

ALTERNATIVE MODEST-CROWD

5K / 1 MILE Run/Walk

8:30 AM, Saturday, February 27, 2016

"We are united in the belief that every person with lung cancer deserves a cure." – Free to Breathe.

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

Relish the intimacy, the camaraderie of a small crowd race.

DIRECTIONS to Alternative Modest-Crowd 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: 8:30 AM, Saturday, February 27, 2016 8:30 AM 1 Mile 9:00 AM 5K

(Free to Breathe -- a partnership of lung cancer survivors, advocates, researchers, healthcare professionals, industry leaders ensuring that lung cancer survival is the EXPECTATION not the EXCEPTION.)

WHERE: Legacy 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 \$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 2/23/16**)

OR Walk in: Thru 6:30 PM on 2/26/16 at The Runner, 3535 W. Pioneer Parkway, Arlington, TX 76013 (817)461-2281

OR \$20(ATM) / \$5(1 Mile) Race Day: 7:30 AM – 8:20 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 Blanton & Crow 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.

^{SK} **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 Free to Breathe [www.freetobreathe.org].

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

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.

Alternative Modest-Crowd 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 2/27/16) _____ 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 Alternative modest-Crowd 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 _____