



The Ziemak Family Presents:

# “The 2<sup>nd</sup> Annual 5K Run/1 Mile Walk for ALS”

Sponsored by  
Limerick Garden of Memories

## Sunday, May 19, 2019

### 3:00 PM

## Limerick Garden of Memories

### 44 Swamp Pike

### Limerick, Pa. 19468

**Sign-up  
Today!**

**Sponsorships  
Welcome!**

**First 100  
Runners  
get a T-  
Shirt**

**\$25.00 PER REGISTRANT UNTIL MAY 10<sup>TH</sup>  
(AFTER MAY 10<sup>TH</sup> UP TO THE DAY OF EVENT \$35.00)**

**SPECIAL GROUP RATE  
5 INDIVIDUALS FOR \$75.00 ON OR BEFORE MAY 10<sup>TH</sup>  
(AFTER MAY 10<sup>TH</sup> UP TO DAY OF EVENT \$100.00)**

**Prizes**

**Register Online**

**Bryn Mawr Racing Co.**

**<https://runsignup.com/Race/Events/PA/Royersford/ZSTRONGALS5KRUN1MILEWALK>**

**or call: 610-495-6231**

**Refreshments**

### *In Remembrance*



**TOMMY ZIEMAK**

*Tom was diagnosed with ALS (Amyotrophic Lateral Sclerosis) on May 12, 2015. His family and friends, the “Z Strong” crew, supported him every step of the way through his journey and battle with ALS. Tom loved with his whole heart. He was a family man who lived his days to be the best husband and father to his two children. He was a friend to everyone; passionate about helping others in need. You were never in his shadow but under his wing. Tom’s forever home is at Limerick Garden of Memories. Please join Tom’s family and friends by sponsoring, donating, attending, to this wonderful cause and together we will fight to find a cure to this devastating disease! Thank you!*