



ST. MARK'S SOLES FOR SOULS 5K / 1 MILE Run/Walk

WHEN: Saturday, July 18, 2009

7:30 AM 1 Mile **8:00 AM** 5K

WHERE: St. Mark's Church, 2024 S. Collins St., Arlington, TX 76010.

From I-30 take Collins St. exit; go south on Collins past Park Row, then Rosewood; turn right onto St. Mark's Church
From I-20 take Collins St. exit; go north on Collins, past Pioneer Pkwy (Hwy 303); turn left onto St. Mark's Church (*Accurate courses. Neighborhood streets, relatively flat with a nice climb incline in Mile 1, followed by a corresponding downhill in Mile 2. Downhill finish 0.1 mile*)

ENTRY FEE 5K \$20 Individual \$15 each for group of 5 or more (mailed together)

& REGISTRATION: 1 MILE \$15 Individual \$12 each for group of 5 or more (mailed together)

Make checks payable to: **St. Mark's Church**

Mail to: St. Mark's, 2024 S. Collins St., Arlington, TX 76010

Must be postmarked by 7/11/09

OR Walk in: 10:00 AM – 6:30 PM, 7/13/09 - 7/17/09

The Runner Shop, 3535 Pioneer Parkway W., Arlington, TX 76013 Phone: 817-461-2281

OR \$25 (for 5K) / \$20 (for 1 MILE) Race Day: 6:30 AM – 7:20 AM, at the race site

PACKET PICK UP: 10:00 AM – 6:00 PM, Wed, 7/15/09 – Fri, 7/17/09, at The Runner Shop

OR 6:30 PM – 8:30 PM, Friday, 7/17/09 at St. Mark's

6:30 AM – 7:20 AM on race day at the race site

AWARDS:

* 1st Overall male & female, 1st Masters male & female in the 5K

* In the 5K, Age/gender group awards to the first three finishers in ages

0-8, 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+

* Ribbons to all 1 Mile participants

No duplication of awards.

T-shirts to all registrants.

DOOR PRIZES:

All participants are eligible. **Must be present to win.**

BENEFICIARY

The net race proceeds will benefit St. Mark's and its mission.

INFORMATION:

Contact (Metro)817-265-2537 / 817-680-7891 / 817-265-4578 / solesforsouls@gmail.com /

www.stmarksepiscopeal.org / www.runningintheusa.com/jeph

Award winners' names will be submitted to the Dallas Morning News and the Fort Worth Star-Telegram.

Complete results (for all finishers) will be provided to several Web sites, incl. www.runningintheusa.com, for posting.

St. Mark's Soles for Souls 5K /1Mile Entry Form (May be duplicated.)

Mail to: St. Marks, 2024 S. Collins St., Arlington,, TX 76010 (Make checks payable to: **St. Mark's Episcopal Church**)

Name _____ Age(as of 7/18/09) _____

Address _____

City _____ State _____ Zip _____

Phone # _____ T-shirt size (youth) M ___ L ___ (adult) S ___ M ___ L ___ XL ___ Gender: F ___ M ___

Email Address _____ Race 5K ___ 1 Mile ___

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 St. Mark's Soles for Souls 5K / 1 Mile 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. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of the event for any legitimate purpose. Registration is final. No refunds.

Signature _____

Parent's/Guardian's Signature (if under 18 years) _____

Date _____