

TRAILBLAZER IV TWO-FIFTHS MARATHON (10.486 miles) / 5K Run/Walk



THE TWO-FIFTHS

8:30 AM, Saturday, September 28, 2013



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"Bid me run, and I will strive with things impossible." --Shakespeare. "Come what may, I will run" --Ahimaaz to Joab, II Sam. 18:23a.

DIRECTIONS to Trailblazer IV Two-Fifths Marathon / 5K Run/Walk (see entry form / race flyer below)

From I-20- From I-20, Exit onto Matlock Road (a little after the Collins St. exit on the East or a little after the Cooper St. exit on the West. Go S on Matlock. Go past Stephens, Bardin and Green Oaks.

Turn L at the intersection of Matlock & Cravens Park Drive (just after Nathan Lowe Road on the right).

Turn R at the second entrance (about 0.2 mile from Matlock) and go into the Park (Cravens Park).

You also can get some alternate directions from the 'Net, by, for example, going to www.vahoo.com, clicking on "Maps" and then on the "Get Directions" link. Also MapQuest.com. The location address for the race would be 400 Cravens Park Drive (Arlington, TX 76018).

WHEN: 8:30 AM, Saturday, September 28, 2013 -- 5K & The Two-Fifths [COURSE WILL CLOSE AT 12:00 Noon.]
(allows for a 20 min/mile pace in The Two-Fifths)

The Two-Fifths – Longer than the 10K; Shorter than the Half...

Challenging, but not unnecessarily too daunting or too demanding; and yet marathon-related!

WHERE: Cravens Park (another beautiful park with a relatively flat & fast, partly tree-shaded 5K course – in south Arlington; a Two-Fifths course thru Arlington & Grand Prairie; going over bridges & under bridges, with straight portions & curved portions, slight up inclines & slight down inclines and flat stretches, wooded areas & open areas...) 400 Cravens Park Drive, (0.2 ml. E. of Matlock Rd & Cravens Park Dr.) – South of Green Oaks. Arlington, TX 76018

ENTRY FEE \$35 for The Two-Fifths OR \$20 for the 5K: Make checks payable to: ASSIST Systems

& REGISTRATION: Mail to: ASSIST Systems, P.O. Box 3635, Arlington, TX 76007 (Must be postmarked by 9/21/13)

OR Walk in: Thru 6:00 PM on 9/27/13 at The Runner, 3535 W. Pioneer Parkway, Arlington, TX 76013 (817)461-2281

OR \$40 (The Two-Fifths) / \$25 (5K) Race Day: 7:30 AM – 8:20 AM, at the race site (Also Packet pick-up.)

PLUS (voluntary) Crackers/package foods (Arlington Life Shelter & Meals On Wheels), Toiletries/personal hygiene items (SafeHaven) on Race Day

PACKET PICK UP: 10:30 AM – 6:30 PM, 9/26 -9/27/13 at The Runner Shop OR 7:30 AM – 8:20 AM, 9/28/2013 at the race site

For the Average/casual runner/walker– Shortest 2-digit mile race with a marathon connection;

For the Seasoned racer–A warm-up race to the longer races (20K, Half, 25K, 30K, 35K, marathon)

AWARDS: The Two-Fifths: *1st Overall/Masters/Seniors male/female, Top 3: 0–14, 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+

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 finisher medals to all Two-Fifths finishers. No duplication of awards.

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

PURPOSE/BENEFICIARY: 3fold: * Pure, unvarnished racing fun. * A chance to do the shortest double-digit mile race associated with the marathon; * Offer a little help to Arlington Life shelter [www.arlingtonlifeshelter.org], Meals On Wheels [www.mealsonwheels.org] & SafeHaven of Tarrant County [www.safehavenc.org]

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

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

Trailblazer IV Two-Fifths Marathon / 5K 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 09/28/13) _____ Race: Two-Fifths _____ 5K _____

Address _____ City _____

State _____ Zip _____ Gender: F _____ M _____ T-shirt size (adult) S _____ M _____ L _____ XL _____

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 Trailblazer IV Two-Fifths Marathon / 5K 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 Cities of Arlington & Grand Prairie, 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 old)

Date