

## Online Registration:

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

<https://www.runsignup.com/Race/TX/GrandPrairie/TheExcitingMetricExperience5K1KRunWalk>  
at [active.com](http://active.com)

[http://www.active.com/event\\_detail.cfm?event\\_id=2012253](http://www.active.com/event_detail.cfm?event_id=2012253)

## 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.

Most of the world (except the US, Liberia and a few other small countries) has gone metric, actually decimal! The metric system is decimal-based, as is our currency, and provides a simple progression from stage to stage (e.g., centimeter to meter to decameter/dekagram to hectometer to kilometer, etc.; also gram to dekagram to hectogram to kilogram, etc.). It's a pity we remain addicted to the old British and irregular system (e.g., inches to feet to yards to miles, etc.; also ounces to pounds to tons, etc.).

This race attempts to engage the metric system in the distance markers for a race. The 5K will have distance markers at 1K, 2K, 3K, and 4K (with the 5K the same as the finish). For comfort and familiarity, there also will be the mile markers at 1M, 2M and 3M. The fun run will be 1K rather than 1 Mile.

Net proceeds from the race will benefit Girls Inc. of Tarrant County -- "*inspiring all girls to be strong, smart and bold.*"

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 21** 0800 The Exciting Metric Experience 5K / 1K Run/Walk,  
Mike Lewis Park, Grand Prairie, TX 75050 .  
817-265-4578 / [www.runningintheusa.com/jeph](http://www.runningintheusa.com/jeph)  
*Benefits Girls Inc. of Tarrant County.*

## DETAILS:

**WHAT:** The Exciting Metric Experience 5K / 1K Run/Walk

***(Come experience the full metric universe, with a mile measurement fallback!)***

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

**WHEN** 8:00 AM, Saturday, 4/21/2012 [5K @ 8:00 AM; 1K @ 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 4/17/12 ; \$10 Walk-in at The Runner, 3535 W. Pioneer Pkwy, Arlington, TX 76013 thru 4/20/12; \$15 Race day; \$10 (plus processing fee) Online thru 4/19/12

**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

\* Girls Inc. of Tarrant County -- "*inspiring all girls to be strong, smart and bold.*"  
[[www.girlsinctarrant.org](http://www.girlsinctarrant.org)]

plus donated school supplies (for Girls Inc.).

**Reference Theme:** "Base decimal -- / It's already global. / It also can be local." – Anon.

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

This charity 5K/1K – like all our other charity fundraiser 5K/1M/1K 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!