UTHealth Houston

HALF MARATHON & 10K

GUIDE TO RACE DAY

SUNDAY, OCTOBER 25, 2026

19TH ANNUAL HOUSTON HALF MARATHON & 10K

PRESENTED BY THE HOUSTON STRIDERS

WITH YOU EVERY STEP OF THE WAY

Early mornings. Late nights.
Running isn't just a hobby – it's a lifestyle.

Every step you take is another step closer to the finish line. At UTHealth Houston, we help athletes—from weekend warriors to elite professionals—perform at their very best.

Whether you're dealing with aches, strains, sprains, or pain, UTHealth Houston provides a complete range of care for the entire family. With 2,000+ providers, 100+ locations, and expertise in 80+ specialties, you can find care close to home.

To learn more or find a provider, visit **UTPhysicians.com** or call **888-4UT-DOCS**.

We're excited to combine this year's packet pickup with a health fair! When you retrieve your packet at UTHealth Houston, stop by the various booths for no-cost health screenings from the staff. We want you to enjoy the amazing benefits provided by our partners at UTHealth Houston.

- **What to Bring:**
  - Your bib number
  - Your confirmation QR code (ready to scan)

- **Picking Up for Others:** You may pick up packets for friends or family. You must have:
  - Their bib number
  - Their confirmation QR code
  - Please note: You must wait in a separate line for each individual packet.

⚠️ **IMPORTANT: No Race Day Pickup,** Packets will not be available on race day. Please make the necessary arrangements to pick up your packet ahead of time.

EVENT SCHEDULE

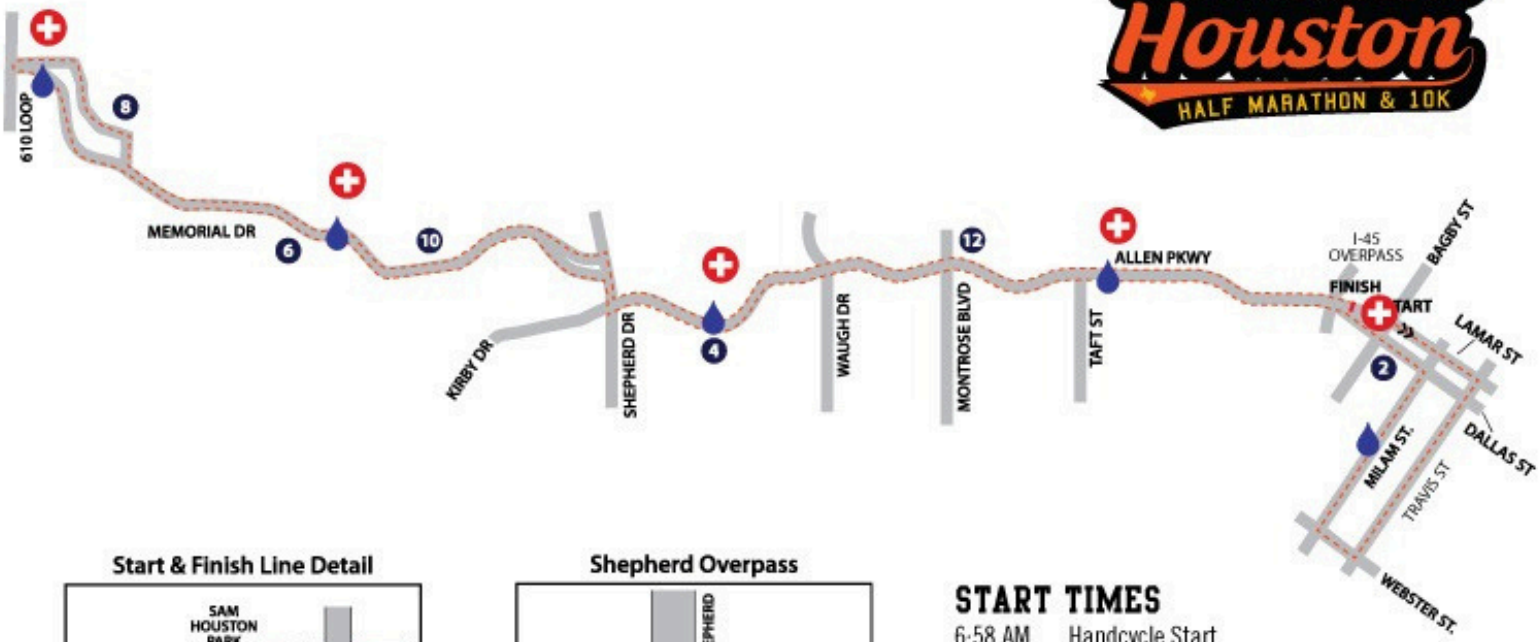
6:58 AM - HANDCYCLE START
7:00 AM - HALF MARATHON START
7:30 AM - 10K START
8:30 AM - HALF MARATHON COURSE CUTOFF
(Runners outbound at Shepherd Bridge)
8:45 AM - HALF MARATHON COURSE CUTOFF
(Runners outbound at Detering St.)
9:00 AM - AWARDS CEREMONY
11:00 AM - COURSE CLOSES

