THE EXCITING METRIC EXPERIENCE IV
5K / 1K Run/Walk

[Distance markers will be both in Miles and in Kilometers – Experience the metric universe, with a mile measurement fallback!]

8:30 AM, Saturday, February 14, 2015

"Base decimal -- / It's already global. / It also can be local." – Anon.

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

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DIRECTIONS to The Exciting Metric Experience 5K / 1K Run/Walk(see entry form / race flyer below)

<u>From I-30</u>, 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: **8:30 AM,** Saturday, February 14, 2015   **8:30 AM** 1K **9:00 AM** 5K

(Come experience the full metric universe, with a mile measurement fallback!)

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 1K*: Make checks payable to: **ASSIST Systems**

& REGISTRATION: <u>Mail to</u> :**ASSIST Systems,** P.O. Box 3635, Arlington, TX 76007, **(Please mail by 2/10/15)**

OR <u>Walk in</u>: Thru 6:00 PM on 2/14/14 at The Runner, 3535 W. Pioneer Parkway, Arlington, TX 76013   (817)461-2281

OR **$20** (5K) / **$5** (1K) <u>Race Day:</u> 7:30 AM – 8:20 AM, at the race site (*Also race number pick-up for mail-in and online entrants.*)

PLUS (voluntary) Toiletries and personal health items (**for SafeHaven), 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. <u>No duplication of awards</u>. **NO   T-SHIRTS!!!!!!** *But a small, scholarly memento.*

1K: Ribbons to all finishers

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

PURPOSE/BENEFICIARY: *3fold:* * Unvarnished racing fun.* Experience the full metric universe

* Offer a little help to **SafeHaven of Tarrant County** -- – *"with a mission to end family violence ..."* [www.safehaventc.org]

INFORMATION: Contact   817-265-4578   /   jephaa@yahoo.com / www.ASSISTSystemsRacing-plus.com

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

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The Exciting Metric Experience IV 5K / 1K 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 2/14/15)_____**Race**: 5K_____   1K_____

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 The Exciting Metric Experience IV 5K / 1K 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.

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