

RACE AGAINST MISOGYNY & SEXISM (RAMS III) 5K Run/Walk

7:45 AM Saturday, July 11, 2009

“I declare to you that woman must not depend upon the protection of man, but must be taught to protect herself, and there I take my stand.” – Susan B. Anthony. / *“I had reasoned this out in my mind, there was one of two things I had a right to, liberty or death; if I could not have one, I would have the other.”* – Harriet Tubman. / *“Come what may, I will run.”* -- Ahimaaz to Joab, II Sam. 18:23a.

DIRECTIONS to RAMS III 5K 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 deadends 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 OR MapQuest.com. The location address for the race would be 701 NW Green Oaks (Arlington, TX 76006).

WHEN: 7:45 AM, Saturday, July 11, 2009

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 & REGISTRATION: \$8 Make checks payable to: ASSIST Systems, P.O. Box 3635, Arlington, TX 76007, (Please mail by 7/07/09) OR Walk in: Thru 6:00 PM on 7/09/09 at The Runner, 3535 W. Pioneer Parkway, Arlington, TX 76013 (817)461-2281

OR \$10 Race Day: 6:45 AM – 7:40 AM, at the race site (Also race number pick-up for mail-in and online entrants.)

PLUS(optionally) school supplies (for Girls Inc.), toiletries and personal health 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 Girls Inc. & SafeHaven of Tarrant County – empowering women & girls.

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

RAMS III 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 07/11/09) _____

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 Race Against Misogyny & Sexism (RAMS III) 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 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 _____