award winners for the 2020-2021 school year.

Winners are participants on their school's cross country or track and field teams, and are chosen by their coaches for their exemplary actions as student athletes.

Upper Dublin High School

Caitlin Burmester & James Fitzmaurice

North Penn High School

Jaime Diedel & Ian Kelly

Hatboro-Horsham High School

Thea Aquino & Kevin Allan

Wissahickon High School

Lindsey Frenia & Brett Lehman



DO BETTER 4 STEVE

We would like to introduce you to our first of two beneficiaries, chosen by our AARC members, for this year's Phils 5K race.

Do Better 4 Steve works with teachers, social workers and community leaders to financially aid in things such as, but not limited to:

- Learning devices for disabled students
- Summer camp attendance
- Music lessons or instruments
- Child Care Services
- Learning Services
- Tutoring including college preparatory services
- YMCA program attendance

All assistance is anonymously provided to preserve the dignity of the children and families they help. Besides helping those in need, they hope to inspire children to grow up to be empathetic members of society who will do better themselves.

If you would like to learn more about them, please check out their [website](#).



FOSTER *care.* & ADOPTION

We would like to introduce you to our second of two beneficiaries chosen by our AARC members, for this year's Phils 5K race.

The Salvation Army Children's Services: Foster Care & Adoption Program helps connect children with safe, loving homes and families. They offer a variety of foster care and adoption services as well as ongoing training, support services and enrichment activities to help kids from hard places thrive.

Their HALO Project 10-week intensive therapy program helps bring healing to foster and adoptive families struggling with the impacts of childhood trauma.

Although The Salvation Army is a large organization, their Foster Care & Adoption Program is small in size, which allows them to get to know each family personally so they can meet their needs at a higher level and give each child the special attention they deserve.

If you would like to learn more about them, please check out their **[website](#)**.

PACKET PICK-UP

Thursday, August 18th 6pm to 8pm

The Phil's Tavern
931 Butler Pike
Blue Bell, PA 19422

Saturday, August 21st (Race Day) 7am to 8am

Temple University, Ambler Campus
Gym (Red Barn)
580 Meetinghouse Road
Ambler, PA 19002

In-Person Registration

We will also have in person registration available both at packet pick-up Thursday and on race day Saturday, in case any friends or family members wish to join you at the last minute.

Registration at packet pick-up will be \$35 per person and must be payable via cash or check.

RACE DAY

Saturday, August 21st

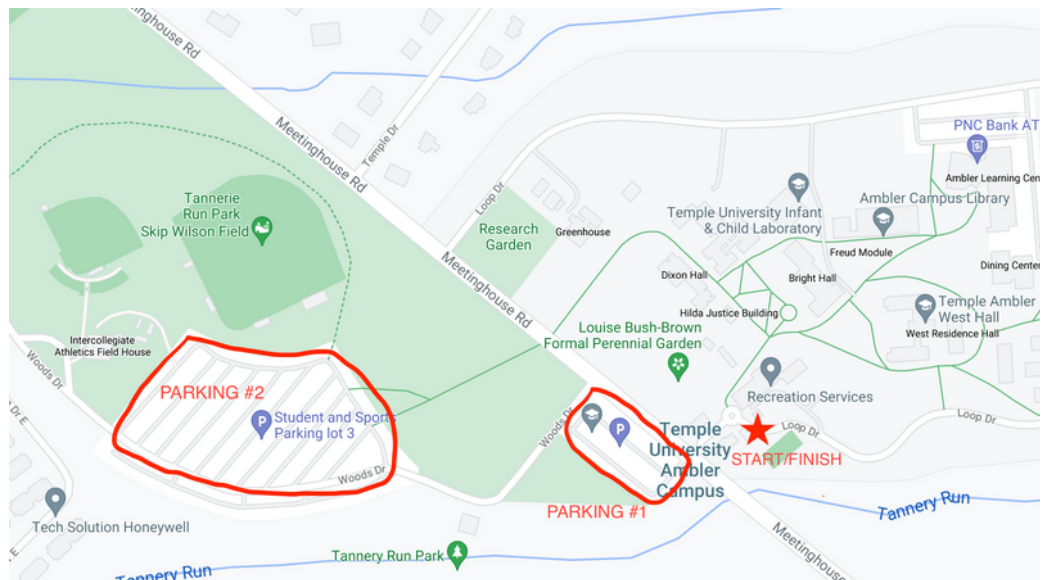
Temple University, Ambler Campus
580 Meetinghouse Road
Ambler, PA 19002

