

Legs Against Arms

April 10, 2011

Time

7:00 am – Race Registration Opens

8:30 am – 5K Start Time

9:00 am – Celebration of Youth begins

12:30 pm – Celebration of Youth

concludes

Directions

Saint Joseph's University

5600 City Ave, 19131

Once on site, follow signs to parking and registration.

From the North: New Jersey Turnpike to Exit 6 (PA Turnpike connector). Follow PA Turnpike to Rte. 476 (Exit 20). Follow 476 South to Rte. 76 East, toward Philadelphia. Follow Rte. 76 East to Exit 339 (Rte. 1 South, City Ave). Follow 2 miles to SJU.

From the East: From the Ben Franklin Bridge (via Rte. 676) or the Walk Whitman Bridge: Follow Rte. 76 West to Exit 339 (Rte. 1 South, City Ave). Follow 2 miles to SJU.

From the South: Interstate 95 North to 476 North. Follow 476 North to Exit 5 (Rte. 1). Follow Rte. 1 North to SJU approx. 10 miles.

From the West: PA Turnpike to Exit 326 (Valley Forge). Follow Rte. 76 East, toward Philadelphia, to Exit 339 (Rte. 1, City Ave). Follow 2 miles to SJU.

By Train: From 30th Street Station Amtrak/SEPTA: Take the R5 local Paoli/Thorndale one stop to Overbrook train station and walk ½ mile north to SJU.

By Bus: Take SEPTA's Bus #65 to campus on City Ave.

Course

The Legs Against Arms 5K course begins and ends at St. Joseph's University. It is a mostly out & back course on wide city streets running through Philadelphia's Wynnefield neighborhood. This event is sanctioned and certified by USA Track & Field.

Water & Facilities

Water will be available on the 5k course and at the Finish. In addition, indoor restrooms will be available for the duration of the event.

Awards

The overall winning male and overall winning female will receive awards. In addition, the top 3 male and top 3 female from each age group will receive awards. An award will be given to the team with the greatest number of participants.

Age Groups

- 14 and under
- 15-19
- 20-29
- 30-39
- 40-49
- 50-59
- 60-69
- 70-79
- 80 and above

Race Fees

- 14 and under – FREE
- Pre-registration - \$25
- Day-of registration - \$30