

GOD'S HANDS & FEET IN THE WORLD 5K Run/Walk

8:00 AM, Saturday, August 7, 2010

Come what may, I will run. -- Ahimaaz to Joab, II Samuel 18:23a

DIRECTIONS to Hands & Feet 5K Run/Walk (see entry form / race flyer below)

START HERE IF COMING FROM SOUTH ARLINGTON & PLACES SOUTH OF ARLINGTON

Go North on Cooper Street past I-30. Continue at *** below. (Ignore the TURN LEFT instructions there).

START HERE IF COMING FROM PLANO, NORTH DALLAS & PLACES NORTH OF ARLINGTON

Go West on 635 from Central. Then go South on Hwy 35E. From 35E, take Loop 12.

Continue to I-30 (Tom Landry Hwy). Go West 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.

START HERE IF COMING FROM DALLAS & PLACES EAST OF ARLINGTON

Go West on I-30 (Tom Landry Hwy). 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.

START HERE IF COMING FROM FORT WORTH & PLACES WEST OF ARLINGTON

Go East on I-30 (Tom Landry Hwy). Exit onto Cooper Street (about 1 mile after the Fielder St. exit). Continue at *** below.

*** Go North (i.e., TURN LEFT) on Cooper until it dead ends on Green Oaks Blvd. (about 1.6 miles). Turn Left at the intersection of Cooper & Green Oaks. Turn Right at the very next intersection/light and go into the Park (River Legacy Parks). [Turning Left here would put you on Margaret!! DON'T DO IT.] Continue on the park entrance road. Turn Left 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. The location address for the race would be 701 NW Green Oaks (Arlington, TX 76006).

WHEN: 8:00 AM, Saturday, August 7, 2010

WHERE: Elm Grove 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 \$10 Make checks payable to: ASSIST Systems, P.O. Box 3635, Arlington, TX 76007, (Please mail by 7/31/10)

& REGISTRATION: OR Walk in: Thru 6:00 PM on 8/6/10 at The Runner, 3535 W. Pioneer Parkway, Arlington, TX 76013 (817)461-2281
OR \$15 Race Day: 7:00 AM – 7:50 AM, at the race site (Also race number pick-up for mail-in and online entrants.)

PLUS School supplies - Pens, #2 Pencils, Crayons, Notebook paper, Folders, Markers, Backpacks, etc., for needy students at AISD's Crow Elem, on Race Day

AWARDS:*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 random & age milestone "SOULS & SOLES" awards. No duplication of awards. NO T-SHIRTS!!!!!!

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

PURPOSE/BENEFICIARY: 2fold: * Unvarnished racing fun. * Offer a little help to St. Alban's ECUSA Outreach & Mission to our local/global neighbors, Crow Elem. (St. Alban's ECUSA of Arlington, [817-715-2400 / www.saintalbansarlington.org] currently meets & worships at Theatre Arlington, 305 W. Main, Arlington, TX 76010).

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

Award winners' names will be submitted to the Dallas Morning News & the Fort Worth Star-Telegram; **Complete results (all finishers)** to www.runningintheusa.com

God's Hands & Feet in the World 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 8/7/10) _____

Address _____

City _____ State _____ Zip _____ Gender: F ____ M ____

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 God's Hands & Feet in the World 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.

Signature

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

Date