

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.

It's happened again. An open Saturday in North Texas without a road race... And so we'll offer you our standby to plug the void – the Just for the Heck of It XIII 5K / 1M. This will be a low-cost, low-tech deal. Most importantly, all the essential elements of races – fun, competition, camaraderie, charity contribution – will be there. . The race form should be available at most area running stores. Net proceeds will benefit Girls inc. of Tarrant County and SafeHaven of Tarrant County. More info -- including online registration -- is available on the Web at <http://www.runningintheusa.com/jeph>

**Dec24** 0830 Just for the Heck of It XIII 5K / 1 Mile, Mike Lewis Park, Grqnd Prairie, TX 75050 .  
817-265-4578 /[www.runningintheusa.com/jeph](http://www.runningintheusa.com/jeph)  
*Benefits Girls Inc. of Tarrant County & SafeHaven of Tarrant County.*

## DETAILS:

**WHAT:** Just for the Heck of It XIII – A Pre-Christmas Frolic 5K / 1 Mile Run/Walk

**WHEN** 8:30 AM, Saturday, 12/24/2011

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

**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 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 12/6/11 ; \$10 Walk-in at The Runner, 3535 W. Pioneer Pkwy, Arlington, TX 76013 thru 12/9/11; \$15 Race day; \$10 (plus processing fee) Online thru 12/8/11

**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 <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)]

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

plus donated school supplies (for Girls Inc.); toiletries and personal health care items (for SafeHaven).

**Reference Theme:** “The King shall come when morning dawns and light triumphant breaks; when...life to joy (& peace) awakes.” – from a hymn.

**CONTACT:** Phone: 817-265-4578 / Email: [jephaa@yahoo.com](mailto:jephaa@yahoo.com)

**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!