

A large, detailed image of a penguin, likely a King penguin, stands on a rocky shore. The penguin is facing the camera, with its wings slightly out. It has a white body, a dark head with a white stripe through its eye, and an orange beak. The background is a soft-focus view of the ocean and a distant shoreline.

FIRESIDE

Bar n Grille

FrostBite 5 Miler

SATURDAY, FEBRUARY 22, 2025

9AM START

WISSAHICKON HIGH SCHOOL

BENEFITTING:

BATTLE BOURNE

I'M STILL RUNNING

WISSAHICKON TRAILS

THE SALVATION ARMY HALO PROJECT

2025 WELCOME

Dear Fireside Bar and Grille Participants and Volunteers,

Thank you for being a huge part of this the 26th edition of the race. This race wouldn't happen without paying participants, the elite runners who give us all something which to aspire, the volunteers to welcome them and the sponsors who make the race possible and allow us to make charitable contributions to some charities doing great thing in our community.

As the first race of the 2025 MidAtlantic USATF Grand Prix we look forward to seeing some fast competitive races up front but we're here for every single runner.

You will notice some changes this year. This Guide includes information of some changes including entrances and exits, registration procedures, bathrooms, time limit, where to find results and pics and food rules. Please read it.

If you have any further questions please feel free to ask at Packet Pick-Up (that information is in here too)

This year's race beneficiaries, nominated by AARC club members are Battle Bourne, I'm Still Running, Wissahickon Trails and The Red Cross.

We'd appreciate your feedback.

We wish you well in your travels and your racing.



Pat McCloskey
Race Director

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 5K race in August, 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, bus trip to the Broad Street Run, a fall picnic and wine, beer 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 of all abilities, and encourage active involvement.

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

FIRESIDE

Bar and Grille

The race's Title Sponsor, The Fireside Bar and Grille is graciously providing all of the post-race refreshments again this year!

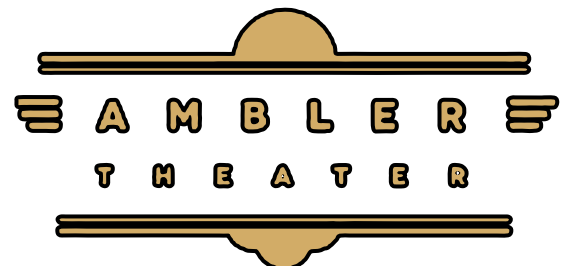
Established in 2006, The Fireside Bar and Grille is a sports bar with a friendly, family atmosphere and great food! The family run business prides itself in supporting the community, by giving back to local schools, sports teams and events such as our The Fireside Bar and Grille Frostbite 5 Miler.

Please stop by after the race to celebrate your accomplishment!

1211 S Bethlehem Pike
Ambler, PA 19002
215.643.6540

www.FiresideBarAndGrille.com

2025 SPONSORS



GIVING BACK



At Battle Borne, we believe in the healing power of community. As a collaborative partnership dedicated to supporting veterans and their families, we offer a range of services and free resources aimed at helping individuals deal with mental, emotional, and physical trauma, as well as substance abuse and everyday life challenges. Our programs foster healing in an environment filled with understanding and shared experiences.

At Battle Borne, we strive to assist veterans needs. Our approach is a collaborative partnership providing peer-driven support services to veterans and individuals.

About us

We serve veterans by providing free resources for those struggling with mental, emotional and physical trauma as well as those struggling with substance abuse and other life challenges. Our programs allow our veterans, and their families, to heal and recover in the company of others who have similar challenges. We believe that the therapeutic value of one person helping another is without parallel. Our participants value the lasting community of support which our programs create.

- Veteran Resource Center for Drop-In Services
- Battle Borne Barracks (Housing for Veterans)
- Military Share Food Distribution Program Lehigh & Monroe
- Veteran Transportation Services
- Assessments for Services
- Case Management Services
- Certified Recovery Specialists
- 12-step Meetings
- Recovery Fellowship Meetings
- Trauma Support
- Trauma-Informed Yoga and Meditation
- Therapeutic Workshops
- Holistic Yoga and Meditation
- Veteran Support Services
- Resume Building
- Workforce Re-Entry Preparation
- Peer Support and Mentoring
- Life Skills Programming
- Art Expression Programs
- Nutrition Education
- Sober Recreational Activities & Community Events
- Family and Community Education Groups
- Computer Lab

GIVING BACK



I'M STILL RUNNING FOUNDATION

We would like to introduce you to our second of five beneficiaries, chosen by our AARC members, for this year's Fireside Frostbite 5 Miler race.

