

PEACEFUL TOMORROWS WITH OUR TROOPS & VETS

5K Run/Walk



8:00 AM

Monday, May 25, 2009 (Memorial Day)

“... 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 Peaceful Tomorrows with Our Troops & Vets 5K Run/Walk (see race flyer/entry form below)

From I-30, exit on NW 19th. Go North on NW 19th until it merges with N. Carrier Parkway ; continue North past Sunnyvale; then turn Right into Mike Lewis Park; Park is about 1.5 miles from I-30. **From Hwy 360**, exit on (North) Carrier Parkway and go Southeast (or East); continue past Roy Orr, then turn Left into Mike Lewis Park; Park is about 1.7 miles from Hwy 360.

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 2410 N. Carrier Pkwy (Grand Prairie, TX 75050).

WHEN: 8:00 AM, Monday, May 25, 2009

WHERE: Mike Lewis Park, 2410 N. Carrier Parkway, Grand Prairie, TX 75050
[Between major highways I-30 (on the south) and Hwy 360 (on the northwest); Closest city street light intersections are at Sunnyvale (to the south) and Roy Orr (to the north). Park entrance is approx. 0.1 mile North of Sunnyvale and 0.2 mile South of Roy Orr.]

ENTRY FEE & REGISTRATION: \$8 Mail-in: Make checks payable to/mail to: **ASSIST Systems**, P.O. Box 3635, Arlington, TX 76007
(Please mail by 5/21/09)

OR Walk in: Thru 6:00 PM on 5/23/09 at The Runner, 3535 W. Pioneer Pkwy, Arlington, TX 76013 (817)461-2281

OR \$10 Race Day: 7:00 AM – 7:45 AM, at the race site (Also race number pick-up for mail-in and online entrants.)

PLUS (optionally) toiletries, personal health care items, laundry detergent (for SafeHaven of Tarrant County), on RaceDay

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!!!!!!**

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

PURPOSE/BENEFICIARY: 3fold:* Pure, unvarnished racing fun.* Net proceeds to some Vets’ organizations – a nat’l disabled Vets’ organization and Veterans For Peace --to honor & thank our active troops and veterans for their service and sacrifices, and to support them as they seek a peaceful, safe and secure future for us all. * To celebrate a sense of peaceful patriotism, a secure nation at peace

INFORMATION: Contact 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.

Peaceful Tomorrows with Our Troops & Vets 5K 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 5/25/09) _____

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 Peaceful Tomorrows with Our Troops & Vets 5K 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 Grand Prairie, 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 _____