

MLK DAY & DREAM X 5K 1 MILE Run/Walk

9:30 AM, Monday, January 21, 2013 (MLK Day 2013)

*I have a dream...that they will not be judged by the color of their skin but by the content of their character. – Dr. Martin Luther King, Jr.
Come what may, I will run. -- Ahimaaz to Joab, II Samuel 18:23a*

DIRECTIONS to MLK Day & Dream 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: 9:30 AM, Monday, January 21, 2013 (MLK Day 2013) **9:30 AM** 1 Mile **10:00 AM** 5K
(Celebrates MLK Day as "a day of actively engaging society rather than a day of idleness; a day on rather than a day off.")

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 \$10 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 1/16/13)**

OR Walk in: Thru 6:00 PM on 1/19/13 at The Runner, 3535 W. Pioneer Parkway, Arlington, TX 76013 (817)461-2281

OR \$15 (5K) / \$5 (1 Mile) **Race Day:** 8:20 AM – 9:20 AM, at the race site (Also race number pick-up for mail-in and online entrants.)

PLUS School supplies - Pens, #2 Pencils, Crayons, Notebook paper, Folders, Markers, Backpacks, etc., **for needy students, 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!!!!!!**

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

PURPOSE/BENEFICIARY: 3fold: * Unvarnished racing fun.* Celebrate MLK Day *Offer a little help to some of our needy students (at AISD's Crow & Blanton)

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

Award winners' names will be submitted to the Fort Worth Star-Telegram (but not Dallas Morning News); **Complete results (all finishers)** [towwww.runningintheusa.com](http://www.runningintheusa.com)

MLK Day & Dream X 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 1/21/13) _____ 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 MLK Day & Dream X 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 old) _____

Date _____