

## Online Registration:

at [runsignup.com](http://runsignup.com)

<https://www.runsignup.com/Race/TX/Arlington/BunnyBoogieVII5K1MileRunWalk>

at [active.com](http://active.com)

[http://www.active.com/event\\_detail.cfm?event\\_id=2012247](http://www.active.com/event_detail.cfm?event_id=2012247)

## Course Map:

<http://www.usatf.org/routes/view.asp?rID=379420>

## Photos:

<http://www.movin-pictures.com>

## Contact:

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Our racing mission continues to be to produce affordable, hedonistically fun & athletically competitive races that also benefit some charity(-ies) with a populist & gender parity focus – for the average runner/walker (including the novices) and also for the seasoned, serious racer.

The Bunny Boogie (BBG) was born as – and remains – an in-your-face alternative to local charity 5K's with exorbitant entry fees. On the same morning as the BBG, there will be other 5K's in North Texas – some of them charging fees as high as \$30 and more. The BBG, charges **\$10** (of course, with no complimentary T-shirts, but do you really need more race T-shirts?). *It's your choice; it's your money...*

Net proceeds from the race will benefit Meals On Wheels, promoting *"the dignity and independence of the disabled, the elderly and other homebound persons by delivering nutritious meals and coordinating needed services."* So, 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.

More info -- including online registration -- is available on the Web at <http://www.runningintheusa.com/jeph> The race flyer/entry form can be downloaded from this Web page.

**Apr 07** 0900 Bunny Boogie VII 5K / 1 Mile Run/Walk,  
River Legacy Parks, Arlington, TX 76006  
817-265-4578 / [www.runningintheusa.com/jeph](http://www.runningintheusa.com/jeph)  
*Benefits Meals On Wheels.*

## DETAILS:

**WHAT:** Bunny Boogie VII 5K / 1 Mile Run/Walk

***(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.)***

**WHEN** 9:00 AM, Saturday, 4/7/2012 [5K @ 9:00 AM; 1M @ 10:00 AM]

**WHERE:** Elm Grove Pavilion, River Legacy Parks, 701 NW Green Oaks Blvd (near the intersection of N. Cooper & NW Green Oaks), Arlington, TX 76006

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).**

**HOW MUCH:** 5K \$10 Mail-in by 4/3/12 ; \$10 Walk-in at The Runner, 3535 W. Pioneer Pkwy, Arlington, TX 76013 thru 4/6/12; \$15 Race day; \$10 (plus processing fee) Online thru 4/5/12

**1 MILE** \$5 at any time

Entry forms are available at most area running stores or by e-mail from [jephaa@yahoo.com](mailto:jephaa@yahoo.com) or can be downloaded at <http://www.runningintheusa.com/jeph> Online registration also can be accessed at <http://www.runningintheusa.com/jeph>

**BENEFITS:** Net cash proceeds will benefit

\* 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)]

plus donated canned and other packaged food (for Meals On Wheels).

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

**URL:** <http://www.runningintheusa.com/jeph>

This charity 5K/1M – like all our other charity fundraiser 5K/1M races – is not only athletically competitive & fun as well as socially activist & sharing, but also is priced very affordably (*with no similar or charity race around here on the same day even close in price – running club races are irrelevant vis-à-vis this bold claim*). It offers the unalloyed joy of unencumbered, *reckless-abandon* running/walking for *free spirits* who embrace our at-once simple but complex humanity and are moved to celebrate and share the ethos, excitement, substance & wonder of their existence with fellow humankind! It is meticulously & professionally produced & scored by active & passionate real racers who are familiar with the different aspects & nuances of road racing and who understand and cater to fellow racers & their needs. It presents very robust & inclusive award brackets – from 6 & Under to 80 & Over.