



36th ANNUAL DON ZETNICK ARLINGTON WINTER RUN

Arlington's original and oldest holiday season running/walking race

10K / 2 Mile / 1K Penguin Waddle

Saturday, December 7, 2013

Benefiting local charity, The YMCA of Arlington

WHEN: 8:30 am, 1K Penguin Waddle (Ages 11 and under)
9 am, 2 Mile
9 am, 10K
(10K course USATF Certified TX08121ETM; 2 Mile course USATF Certified TX08122ETM)

WHERE: The Maverick Activities Center, (The MAC) University of Texas at Arlington campus, 500 W. Nedderman Dr., 76019

ENTRY FEE: 10K or 2 Mile: \$20 Early Bird Registration until Nov. 30, \$25 Dec. 1-6, \$30 Race Day
1K, \$15 Early Bird Registration until Nov. 30, \$18 Dec. 1-6, \$20 Race Day

Make checks out to The Runner Shop. Mail to: The Runner Shop, 3535 W. Pioneer Pkwy, Arlington, TX 76013
Must be postmarked by Saturday, November 30, 2013

After November 30, 2013, Sign up in person at The Runner Shop

School Teams: \$14 per person with the 11th person and coaches free. Deadline: Nov. 18, 2013

Teams: \$18 per person for teams of five or more

Race Day: Sign up, 7:15 to 8:15 am at the race site, The MAC, 500 W. Nedderman Dr.

PACKET PICK UP: The Runner Shop, 10:30 am to 6:30 pm, Dec. 5 and 6.

PACKET & TIMING CHIP PICK UP: 7:15-8:15 am on race day, Dec. 7, at the race site, The MAC, 500 W. Nedderman Dr.

AWARDS: \$100 to the Overall 10K male and female winners. \$50 to the Masters 10K male and female winners.
10K and 2 Mile: First Overall male and female winners, first Masters male and female
Age/gender group awards to the first three finishers in ages*

*2 Mile: 0-6, 7-8, 9-10, 11-12, 13-15, 16-19, 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+

*10K: 0-12, 13-15, 16-19, 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+

1K: Ribbons to all Penguin Waddle participants

Large penguins to team with the most registrants, plus first and second runner-up teams. Smaller penguins to teams with 10 or more.

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

T-SHIRTS: All participants receive special Don Zetnick Arlington Winter Run tech t-shirts

INFORMATION: 817-461-2281, http://www.therunnershop.com
http://www.runningtheusa.com/jeph or email: winterrun99@yahoo.com
http://www.DonZetnickArlingtonWinterrun.com
Award winners' names will be submitted to the Fort Worth Star-Telegram and the Dallas Morning News.
Complete results for all 10K and 2 Mile finishers will be provided to www.runningtheusa.com

ONLINE REGISTRATION: www.active.com (Search for 36th Annual Don Zetnick Arlington Winter Run)
www.therunnershop.com (Click on Events, search for 36th Annual Don Zetnick Arlington Winter Run)
www.runningtheusa.com/jeph (Click on Dec)
www.runsignup.com/race (Search for 36th Annual Don Zetnick Arlington Winter Run)

www.DonZetnickArlingtonWinterRun.com

Don Zetnick Arlington

2013

REGISTRATION FORM



DECEMBER 7, 2013
THE MAC, UT ARLINGTON

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

Email _____

T-Shirt: Youth | M | L Adult Male | S | M | L | XL | XXL Adult Female | S | M | L | XL | XXL
(Circle one)

Event: 10K | 2-Mile | 1K ___\$20, 10K & 2M ___\$15, 1K Penguin Waddle, before Nov. 30, 2013
(Circle All that Apply) ___\$25, 10K & 2M ___\$18, 1K Penguin Waddle, Dec. 1-6, 2013
 ___\$30, 10K & 2M ___\$20, 1K Penguin Waddle, Race Day, Dec. 7, 2013

Date of Birth ____ - ____ - ____ Chip Timing ____ Yes ____ No ____ Cash ____ Check

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 Don Zetnick Arlington Winter Run 10K/2Mile/1K 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.

Signature _____
(Signature of a parent or guardian if age 18 or under)

Date _____

The race will be held regardless of weather conditions. Registration is final. No refunds.

Mail completed form and check to:
The Runner
3535 W. Pioneer Parkway
Arlington, Texas 76013



(Timing by Chrono Track Systems by RunTime Racing Services)