



# ST. MARK'S SOLES FOR SOULS

# 5K / 1 MILE Run/Walk

**WHEN:** Saturday, July 20, 2013

**7:30 AM** 1 Mile **8:00 AM** 5K

**WHERE:** St. Mark's Church, 2024 S. Collins St., Arlington, TX 76010.

From I-30 take Collins St. exit; go south on Collins past Park Row, then Rosewood; turn right onto St. Mark's Church  
From I-20 take Collins St. exit; go north on Collins, past Pioneer Pkwy (Hwy 303); turn left onto St. Mark's Church (*Accurate courses. Neighborhood streets, relatively flat with a nice climb/incline in Mile 1, followed by a corresponding downhill in Mile 2. Downhill finish 0.1 mile*)

**ENTRY FEE** 5K \$20 Individual; \$15 each for group of 5 or more (mailed together)

**& REGISTRATION:** 1 MILE \$15 Individual; \$13 each for group of 5 or more (mailed together)

Make checks payable to: **St. Mark's Church**

Mail to: St. Mark's, 2024 S. Collins St., Arlington, TX 76010

Must be postmarked by 7/15/13

OR Walk in: 10:30 AM – 6:30 PM, 7/18/13 - 7/19/13

The Runner Shop, 3535 Pioneer Parkway W., Arlington, TX 76013 Phone: 817-461-2281

OR \$25 (for 5K) / \$20 (for 1 MILE) Race Day: 6:30 AM – 7:20 AM, at the race site

**PACKET PICK UP:** 10:30 AM – 6:00 PM, Thurs, 7/18/13 – Fri, 7/19/13, at The Runner Shop

OR 6:30 PM – 8:30 PM, Friday, 7/19/13 at St. Mark's

6:30 AM – 7:20 AM on race day at the race site

**AWARDS:**

\* 1st Overall male & female, 1st Masters male & female in the 5K

\* In the 5K, Age/gender group awards to the first three finishers in ages

0-8, 9-11, 13-14, 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+

\* Ribbons to all 1 Mile finishers

No duplication of awards.

**Bandanas to all registrants.**

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

**BENEFICIARY** The net race proceeds will benefit St. Mark's and its mission.

**INFORMATION:** Contact 817-277-6871 / 817-291-6880 / solesforsouls@gmail.com /

[www.stmarksarlington.com](http://www.stmarksarlington.com) / [www.runningintheusa.com/jeph](http://www.runningintheusa.com/jeph)

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

**Complete results (for all finishers)** will be provided to several Web sites, incl. [www.runningintheusa.com](http://www.runningintheusa.com), for posting.

**St. Mark's Soles for Souls 5K /1Mile Entry Form (May be duplicated.)**

Mail to: St. Marks, 2024 S. Collins St., Arlington,, TX 76010 (Make checks payable to: **St. Mark's Church**)

**Name** \_\_\_\_\_ **Age(as of 7/20/13)** \_\_\_\_\_

**Address** \_\_\_\_\_

**City** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip** \_\_\_\_\_

**Phone #** \_\_\_\_\_ **T-shirt size (youth)** M \_\_\_ L \_\_\_ **(adult)** S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_ **Gender:** F \_\_\_ M \_\_\_

**Email Address** \_\_\_\_\_ **Race** 5K \_\_\_ 1 Mile \_\_\_

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 St. Mark's Soles for Souls 5K / 1 Mile 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. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of the event for any legitimate purpose. **Registration is final. No refunds.**

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Parent's/Guardian's Signature (if under 18 years) Date