

# A RACE AGAINST ABUSE OF WOMEN & GIRLS IV

## 5K / 1 Mile Run/Walk

8:00 AM, Saturday, April 30, 2016

*“The oppression of women [and girls] worldwide is the human rights cause of our time. And their liberation could help solve many of the world’s problems...”* -- The Women’s Crusade, by Nicholas D. Kristof and Sheryl WuDunn.

*“The Status Quo Must Go!”* -- WORD – Women Organized to Resist and Defend..

“Sexual violence against women isn’t “normal.” It’s not human nature. Oppression against women—the violence, the objectification, the impoverishment and inequality that women experience— isn’t just the way it is [or should be]. It is a function of patriarchy and of institutionalized sexism, of the sexual objectification of women for corporate profit and of a society that tolerates—and often condones—sexual intimidation and violence... We need a Women’s Spring all over the world.”

– **WORD** [www.defendwomensrights.org]

### **DIRECTIONS to the Race Against Abuse of Women & Girls 5K / 1M Run/Walk (see entry form / race flyer below)**

**From I-30**, 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](http://www.yahoo.com), clicking on “Maps” and then on the “Get Directions” link. Also [MapQuest.com](http://MapQuest.com). The location address for the race would be 2410 N. Carrier Pkwy (Grand Prairie, TX 75050).*

**WHEN: 8:30 AM** Saturday, April 30, 2016 **8:00 AM** 1 Mile **8:30 AM** 5K

*(The Status Quo Must Go!)*

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

**& REGISTRATION:** Mail to :ASSIST Systems, P.O. Box 3635, Arlington, TX 76007, **(Please mail by 4/26/16)**

OR **Walk in:** Thru 6:00 PM on 4/29/16 at The Runner, 3535 W. Pioneer Parkway, Arlington, TX 76013 (817)461-2281

OR **\$20 (5K) / \$5 (1 Mile) Race Day:** 7:00 AM – 7:50 AM, at the race site (Also race number pick-up for mail-in and online entrants.)

PLUS (voluntary) **Kids’ (5-7 year olds) needs & gifts, toys, stuffed animals, etc., for SafeHaven of Tarrant County, 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 & 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 WORD – Women Organized to Resist & Defend; plus to local children who are victims of domestic violence.

**INFORMATION:** **Contact** 817-265-4578 / [jephaa@yahoo.com](mailto:jephaa@yahoo.com) / <http://www.ASSISTSystemsRacing-plus.com>

Award winners’ names will be submitted to the Fort Worth Star-Telegram (but not Dallas Morning News); **Complete results (all finishers)** [towwww.runningintheusa.com](http://www.runningintheusa.com)

### **Race Against Abuse of Women & Girls IV 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 4/30/16) \_\_\_\_\_ **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 A Race Against Abuse of Women & Girls IV 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 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.

Signature \_\_\_\_\_

Parent’s/Guardian’s Signature (if under 18 years old) \_\_\_\_\_

Date \_\_\_\_\_