7:00 AM -12:00 PM - Runner Village at Sam Houston Park, at the corner of Allen Parkway and Bagby St.

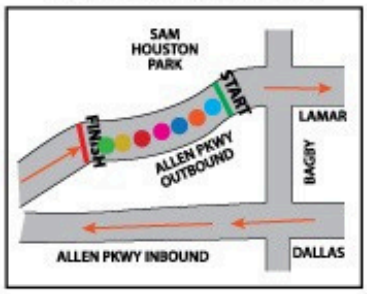
Race start location at the corner of Bagby and Lamar. Roads will begin to close at 6:00 AM. The race will be rain or shine

*Strollers are not allowed in the Half Marathon
** Dogs are strictly prohibited in both events.

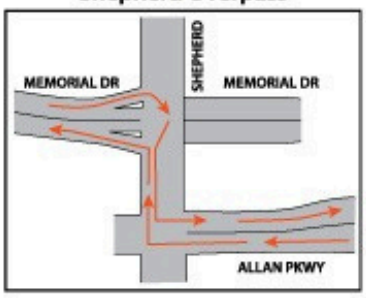
UTHealth Houston
HALF MARATHON & 10K



Start & Finish Line Detail



Shepherd Overpass

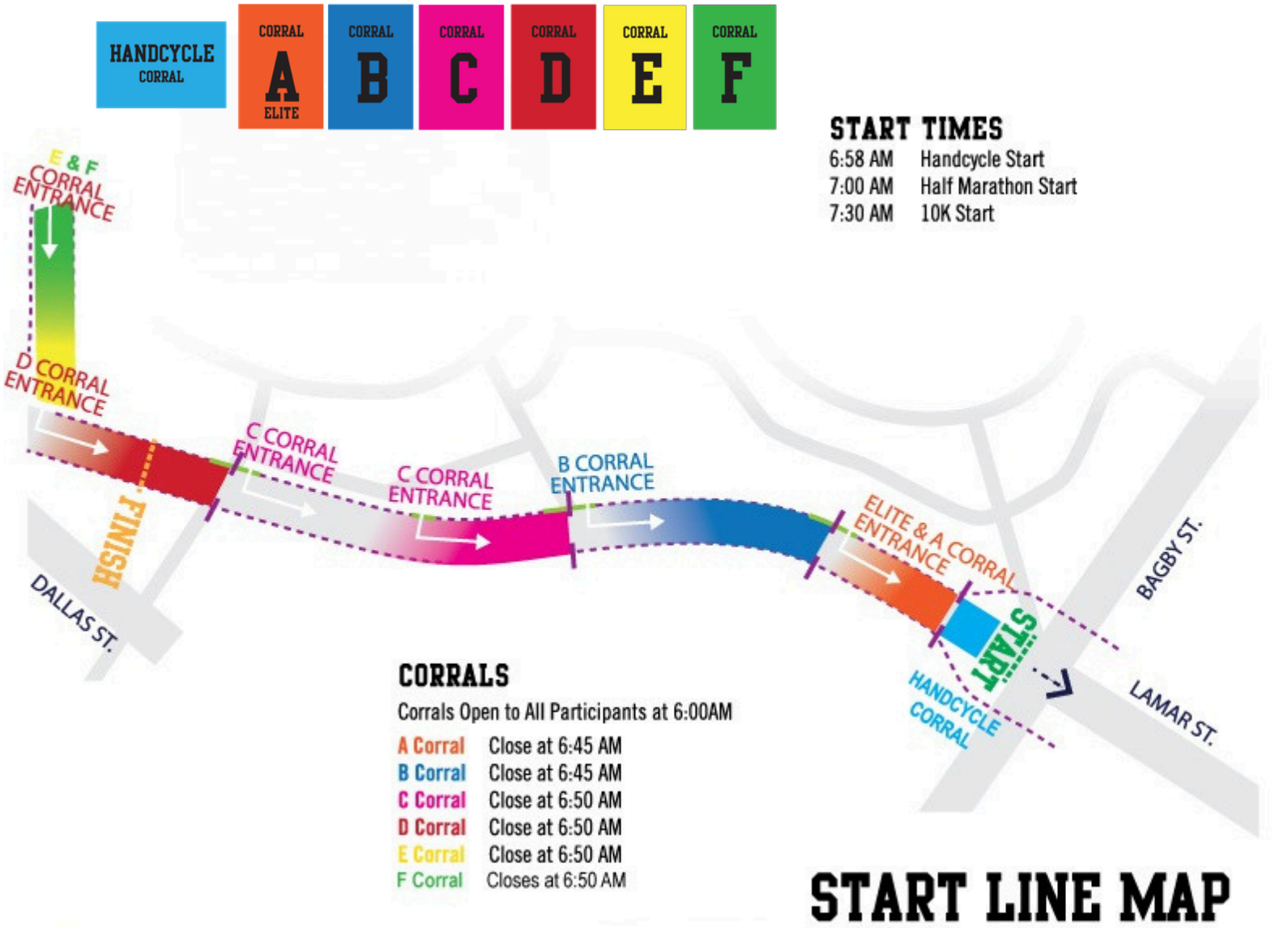


START TIMES

6:58 AM	Handcycle Start
7:00 AM	Half Marathon Start

- Wheelchair Corral
- A Corral & Elite
- B Corral
- C Corral
- D Corral
- E Corral
- F Corral

HALF MARATHON COURSE



CORRAL INFO

Corrals have been assigned to the half marathoners this year by the estimated pace you selected during the registration process.

