

GOD'S HANDS & FEET IN THE WORLD 5K / 1 MILE

Run/Walk

8:00 AM, Saturday, August 20, 2011

*I [will do] my best in the race; I [will run/walk] the full distance; I [will keep] the faith – present/future tense from II Timothy 4:7.
Come what may, I will run. -- Ahimaaz to Joab, II Samuel 18:23a*

DIRECTIONS to Hands & Feet 5K/1M 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 (before Texas Stadium).

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. Can also go to www.MapQuest.com. The location address for the race would be 701 NW Green Oaks (Arlington, TX 76006).

WHEN: 8:00 AM, Saturday, August 20, 2011 **8:00 AM** 5K **9:00 AM** 1 Mile

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 8/16/11)

OR Walk in: Thru 6:00 PM on 8/19/11 at The Runner, 3535 W. Pioneer Parkway, Arlington, TX 76013 (817)461-2281

OR \$15 (5K) / \$5 (1 Mile) Race Day: 7:10 AM – 7:50 AM, at the race site (Also race number pick-up for mail-in and online entrants.)

PLUS School supplies - Pens, #2 Pencils, Crayons, Notebook paper, Folders, Markers, Backpacks, etc., for needy students at AISD's Crow Elem, 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 & age 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: * Unvarnished racing fun. * Offer a little help to St. Alban's ECUSA Outreach & Mission to our local/global neighbors, Crow Elem. (St. Alban's ECUSA of Arlington, [817-715-2400 / www.saintalbansarlington.org] currently meets & worships at Theatre Arlington, 305 W. Main, Arlington, TX 76010).

INFORMATION: Contact 817-265-4578 / jephaa@yahoo.com / www.runningintheusa.com/jephaa

Award winners' names will be submitted to the Fort Worth Star-Telegram (but not to the Dallas Morning News); Complete results (all finishers) to www.runningintheusa.com, etc.

God's Hands & Feet in the World 5K / 1M 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 8/20/11) _____ 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 God's Hands & Feet in the World 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)

Date