Schedule

7am-8am - Packet Pick-Up
8:20am - Gather at Start Line
8:25am - Welcome & National Anthem
8:30am to 8:35am - Starting Line Open
9:15am - Post Race Refreshments
10:00am - Awards

Parking

There is a small parking lot off Meetinghouse Road, between Woods Drive & Joel Drive, and a second larger parking lot on Woods Drive at the ball fields. Parking attendants will direct you where to go.



Massages

Dresher PT will be on site giving free massages to participants after the race.

COVID-19 POLICY

COVID-19 Policy

Due to the current surge of the COVID-19 Delta variant, per CDC guidelines, we ask that everyone regardless of vaccination status, please wear a mask while inside all Temple University facilities.

The majority of the event will take place outside however, the bathrooms and refreshment table will be inside the gym. We ask that participants pickup their food, and head back outside.

If you are unvaccinated, we ask that you please wear a mask on the starting line, and once you cross the finish line, to help keep our volunteers and others in attendance safe.

Masks do not need to be worn during the race and around the outdoor finish area, as long as you can maintain at least six feet of space between you and those around you.

We know this is not an ideal situation, but we appreciate your cooperation in this matter.

We will send any necessary updates regarding this policy via email, as we approach race day.

COURSE INFORMATION

Course Description

The course consists of 3.1 miles of slightly rolling hills, around scenic Temple University's Ambler Campus. You will start and finish on campus near the barn, with the middle section looping around the athletic fields across Meetinghouse Road.

It is mostly paved, with a few sections of loosely packed gravel. The overall elevation gain is roughly 75 feet.

No strollers or dogs on course please.

A course map can be found [**HERE**](#).

Start Procedure

In order to maintain social distancing at the start and on the course, the start line will be open from 8:30am to 8:35am. You can start on your own, any time within that five minute time frame. Your chip will start timing when you cross the timing mat on the start line.

Water

There will be one water stop on course that you will pass two times, the first just before mile one and the second time just after mile two.

Water on course will be in paper cups and bottles will be provided at the finish area.

Please do your best to toss your empty cup into the trash can near the water table, to help our volunteers with an easy clean up.

AWARDS

McCaffrey's Food Market has graciously donated their fresh baked 8" pies for our awards again this year!

Awards will go to:

Overall Open 1st, 2nd and 3rd Place Male & Female

Overall Masters 1st Male & Female

Top 3 Age Group Male & Female:

15 and Under

16-19

20-29

30-39

40-49

50-59

60-69

70 and Over

DAILY FOOD AND DRINK SPECIALS

Monday-Friday 3pm to 6pm
in the bar

DRAFT BEER

Large selection of
draft beers! Selection
changes weekly.

LIVE MUSIC

Every Saturday
9pm to Midnight



*The Phil's
Tavern*

931 Butler Pike
Blue Bell, Pa 19422

215-643-5664

www.thephilstavern.com



MCCAFFREY'S
FOOD MARKETS

*If You Can Imagine It,
We Can Create It.*

**7 Locations •
in PA & NJ •**

W. Windsor, NJ • Princeton, NJ
Yardley, PA • Newtown, PA • New Hope, PA
Blue Bell, PA • Doylestown, PA

mccaffreys.com

NORTH WALES RUNNING COMPANY



Need sneakers? We've got you covered. At North Wales Running Company, we can help you get on your way to reaching your goals, beginning your running journey, and more!

.....

*Bring this flyer into your next visit
and receive **10% off** your purchase.*

Not valid with other offers or discounts. Other restrictions may apply.



111 North Main Street,
North Wales, PA
215.699.4282

Thank You for Your Support AARC!



Doing the Most Good for Kids and Families

FOSTER CARE | ADOPTION | SUPPORT SERVICES
SPORTS SCHOLARSHIPS



FOSTER *care.*
& ADOPTION

www.care4kids.net



EXPERTISE. PERSONAL ATTENTION. RESULTS.