Established in May, 2023 in memory of our daughter, Mary Catherine Cannon, who passed in late October, 2022 at 38 years young. Mary Catherine, also known to all as “MC”, was a world-class marathon runner, having run well over 200 marathons in both the US and all over the world.

Her love for running was off the charts. And her love for animal rescue was even more as she was a veterinary technician rescuing animals that nobody else wanted, and cared for them religiously.

Funds go to two local animal rescues, very dear to her heart. Jax Rescue of Labs and Last Chance Ranch, both Montgomery County Rescues.

If you would like to learn more, visit the website: www.iamstillrunning.org

GIVING BACK



**WISSAHICKON
TRAILS** CONNECTING LAND,
WATER & PEOPLE

For over 60 years, Wissahickon Trails has worked to engage diverse communities of people to protect, steward, and enjoy the land and waterways of the Wissahickon Valley.

Our partnerships with neighbors, activists, and local governments are essential to our work. Together, we use preservation and scientific innovation to strengthen our local ecosystems.

Where We Work

We work in the Wissahickon watershed, the 64 square miles of land that drains into the Wissahickon Creek. We focus on the Montgomery County portion of the watershed. Our downstream partners, Friends of the Wissahickon, work in the Philadelphia portion of the watershed.

It is our responsibility as a land conservation organization to recognize the history of the land we steward and to acknowledge that it is the traditional and ancestral territory of the Lenape people. Our watershed name carries part of that history: the word “Wissahickon” is derived from the Lenape word “wisameckham” meaning “catfish stream.” (Source: Philly Mag) But it's not just in the past - as the Nanticoke Lenni-Lenape say on their website, history is ongoing and they are a living culture. The Lenape are active in this region; to learn more and get involved, visit their websites: Lenape Indian Tribe of Delaware, Nanticoke Lenni-Lenape Tribal Nation, Delaware Tribe of Indians, and Lenape Nation of Pennsylvania.



FOSTER *care.* & ADOPTION

[®] The Salvation Army Halo Project

Doing the Most Good for Kids

Every child, from birth to twenty one years of age, deserves a safe, nurturing place to call home. The Salvation Army Children's Services: Foster Care and Adoption Program helps connect children in the Lehigh Valley and Southeast Pennsylvania with safe, loving, and caring homes and families. We offer a variety of foster care and adoption services as well as training and support.

As a foster parent or adoptive parent with our program, you will receive close, personalized attention from caring staff and ongoing support throughout your journey. With offices in Allentown, PA and Souderton, PA, we are ranked in the top 5% of children's service agencies monitored by the State of Pennsylvania Department of Human Services, scoring 100% on all agency audit requirements for the past four years in a row.

Fostering Children

When you make the decision to foster children, we will support you every step of the way. We offer three types of foster care:

Regular Foster Care: Foster parents provide for the temporary care for children who require out of home care.

Respite Foster Care: Respite families provide short term care to foster parents who are already caring for children.

Foster-Adopt (Legal Risk): Foster parents provide care for a child on a temporary basis but are open to adoption should the child become legally free for adoption.

Adoption

With over 2,000 foster children in Pennsylvania waiting for a forever family, the need for loving families is great. We provide services for the following types of adoption:

Foster Care Adoption: Adoption of a child that you are fostering if the child becomes legally free for adoption.

SWAN Adoption: Adoption through the Statewide Adoption and Permanency Network (SWAN) of a child in Pennsylvania who is legally free for adoption and already waiting for a permanent family.

Home Study for Private Adoptions: Our agency can provide a private adoption home study when a family is working with a private adoption agency/attorney for infant adoption, relative/kinship adoption, custody, etc.

Visit Coaching

Visit Coaching is a nurturing program designed to help biological families work toward reunification with their children. The program pairs a Visit Coach with parents to help them prepare for visits with their children, and to support them in learning new skills to meet their children's needs. We have been providing this innovative program in Lehigh County since 2013.

Training

We offer a variety of information sessions and training opportunities to help prospective and new resource parents navigate the process of foster care and/or adoption and complete the education requirements to become approved for placements.

Support Services and Programs

The HALO Project is just one of the programs we offer to help support foster and adoptive children and families. Because our program is small in size, we are able to offer personalized attention and care that meets your family's individual needs.

