



## ***Participant Guide***

MAY 29, 2016  
CAMP MABRY, AUSTIN, TX



We would like to thank our generous sponsors for their contributions, time, and commitment to helping all those affected by autism spectrum disorders...

# AutoNation

## Austin Autism Speaks 8k/Kids K

Presented by: 

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## Introduction

Thank you for participating in the Fourth Annual Autism Speaks 8k Run and 1k Fun Run at Camp Mabry on Sunday, May 29<sup>th</sup>. The race committee, volunteers, and members of the autism community are beyond grateful for all the support for this event and are looking forward to a great race on Sunday!

So that you are prepared on race day, **PLEASE BE SURE TO READ THIS ENTIRE PACKET.**

## Race Day

### LOCATION AND TIMES

The 8k and 1k races take place on the historic grounds of Camp Mabry, located at 2200 W. 35<sup>th</sup> Street. Both races start at the parade grounds of Camp Mabry.

- ❖ 1K start time: 7:30AM
- ❖ 8K start time: 7:45AM

### CAMP MABRY ACCESS & PARKING:

Please allow ample time to get through security at Camp Mabry on race morning. We encourage all participants to **arrive at least 45 minutes prior** to race start. Per Camp Mabry regulations, no pets are allowed.

**Everyone over 18 years old must present A VALID GOVERNMENT ISSUED PHOTO ID** in order to enter the grounds. (To help with traffic flow, consider carpooling to the event!) Parking is located on the Camp Mabry grounds and will be marked. Please see the Maps Section at the end of this guide.



## Packet Pickup

### PACKETS

Packet pick up will be held at both Rogue Running locations. Please see below for corresponding days/times with each location:

#### Friday Packet Pick-up – 12 PM to 6:30 PM

Rogue Running **Cedar Park** store

Location: [2800 East Whitestone Blvd. Cedar Park, TX 78613](#)

(located just south of Parmer Ln. and 1431)

#### Saturday Packet Pick-up – 10 AM to 4 PM

Rogue Running **Downtown** store

Location: [410 Pressler St. Austin, TX 78703](#)

(located on Pressler, just south off 5<sup>th</sup> St.)



**Race day pickup will not be available.**

**Note:** There are no timing chips to pick-up or wear – they will be attached to your bib.

### SHIRTS



Race tech-tees are available at packet pick up. You must be registered for the race in order to receive a t-shirt. Please only pick-up the shirt size you requested during registration.

## COURSE DETAILS

### 8K RACE

This is a two-loop course with a few hills. Two water stations will be located on the 4k loop assuring one water stop each mile. Volunteers will be staged to pass out water and Gatorade to racers. A final aide station with water and food from Costco & PDQ will be at the end of the race. Strollers are allowed on the course. Please refer to the 8k course map at the end of the guide.

## FIRST LEAP 1K FUN RUN



The First Leap 1k Fun Run is a kid's fun run that will take off from the official start line and follow the trail along the parade grounds of Camp Mabry, finishing on the Camp Mabry track under a balloon arch. Strollers are allowed. **There will be no water stops on the 1k course.** First Leap (Austin's most experienced

organization at treating children with autism-related disorders) is sponsoring the Kids 1k, offering lots of fun activities, games, and snacks for the kids in a specially designed environment.

## COURSE CUT OFF

All participants of the 8k must complete the course within two hours (9:45AM). A sweep vehicle will pick-up anyone that has not finished the course in the allotted time.



## POST RACE AND AWARD CEREMONY

Enjoy delicious beverages from The Coffee Bean & Tea Leaf, healthy snacks from Coscto, and cookies from PDQ. The VIP participants are welcome to indulge in breakfast tacos from Hat Creek Burgers, a mimosa bar, and cold local beer from Strangeland Brewery in the VIP tent. Dedicated massage therapists are available for everyone in the race village area.



The awards ceremony is scheduled for 9:15 AM. The top 3 male and female overall finishers will receive \$50 Rogue Gift Cards and top finisher medals. Top relay winners and top masters (female and male) will receive medals and Rogue Gift Cards. First place age group finishers receive a Rogue gift card, and all age group finishers (Top 3 male/female in each division) will receive medals. All 1k participants receive medals



## TIMING

Official results will be scored by chip time. Results will be posted at the DoMore tent during the event, available online ([autism8k.com](http://autism8k.com)), and also available via real-time text-message or Facebook post (participants must have selected this option during registration). The course is an officially certified 8K race course.

