

SUMMER SIZZLER XI 5K / 1 MILE Run/Walk_(Summer Scintillation Troika --SST#2)

8:00 AM, Saturday, July 27, 2013

"Sunshine to warm the heart / Oh what joy this season does impart!"-- Anne Morrow Lindberg in Poem for Summer.

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

DIRECTIONS to Summer Sizzler 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: 8:00 AM, Saturday, July 27, 2013 **8:00 AM** 5K **9:00 AM** 1 Mile

(Reaching out to support a compassionate rehabilitative facility for some of the homeless in our midst.)

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 7/23/13)**

OR Walk-in: Thru 6:30 PM on 7/26/13 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 (voluntary) Bottled/Canned/Jar foods and/or Bagged/Boxed dry foods (**for the Arlington Life Shelter**), 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!!!!!!** 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: *Twofold:* * Pure, unvarnished racing fun.* To offer a little help to some of the needy in our midst --

Cash & kind to the Arlington Life Shelter [www.arlingtonlifeshelter.org]

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

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.

Summer Sizzler X 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 7/27/13) _____ **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 Summer Sizzler XI 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)

Date