



PRESENTS

managed by:



runBUCKS

THE pour house

Summer Night 5K

WEDNESDAY JULY 30 7PM

WISSAHICKON HIGH SCHOOL
AMBLER, PA

Runners' Guide

Welcome to a new generation of an old community idea.

You'll notice the logo for this new version of Ambler Area Running Club's Summer Night race is a Phoenix, the symbol of rebirth.

We are looking forward to bringing you a new summer event that with your help will grow.

Thank you to the AARC's Board for entrusting me with this task and for allowing us to do what we do best.

Thank you to THE POUR HOUSE who said, "We're in!" as soon as they heard we needed a new sponsor and new location.

Thanks to the Wissahickon School District for allowing us access to school properties twice a year.

The "community" idea is this, we get together doing something we love to support great local charities to make a difference in our community.

Spread the love.

Please read the following pages as there is some important information you'll need to know. You knowing this information makes it easier for you, and for our amazing volunteers.

A handwritten signature in black ink, appearing to read "Pat McCloskey". The signature is fluid and cursive, with a large initial "P" and "M".

Pat McCloskey
Race Director



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 local running-related information and social activities, and 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 the Pour House Summer Night 5K and the Fireside Bar & Grill 5 Miler in February, 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 night.

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

PRE RACE PICK UP:

PRE-RACE PACKET PICK-UP IS ON SUNDAY, JULY 27, 2025 from 3-5PM at

The Pour House 29 Arpt Sq Rd, North Wales, PA 19454

**The Pour House will be offering \$5 OFF orders of \$25 or more, to be used during Sunday packet pick-up
GOOD FOR DINE-IN or TAKE OUT**

LATE REGISTRATION:

YOU CAN STILL REGISTER FOR THE RACE. ALL REGISTRATION WILL BE ONLINE. USE THE QR CODE:



REGISTRATION GOES TO \$47.50 ON FRIDAY at MIDNIGHT AND \$50 ON TUESDAY NIGHT AT MIDNIGHT

WEARING YOUR BIB:

runBUCKS times using ChronoTrack "B" tags. This system relies on the chip on the back of your bib being on the front of your body and in a vertical position. If you're wearing your BIB ON YOUR SHORTS PLEASE MAKE SURE YOUR BIB IS IN THE NORMAL READING POSITION. Do not remove the bottom tag as that will be used as your food ticket.

The back of your bib contains some questions in case you might have medical issues that the care people should know about. Please fill out the back if the facts apply to you.

NAME:

AGE:

IS THERE ANYONE HERE AT THE RACE WITH YOU? YES NO

THEIR NAME:

THEIR CELL PHONE NUMBER:

ARE THEY (CIRCLE ONE) RACING SPECTATING VOLUNTEERING?

PLEASE LIST ANY MEDICAL CONDITIONS or ALLERGIES:

DO YOU HAVE A VEHICLE AT THE EVENT? YES NO

MAKE/ MODEL/PLATE:

HOTEL:

HOTEL PHONE:

EMERGENCY CONTACT:

CITY STATE:

THEIR CELL PHONE:



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EMERGENCY PHONE: 215-530-6047

PARKING RACE DAY:

Please see the detailed parking map, and note that you should enter and exit the Main Lot by the southwest side, not the driveway that is part of the course. Please abide by the directions of the Parking Volunteers.

RACE DAY REGISTRATION & PACKET PICK UP

BEGINS ON THE TRACK at Wissahickon High School at 6PM. **The race starts at 7PM.**

Wissahickon High School is at [521 Houston Rd, Ambler, PA 19002](#)

BATHROOMS:

Men's and Ladies' rooms are located to the right immediately inside the Trojan Stadium gate.

COURSE:

The course starts and finishes on the track in Trojan Stadium at Wissahickon High School at 7PM. We ask that you not warm up or cool down on the track so as to allow volunteers to set up and other participants to enjoy the experience of the Olympic Style Finish. Just past the halfway point you will be guided on to the multi-use path that runs adjacent to Pennlyn Pike and Dager Road. Please note that while the path may be paved there are uneven sections and there may be tree limbs along the course. As you emerge from the tree lined path you will be instructed to remain on the fairly wide sidewalk before re-entering the stadium parking lot to the track.

Once you cross the finish line you will be given a bottle of water. Please only take one and refill it at refilling stations. This saves on trash and is more environmentally friendly.

You will be "cross-walked" to exit the track as the exit crosses over the course. You will need to cross the path of runners AGAIN to get to the POUR HOUSE FOOD TENT. Use the tear off tag on the bottom of your bib to redeem for food.