Your corral assignment is the letter designation after your bib #.

10K CORRAL LINE UP BY PACE

In an effort to create a safe and enjoyable atmosphere for everyone, please be courteous to all runners and line up according to pace within the start line. Slower runners and walkers please position yourself a little further back in the corral to allow the faster runners to go first.

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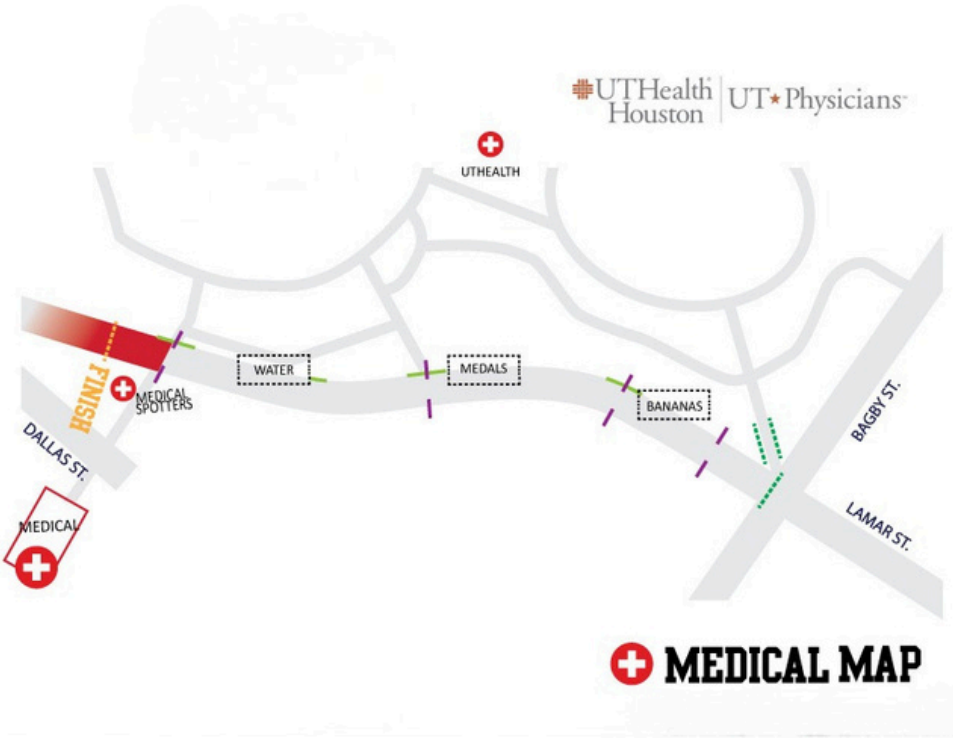
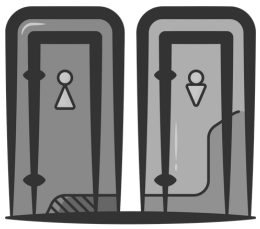
We've made important medical enhancements at the finish line of the Houston Half Marathon to ensure the safety and well-being of all participants. Our medical team will be on-site with additional resources, including expanded first aid stations, hydration support, and a team of trained medical professionals ready to assist as needed.

