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WHAT: Trailblazer Two-Fifths Marathon (**The Two-Fifths**) / 5K Run/Walk

WHEN 8:00 AM, Saturday, 9/17/2011

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

One can get directions from the 'Net, by, for example, going to www.yahoo.com, clicking on "Maps" and then on the "Get Directions" link OR www.MapQuest.com. The location address for the race would be 701 NW Green Oaks (Arlington, TX 76006).

HOW MUCH: The Two-Fifths \$30 Mail-in by 7/26/11 / \$30 Walk-in at The Runner, 3535 W. Pioneer Pkwy, Arlington, TX 76013 from 9/12/11 thru 9/16/11 [817-461-2281] / \$35 Race day / \$30 (plus processing fee) Online thru 9/15/11

5K \$20 Mail-in by 9/10/11 / \$20 Walk-in at The Runner, 3535 W. Pioneer Pkwy, Arlington, TX 76013 thru 7/29/11 [817-461-2281] / \$25 Race day / \$20 (plus processing fee) Online thru 7/21/11

Fees include T-shirts! Entry forms soon will be available at most area running stores or by e-mail NOW from jephaa@yahoo.com or can be downloaded NOW at <http://www.runningintheusa.com/jeph> Online registration also can be accessed NOW 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]

* 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]

* SafeHaven of Tarrant County -- "*with a mission to end family violence ...through safety, support, prevention and social change.*"
[www.safehaventc.org]

plus donated school supplies (for Girls Inc.); crackers & other packaged foods (for Meals On Wheels); toiletries and personal health care items (for SafeHaven).

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

CONTACT: Phone: 817-265-4578 / Email: jephaa@yahoo.com

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

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. In that vein then, we're instilling some added challenge with an upcoming race offering....

You've done the 5K (3.107 mls.); maybe the 10K (6.214 mls.) also; perhaps, even the 15K (9.321 mls.) ...but the full Marathon may be an impossible dream away...The 20K (12.428 mls.) or the Half (13.107 mls.) may be a bit too far also...Plus, you've yearned to do a double-digit mile race. So you're saying this *ain't ever gonna* happen. Well, my friend, become a believer. Have faith! We'll help you make all this happen. You can start a trend -- be a trailblazer...You can finally step into the two-digit mile zone in an official race – barely, but who's counting? After all, 10 is as much a two-digit number as is 13 or 26 or 99! And we'll tie it all into the Marathon family. So you'll get your two-digit mile race and you can also associate it with the Marathon mania – all in one race.

If you're already into double-digit mile races, this could be a good training long run on the way to local or nearby area longer distance races in late September to December. Those include the Clark Gardens Half, Lost Dog 20K, the Tyler Rose Marathon/Half, Honored Hero 20M/Half, Waterworks 25K, Boo Run Half, Stephenville Half -- all in October; DRC Half, Fort Worth Marathon,/20M/Half, Rockledge Rumble 50K/30K, Big D 30k, San Antonio Marathon/Half, FWRC Mote in Motion Half – in November; White Rock Marathon/Half – in December; etc..

So then on Saturday, September 17th, comes the second running of the Trailblazer Two-Fifths Marathon (**The Two-Fifths**) race – traversing **10.486 miles** of beautiful terrain. The race will be at Arlington's River Legacy Parks. It will engage the East trail there. I have been crowing about how gorgeous River Legacy Parks courses are. But that's been about the West trail. The East trail is even more beautiful. Going over bridges & under bridges, concrete surfaces & wooden surfaces, straight portions & curved portions, slight up inclines & slight down inclines and flat stretches, wooded areas & open areas, sometimes with water bodies close by....My, oh my!...Registration is open online and offline. Plus, the race's proceeds will benefit three area charities – Girls Inc. of Tarrant County, Meals On Wheels and SafeHaven of Tarrant County.

The course outline is at www.usatf.org/routes/view.asp?rID=446117

There also now is an associated 5K race – all on the East trail. A real novelty vis-à-vis the thus-far-only-engaged West trail.

The Two-Fifths course outline is at www.usatf.org/routes/view.asp?rID=446117, with a turnaround between Miles 5 and 6. The 5K shares part of the same course, with its turnaround a little (100 ft.) after the 2 Mile mark.

Awards in The Two-Fifths will be given to 1st Overall male and female finishers, 1st Masters (40+) male and female finishers. 1st Seniors (50+) male and female finishers. Top 3 finishers in the following age/gender groups also will be awarded: 14 & Under, 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 & Over. *For the 5K*, 1st Overall male and female finishers, 1st Masters male and female finishers. Top 3 finishers in the following age/gender groups also will be awarded: 6 & Under, 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 & Over.

This charity Two-Fifths / 5K – 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!