

HANDS & FEET FOR CHARITY V

5K / 1 MILE Run/Walk

8:00 AM, Saturday, August 9, 2014

*I [will do] my best in the race; I [will run/walk] the full distance; I [will keep] the faith – present/future tense from II Timothy 4:7.
Come what may, I will run. -- Ahimaaz to Joab, II Samuel 18:23a*

DIRECTIONS to Hands & Feet for Charity V 5K/1M Run/Walk (see race flyer/entry form below)

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.

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. Also MapQuest.com. The location address for the race would be 2410 N. Carrier Pkwy (Grand Prairie, TX 75050).

WHEN: 8:00 AM, Saturday, August 9, 2014 **8:00 AM** 5K **9:00 AM** 1 Mile

(St. Alban's Episcopal Church, Arlington – that meets and worships at Theatre Arlington -- engaging our hands & feet in Outreach & Mission to our neighbors and to the world.)

WHERE: Mike Lewis Park, 2410 N. Carrier Parkway, Grand Prairie, TX 75050
(Between major highways I-30 (on the south) and Hwy 360 (on the northwest); Closest city street light intersections are at Sunnyvale (to the south) and Roy Orr (to the north). Park entrance is approx. 0.1 mile North of Sunnyvale and 0.2 mile South of Roy Orr.)

ENTRY FEE \$15 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 8/5/14)**

OR Walk in: Thru 6:00 PM on 8/8/14 at The Runner, 3535 W. Pioneer Parkway, Arlington, TX 76013 (817)461-2281

OR \$20 (5K) / \$5 (1 Mile) **Race Day:** 7:10 AM – 7:50 AM, at the race site (Also race number pick-up for mail-in and online entrants.)

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

A group of 10 or more pre-registering together by mail or by walk-in (at the Runner), by cash or check/money-order, should deduct a 10% discount when paying.

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, 80-84, 85+

* Plus random & age milestone "SOULS & SOLES" awards. No duplication of awards. **NO T-SHIRTS!!!!!!** But a small, scholarly memento.

1 Mile: Ribbons to all finishers

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 Arlington's St. Alban's Outreach & Mission to our local/global neighbors, Crow Elem.

(St. Alban's Episcopal Church of Arlington, [817-264-3083 / www.saintalbansarlington.org], currently meets & worships at Theatre Arlington, 305 W. Main, Arlington, TX 76010).

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

Award winners' names will be submitted to the Fort Worth Star-Telegram (but not the Dallas Morning News); **Complete results (all finishers)** to www.runningintheusa.com, etc.

Hands & Feet for Charity V 5K / 1M 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 8/9/14) _____ Race: 5K _____ 1 Mile _____

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 Hands & Feet for Charity V 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 Grand Prairie, sponsors, promoters, and all other persons or entities associated with this event from all injuries and damages, or otherwise. Registration is final. No refunds.

Signature

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

Date