PACKET PICK-UP

Friday, February 21st

4:15 pm to 7:45 pm

Ambler Theatre

108 E Butler Ave

Ambler, PA 19002

Saturday, February 22nd

7:15 am to 8:30 am

Wissahickon High School

521 Houston Road

Ambler, PA 19002

PLEASE NOTE THE NEW ENTRANCE

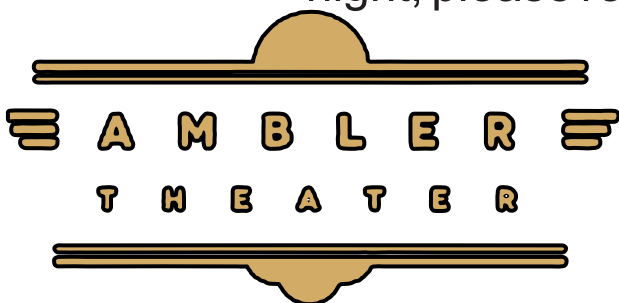
Picking up your race packet Friday night is strongly encouraged. There is parking around the theater however, if you cannot find a spot, there is plenty of parking at the Ambler train station, behind Act II Theater, or near Ambler Savings Bank.

Stay and catch a movie to relax the night before the race.

We will be using dynamic bib assignment again this year. Bib numbers will be assigned at packet pickup. You only need to give your name and birth date to the volunteer who will look you up in the system and assign you a bib number from the stack. You will be given a voucher card for your t-shirt pick-up at a different table. If you registered late you may not be receiving a t-shirt

You may pick up a friend's bib with written confirmation from that person. A text or email is okay Entries are not transferable.

Your timing chip is attached to your race bib. Please do not fold the timing chip as this will damage it. You must wear your bib on the front of your outermost layer to run the race in order to have an official time. If you pick up your bib Friday night, please remember to bring it with you Saturday.



REGISTRATION

RACE DAY LATE REGISTRATION

You can check your registration status via your RunSignUp profile. If you cannot find yourself via the search feature you are not registered. Please check your information for age and gender.

If you have concerns on race day please find the runBUCKS staff member for SOLUTIONS.

Online registration will remain open until our race limit of 1200 participants is reached.

Shirt Deadline has passed. We ordered additional shirts expecting late surges in registration. If your shirt size is listed as unavailable through online registration you will not receive a shirt.

PLEASE REMEMBER TO REGISTER EARLY IN THE FUTURE

If you are to receive a shirt thanks to your thoughtful early registration you will receive a t-shirt card to be redeemed at a different table. Please redeem your shirt voucher before the race as volunteers and tables are repurposed by 9:00AM on race day.

FRIDAY NIGHT & RACE DAY LATE REGISTRATION

Any possible late registration will still be online including payments. Please use this QR code to register. Online registration will tell you if there are still shirts available in your size.



RACE REGISTRATION IS \$55⁰⁰ FRIDAY AND SATURDAY

Register online by Thursday night to save

SATURDAY, FEBRUARY 22, 2025

WISSAHICKON HIGH SCHOOL

521 Houston Road

Ambler, PA 19002

SCHEDULE

7:30-8:30am Packet Pick-Up & Late Registration

8:45am ROADS CLOSE

8:55AM Welcome & National Anthem

9:00AM Race Start

9:30AM Post Race Refreshments Open

10:15am Awards & Check Presentations

PARKING

Parking is available at multiple lots at the high school. We expect more runners than there are available parking spaces. **WE STRONGLY ENCOURAGE CARPOOLING.**

There is a larger lot on Dager Road near the baseball fields, Parking for 335 cars. Walk to the right of the building (aim for the track and you're close to the Natatorium Lobby entrance. Our Suggestion is to park there, if you arrive early We will have parking volunteers to assist you. **PLEASE ABIDE BY THEIR DIRECTIONS** and remember they are volunteers

NEW ENTRANCE

We are asking you to enter the building from a different entrance than participants previously used.

Please enter the building from the Natatorium Entrance which is near the Wissahickon Trojan Stadium entrance. You will use this entrance again after crossing the finish line.

