

RACE AGAINST MISOGYNY & SEXISM (RAMS VII) 5K / 1 Mile Run/Walk

8:00 AM Saturday, July 13, 2013

"I declare to you that woman must not depend upon the protection of man, but must be taught to protect herself, and there I take my stand." – Susan B. Anthony. / *"I had reasoned this out in my mind, there was one of two things I had a right to, liberty or death; if I could not have one, I would have the other."* – Harriet Tubman. / *"Come what may, I will run."* -- Ahimaaz to Joab, II Sam. 18:23a.

DIRECTIONS to RAMS VI 5K / 1 Mile 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: 8:00 AM, Saturday, July 13, 2013 8:00 AM 5K 9:00 AM 1 Mile

(Highlights a state of pervasive misogyny and sexism & Provides some funds to two of the organizations which address the consequences of this attitude and which strive to empower women and girls.)

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 \$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 7/9/13)

OR Walk in: Thru 6:00 PM on 7/12/13 at The Runner, 3535 W. Pioneer Parkway, Arlington, TX 76013 (817)461-2281

OR \$20 (5K) / \$5 (1 Mile) Race Day: 7:10 AM – 7:50 AM, at the race site (Also race number pick-up for mail-in and online entrants.)

PLUS (voluntary) School supplies (for Girls Inc.), Toiletries and personal health items (for SafeHaven), 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+

* 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:* Pure, unvarnished racing fun.* To offer a little help to **Girls Inc. of Tarrant County** -- "inspiring all girls to be strong, smart and bold." [www.girlsintarrant.org] & **SafeHaven of Tarrant County** -- "with a mission to end family violence ..." [www.safehavenc.org]

INFORMATION: Contact 817-265-4578 / jephaa@yahoo.com / www.runningintheusa.com/jeph

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

RAMS VI 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 07/13/13) _____ 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 Against Misogyny & Sexism (RAMS VII) 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 _____