

MLK DAY & DREAM 5K / 1 MILE Run/Walk

10:00 AM, Monday, January 17, 2011

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

DIRECTIONS to MLK Day & Dream 5K/1M 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 1 ml 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: 10:00 AM, Monday, January 17, 2011

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 for 5K OR \$5 for 1 Mile : Make checks payable to: **ASSIST Systems**

& REGISTRATION: Mail to: **ASSIST Systems**, P.O. Box 3635, Arlington, TX 76007, (**Please mail by 1/12/11**)

OR Walk in: Thru 6:00 PM on 1/15/11 at The Runner, 3535 W. Pioneer Parkway, Arlington, TX 76013 (817)461-2281

OR \$15 (5K) / \$5 (1 Mile) Race Day: 8:45 AM – 9:45 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, on Race Day**

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

***1 MILE** Ribbons to all finishers.

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

PURPOSE/BENEFICIARY: 3fold: * Unvarnished racing fun. * Celebrate MLK Day * Offer a little help to some of our needy students (at AISD's Crow & Blanton)

INFORMATION: Contact (Metro)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

MLK Day & Dream 5K / 1 Mile 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 1/17/11) _____

Address _____

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

Phone # _____ Email Address _____

Race 5K _____ 1 Mile _____

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 MLK Day & Dream 5K / 1 Mile 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 _____