FEATURING THE BEST PHYSICAL THERAPY TEAM IN
SOUTHEAST PENNSYLVANIA

TWO LOCATIONS:

7 EAST SKIPPACK PIKE, SUITE 250, AMBLER, PA 19002

1075 VIRGINIA DRIVE, STE 200, FORT WASHINGTON, PA 19034

215-619-4545 | info@dresherpt.com | dresherpt.com



AMBLER VEGAN CO.

PLANT-BASED FOOD THAT LOVES YOU BACK!

wfpbno - bowls - salads - smoothies
juices - signature dishes - desserts
whips

AMBLER VEGAN CO.
20 EAST BUTLER AVE | AMBLER, PA 19002
267.460.8066

www.amblervegancompany.com





2021 CHASING THE UNICORN MARATHON AND THE ALTERNATIVE HALF MARATHON

SUNDAY, SEPTEMBER 12, 2021

IN CELEBRATION OF THE 25TH ANNIVERSARY OF THE BATTLE OF MARATHON

ChasingTheUnicornMarathon.com

The ROCK run

3.1 MILES OF FRIENDLY HIGH SCHOOL RIVALRY
COMPETE WITH ALUMNI OF MANY AREA HIGH SCHOOLS
UNIQUE POINT-TO-POINT COURSE
FROM COUNCIL ROCK SOUTH TO COUNCIL ROCK NORTH
THE SATURDAY OF THANKSGIVING WEEKEND
ROCKRUNBUCKS.COM



THE 11TH ANNUAL
SATURDAY, NOVEMBER 13
Delaware Canal
HALF MARATHON

SUNDAY, NOVEMBER 14
BUCKS COUNTY 5K
BUCKS COUNTY MARATHON
It's one louder
BUCKY & BABY BUCKY CHALLENGES
BucksCountyMarathonWeekend.com

12K o' Christmas

the most run-derful time of the year

DECEMBER 11, 2021
TYLER STATE PARK

www.12KoChristmas.com

runBucks.com Grilled CHEESE & TOMATO SOUP RUN

SUNDAY, MARCH 6, 2022

NEW LOCATION:
NORTHAMPTON MUNICIPAL PARK
CHURCHVILLE, PA

REGISTRATION LIMITED



GrilledCheeseandTomatoSoupRun.com



JULY 4, 2022

OneNationRunning.com

WISSAHICKON TRAILS

CONNECTING
LAND, WATER, AND PEOPLE

Wissahickon Trails engages diverse communities of people to protect and enjoy the land and waterways of the Wissahickon Valley.

LAND

Working with individuals and communities we've protected 1,300 acres of open space and care for 12 nature preserves and 24 miles of trails in Montgomery County.

WATER

We monitor the health of the Wissahickon Creek and implement on-the-ground projects to improve its health.

PEOPLE

People are the heart of our work. Volunteers, supporters, program attendees, and partner organizations all play a crucial role in fulfilling our mission.

Photo: Scott Tantino



WissahickonTrails.org



DO BETTER 4 STEVE

Helping disabled, disadvantaged and discriminated against youth in our community achieve their fullest potential in a world stacked against them.

DOBETTER4STEVE.ORG



I ONLY CHOOSE
NOLAN
FOR MY HOME

NOLAN
Painting

Inc.

Interiors | Exteriors
Color Consultations
Carpentry

NolanPainting.com

610-449-7795

PA Home Improvement Contractor #020814

AMBLER SAVINGS BANK

Founded 1874



Your Neighborhood Lender

Mortgage • Line of Credit • Home Equity
Small Business • Commercial

AmblerSavingsBank.com • 215-646-8400

Ambler

155 E Butler Avenue
215-646-8400

Bally

323 Main Street
610-845-3353

Fairview Village

3009 W Germantown Pike
610-650-9517

Limerick

438 W Ridge Pike
610-495-2265



Member
FDIC



If you're looking for high quality, comfortable gear to both run and relax in, we are sure to have something that fits!

USE CODE: PHILST5K

RunBro.org | IG: Run.Bro

Email: Runbrahs@gmail.com



THANK YOU!

PLEASE JOIN US NEXT YEAR, FOR OUR FIRESIDE FROSTBITE 5 MILER



<http://www.aarclub.com/Frostbite/home.htm>