## RACE PHOTOGRAPHY



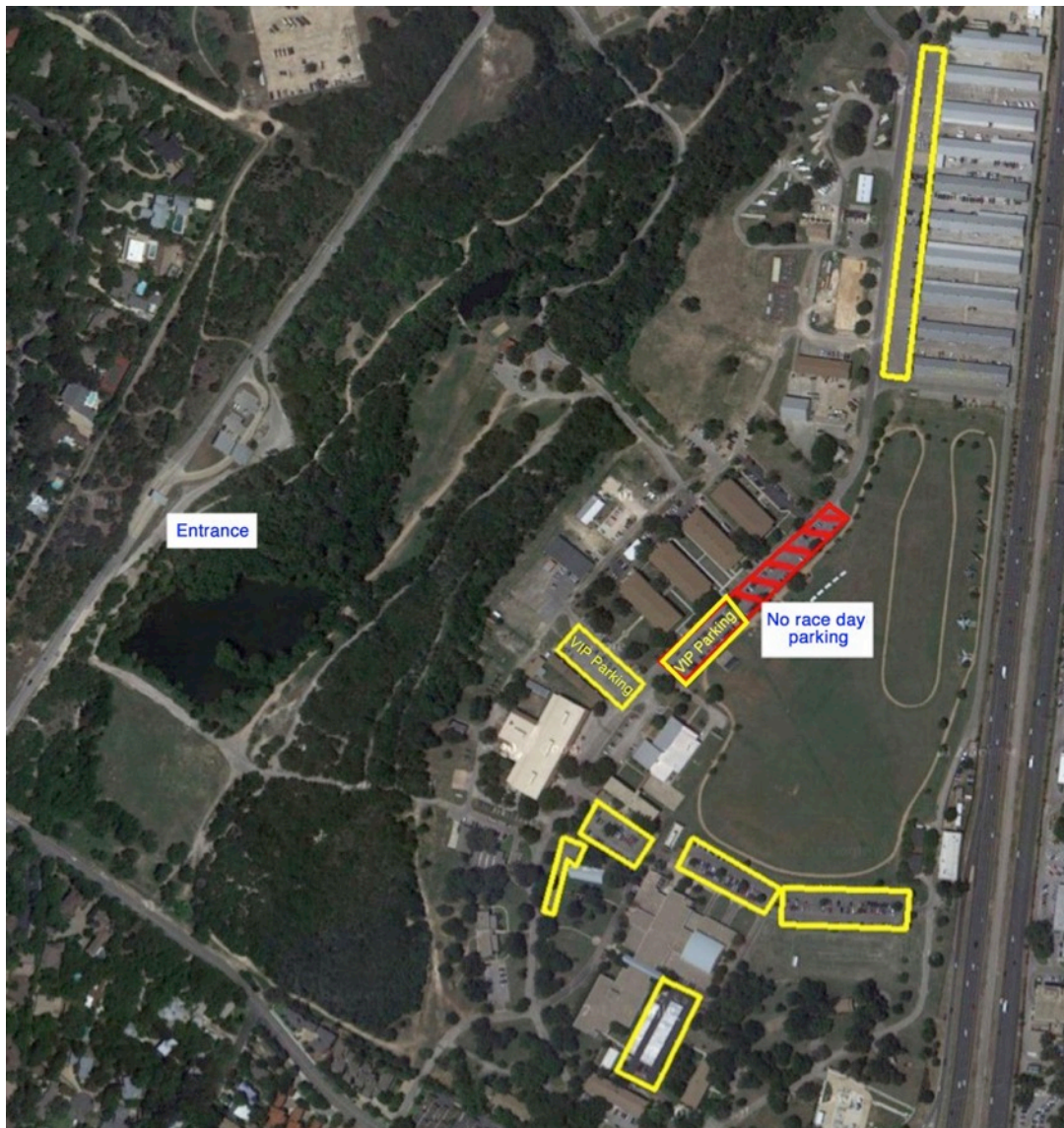
Race day photography will be available after the event at AzulOx Photography.

