

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.

We are excited to invite you to the ninth running of the MLK Day & Dream 5K / 1 Mile on January 16th -- MLK Day 2012 -- in beautiful River Legacy Parks in Arlington, TX as part of celebrating that holiday (**the day**) and its message (**the dream**) of universal brotherhood & sisterhood, a culture of live & let live and recognizing every individual – every human being anywhere – as a deserving child of God! This is the first of our thematic series 5 – 6 races during the year, in this case *promoting an environment of true peace in which young boys and young girls can grow up, learn and realize their full potentials*. We again will attempt to capture three F's of road racing in America – **fun; function; funds** for a cause or a charity. Fun is a given with racing – any race! The function? Exercise, camaraderie, competition or what have you. The funds? The cause here will be youth education – one of Dr. King's major concerns. The award categories are robust at both ends of the age spectrum – featuring 6 & Under and 80 & Over. This race is both to honor a man, Dr. King, who had a great and salutary impact on our society as well as to look forward to a future of lofty possibilities. We've added a 1 Mile fun run/walk event for a token fee of \$5 – to accommodate those who can't afford the regular \$10 or \$15 fee. The race form should be available at most area running stores. Net proceeds will benefit AISD's Blanton and Crow Elementary Schools. 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.

**Jan 16** 0930 MLK Day & Dream 5K / 1 Mile, River Legacy Parks, Arlington, TX 76006 . 817-265-4578  
[/www.runningintheusa.com/jeph](http://www.runningintheusa.com/jeph)  
*Benefits AISD's Blanton & Crow Elementary Schools.*

## DETAILS:

**WHAT:** MLK Day & Dream 5K / 1 Mile Run/Walk  
*(Celebrates MLK Day as "a day of engagement rather than a day of idleness.")*

**WHEN** 9:30 AM, Monday, 1/16/2012 (MLK Day) [1M @ 9:30 AM; 5K @ 10:00 AM]

**WHERE:** Elm Grove 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](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 701 NW Green Oaks (Arlington, TX 76006).

**HOW MUCH:** **5K** \$10 Mail-in by 1/11/12 ; \$10 Walk-in at The Runner, 3535 W. Pioneer Pkwy, Arlington, TX 76013 thru 1/14/12; \$15 Race day: \$10 (plus processing fee) Online thru 1/14/12

**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 <http://www.runningintheusa.com/jeph> Online registration also can be accessed at <http://www.runningintheusa.com/jeph>

**BENEFITS:** Net cash proceeds will benefit

\* AISD's Blanton & Crow Elementary Schools.  
plus donated school supplies (for the two schools).

**Reference Theme:** " I have a dream...that they will not be judged by the color of their skin but by the content of their character. – Dr. Martin Luther King, Jr.

**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!