

GOD'S HANDS & FEET IN THE WORLD III

5K / 1 MILE Run/Walk

8:00 AM, Saturday, August 18, 2012

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 III 5K/1M Run/Walk (see entry form / race flyer below)

From I-30, exit on Cooper Street (after Collins, if going West; after Fielder, if going East). Go N on Cooper until it dead ends on Green Oaks Blvd. (about 1.6 miles). Turn L at the intersection of N. Cooper & NW Green Oaks. Turn R at the very next intersection/light and go into River Legacy Parks.

One also can get directions from the 'Net, by, for example, going to www.yahoo.com, clicking on "Maps" and then on the "Get Directions" link OR www.MapQuest.com. The location address for the race would be 701 NW Green Oaks (Arlington, TX 76006).

Once in the park, 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!!!

WHEN: 8:00 AM, Saturday, August 18, 2012 **8:00 AM** 5K **9:00 AM** 1 Mile

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

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 8/14/12)**

OR Walk in: Thru 6:00 PM on 8/17/12 at The Runner, 3535 W. Pioneer Parkway, Arlington, TX 76013 (817)461-2281

OR \$15 (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** - Pens, #2 Pencils, Crayons, Notebook paper, Folders, Markers, Backpacks, etc., **for needy students at AISD's Crow Elem, 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!!!!!!** 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 Episcopal Outreach & Mission to our local/global neighbors, Crow Elem.

(St. Alban's Episcopal 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 / jephah@yahoo.com / www.runningintheusa.com/jeph

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

God's Hands & Feet in the World III 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 8/18/12) _____ 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 God's Hands & Feet in the World III 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. Registration is final. No refunds.

Signature _____

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

Date _____