BATHROOMS

You will notice there are spacious and plentiful bathrooms in the stadium entrance and in the natatorium lobby. This is part of the reason for the rerouting through a new entrance

RACE DAY

BIBS

FIRESIDE BAR and GRILLE FROSTBITE 5 MILER IS BEING TIMED USING CHRONOTRACK B TAGS BY runBUCKS. PLEASE PIN YOUR BIB TO THE FRONT OF YOUR BODY IN THE HORIZONTAL POSITION. BIBS MAY NOT READ IN THE VERTICAL POSITION. PLEASE WEAR IT ON THE OUTSIDE OF YOUR CLOTHING. PLEASE HAVE IT ON THE OUTSIDE OF YOUR CLOTHING AS YOU CROSS THE FINISH LINE. PLEASE DON'T CARRY YOUR CHILDREN ACROSS THE FINISH LINE as the TIMING TECHNOLOGY DOES NOT READ THROUGH A HUMAN BODY, NO MATTER HOW SMALL. Timing concerns email: John@runBUCKS.com

BAG CHECK

BAG CHECK COURTESY OF NOLAN PAINTING WILL BE AVAILABLE BETWEEN THE SCHOOL EXIT AND THE STARTING LINE. DROP OFF EARLY AND PICK UP QUICKLY

PAINT RECYCLING by NOLAN PAINTING

NOLAN PAINTING WILL BE COLLECTING YOUR OLD PAINT CANS FOR RECYCLING. LATEX PAINTS ONLY PLEASE. NO OIL BASED PAINTS WILL BE ACCEPTED. YOU CAN DRIVE UP TO PAINT DROP OFF BEFORE PARKING

THE STARTING LINE

THE STARTING LINE IS LOCATED ON HOUSTON ROAD NEAR THE WATER TOWER. PLEASE SEED YOURSELF ACCORDINGLY. THE START WILL BE A BIT MORE NARROW THAN PREVIOUSLY AND THERE WILL BE A PINCH POINT IMMEDIATELY BEFORE THE STARTING LINE SO THAT YOU WILL BE RUNNING BY THE TIME YOU REACH THE START STRUCTURE.

HYDRATION STATION

THERE WILL BE NO HYDRATION STATION ON THE COURSE. SHOULD YOU FEEL YOU NEED HYDRATION WE SUGGEST YOU CARRY YOUR OWN. DO NOT COVER YOUR RACE BIN WITH A VEST.

TIME LIMIT

IF YOU HAVE NOT REACHED THE 2.9 MILE MARK at KNIGHT & HOUSTON ROAD by 10:00AM YOU WILL BE DIVERTED TOWARDS THE FINISH LINE and WILL NOT BE AN OFFICIAL FINISHER and NOT ELIGIBLE FOR AWARDS. THIS WAS STATED AND BY YOUR REGISTRATION YOU AGREED TO THIS TIME LIMIT.

THE FINISH LINE

THE FINISH LINE IS LOCATED IN THE PARKING LOT OF TROJAN STADIUM. PLEASE ONLY CROSS THE FINISH LINE ONCE and CONTINUE THROUGH FOR WATER and A BUFF

AS WE ARE CHRONOTRACK CHIP TIMED THE TEAR OFF TAG AT THE BOTTOM OF YOUR BIB DOES NOT NEED TO BE REMOVED UNLESS THERE ARE TIMING ISSUES. THE TEAR OFF TAG INCLUDES A QR CODE TO RETRIEVE YOUR RESULTS.

FINISHERS WILL RECEIVE A COMMEMORATIVE BUFF NECK GATOR and a BOTTLE OF WATER AFTER CROSSING THE FINISH LINE. PLEASE HOLD ON TO YOUR SINGLE SERVE WATER BOTTLE YOU CAN REFILL IT, THEREBY REDUCING WASTE at the FIRESIDE BAR N GRILLE AREA OUTSIDE THE GYM.

CANCELLATION or POSTPONEMENT

LOCAL AUTHORITIES and WISSAHICKON SCHOOL DISTRICT HAVE THE RIGHT TO CANCEL OR POSTPONE THE EVENT AT THEIR DISCRETION. IN SUCH EVENT YOU WILL BE NOTIFIED AS SOON AS POSSIBLE VIA THE MEDIA YOU OPTED IN DURING THE REGISTRATION PROCESS.

RACE DAY

POST RACE FOOD

FIRESIDE Barn Grille

WILL BE PROVIDING THE FOLLOWING AFTER THE RACE IN THE LOBBY OF THE OLD GYM.