Your health is our top priority, run with confidence knowing we've got you covered!



WATER STATIONS

There will be 8 water stations along the Half Marathon course, located approximately every 1.5-2 miles. Water and Gatorade will be available at all stations except Water Station #1, which will offer water only. Restrooms will be located near each water station throughout the course.



For the 10K, there will be 5 water stations available.
This year, our title sponsor, UTHealth Houston, will have medical staff stationed near each water station and at the start/finish area. While we hope you won't need their services, they'll be available alongside HFD paramedics for any medical needs. In the event that you need medical on course please stop at one of the First Aid Stations and we will transport you to the Finish Line.

COURSE LIMIT

The Half Marathon has a strict 4-hour time limit, ending at 11:00 AM. Participants must maintain at least an 18-minute-per-mile pace. A course cut-off will be enforced at 8:30 for runners at Shepherd (outbound) and at 8:45 AM at Detering Street (outbound). Runners behind pace will be turned early or moved to the sidewalk to allow timely road reopening. We appreciate your understanding, safety is our top priority.

PACERS

The following pace groups are available for the half marathon:
1:30, 1:35, 1:40, 1:45, 1:50, 1:55, 2:00, 2:10, 2:20, 2:30, 2:40, 2:50, 3:00 & 3:30

RESULTS

RESULTS & TRACKING

Live race results will be available under the Results Tent in Runners Village after you finish. You can also scan the QR code on your bib to view your results instantly.

Want to follow your friends and family on course? Use participant tracking to stay updated on their progress, or let them track you!

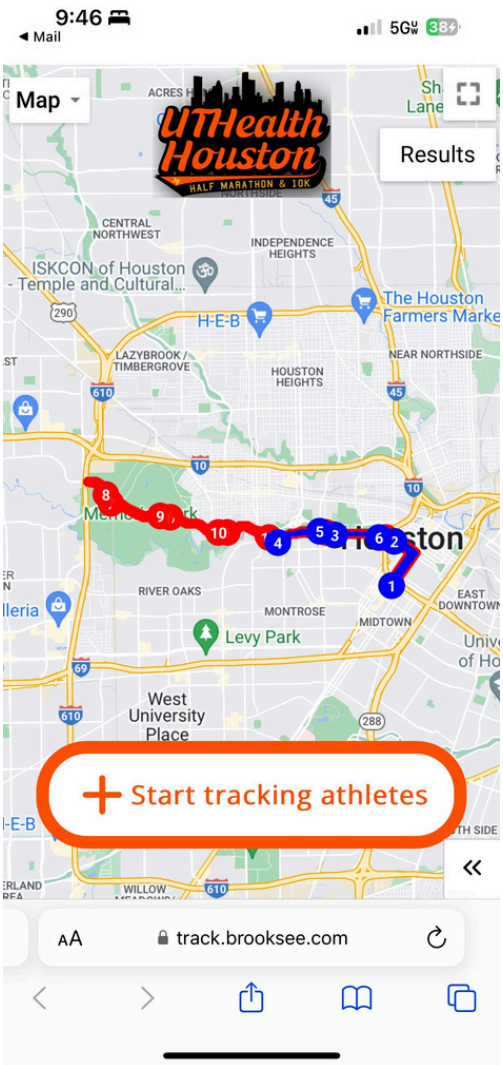
PARTICIPANT TRACKING

RUN HOUSTON? RUN WITH ME #HOUSTONHALF #HOUSTON10K

REALTIME RACE TRACKING

LAUREL

A BROOKSEE Timing Innovation



RRCA
ROAD RUNNERS CLUB OF AMERICA
CHAMPIONSHIP EVENT

Experience the Race Like Never Before with **LAUREL LIVE TRACKING!**

The Houston Half Marathon & 10K is leveling up race day with cutting-edge real-time tracking, powered by Laurel — bringing fans, friends, and families right into the action!

