



Abominable Slowman 5k Series

Sat, Jan 19, 2013

Sat, Feb 16, 2013

Sun, Mar 17, 2013

All three dates:

Kid's Fun Run 8:45 AM

5k 9:00 AM



Run one, two, or all three! 3x the fun, help 3x the people. Each race has different beneficiary.

Location: Wilson Farm Park, 500 Lee Rd, Wayne, PA 19087

Awards: M & F winners, M & F Masters winners, plus top 3 finishers M & F in age groups:
12 & under, 13-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64,
65-69, 70+ No duplication.

TECH Shirts: **All 5k participants get a long sleeve tech shirt, unisex, adult sizes. Shirt guaranteed, and in size of your choice, if registered by pre-reg dates below.** Kid's Fun Run is a short sleeve cotton tee, one size fits all.

Entry: **Pre-Registration Discounts:**

Race #1 – January 19, 2013	\$30 + guaranteed shirt if registered by 12/29/12 \$35 after 12/29/12 until start of race, shirt while supplies last
Race #2 – February 16, 2013	\$30 + guaranteed shirt if registered by 1/26/13 \$35 after 1/26/13 until start of race, shirt while supplies last
Race #3 – March 17, 2013	\$30 + guaranteed shirt if registered by 2/24/13 \$35 after 2/24/13 until start of race, shirt while supplies last

Registration open until each race starts, walk-up registrations welcomed!

Registration and number pick-up at 7:30 AM. Race at 9:00 AM rain or shine.

Kid's run - \$10 Kid's run @ 8:45 All kids get cotton t-shirt, (while supplies last), and a medal!

****SAVE MORE! Pre-Register for all 3 races at once and save even more money!**

Registration for the whole series by midnight 1/16/13, including tech shirt, just \$75

***Series pre-registration discount ends midnight 1/16/13. January race shirts first come/first served after 12/29/13 *After midnight 1/16/13, must register for individual races separately.**

BENEFICIARIES: January – Open Hearts, Open Homes Orphan Care

February – Coaches vs Cancer, Hawks for Margo (American Cancer Society)

March – Tredyffrin Township Foundation for Parks & Recreation

Amenities: Chip Timed. Wheel measured, traffic free course. Water station on course. Refreshments, long sleeve tech shirts, DJ, and much more! Visit www.actssportsmanagement.com for more info!

Contact: info@actssportsmanagement.com

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ D.O.B. : _____ Gender: M F

Email Address: _____

Event: **JAN.** 5k Kid's run / **FEB.** 5k Kid's run / **MAR.** 5k Kid's run / **Series** – all 3 5k's

5k Shirt Size: XS S M L XL *Kids Fun Run shirt, cotton tee, one-size-fits-all

Make check payable to "ACT Sports Management" and note "Abominable Slowman" on memo line.
Mail payment with this form to: ACT Sports Management, P.O. Box 417, Hatfield, PA 19440

or register online at www.pretzelcitysports.com

*****Visit www.actssportsmanagement.com for full details on the Abominable Slowman Series!**

