

## Online Registration:

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

<https://www.runsignup.com/Race/TX/Arlington/MidyearMuseMotionIX5K1MileRunWalk>  
at [active.com](http://active.com)

[http://www.active.com/event\\_detail.cfm?event\\_id=2013143](http://www.active.com/event_detail.cfm?event_id=2013143)

## Course Map:

<http://www.usatf.org/routes/view.asp?rID=432911>

## Photos:

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

## Contact:

Jeph Abara Phone: 817-265-4578 Email: [jephaa@yahoo.com](mailto:jephaa@yahoo.com)

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.

This race kicks off the Summer Scintillation Troika (SST) series as its first leg – the Mid-Year Muse & Motion IX 5K / 1 Mile Run/Walk. The race offers an invitingly beautiful trail course at Mike Lewis Park in Grand Prairie . As you embrace the inspiration of a *philosophic* muse along the course -- literally enacting music and poetry in motion -- your *physical* motion will be tracked properly. Donated new books age-appropriate for 3rd - 8th Graders are encouraged for H.O.P.E. (Helping Our Pupils Excel) Reading/Tutoring program – which caters to our 4th Grade through 8th Grade kids, all of them seeking their own muses. So come for the fun and for the charity.

By the way, as in past years, there will be a special recognition award for everyone that registers for all three SST races.

Net proceeds from the race will benefit H.O.P.E. (Helping Our Pupils Excel) Reading/Tutoring program.

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.

**Jun 30** 0800 Mid-year Muse & Motion IX 5K / 1 Mile Run/Walk,  
Mike Lewis Park, Grand Prairie, TX 75050 .  
817-265-4578 / [www.runningintheusa.com/jeph](http://www.runningintheusa.com/jeph)  
*Benefits H.O.P.E. (Helping Our Pupils Excel) Reading/Tutoring program.*

## DETAILS:

**WHAT:** Mid-year Muse & Motion IX 5K / 1 Mile Run/Walk

***(Embrace the inspiration of a philosophic MUSE; Engage the excitement of your physical MOTION)***

**[Distance markers will be both in Miles and in Kilometers – Experience the metric universe, with a mile measurement fallback!]**

**WHEN** 8:00 AM, Saturday, 6/30/2012 [5K @ 8:00 AM; 1 Mile @ 9:00 AM]

**WHERE:** Mike Lewis Park, 2410 N. Carrier Parkway, Grand Prairie, TX 75050

**From I-30**, exit on Hwy 161. Go North at the light and stay on the right side of the road to what becomes the old NW 19th. Continue to the light at N. Carrier Parkway ;turn left and 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.

**One also can get 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 OR [www.MapQuest.com](http://www.MapQuest.com). The location address for the race would be 2410 N carrier Parkway (Grand Prairie, TX 75050).**

**HOW MUCH:** 5K \$10 Mail-in by 6/26/12 ; \$10 Walk-in at The Runner, 3535 W. Pioneer Pkwy, Arlington, TX 76013 thru 6/29/12; \$15 Race day: \$10 (plus processing fee) Online thru 6/28/12

**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

\* H.O.P.E. (Helping Our Pupils Excel) Reading/Tutoring program  
[[www.hopetutoring.com](http://www.hopetutoring.com)]

plus donated New books age-appropriate for kids in 3rd – 8th Grades (for H.O.P.E.'s middle school students)

**Reference Theme:** "Bid me run, and I will strive with things impossible." – Shakespeare.

**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. Come celebrate with us!