<http://www.azulox.com>

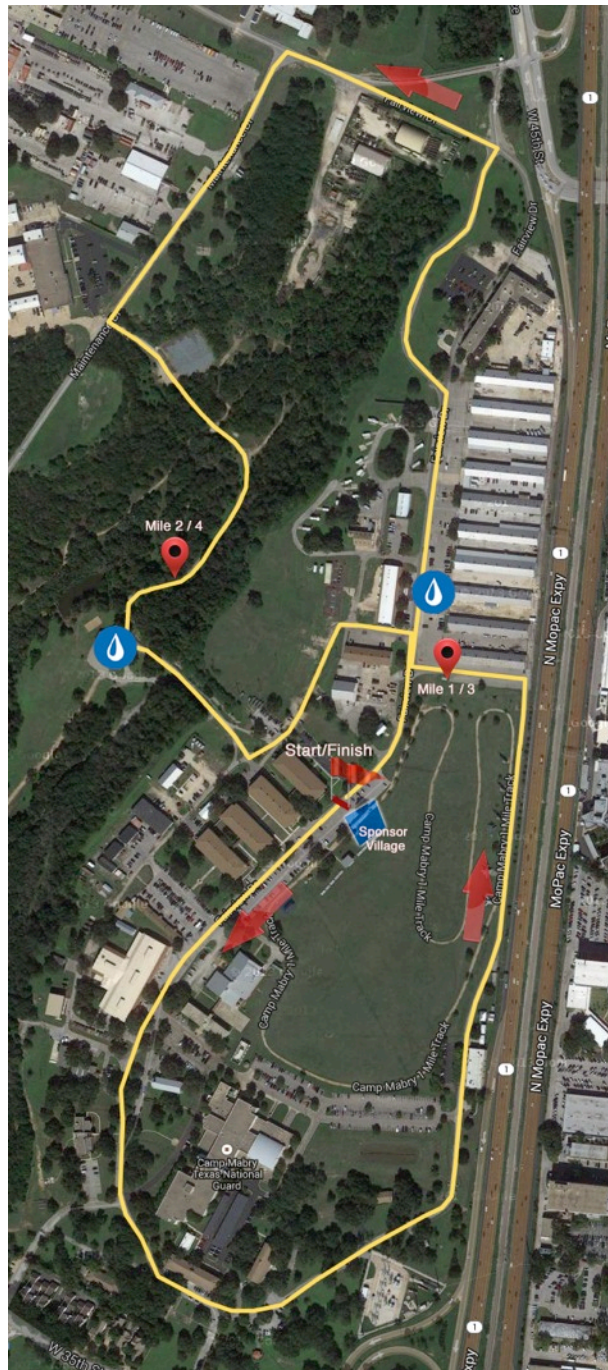
## MAPS

### PARKING

Parking attendants will direct drivers to the designated parking areas. All drivers must present a valid ID at the Camp Mabry entrance.



