



HEALING HEARTS RACE FOR NEWTOWN

5K / 1 Mile Run/Walk

9:00 AM, Saturday, February 16, 2013

"We are all one family on this planet Earth." -- from "All One Family". . *"Come what may, I will run."* -- Ahimaaz to Joab, II Sam. 18:23a.

"Let's transform our passion into a spirit of compassion." -- from the 12/16/12 Interfaith Vigil for the Victims in the Newtown, CT shooting.

On Dec. 14th, 2012, our nation was shocked by a horrific event – the brutal, merciless massacre of 26 people, including 20 innocent, young children, in Newtown, CT. The town continues to recover. The trauma and loss of it all have affected the victims' families and friends; the police officers who responded to the emergency calls and were the first to witness the carnage; the teachers who survived the nightmare but are now bereft of their beloved students and co-workers; and the residents of Newtown as a whole. Their healing from their tremendous grief can be made easier if we can reach out to them. As one of the speakers said at the Vigil for the victims on Dec. 16th, 2012, "let's transform our passion into a spirit of compassion." And so we bring you a road race to help in that regard.

DIRECTIONS to Healing Hearts Race for Newtown 5K/1M Run/Walk (see entry form / race flyer below)

From I-30, exit on Cooper Street (after Collins, if going W; after Fielder, if going E). 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 Rr 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: 9:00 AM, Saturday, February 16, 2013 [9:00 AM 1 Mile 9:30 AM 5K]

(Let's transform our passion into a spirit of compassion – into healing hearts!)

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 \$20 for 5K OR \$10 for 1 Mile: Make checks payable to: **ASSIST Systems**

& REGISTRATION: Mail to :ASSIST Systems, P.O. Box 3635, Arlington, TX 76007, (Please mail by 2/11/13)

OR Walk in: Thru 6:30 PM on 2/15/13 at The Runner, 3535 W. Pioneer Parkway, Arlington, TX 76013 (817)461-2281

OR **\$25 (5K) / \$15 (1 Mile)** Race Day: 8:00 AM – 8:50 AM, at the race site (Also race number pick-up for mail-in and online entrants.)

PACKET PICK-UP: 10:30 AM – 6:30 PM 2/14/13 – 2/15/13 at The Runner Shop.

PLUS (voluntary) **Kids' (5-7 year olds) needs & gifts, toys, stuffed animals, etc., for SafeHaven of Tarrant County, on Race Day**

[If interested, you also can make an additional donation with a check payable to: **Newtown Rotary – Sandy Hook Elementary School Fund** [on the memo line write: **Newtown Alumni Fund**] and submit with your race entry fee.]

AWARDS: *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.

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 the recovery and healing in Newtown, CT; plus to local children who are victims of domestic violence..

INFORMATION: Contact 817-265-4578 / jephaa@yahoo.com / danielle_fitch@ymail.com / <http://www.runningintheusa.com/jeph>

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

Healing Hearts Race for Newtown 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 2/16/13) _____ Race: 5K _____ 1 Mile _____

Address _____ City _____ -

State _____ Zip _____ Gender: F _____ M _____ T-Shirt size (youth) M _____ L _____ (adult) S _____ M _____ L _____ XL _____

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 Healing Hearts Race for Newtown 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