HYDRATION:

Your best bet for race day hydration is to hydrate in advance. If you are worried about sufficient hydration during the race you may elect to carry your own hydration. Please remember wearing a hydration vest may make your body temperature warmer.

We will have a water-only station on the right side of Brights Road just before the halfway point.

Please empty your cups before discarding them as near to in the trash cans as you can, so that our volunteers don't need to carry bags full of water in their cars back to the race venue

Once you cross the finish line you will be given a bottle of water. Please only take one and refill it at refilling stations. This saves on trash and is more environmentally friendly.

**AWARDS:**

McCaffery's pies to the Top Three Men and Women Overall, Top Three Masters and the top three Men and Women in these age groups:

Under 15, 15-19, 20-29, 30-34, 35-39, 40-44, 45-49, 50-59, 60-64, 65-69, 70 & OLDER

RESULTS:

Results can be found at a tab on the registration page at the conclusion of the awards ceremony. Use the URL from the previous page

WEATHER:

We run rain or shine. Thunder and lightning may cause us to delay the start or potentially cancel the race during the event.

BENEFICIARIES: LINKS AVAILABLE

I'M STILL RUNNING
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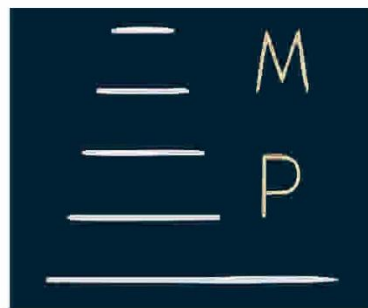


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& ADOPTION



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





POUR HOUSE

TRIVIA TUESDAYS
AT 7PM

WEDNESDAYS
ALL DAY BUCK-A-SHUCK
MUSIC BINGO AT 7PM



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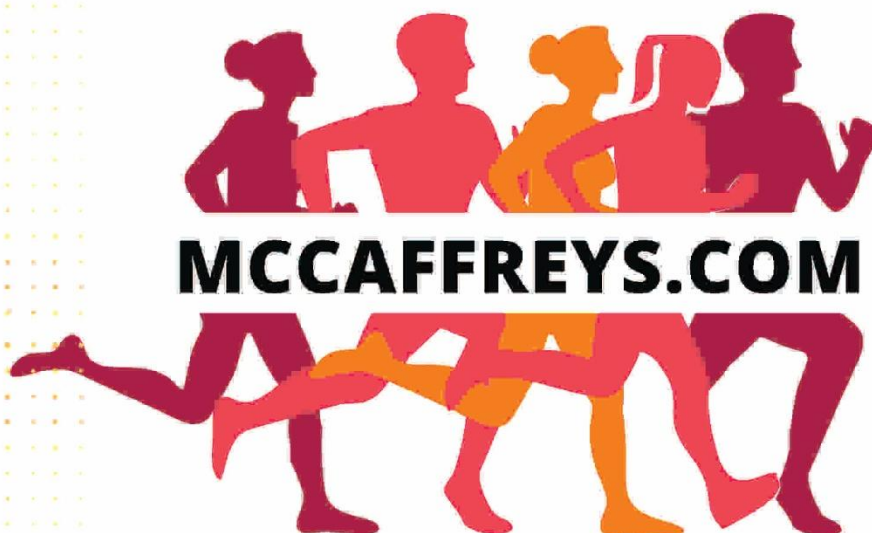


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NOLAN



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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

STRIVE

JOIN US FOR THE **POUR HOUSE** SUMMER NIGHT 5K!

WED. JULY 30, 2025

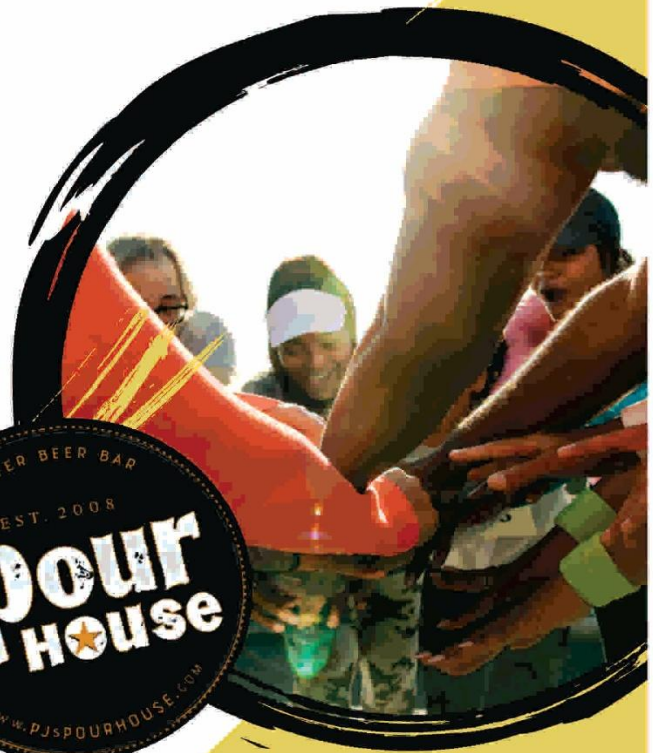
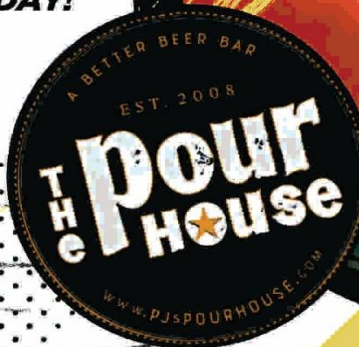
\$45 RACE FEE*