COFFEE
VEGETABLE BROTH
SOFT PRETZELS
BANANAS
APPLES
TURKEY CHILI
COLD PIZZA
WATER REFILL STATION

SERVICE LINES START FROM THE NATATORIUM SIDE OF THE HALLWAY. YOU CAN THEN EXIT AND RETURN TO YOUR CARS OR EAT AND THEN ENTER THE GYM.

PLEASE DO NOT ENTER THE GYM
WITH FOOD OR WATER

RESULTS & AWARDS

RESULTS

runBUCKS TIMING WILL PUBLISH THE RACE RESULTS IMMEDIATELY AFTER THE AWARDS CEREMONY. THE QR CODE ON THE TEAR OFF TAG ON YOUR RACE BIB WILL LINK YOU TO THE RESULTS. THE RESULTS QR CODE IS ALSO HERE:



RACE PHOTOS

KATRINA BROWN PHOTOGRAPHY WILL DOWNLOAD THE RACE PICTURES TO THE FIRESIDE BAR n GRILLE FROSTBITE 5 MILER PAGE WITHIN 24 HOURS OF THE RACE. GO BACK TO YOUR RESULTS PAGE, CLICK ON YOUR NAME AND YOU WILL FIND YOUR RACE PICS, SORTED BY YOUR VISIBLE BIB, SO MAKE SURE YOUR BIB IS VISIBLE.



FINISHER'S CERTIFICATE

AFTER YOUR RESULTS ARE PUBLISHED GO BACK TO YOUR RESULTS PAGE, CLICK ON YOUR NAME AND YOU WILL FIND A LINK TO DOWNLOAD YOUR FINISHER'S CERTIFICATE.

AWARDS

PRIZE MONEY TO THE TOP THREE MEN & WOMEN

FIRST PLACE: \$250.00 SECOND PLACE: \$150.00 THIRD PLACE: \$50.00

FIRST MASTERS MAN & WOMAN: \$100.00

NO DOUBLE DIPPING SECOND MASTERS FINISHER WILL WIN THEIR AGE GROUP

AWARDS TO THE TOP THREE MEN AND WOMEN IN EACH OF THESE AGE GROUPS:

14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49,

50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 & over

FIRST PLACE NONBINARY

CEREMONY

AWARDS WILL BEGIN IN THE GYM AT 10:15AM

CHECK PRESENTATIONS

PRIZE MONEY CHECK PRESENTATION TO THE TOP THREE MEN & TOP THREE WOMEN & THE FIRST OVERALL MEN & WOMEN'S MASTERS WILL LEAD THE AWARDS PRESENTATION PROGRAM. PLEASE BE PRESENT TO ACCEPT YOUR AWARD and SIGN PAPERWORK.

CANCELLATION or POSTPONEMENT

LOCAL AUTHORITIES and WISSAHICKON SCHOOL DISTRICT HAVE THE RIGHT TO CANCEL OR POSTPONE THE EVENT AT THEIR DISCRETION. IN SUCH EVENT YOU WILL BE NOTIFIED AS SOON AS POSSIBLE VIA THE MEDIA YOU OPTED IN DURING THE REGISTRATION PROCESS.

USATF GRAND PRIX



The Fireside Frostbite Five Miler is the traditional first stop on the USA Track & Field's Grand Prix circuit in the Mid-Atlantic region.

The annual circuit consists of 11 races of varying popular distances using USATF-certified courses and offering USATF sanctions.

Read more about the circuit here.

<https://mausatf.org/grand-prix>

Did you know Ambler Area Running Club has our own USATF team?

Click here for more information.

<https://aarc.wildapricot.org/USATF-Team>

If you would like to be a part of Ambler Area Running Club's USATF team, please email Tom Jennings at jennington343@gmail.com.

About USATF

Based in Indianapolis, USA Track & Field® (USATF) is the National Governing Body for track and field, long distance running, and race walking in the United States. USATF encompasses the world's oldest organized sports, the most-watched events of Olympic broadcasts, the number one high school and junior high school participatory sport, and more than 30 million adult runners in the United States.

Mission Statement

USA Track & Field® drives competitive excellence and popular engagement in our sport in a safe environment for all.

