

# RACE FOR WEST, TX 5K / 1 Mile Run/Walk

8:00 AM, Saturday, July 6, 2013

*"We are all one family on this planet Earth." -- from "All One Family".*

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

On April 17, 2013, a massive explosion at the West Fertilizer Company in West, TX. The blast caused over \$100 million in damages to homes, businesses and schools near the fertilizer plant. It also injured at least 160 people and killed 14 people, incl. 11 firefighters and other first responders. While aid has poured in from around the country, the recovery for the community will take a long time. So we felt we should do our little bit to help our neighbors in West. This 5K/1M race is for that purpose.

If interested, you also can make an additional donation at [www.wacofoundation.org](http://www.wacofoundation.org)

## **DIRECTIONS to Race for West, TX 5K/1M Run/Walk (see race flyer/entry form 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:** 8:00 AM, Saturday, July 6, 2013      **8:00 AM** 5K      **9:00 AM** 1 Mile

***(Let's reach out and touch our neighbors in West, TX!)***

**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 7/2/13**)

OR Walk-in: Thru 6:00 PM on 7/5/13 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 (optional) toiletries, personal health care items, laundry detergent (**for SafeHaven of Tarrant County**), 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, 80-84, 85+

\* Plus random & age milestone "SOULS & SOLES" awards. No duplication of awards. **NO T-SHIRTS!!!!!!**

**1 Mile:** Ribbons to all finishers

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

**PURPOSE/BENEFICIARY:** 2fold:\* Pure, unvarnished racing fun. \* Net proceeds to help our neighbors in West, TX as they recover from the tragedy of April 17, 2013 (via Waco Foundation [www.wacofoundation.org](http://www.wacofoundation.org)).

**INFORMATION:** Contact 817-265-4578 / [jephah@yahoo.com](mailto:jephah@yahoo.com) / [www.runningintheusa.com/jephah](http://www.runningintheusa.com/jephah)

Award winners' names will be submitted to the Fort Worth Star-Telegram (but not to the Dallas Morning News);

Complete results (all finishers) to [www.runningintheusa.com](http://www.runningintheusa.com), etc.

## **Race for West, TX 5K / 1 Mile 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 7/6/13) \_\_\_\_\_ 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 Race for West, TX 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 \_\_\_\_\_