## 8K COURSE

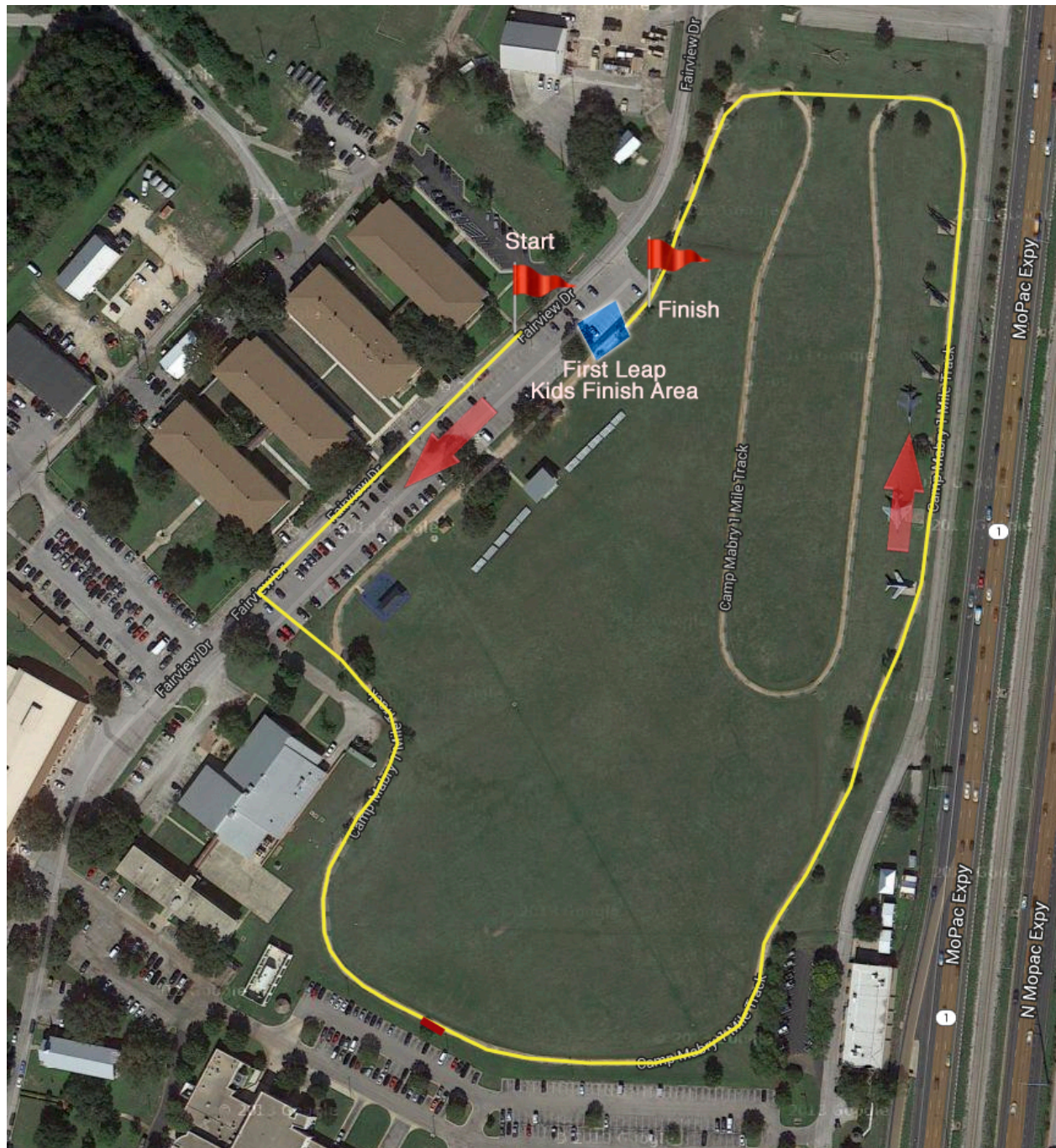


### ONE LOOP (~2.5MI) ELEVATION CHART



## 1K COURSE

The 1k course will finish at the First Leap Finish area featuring activities and snacks for kids.







### **How far is the Autism Speaks 8k Race?**

The race is a 2 loop course totally 8k or ~5 miles in length.

### **When and where is packet pickup?**

- Friday, May 27<sup>th</sup> at Rogue Running Cedar Park (12 PM – 6 PM)
- Saturday, May 28<sup>th</sup> at Rogue Running Downtown/Pressler (10:00 AM – 4 PM)

### **Can I bring pets to the race?**

Unfortunately no. As Camp Mabry is a working military installation, they do not allow any animals except service animals.

### **What time does the race start?**

The 1k race is scheduled to start at 7:30 AM with the 8k race start following 15 minutes later at 7:45 AM.

### **What do I need to bring to the race?**

Please bring an ID for all adults over 18 years old to access Camp Mabry. You may bring any food or drinks that you would like. We will offer water and post-race nutrition for all runners.

### **What time should I show up to the race?**

Due to the Camp Mabry entrance requirements (check-in required at the guard gates), please arrive 45 minutes before the race start.

### **How do I volunteer? Can I run and volunteer?**

We LOVE volunteers. Please see our volunteer page for more information . You can definitely run and volunteer – just check in to the volunteer tent when you arrive and let them know.

**Where can I park on race morning?**

Designated parking is available on the Camp Mabry grounds. Parking attendants will help direct you to the proper lot. For VIP parking, please consider donating \$50 or more to Autism Speaks during the registration process for reserved, upfront parking in addition to many other benefits.

**Can I bring a stroller for my children?**

Yes. However, we ask stroller runners to start toward the back of the chute if possible.

**How close are the start line and finish lines?**

The 8k race starts and finishes at the same point adjacent to the vendor and children areas. The 1k race starts from the main race start line but finishes adjacent to the main starting line into a special First Leap 1k kids area.

**Is this a certified course? Who does the timing?**

The 8k race is a professionally certified course. Timing is provided by DoMore Racing. The 1k is not a timed course.

**Can I run with my child in the 1k? What if my child has special needs?**

Absolutely! We welcome you to run with your child or provide any other support needed for children with special needs. We have a special place in our hearts for kiddos with special needs. Unfortunately, there is a small step and some transitions from track to grass for the Kids 1k, so it is not 100% wheelchair friendly ... but please contact us and we can talk through the option and the terrain.

**Can I sign up to walk the 1k?**

We prefer that the First Leap Kids 1k is dedicated to kids, but we won't stop you.

**How many runners do you expect?**

We expect 400 8k runners and 100 runners for the 1k.

**What happens in the event of rain?**

The race will go on! With the exception of prolonged lightening or severe flooding of the course, we will hold the race. In the case of severe weather, we will delay the start time in 15 minute increments up to 1 hour for better weather.