FOR MEMBERSHIP INFORMATION: <https://www.usatf.org/home/top-utility-nav-content/membership-1>

FIRESIDE

Barn Grille

FrostBite 5 Miler

Ambler Frostbite Snow Route 5M 2023

Measured on the full width of the roads, using the Shortest Possible Route (SPR). Measured by Dan Brannen, January 30, 2023.
danbrannen@earthlink.net



USATF Certificate

PA23002DB

Effective: 01/30/2023

Through: 12/31/2033



START, FINISH, and MILE MARKS:

START: On Houston Rd. alongside Wissahickon H.S. building; SW of Dager Rd. 62' NE of util pole 31618D and 85' SW of util pole 31617D.

FINISH: On entry/exit access roadway to Wissahickon H.S. parking lot. There are 5 grass islands on SW side of roadway; FINISH is alongside 3rd grass island, 36' SE of NW edge of said island and 1' NW of SE edge of said island.

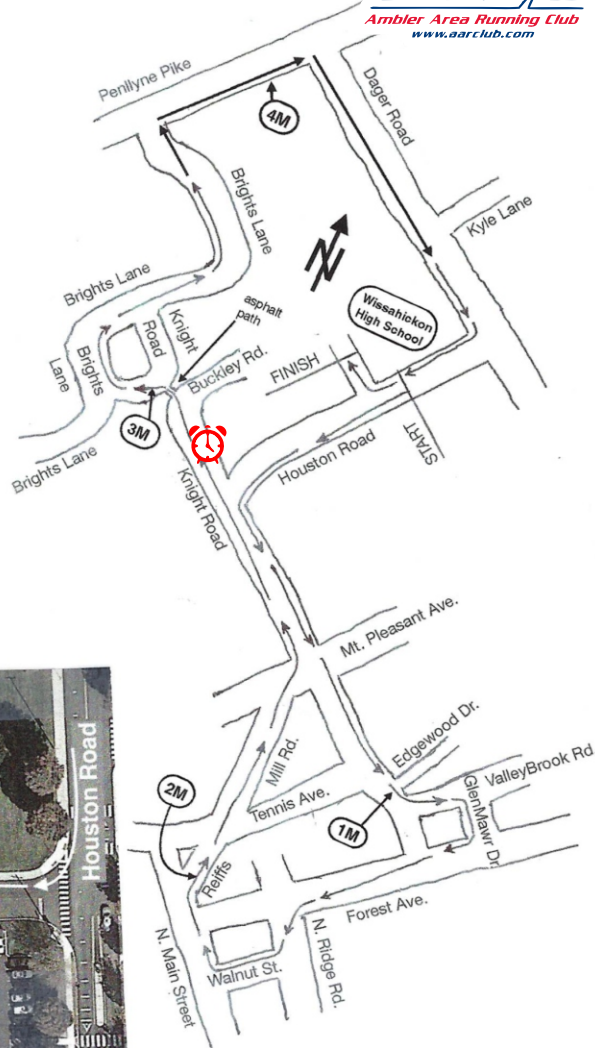
(The following are described relative to running direction)

1M: On Hendricks St. at intersection with Edgewood Dr. 38' before util. pole 56550, which is on Left side just past Edgewood.

2M: On Reiff's Mill Rd. between N. Main & Tennis. 57' past util. pole 8715, which is on Right side.

3M: On Knight Rd. just after left turn off of asphalt ped path and just before Buckley Cir. 2' past driveway to #716 Knight Rd., which is on Right side.

4M: On Penlyne Pike just before Sturgis Ln. 6' past util. pole 106, which is on Right side.



FINISH Line Diagram:



START Line Diagram



AARC's SUMMER'S NIGHT 5K



NEW DATE
NEW LOCATION
NEW COURSE
NEW TITLE SPONSOR



WEDNESDAY, JULY 30, 2025 7PM START
WISSAHICKON HIGH SCHOOL, AMBLER, PA
POST RACE REFRESHMENTS
SOFT STYLE SHIRT

START & FINISH ON THE WISSAHICKON HIGH SCHOOL TRACK
COURSE FAMILIAR TO FIRESIDE BAR N GRILLE FIRESIDE 5 MILER PARTICIPANTS

REGISTRATION OPENS

SATURDAY, FEBRUARY 22, 2025 AT 10:30AM

USE CODE: FIRESIDE ALL CAPS TO SAVE \$5
UNTIL MARCH 7, 2025



PAHIC #020814

Supports the AARC *FrostBite 5 Miler*

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The Philadelphia Inquirer



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Blue Bell Office | 721 Skippack Pike, Suite #100 | Blue Bell, PA 19422

A runner's true story

Dear Dr. 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 2 years of training for this event were almost negated with only 3 weeks to go because of a painfull foot injury. I scrambled to find help after my primary physician told me that I needed to just stop running. In desperation, I called a friend 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 3:53:34 and more importantly I was absolutely 100% pain free, even 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 is a podiatrist who knows the health concerns and special needs of runners, BECAUSE HE'S A RUNNER TOO.

