



33rd DON ZETNICK ARLINGTON WINTER RUN

10K / 2 Mile /1K Penguin Waddle

Arlington's holiday season running/walking happening for 32 years and counting...

(1K for parents & their kids; 2 Mile, almost two-thirds of a 5K, for the average runner/walker; 10K for the serious runner/walker—something for everyone!)

WHEN: **Saturday, December 4, 2010**
8:30 AM 1K Penguin Waddle (for 11 & Under) **9:00 AM** 2 Mile **9:00 AM** 10K

WHERE: The MAC (Mav Act. Ctr), UTA Campus, 500 W Nedderman, Arlington, TX 76019 (beautiful, neighborhood-street courses)
From I-30 take Cooper St. exit; go south on Cooper to UTA Blvd.; take a right on UTA Blvd to the MAC (Mav Act Ctr).
From I-20 take Cooper St. exit; go north on Cooper to UTA Blvd.; take a left on UTA Blvd to the MAC (Mav Act Ctr).
(10K course is USATF Certified TX08121ETM; 2 Mile course also is USATF Certified TX08122ETM)

ENTRY FEE 10K & 2 Mile **\$20** Make checks payable to: **The Runner**
& REGISTRATION: Mail to: The Runner, 3535 Pioneer Pkwy W., Arlington, TX 76013. **Must be postmarked by 11/27/10.**
OR Walk in: 10:30 AM – 6:30 PM, 11/29/10 - 12/03/10
 The Runner Shop, 3535 Pioneer Parkway W., Arlington, TX 76013 Phone: 817-461-2281

OR **\$25** (10K & 2 Mile) Race Day: 7:00 AM – 7:45 AM, at the race site

PACKET PICK UP: 10:30 AM – 6:30 PM, 12/02/10 - 12/03/10, at The Runner Shop

PACKET & TIMING CHIP PICK UP: 7:15 AM – 8:15 AM on race day at the race site

AWARDS: * 1st Overall male & female, 1st Masters male & female in the 10K and 2 Mile
 * Age/gender group awards to the first three finishers in ages
 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+
 * Large Penguins to team with the most registrants, plus 1st and 2nd runner-up teams; smaller penguins to teams with 10+ registrants
 * Ribbons to all 1K Penguin Waddle participants
 No duplication of awards.

The 10K and 2 Mile will feature the Unique Winter Run awards! (plus Long-sleeved T-shirts to all registrants.)

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

PURPOSE *2fold:* * Pure, unvarnished road racing fun and merriment & keeping the Don Zetnick Arlington Winter Run tradition alive
& BENEFICIARY: * Net proceeds will be donated to YMCA of Arlington (building strong kids, families & communities).

INFORMATION: Contact (Metro)817-461-2281 / (Metro)817-265-4578 / winterrun99@yahoo.com / <http://www.DonZetnickWinterRun.com/> / <http://www.the.runnersshop.com/> / <http://www.runningintheusa.com/jeph>

Award winners' names will be submitted to the Dallas Morning News & the Fort Worth Star-Telegram
Complete results (for all finishers – 10K & 2 Mile) will be provided to several Web sites, incl. www.runningintheusa.com, for posting.

Don Zetnick Arlington Winter Run 10K/2 Mile/1K Entry Form (May be duplicated.)

Mail to: The Runner, 3535 Pioneer Pkwy W., Arlington, TX 76013 (Make checks payable to: **The Runner**)

Name _____ Age(as of 12/04/10) _____ Birth date _____

Address _____

City _____ State _____ Zip _____

Phone # _____ T-shirt size (youth) M ___ L ___ (adult) S ___ M ___ L ___ XL ___ Gender: F ___ M ___

Email Address _____ Race 10K ___ 2 Mile ___ 1K ___

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/2 Mile/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. Registration is final. No refunds.

Signature _____

Parent's/Guardian's Signature (if under 18 years) _____

Date _____