LAUREL LIVE TRACKING FEATURES

LIVE TRACKING MAP

Track your favorite runners as they move! Participants' positions are plotted in real-time on an interactive course map — no phones or apps required. Just seamless, state-of-the-art tracking powered by the latest bib timing tags.

LIVE LEADERBOARD

See who's leading the pack! The real-time leaderboard highlights the top contenders in every category, keeping you up to date as the race unfolds.

IMPORTANT: All times during the event are unofficial. Official results will be published once the race is completed and verified.

For more information about Laurel:
https://timing.brooksee.com/

READY. SET. RUN HEALTHY.

Race readiness tips from UT Physicians

UTHealth Houston | UT Physicians

Hydrate

- Start race day well hydrated.
- Drink according to thirst during the race.
- Consider fluids and foods with electrolytes.
- Avoid forcing excessive fluids.

Fuel your body

- Choose familiar, carbohydrate-rich foods before your race.
- Stick with foods, gels, and drinks you've used during training.
- Avoid experimenting with a new fueling strategy on race morning.

Sleep

- Make sleep part of your training plan.
- Adults should aim for at least 7 hours of sleep each night.
- Keep your sleep schedule consistent.

Stick with what works

- Race day isn't the day to try something new.
- Use familiar shoes, gear, foods, and hydration habits.
- Start controlled and run the race you trained for.

Listen to your body

- Adjust your pace for heat and humidity.
- Feeling faint or weak? Stop running and get to a cool place.

Stop and seek medical attention for concerning symptoms

- Chest pain or pressure.
- Fainting, confusion, or severe dizziness.
- Unusual or severe shortness of breath.
- Severe weakness.

After the race

- Keep moving gently as you cool down.
- Rehydrate based on thirst and individual needs.
- Refuel with carbohydrates plus protein.
- Prioritize rest and recovery.

For more information or to find a provider, visit **UTPhysicians.com** or call **888-4UT-DOCS**.

General health information only. Runners with medical conditions, concerning symptoms, or questions about exercise safety should consult their doctor.

POST-RACE PARTY

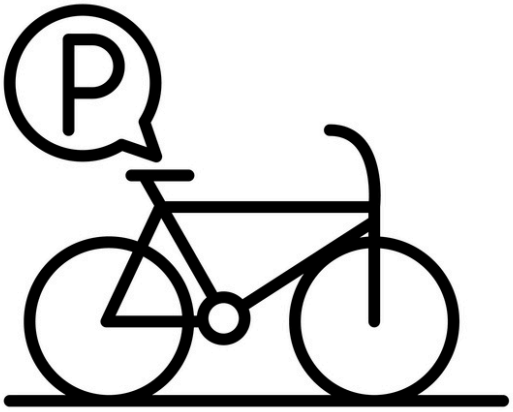
We're thrilled for you to experience our Saint Arnold Post-Race Party this year! Enjoy live music from Jon Kott Band, sampling from My Fit Foods, in addition to other sponsors and partners ready to cheer you on!

Medal engraving, ring the PR Bell, take a selfie or two and listen to the music as you watch your friends and family cross the finish line from our life stream in Run Club Village!

PARKING

We know that getting around on race day can be difficult, so please allow for extra time, especially if you are participating. Road closures will begin at 6:00 AM and will remain for the duration of the event. If you are driving to the event please consider carpooling with friends or family. There are several parking garages available and street parking is free downtown on the weekend.

PARKING MAP



BIKE VALET

Don't forget about our Bike Valet! If you want to skip the traffic and get a little warmup in we have a safe place for you to store your bike. Your bike will be stored in a guarded area and your bib will serve as your claim ticket.

OFFICIAL BEER SPONSOR: SAINT ARNOLD BREWING COMPANY

We're thrilled to announce that Saint Arnold Brewing Company is the Official Beer Sponsor of the Houston Half Marathon! After you cross the finish line, celebrate your achievement with a refreshing craft beer from Texas' oldest craft brewery. Saint Arnold's dedication to quality and community makes them the perfect partner for this iconic event. Raise a glass and toast to your run with the best beer in Houston!