In fact, Dr Meyers is a Philadelphia and Long Island Marathon Champion and has been part of the Philadelphia running community for over 35 years. He has won many other road races from 5K to 1/2 marathon. He continues to run competitively and has over 90,000 miles worth of running experience.

He treats runners of all levels

Dr. Meyers offers sports medicine, laser surgery, diabetic foot care, Call for an appointment. Please visit our website (address below) for helpful exercises.

We treat so you can compete.

Dr. Ira Meyers, 1986 Philadelphia Marathon Champion >

MONTGOMERY PODIATRY P.C.

215.938.7725

www.montgomerypodiatry.com



BUCKS COUNTY



ROADRUNNERS

from our club to yours
happy runnning!

www.BCRRCLUB.com



Advanced Spine & Sports Medicine (ASSM) is about you, the patient. Our patient centered physical medicine philosophy is about putting you the patient first. Whether you are a world class athlete or an “Olympic Gardener,” we are here to help. We strive to assist you in living life to the fullest regardless of your age or current level of fitness. You set the goal, we help you reach it.

We care for active individuals and athletes of all ages and abilities. We know athletes and active individuals work hard to get their bodies conditioned to achieve peak performance levels; our providers are highly active and are competitive athletes themselves. We range in age from our late twenties through our sixties. In other words, we have been there and done that; we get it!

Pushing the human body hard and often to its limits can sometimes cause injury. It may be just a “tweak” that needs a little attention or it could be a major injury that keeps us on the proverbial “bench unable to enjoy our usual active lifestyle. At ASSM, we support health, wellness and vigor by helping our patients keep their bodies moving the way they were designed, to perform at their highest levels and to avoid injury through science based physical medicine.

Despite our best efforts sometimes we do get injured. If this should happen our providers are trained in the most innovative and up to date methods to restore our patients to optimal health, performance and well being.

WWW.JKMHEALTH.COM

REV

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WOMEN RUN MONTCO

Women Run Montco recognizes that runners are a passionate group of people, and wants to help direct some of that enthusiasm toward elevating and energizing the communities we live in by creating connection and empowering those within and around us.

Women Run Montco is the only women's running group in the tri-state area. WRM is organized to empower, elevate, and energize the women of Montgomery County, PA, through running as a sport, a healthy lifestyle, and a means to connect with and give back to the community

womenrunmontco.com

WANT TO STAND OUT ON BROAD STREET?

WE'LL EVEN INCLUDE YOUR
NAME ON THE CHEST
OF YOUR SHIRT

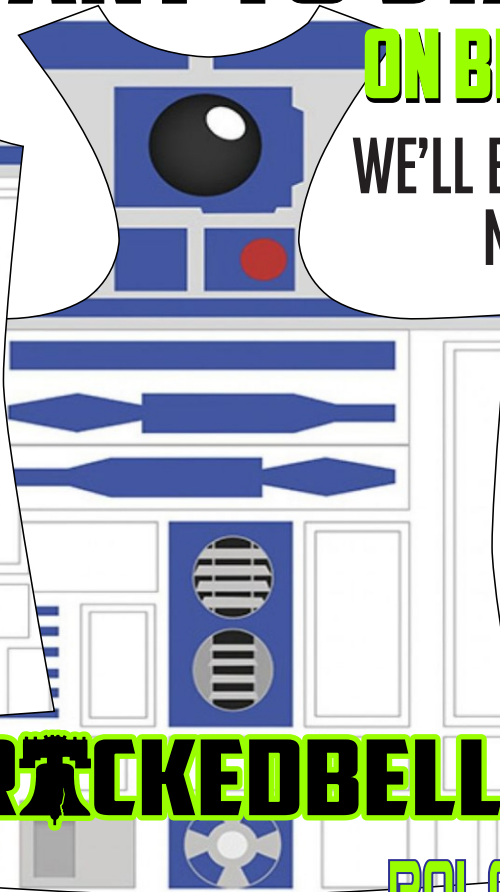
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