

AUGUST 2, 2023 | 7:00PM AMBLER AREA RUNNING CLUB PHILS 5K 2023 RACE GUIDE

Temple University, Ambler Campus

Benefitting: Ainsley's Angels

The Salvation Army Children's Services: Foster Care & Adoption Program

Wissahickon Trails



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<u>WWW.AARCLUB.COM/PHILS</u>

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2023 WELCOME

Dear AARC Phils 5K Participant,

Thank you for registering to run the 2023 Ambler Area Running Club Phils 5K run. We know there are many races to choose from in the area and are honored you chose the AARC Phils Tavern 5K!

We thank the race committee members, who have planned tirelessly for months. 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 scholarships to four local high schools.

We also thank the volunteers, sponsors (including our title sponsor – The Phils Tavern), and the runners! Without all of you, this race would not be possible!

This year's race beneficiaries, as chosen by club members, are Ainsley's Angels of SE PA, The Salvation Army Children's Services: Foster Care & Adoption Services, and Wissahickon Trails.

Please take a few minutes to review this guide. It contains important information pertaining to packet pickup and race day logistics.

We wish all participants the best of luck on Wednesday!

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 wellbeing 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, traveling fun runs, and bike events throughout the year.

While running is a large portion of the club's activities, so is being social. We have an entire committee dedicated to organizing social activities throughout the year, such as our Winter Holiday Banquet, the End-of-Summer Cookout, and the annual Wine & Cheese Reception.

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 weekly fun runs and the club can be found at <u>www.aarclub.com</u>.

TITLE SPONSOR

hil svenn

Our main sponsor, The Phil's Tavern, has supported this race since its inception in 2000. Once again, Phils Tavern has, graciously, provided our water and post-race food!

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 head on over there after the race festivities have ended to celebrate your accomplishment!

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SILVER SPONSORS



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

Congratulations to this year's eight AARC Scholarship Award winners!

Winners are participants from each school's cross country or track and field teams. They are chosen by their coaches based on exemplary performance as student athletes.

Upper Dublin High School Mimi Pastore & Matthew Castronuovo

North Penn High School Clara Burnell & Matthew Landis

Raina Conaway & Will Canney

Hatboro-Horsham High School Raina Conaway & Will Canney

Wissahickon High School Laila Cottom & Brendan Tatko



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

Ainsley's Angels of America is a national nonprofit with a local presence right here in Southeast PA. Ainsley's Angel's mission is to build awareness about the importance of inclusion by transforming populations into all-inclusive communities. Supporting the special needs community, one significant way is through endurance sports from 5Ks to IRONMANS.

If you would like to learn more, visit their **website**.



FOSTER *Care*. & Adoption

We would like to introduce you to our second of three beneficiaries, chosen by our AARC members for this year's Phils Tavern 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, visit their <u>website</u>.



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

Founded in 1957, Wissahickon Trails' mission is to inspire and engage diverse communities of people to protect, steward, and enjoy the land and waterways of the Wissahickon Valley in Montgomery County, PA.

Wissahickon Trails has preserved and actively maintains nearly 1,300 acres of open space on 12 preserves with 24 miles of trails, monitors water quality, and provides recreational and educational opportunities for people of all ages.

If you would like to learn more, visit their <u>website</u>.

PACKET PICK-UP

Packet Pick-Up will be on race evening only.

Wednesday, August 2nd 6:00 pm to 6:45 pm

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

In-Person Registration

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

Registration at packet pick-up will be \$40 per person. Day of registrants will scan a QR code with their phone, fill in their information and pay using a credit card. We will still take cash or check as a payment option if preferred.

In-person registration will end at 6:40 pm.

Wednesday, August 2nd

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

Schedule

6:00 pm-6:45 pm - Packet Pick-Up 6:45 pm - Gather at Start Line 6:55 pm - Welcome & National Anthem 7:00 pm - Race Start 7:15 pm - Post Race Refreshments/Beer Tent 8:00 pm - 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.



Bathrooms

Indoor bathrooms are available and located on the lower level of the barn. To access them, walk to the left side of the barn (when facing the front of the building), and follow the signs to the door towards the back of the building and down the stairs.

Accessible bathrooms are available in the Visitors Center just to the left of the barn, as well as Bright Hall behind the Barn.



After Party

Celebrate your race at our after party with music from our DJ JC Entertainment, a post-race meal courtesy of Phils Tavern, and new this year, each runner 21 and over will receive one free beer courtesy of Tannery Run Brew Works.

In order to receive your one free beer, please stop at the separate ID check table during packet pickup with your photo ID. A volunteer will verify your age and place a 21+ bracelet on your wrist. Only the bracelet will be required to receive your one free beer.

Post-race refreshments are for paid participants only, please. There will not be beer available to purchase.

Inclement Weather

If it is raining only (no thunder/lightning), the race will go on as scheduled.

If thunder and lightning are in the area, we will delay the start by 30 minutes. If it continues, the race will be cancelled. There is no rain date for this event.

Sneaker Recycling

Bring your old running sneakers for recycling. A bin will be on site to drop them in.

Race Photos

Photos will be taken during the race. A link to view and download the photos for free will be emailed to participants after race day.

Results

Run The Day will email results after the last runner is finished. Results will also be accessible at <u>www.runtheday.com</u> within 24 hours.

Course Description

We have revamped the course for 2023, so be sure to take a look at the course map linked below.

The course consists of 3.1 miles of rolling hills, around scenic Temple University's Ambler Campus and a nearby neighborhood. You will start and finish on campus next to the barn, with the middle section looping through the neighborhood that connects to Joel Drive. It is fully paved and the overall elevation gain is roughly 56 feet.

For the safety and consideration of other runners, no dogs on the course, please.

Strollers are allowed this year, but we ask that you please be courteous of other runners and alert them when passing on the course.

A course map can be found **<u>HERE</u>**.

Water

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

The water on-course will be in paper cups, and bottles will be provided at the finish area.

To help the volunteers with easy cleanup, please do your best to toss your empty cup into the trash can near the water table.

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 & Non-Binary

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

Top 3 Age Group Male & Female:

10 and Under 11-14 15-19 20-29 30-39 40-49 50-59 60-69 70-79 80 and Over

Due to the perishable nature of the fresh pie awards, you (or a designated friend) must attend the awards ceremony to receive your pie. We will not hold pie awards for pickup at a later time.

DAILY FOOD AND DRINK SPECIALS

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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-theground 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.



WissahickonTrails.org

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USH would like to congratulate all participants and wish them the best of luck.

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Dear Doctor Meyers and staff,

I want to extend a sincere thank you to you and your staff. I ran my first marathon this past weekend. The past two years of training for this event were almost negated with only three weeks to go because of a painful foot injury. I scrambled to find help after my primary physician told me that I needed to just stop running. In desperation, I called Rittenhouse Sports in Philadelphia in hopes that they could recommend a runner's podiatrist. Luckily they referred me to you. Your office squeezed me in the evening I called. Your confident diagnosis, treatment, and advice was right on. I went from not being able to put weight on my foot to finishing the Philadelphia Marathon strong in 3:53.35 and more importantly absolutely 100% pain free, even the days after! I can't thank you enough for patching me up and keeping me running to attain this life goal.

With much appreciation, **"K.S."**



Dr. Ira Meyers finishing in first place in the 1986 Philadelphia Independence Marathon. As a runner and a podiatrist, Dr. Meyers is uniquely attuned to the foot and ankle problems that runners might experience, and has provided expert care to many local athletes as well as international competitors for many years.



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