



## RACE DAY INSTRUCTIONS

### Race Information

The Houston 25K, 10 Mile and 5K will take place Sunday, November 22. All races are USATF-certified courses and will be electronically timed by Negative Split Productions.

Race	USTAF Certification
25K	TX25003JH
10 Mile	TX25006JH
5K	TX25005JH

### Packet Pick-Up

Packet pick-up will be available Friday, November 21, and Saturday, November 21, from 11 a.m. to 6 p.m. at the Fleet Feet located at 2012 W. Gray St. On Race Day, Sunday, November 22, packets can be picked up from 5:30 to 6:30 a.m. on Fish Plaza by the Wortham Center, 501 Texas Ave.

### Start Line Information

The start line for the 25K and 5K will be on Prairie Street beneath the Wortham Center overpass.

The start line for the 10 Mile will be on Memorial Drive west of Houston Avenue (approximately .4 miles from the 25K start line).

Start times:

25K – 7 a.m.

10 Mile – 7:15 a.m.

5K – 7:30 a.m.

Time limit: 4.5 hours (strictly enforced\*). The 25K race is three loops. Runners must start the third loop by 10 a.m.

**\*If you are unable to complete the three loops, please do not cross the finish-line mats.**

### Race Course

The 25K is a triple-loop course.

The 10 Mile is a double-loop course.

The 5K is an out-and-back course.

Hydration stations will be available along all courses.

### Parking

Street parking in the downtown area is free all day Sunday. Paid parking is available in garages near the course.

### Portable Toilets

Portable toilets will be available along Smith Street near the start and at three locations along the loop course.

## **Race Number and Timing Chip**

Your race number must be worn on the front of your shirt or shorts so race officials, course photographers and finish-line personnel can clearly see it. Do not cut or fold your number in any way because this can damage the attached timing device. Officials must be able to see your whole number to know that you are an officially registered participant. Race numbers are non-transferable and may be worn only by the participant to whom they are assigned. The bib is yours to keep after the race.

## **Water/Aid Stations**

Water and Gatorade sports drink will be available at the start, finish and three locations on the course.

## **Course Maps**

25K – <https://runsignup.com/Race/Houston25K/Page-1>

10 Mile – <https://www.houston25k.com/Race/Houston25K/Page-2>

5K – <https://www.houston25k.com/Race/Houston25K/Page-3>

## **Medical Aid**

If available, bike medics will be on hand at the start and finish lines and along the course to render basic aid.

## **Food and Beverages**

Once participants cross the finish line they will be directed to Fish Plaza to enjoy breakfast tacos, Shipley donut holes, bananas, chips, cookies, Gatorade sports drink and water.

## **Results**

All results are unofficial until certified by race officials. Participants can check their unofficial results at the results tent located by the finish line. Results will be available online at:

<https://runsignup.com/Race/TX/Houston/Houston25K>.

## **Awards**

All participants will receive a finisher's medal and finisher's shirt.

25K - Top 3 overall finishers Female & Male / Top 3 overall finishers Masters Female & Male

10 Mile - Top 3 overall finishers Female & Male / Top 3 overall finishers Masters Female & Male

5K - Top 3 overall finishers Female & Male / Top 3 overall finishers Masters Female & Male

25K awards will be given for 5-year age groups.

10 Mile awards will be given for 10-year age groups.

5K awards will be given for 10-year age groups.

Double dipping for awards is not allowed.

## **Weather**

We will run rain or shine!

## **Like Us**

Houston Masters Sports Association (HMSA) thanks you for supporting our races. If you enjoyed our event, please like us on Facebook: <https://www.facebook.com/Houston25K>

Also, as you post your race day pictures, use the hashtag #Houston25K

We will post race day photos on our Facebook page, so feel free to download your personal highlight shots!