

☺AUTUMN "TRAIL" MILE Run/Walk ☺

(an After Thanksgiving "post-feast recovery" Mile)

(ATM) 9:00 AM, Saturday, November 26, 2011

"There's a Mile in every sMile!" -- Bud Taylor from his poem. "Come what may, I will run." -- Ahimaaz to Joab, II Samuel 18:23a.

"A not-too-demanding return to road racing after the Thanksgiving feasts that follow the Turkey Trots."

DIRECTIONS to Autumn "Trail" Mile (ATM) Run/Walk (see entry form / race flyer below)

START HERE IF COMING FROM SOUTH ARLINGTON & PLACES SOUTH OF ARLINGTON

Go North on Cooper Street past I-30. Continue at *** below. (Ignore the TURN LEFT instructions there).

START HERE IF COMING FROM PLANO, NORTH DALLAS & PLACES NORTH OF ARLINGTON

Go West on 635 from Central. Then go South on Hwy 35E. From 35E, take Loop 12.

Continue to I-30 (Tom Landry Hwy). [Can also take Hwy 360 to I-30.] Go West on I-30. Take the Lamar/Cooper Street Exit (about 1 mile after the Collins St. exit), complete the clover leaf U-turn and get on Lamar heading back east. Continue at *** below.

START HERE IF COMING FROM DALLAS & PLACES EAST OF ARLINGTON

Go West on I-30 (Tom Landry Hwy). Take the Lamar/Cooper Street Exit (about 1 mile after the Collins St. exit), complete the clover leaf U-turn and get on Lamar heading back east. Continue at *** below.

START HERE IF COMING FROM FORT WORTH & PLACES WEST OF ARLINGTON

Go East on I-30 (Tom Landry Hwy). Exit onto Cooper Street (about 1 mile after the Fielder St. exit). Continue at *** below.

*** Go North (i.e., TURN LEFT) on Cooper until it dead ends on Green Oaks Blvd. (about 1.6 miles). Turn Left at the intersection of Cooper & Green Oaks. Turn Right at the very next intersection/light and go into the Park (River Legacy Parks). [Turning Left here would put you on Margaret!! DON'T DO IT.] Continue on the park entrance road. Turn Left at the first road on the left. Continue on that road until you see the race activity. Find a parking space. You've arrived at the race!!!

You also can get some alternate directions from the 'Net, by, for example, going to www.yahoo.com, clicking on "Maps" and then on the "Get Directions" link. Also MapQuest.com. The location address for the race would be 701 NW Green Oaks (Arlington, TX 76006).

WHEN: 9:00 AM, Saturday, November 26, 2011

WHERE: Elm Grove Pavilion, River Legacy Parks, (a beautiful park with a slightly-hilly, partly tree-shaded open-park-trail mile)
701 NW Green Oaks Blvd. (near the intersection of N. Cooper & NW Green Oaks), Arlington, TX 76006
Distance markers every 1/4 Mile (1/4, 1/2, 3/4)!! See how long it takes you to complete a park-trail mile. Go for it!!

ENTRY FEE \$10 Make checks payable to: ASSIST Systems, P.O. Box 3635, Arlington, TX 76007, (Please mail by 11/22/11)

& REGISTRATION: OR Walk-in: Thru 6:00 PM on 11/25/11 at The Runner, 3535 W. Pioneer Parkway, Arlington, TX 76013 (817)461-2281

OR \$15 Race Day: 8:00 AM – 8:45 AM, at the race site (Also race number pick-up for mail-in and online entrants.)

PLUS Toiletries & Personal health care items (for SafeHaven of Tarrant County), on Race Day

AWARDS:*1st Overall/Masters male/female, Top 3: 0-6, 7-8, 9-11, 12-14, 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+

* Plus random & age milestone "SOULS & SOLES" awards. No duplication of awards. **NO T-SHIRTS!!!!!!** But a small, scholarly memento.

DOOR PRIZES: Just a few. All participants are eligible. **Must be present to win.**

PURPOSE/BENEFICIARY: 2fold:* Pure, unvarnished racing fun.* To offer a little help to some of the needy in our midst (cash & kind for SafeHaven of Tarrant County)

INFORMATION: Contact (Metro)817-265-4578 / jephaa@yahoo.com / www.runningintheusa.com/jeph

Award winners' names will be submitted to the Dallas Morning News & the Fort Worth Star-Telegram; Complete results (all finishers) to www.runningintheusa.com, etc.

Arlington Trail Mile Run/Walk Entry Form (May be duplicated.)

Mail to: P.O. Box 3635, Arlington, TX 76007 (Make checks payable to: ASSIST Systems)

Name _____ Age(as of 11/26/11) _____

Address _____

City _____ State _____ Zip _____ Gender: F _____ M _____

Phone # _____ Email Address _____

In consideration of the acceptance of this entry, I, the undersigned, assume full and complete responsibility for any injury or accident which may happen to me during the event known as Autumn "Trail" Mile Run/Walk or while I am on the premises of the event, and I hereby release and agree to indemnify, defend and hold harmless the City of Arlington, sponsors, promoters, and all other persons or entities associated with this event from all injuries and damages, or otherwise.

Signature _____

Parent's/Guardian's Signature (if under 18 years) _____

Date _____