

TRAILBLAZER TWO-FIFTHS MARATHON (10.486 miles) / 5K Run/Walk



THE TWO-FIFTHS

8:00 AM, Saturday, September 17, 2011



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"Bid me run, and I will strive with things impossible." --*Shakespeare*. "Come what may, I will run" --*Ahimaaz to Joab, II Sam. 18:23a*.

DIRECTIONS to Trailblazer Two-Fifths Marathon / 5K Run/Walk (see entry form / race flyer below)

FROM S ARLINGTON & PLACES S OF ARLINGTON: Go N on Cooper St past I-30. Continue at *** below. (Ignore the TURN LEFT)

FROM PLANO, N DALLAS & PLACES N OF ARLINGTON: Go W on 635 from Central. Then S on Hwy 35E. From 35E, take Loop 12. Continue to I-30. [Can also take Hwy 360 to I-30.] Go W 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.

FROM DALLAS & PLACES E OF ARLINGTON: Go W on I-30. Take the Lamar/Cooper St 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.

FROM FORT WORTH/ PLACES W OF ARLINGTON: Go E on I-30. Exit onto Cooper St (about 1M past Fielder St. Exit). Continue below.

*** Go N (i.e., TURN LEFT) on Cooper until it dead ends on Green Oaks Blvd. (about 1.6 miles). Turn L at the intersection of Cooper & Green Oaks. Turn R at the very next intersection/light and go into the Park (River Legacy Parks). Continue on the park entrance road. Turn L 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: 8:00 AM, Saturday, September 17, 2011 -- 5K & The Two-Fifths [COURSE WILL CLOSE AT 11:30 AM.]
(allows for a 20 min/mile pace in The Two-Fifths)

WHERE Legacy 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 \$30 for The Two-Fifths OR \$20 for the 5K: Make checks payable to: ASSIST Systems

& **REGISTRATION:** Mail to :ASSIST Systems, P.O. Box 3635, Arlington, TX 76007, (Must be postmarked by 9/10/11)

OR Walk in: Thru 6:00 PM on 9/16/11 at The Runner, 3535 W. Pioneer Parkway, Arlington, TX 76013 (817)461-2281

OR \$35 (The Two-Fifths) / \$25 (5K) Race Day: 7:10 AM – 7:50 AM, at the race site (Also Packet pick-up.)

PLUS (optionally) School supplies (Girls Inc.), Crackers/package foods (Meals On Wheels), Toiletries/personal hygiene items (SafeHaven) on Race Day

PACKET PICK UP: 10:30 AM – 6:30 PM, 9/15 -9/17/11 at The Runner Shop OR 7:00 AM – 7:50 AM, 9/17/2011 at the race site

Average/casual runner/walker – 2-digit mile race with a marathon connection; Seasoned racer -a warm-up race to the longer races (20K, Half, 25K, 30K, 35K, marathon)

AWARDS:The Two-Fifths: *1st Overall/Masters/Seniors male/female, Top 3: 0--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+

5K:*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 finisher medals to all Two-Fifths finishers. No duplication of awards.

DOOR PRIZES: Just a few. All participants are eligible. *Must be present to win.*

PURPOSE/BENEFICIARY: 3fold:* Pure, unvarnished racing fun.* Provide a chance to do a double-digit mile race associated with the marathon; * Offer a little help to Girls Inc. of Tarrant County [www.girlsintarrant.org], Meals On Wheels [www.mealsonwheels.org] & SafeHaven of Tarrant County [www.safehavenc.org]

INFORMATION: Contact 817-265-4578 / jephaa@yahoo.com / www.runningintheusa.com/jeph

Award winners' names will be submitted to Fort Worth Star-Telegram (not to the Dallas Morning News); Complete results (all finishers) to www.runningintheusa.com

Trailblazer Two-Fifths Marathon / 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 09/17/11) _____ Race: Two-Fifths _____ 5K _____

Address _____ City _____

State _____ Zip _____ Gender: F _____ M _____ T-shirt size (adult) S _____ M _____ L _____ XL _____

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 Trailblazer Two-Fifths Marathon / 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. 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 old)

Date