



# 35th DON ZETNICK ARLINGTON WINTER RUN

## 10K / 2 Mile / 1K Penguin Waddle

*Arlington's original & oldest holiday season running/walking happening for 33 years and counting...*  
*(1K for parents & their kids; 2 Mile, almost two-thirds of a 5K, for the average runner/walker; 10K for the serious runner/walker—something for everyone!)*

**WHEN:** **Saturday, December 1, 2012**

**8:30 AM** 1K Penguin Waddle (for 11 & Under) **9:00 AM** 2 Mile **9:00 AM** 10K

**WHERE:** The MAC (Mav Act. Ctr), UTA Campus, 500 W Nedderman, Arlington, TX 76019 (**beautiful, neighborhood-street courses**)  
From I-30 take Cooper St. exit; go south on Cooper to UTA Blvd.; take a right on UTA Blvd to the MAC (Mav Act Ctr).  
From I-20 take Cooper St. exit; go north on Cooper to UTA Blvd.; take a left on UTA Blvd to the MAC (Mav Act Ctr).  
**(10K course is USATF Certified TX08121ETM; 2 Mile course also is USATF Certified TX08122ETM )**

**ENTRY FEE** 10K OR 2 Mile **\$20** Make checks payable to: **The Runner**

**& REGISTRATION:** 1K **\$15** Make checks payable to: **The Runner**

Mail to: The Runner, 3535 Pioneer Pkwy W., Arlington, TX 76013. **Must be postmarked by 11/24/12.**

OR Walk in: 10:30 AM – 6:30 PM, 11/26/12 - 11/30/12

The Runner Shop, 3535 Pioneer Parkway W., Arlington, TX 76013 Phone: 817-461-2281

OR \$25 (10K OR 2 Mile) / \$20 (1K) Race Day: 7:15 AM – 8:15 AM, at the race site

**PACKET PICK UP:** 10:30 AM – 6:30 PM, 11/29/12 - 11/30/12, at The Runner Shop

**PACKET & TIMING CHIP PICK UP:** 7:15 AM – 8:15 AM on race day at the race site

**AWARDS:** \* 1st Overall male & female, 1st Masters male & female in the 10K and 2 Mile

\* Age/gender group awards to the first three finishers in ages

2 Mile 0-6, 7-8, 9-10, 11-12, 13-15, 16-19, 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+

10K 0-12, 13-15, 16-19, 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+

\* Large Penguins to team with the most registrants, plus 1st and 2nd runner-up teams; smaller penguins to teams with 10+ registrants

\* Ribbons to all 1K Penguin Waddle participants

No duplication of awards.

**The 10K and 2 Mile will feature the Unique Winter Run awards! (plus Long-sleeved T-shirts to all registrants – 10K, 2M, 1K.)**

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

**PURPOSE** 2fold: \* Pure, unvarnished road racing fun and merriment & keeping the Don Zetnick Arlington Winter Run tradition alive

**& BENEFICIARY:** \* Net proceeds will be donated to YMCA of Arlington (building strong kids, families & communities).

**INFORMATION:** Contact (Metro)817-461-2281 / (Metro)817-265-4578 / winterrun99@yahoo.com / <http://www.DonZetnickWinterRun.com> / <http://www.therunnershop.com> / <http://www.runningintheusa.com/jeph>

**Award winners' names** will be submitted to the Fort Worth Star-Telegram & the Dallas Morning News.

**Complete results (for all finishers – 10K & 2 Mile)** will be provided to several Web sites, incl. [www.runningintheusa.com](http://www.runningintheusa.com), for posting.

### Don Zetnick Arlington Winter Run 10K/2 Mile/1K Entry Form (May be duplicated.)

Mail to: The Runner, 3535 Pioneer Pkwy W., Arlington, TX 76013 (Make checks payable to: **The Runner**)

Name \_\_\_\_\_ Age(as of 12/01/12) \_\_\_\_\_ Birth date \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone # \_\_\_\_\_ T-shirt size (youth) M \_\_\_ L \_\_\_ (adult) S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_ Gender: F \_\_\_ M \_\_\_

Email Address \_\_\_\_\_ Race 10K \_\_\_ 2 Mile \_\_\_ 1K \_\_\_

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 35th Don Zetnick Arlington Winter Run 10K/2 Mile/1K 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. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of the event for any legitimate purpose. Registration is final. No refunds.

Signature \_\_\_\_\_

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