

☺AUTUMN "TRAIL" MILE VII Run/Walk ☺

(an After Thanksgiving "post-feast recovery" Mile)

(ATM) 9:00 AM, Saturday, November 30, 2013

"There's a Mile in every sMile!" -- Bud Taylor from his poem. "Come what may, I will run." -- Ahimaaz to Joab, II Samuel 18:23a.

"A not-too-demanding return to road racing after the Thanksgiving feasts that follow the Turkey Trots."

DIRECTIONS to Autumn "Trail" Mile VII 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: 9:00 AM, Saturday, November 30, 2013

A not-too-demanding return to road racing after the Thanksgiving feasts that follow the Turkey Trots.

WHERE: Elm Grove Pavilion, River Legacy Parks, (a beautiful park with a slightly-hilly, partly tree-shaded open-park-trail mile)
701 NW Green Oaks Blvd. (near the intersection of N. Cooper & NW Green Oaks), Arlington, TX 76006
Distance markers every 1/4 Mile (1/4, 1/2, 3/4)!! See how long it takes you to complete a park-trail mile. Go for it!!

ENTRY FEE \$10 Make checks payable to: **ASSIST Systems**, P.O. Box 3635, Arlington, TX 76007, (**Please mail by 11/26/13**)

& REGISTRATION: OR Walk-in: Thru 6:00 PM on 11/29/13 at The Runner, 3535 W. Pioneer Parkway, Arlington, TX 76013 (817)461-2281
OR \$15 Race Day: 8:00 AM – 8:45 AM, at the race site (Also race number pick-up for mail-in and online entrants.)

PLUS Toiletries & Personal health care items (**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!!!!!!** But a small, scholarly memento.

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 some of the needy in our midst (cash & kind for SafeHaven of Tarrant County)

INFORMATION: Contact (Metro)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.

Autumn Trail Mile VII 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 11/30/13) _____

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 Autumn "Trail" Mile VII 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