

JUST FOR THE HECK OF IT XI ***(A Super Bowl XLV Eve Renewal Run II)*** ***5K / 1 Mile Run/Walk***

9:00 AM, Saturday, February 5, 2011

“Come, my friends, / ‘Tis not too late to seek a newer world” -- Lord Tennyson in Ulysses.
Come what may, I will run. -- Ahimaaz to Joab, II Samuel 18:23a

DIRECTIONS to Cravens Park for the Heck XI (Super Bowl Eve Renewal) 5K Run/Walk (see race flyer/entry form below)

From I-20- From I-20, Exit onto Matlock Road (a little after the Collins St. exit on the East or a little after the Cooper St. exit on the West. Go S on Matlock. Go past Stephens, Bardin and Green Oaks.

Turn L at the intersection of Matlock & Cravens Park Drive (just after Nathan Lowe Road on the right).

Turn R at the second entrance (about 0.2 mile from Matlock) and go into the Park (Cravens Park).

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 400 Cravens Park Drive (Arlington, TX 76018).

WHEN: **9:00 AM** Saturday, February 5, 2011 **9:00 AM** 5K **9:30 AM** 1 Mile

WHERE: Cravens Park, 400 Cravens Park Drive, Arlington, TX 76018
(0.2 ml. E. of Matlock Rd & Cravens Park Dr.) – South of Green Oaks.

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 2/1/11**)

OR Walk in: Thru 6:00 PM on 2/4/11 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 (optionally) School supplies (Girls Inc. of Tarrant County); New-born diapers (Arlington*Mansfield Pregnancy Center) **on Race Day**

AWARDS: 5K: * 1st Overall/Masters/Seniors male/female, Top 3: 14 & Under, 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(-IES): 3fold: * Unvarnished racing fun. * Pre Super-Bowl XLV Renewal frolic * Offer a little help to

+ **Girls Inc. of Tarrant County** -- “inspiring all girls to be strong, smart and bold.”

+ **Arlington*Mansfield Pregnancy Center** – “empowering women to make educated choices.”

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

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

Just for the Heck of It XI (A Super Bowl XLV Eve Renewal Run II) 5K / 1 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 2/5/11)** _____ **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 Just for the Heck of It XI (A Super-Bowl XLV Eve Renewal Run II) 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