

**By indicating your acceptance, you understand, agree, warrant and covenant as follows:**

I know that running is a potentially hazardous activity. I should not enter or run unless I am medically able & properly trained. I also know that there will be traffic, debris, poor footing and other hazards on the course and assume the risk for running on it. I also assume any or all other risks associated with running or attending the race including but not limited to falls, contact with other participants, the affects of the weather, the conditions of the roads and getting lost, all such risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my entry fee, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge the organizers of this event, all municipalities in which all owners of properties through which the race crosses, the race committee, volunteers, Bryn Mawr Running Co., all other organizations directly or indirectly associated with the race, any or all sponsors including their agents, employees, assigns or anyone acting on their behalf, or anyone else associated in any way with this race, from any or all claims or liability for death, personal injury or property damage of any kind or nature whatsoever arising out of, or in the course of, my participation in this event. This waiver extends to all claims of every kind or nature whatsoever; foreseen or unforeseen, known or unknown.

**Signature:** \_\_\_\_\_  
*If under 18, Parent/Guardian Signature*

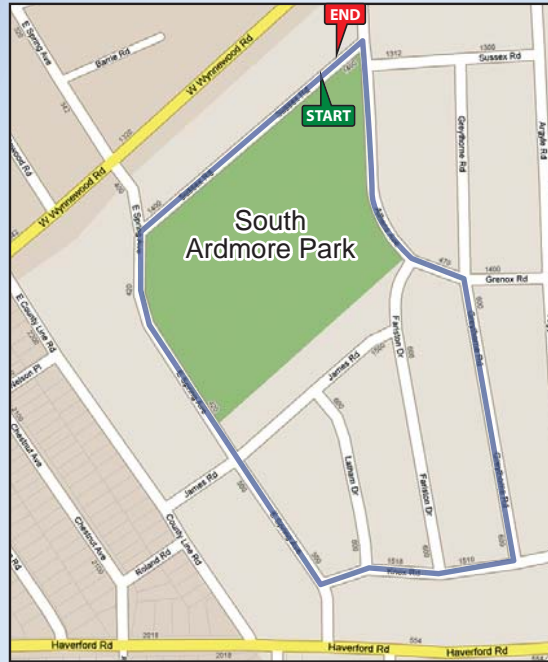
**Date:** \_\_\_\_ / \_\_\_\_ / \_\_\_\_

**SPONSORS**



**THE COURSE**

The world famous "Ardmore Loop"



*Each loop is ~1 mile and will be repeated 3 times; finish will be ~100 yards after the starting line.*

**AWARDS**

Awards ceremony will immediately follow after the final runner crosses the finish line.

Awards will be presented to the top 3 overall and in each age group (0-19, 20-29, 30-39, 40-49, 50-59, 60 and over).

First place awards will be presented at the August 16th race for overall points for those who completed 3 races.

**QUESTIONS?**

Please contact The Bryn Mawr Running Co.  
 (610) 527-5510 [brynmawrracing@gmail.com](mailto:brynmawrracing@gmail.com)

PRINTED BY: REFOGRAPHICS.COM (610) 572-2700

**BRYN MAWR RACING CO.**

PRESENTS THE 5TH ANNUAL



**MIDSUMMER NIGHT 5K SERIES**

**SOUTH ARDMORE PARK**  
 1498 SOUTH SUSSEX ROAD  
 WYNNEWOOD, PA 19096

**THURSDAY, JUNE 13**  
**THURSDAY, JULY 11**  
**THURSDAY, AUGUST 15**  
**7:00 PM**



# MIDSUMMER NIGHT 5K SERIES

## ABOUT THE RACE SERIES

Bryn Mawr Racing Company presents the 5th Annual Midsummer 5k Race Series. Each 5k race will take place approximately in the middle of each summer month in the quiet and safe neighborhood surrounding South Ardmore Park, Wynnewood, PA. The course will consist of 3 circuits on a slightly rolling course called the "Ardmore Loop." Overall and age group prizes will be awarded at each Summer Series race by The Bryn Mawr Running Company and Brooks. There will also be scoring for those who complete all three races. Runners will accumulate points in overall male/female categories along with their age group categories. Awards for the 3 combined races will be provided by Oakley. The 2013 event will be chip timed by the MYLAPS Run BibTag System. Brooks Podium Technical Midsummer Series T-Shirts will be distributed at the June race or during race packet pick up the night before.

**Please bring the whole family!** A kids race in South Ardmore Park will precede the 5k!

**After party!** After each race there will be an after party at Hykel's Bar & Grill. Bring in your race bib for one complimentary beverage on us!

**Race proceeds benefit Children's Hospital of Philadelphia, Merion Fire Company and Bryn Mawr Running Club**

[www.chop.edu](http://www.chop.edu)

[www.merionfireco.org](http://www.merionfireco.org)

[www.runbmr.org](http://www.runbmr.org)

## ENTRY FEES

### Early Registration:

Online or postmarked 4 days before race

Individual 5k: **\$18** All 3 5k Races: **\$40**

T-Shirt not included T-Shirt guaranteed

### Race Day Registration:

Individual 5k: **\$23** All 3 5k Races: **\$50**

T-Shirt not included T-Shirt guaranteed

**NOTE:** The July & August races **SOLD OUT** before race day

## REGISTRATION

Online at [www.brynmawrrunningco.com](http://www.brynmawrrunningco.com) or complete the entry form on the right and send to:

Attn.: Race Director  
Bryn Mawr Running Co.  
828 West Lancaster Avenue  
Bryn Mawr, PA 19010

Make checks payable to "Bryn Mawr Racing Co."

## LOCATION

### South Ardmore Park

1498 South Sussex Road • Wynnewood, PA 19096

## RACE DAY TIMES

5:00 - 6:45 PM Preregistration  
6:30 PM Kids Race (All kids win an award!)  
7:00 PM 5k Race Start  
7:45 PM Awards  
8:00 PM - ? After party at Hykel's Bar & Grill

## AFTER PARTY

### Hykel's Bar & Grill

2704 E. County Line Road • Ardmore, PA 19003

★ First beverage free with Bib #

★ Must be 21!

# MIDSUMMER NIGHT 5K SERIES

## RACE ENTRY PLEASE PRINT CLEARLY

Registration can also be completed online at [www.brynmawrrunningco.com](http://www.brynmawrrunningco.com) (Click "Events")

FIRST NAME:

LAST NAME:

E-MAIL:

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE NUMBER: \_\_\_\_\_

D.O.B.: \_\_\_\_/\_\_\_\_/\_\_\_\_ AGE ON JUNE 13TH: \_\_\_\_\_

Gender:  M  F

## PREREGISTERED

Postmarked 4 days before race

Please check:

- One Race:** \$18  
Race:  June 13  
 July 11  
 August 15  
 **All 3 5K Races:** \$40

## DAY OF RACE

On-site Registration 5-6:30 PM

Please check:

- One Race:** \$23  
Race:  June 13  
 July 11  
 August 15  
 **All 3 5K Races:** \$50

## T-SHIRT

Brooks Podium Technical Midsummer Series T-Shirt included with registration of all 3 5k Races.

Distributed at June race or race packet pick up the night before.

Size:  XS  S  M  L  XL

(CONTINUED ON BACK)