

# BUNNY BOOGIE VII 5K / 1 MILE Run/Walk



## 9:00 AM

### Saturday, April 7, 2012

*"The King shall come when morning dawns and light triumphant breaks; when...life to joy (& peace) awakes." – from a hymn.*

#### **DIRECTIONS to Bunny Boogie VII 5K/1M Run/Walk** (see entry form / race flyer below)

From I-30, exit on Cooper Street (after Collins, if going East; after Fielder, if going West). Go North on Cooper until it dead ends on Green Oaks Blvd. (about 1.6 miles). Turn Left at the intersection of N. Cooper & NW Green Oaks. Turn Right at the very next intersection/light and go into River Legacy Parks.

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

**WHEN: 9:00 AM** Saturday, April 7, 2012 **9:00 AM** 5K **10:00 AM** 1 Mile

*(On the eve of the holiest & happiest day of the Christian year – Easter – with its gift of spiritual rebirth, restoration & sustenance, this race tries to provide for the physical wellness & sustenance of some in our midst.)*

**WHERE:** Elm Grove Pavilion, River Legacy Parks, (a beautiful park with a relatively flat & fast, mostly tree-shaded course)  
701 NW Green Oaks Blvd. (near the intersection of N. Cooper & NW Green Oaks), Arlington, TX 76006

**ENTRY FEE** \$10 for 5K OR \$5 for 1 Mile: Make checks payable to: **ASSIST Systems**

& **REGISTRATION:** Mail to :ASSIST Systems, P.O. Box 3635, Arlington, TX 76007, (**Please mail by 4/3/12**)

OR **Walk in:** Thru 6:00 PM on 4/6/12 at The Runner, 3535 W. Pioneer Parkway, Arlington, TX 76013 (817)461-2281

OR **\$15 (5K) / \$5 (1 Mile) Race Day:** 8:00 AM – 8:50 AM, at the race site (Also race number pick-up for mail-in and online entrants.)

**PLUS** (optional) crackers or canned or other packaged foods **for Meals On Wheels & needy families, on Race Day**

**AWARDS:** **5K** \*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 & milestone "SOULS & SOLES" awards. No duplication of awards. **NO T-SHIRTS!!!!!!** But a small, scholarly memento.

**1 Mile:** Ribbons to all finishers

**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 Meals On Wheels – "promoting the dignity & independence of the disabled, the elderly and other homebound persons by delivering nutritious meals and coordinating needed services." [[www.mealsonwheels.org](http://www.mealsonwheels.org)]

**INFORMATION:** Contact 817-265-4578 / [jephaa@yahoo.com](mailto:jephaa@yahoo.com) / <http://www.runningintheusa.com/jeph>

Award winners' names will be submitted to the Fort Worth Star-Telegram (but NOT the Dallas Morning News);

Complete results (all finishers) to [www.runningintheusa.com](http://www.runningintheusa.com), etc.

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#### **Bunny Boogie VII 5K / 1 Mile Run/Walk (May be duplicated.)**

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

Name \_\_\_\_\_ Age(as of 4/7/12) \_\_\_\_\_ Race: 5K \_\_\_\_\_ 1 Mile \_\_\_\_\_

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 Bunny Boogie VII 5K / 1 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 old) \_\_\_\_\_

Date \_\_\_\_\_