START & FINISH LINE:

WISSAHICKON HIGH SCHOOL FIELD
512 HOUSTON RD., AMBLER, PA 19002



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*Price increases to \$47.50 after July 25, 2025 at 11:59

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 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 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 >

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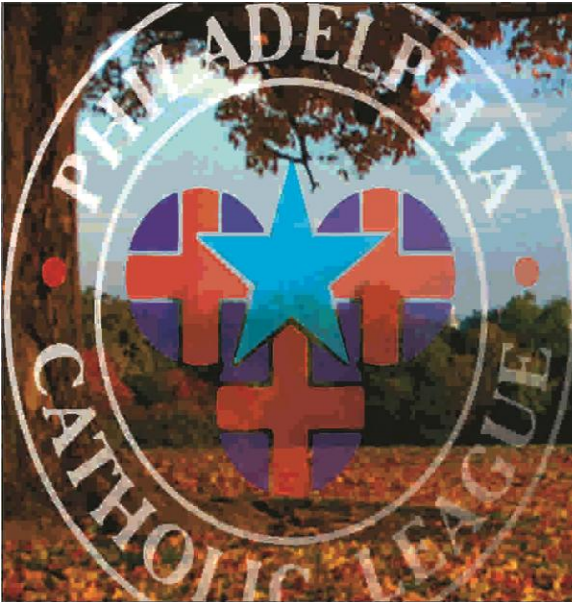

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FOSTER *care.* & ADOPTION

*Doing the most good for kids by nurturing children,
strengthening families and engaging communities*

The
Salvation
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Services began in
Philadelphia in 1921, caring for
orphaned children at our Ivy House facility.
We have been providing foster care and
adoption services in Southeastern PA for
over 34 years.

WHAT WE DO:

FOSTER CARE

Our Foster Care and Adoption Program provides foster care services in Southeastern Pennsylvania for children who require temporary care outside of their home. We recruit and train foster and adoptive families (known as resource families) to welcome these children into their home and we provide case work to ensure the child's needs are being met.

ADOPTION

If a child is unable to return home, our agency will provide adoption services. We provide home studies, match the child with a safe, loving family and provide all the paperwork and guidance to see the child and family through the adoption process. We also work with the Statewide Adoption Network to match waiting children with families and guide them through the adoption process.

EDUCATION

Children from hard places have special needs and require a different style of parenting to heal from their past, so equipping families with the best possible training is critical to their success. We provide educational programming to families interesting in becoming resource parents, families who are in the process of becoming resource parents and those who are already caring for children and need training hours to maintain their certification. Our training programs are based on the principles of TBRI®, which we believe best equips families to care for children and meet their unique needs. We offer educational programs to the public and are contracted by Montgomery County to provide training to their Children & Youth employees and resource families.

SUPPORT SERVICES

Because the children we serve come from difficult backgrounds, we provide evidence-based, trauma-informed services using Trust-Based Relational Intervention® (TBRI®), which focuses on understanding the needs behind behaviors and teaching families to meet those needs and bond. For foster and adoptive children and families who are struggling and need a more intensive level of support, we provide in-home services, as well as our HALO Project® 10-week trauma therapy program focused on children ages 3-18 and Making Sense of Your Worth, our 8-week support program for teens in foster care or who have been adopted. These programs are all led by licensed, TBRI®-trained clinicians. We also recently completed training for a new program called Parenting for Positive Self-Worth. Led by TBRI® certified staff and licensed clinicians, this program will be offered to support families at risk of losing their children or who have had their children placed in foster care. This program will provide positive new parenting skills to support the reunification of families.

Scan here to learn
how you can help!



care4kids.net

HOPE in every HOME

PARKING MAP