Redeem your BEER Ticket on your bib at the Saint Arnold Beer Tent after the race!
www.saintarnold.com

PARTICIPANT FOOD & BEVERAGE

Treat yourself to a delicious post-race spread! Enjoy pancakes from IHOP, bananas, granola bars, Siete snacks, sparkling water and sodas. Quench your thirst with drinks from C4, Klass Vida and REIGN STORM.

Hydration Update

Based on last year's feedback, our race committee has shifted focus to offering more hydration options instead of tacos. We value our runners' opinions and are always looking for ways to improve. So, enjoy our fantastic beverage partners and drink up!

MEDAL ENGRAVING

Commemorate your accomplishment with free medal engraving at the finish line! Visit the Medal Engraving Tent in Runner's Village after you cross the finish line to have your name and official finish time etched onto your finisher medal.
Engraving is complimentary for all participants and available until the conclusion of the post-race festival. Don't miss the chance to personalize your medal and celebrate your race day achievement!

AWARDS

HALF MARATHON

Awards will be given out to the 1st through 3rd OVERALL and OVERALL MASTERS male and female winners.

AGE GROUP awards will be given out to the 1st through 3rd male and female winners in the following categories:
14 and under, 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 and over

Awards will be given out to the 1st through 3rd HANDCYCLE male and female winners.

10K

Awards will be given out to the 1st through 3rd OVERALL and OVERALL MASTERS male and female winners.

AGE GROUP awards will be given out to the 1st through 3rd male and female winners in the following categories:
14 and under, 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 and over

PHOTOS

Your link for free photo downloads will be sent several days after the event, as it takes a little while to sort through all your wonderful images. Your patience will be rewarded.

REDEFINING ORTHOPEDIC CARE

For Appointments

Call us at 713-486-7500

www.ut-ortho.com

UTHealth Houston Orthopedics specializes in treating a wide range of conditions affecting the **foot and ankle, shoulder, elbow, knee, and hip.** Whether you're dealing with **acute injuries, chronic pain, or sports-related issues,** our experienced team is dedicated to providing comprehensive care to help you recover and return to the activities you love.

UTHealth® Houston
Orthopedics

LET US HELP YOU GET BACK TO YOUR ACTIVE LIFESTYLE

Scan QR code to learn more about our providers and our practice.

THANK YOU
TO OUR SPONSORS!

HOUSTON STRIDERS

RRCA CHAMPIONSHIP EVENT

UTHealth Houston | UT Physicians™

SAINT ARNOLD

THANK YOU VOLUNTEERS!

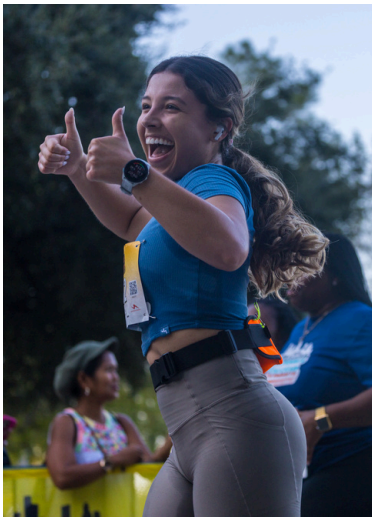
Our volunteers are truly amazing! Without them, this event would not be possible. Please give them a friendly smile and a heartfelt "thank you" for their efforts.

DO YOUR PART, LEAVE IT BETTER

Also, let's keep our city beautiful by disposing of trash properly—there will be plenty of garbage cans and bags available for your empty gel packs and other items. Let's work together to keep the area clean!

RUN HOUSTON? RUN WITH ME #HOUSTONHALF #HOUSTON10K

BAYOU CITY
HOUSTON HARRIERS
9424
8623



coffee

HOUSTON HARRIERS

HERZ
9223

TEAM SUAREZ
7469
7547
15

UTHealth Houston
HALF MARATHON & 10K
FINISH
HOUSTON STRIDERS
Houston
HALF MARATHON & 10K
HOUSTON STRIDERS
GUIDE
BLIND
GOOD LUCK TO OUR RUNNERS!
WISHING YOU ALL THE BEST ON
RACE DAY
–
WE'LL BE CHEERING YOU ON AND
WAITING TO CELEBRATE WITH
YOU AT THE FINISH LINE!