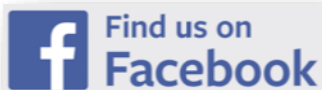




Participant Guide

May 21, 2016
Sugar Land Town Square
Sugar Land, TX



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



THANK YOU!



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Introduction

Thank you for participating in the First Annual Autism Speaks Novum Energy 8k Run and The Shape of Behavior 1k Fun Run at Sugar Land Town Square on Saturday, May 21st. 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 Saturday!

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 in the plaza of Sugar Land Town Square, located at 15958 City Walk, Sugar Land, TX 77479.

- ❖ 1K start time: 7:15 AM
- ❖ 8K start time: 7:30 AM

SUGAR LAND TOWN SQUARE ACCESS & PARKING:

We encourage all participants to **arrive at least 45 minutes prior** to race start. Per Sugar Land Town Square regulations, no pets are allowed, unless they are service animals.

Parking is located in Sugar Land Town Square in three, free garages and is marked. Please see the Maps Section at the end of the guide. Street parking within the Town Square will not be in use on Race Day.

Packet Pickup

Packet pick-up will be held at Revolution Studios. Please see below for corresponding days/times with each location:

Thursday, May 19th Packet Pick-Up – 3 PM to 7 PM

Revolution Studios **Sugar Land Town Square** store
Location: 2125 Lone Star Dr, Sugar Land, TX 77479



Friday, May 20th Packet Pick-Up – 3 PM to 7 PM

Revolution Studios **River Oaks** store

Location: 2800 Kirby Dr A220, Houston, TX 77098

(located on the second floor)

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

NOVUM ENERGY 8K RACE



This is an in and out flat course. Two water stations will be located on the course assuring one water stop every 1.5 to 2 miles. Volunteers will be staged to pass out Aquafina water to racers. A final aide station with water and food from Whole Foods Market and PepsiCo

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.

SHAPE OF BEHAVIOR 1K FUN RUN

The Shape of Behavior 1k Fun Run is a kid's run that will take off from the official start line and



follow the road on the inside of Sugar Land Town Square, finishing at the same start/finish line as the 8k. Strollers are allowed.. **There will be no water stops on the 1k course.**

COURSE CUT OFF

All participants of the 8k must complete the course within 1.5 hours (9:00 AM). A sweep vehicle will pick-up anyone that has not finished the course in the allotted time.

POST RACE AND AWARD CEREMONY

Enjoy delicious coffee from Starbucks, healthy food from Whole Foods, and refreshments from Pepsi! VIP participants are welcome to indulge in breakfast tacos, mimosa bar, and cold local beer 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. All age group finishers (top 3 male/female in each division) will receive medals. All 1k participants receive medals and the top male/female will receive Autism Speaks Build-A-Bears.

TIMING

Official results will be scored by chip time. Results will be posted at the DoMore Registration tent during the event and will be available online. The course is an officially certified 8K race course.

RACE PHOTOGRAPHY

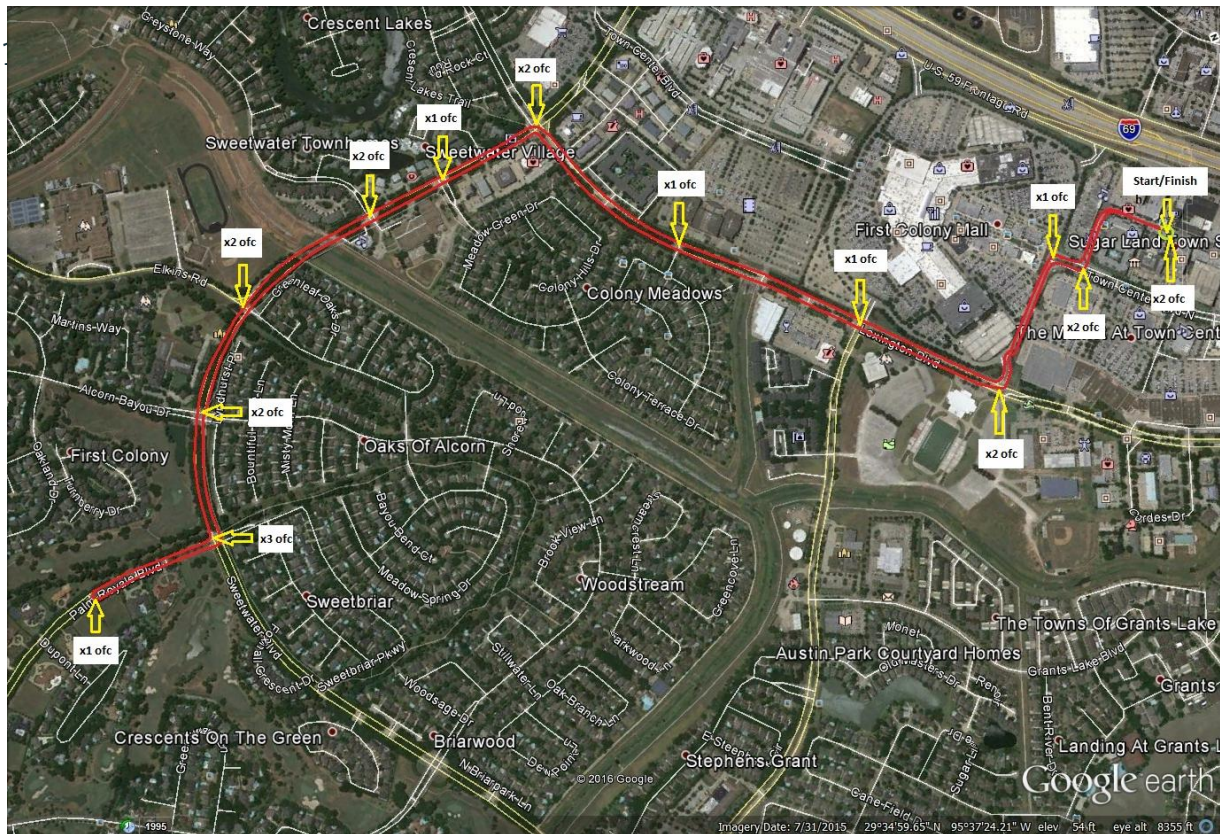
Race day photography will be available after the event on the Autism Speaks Houston Facebook page or via email request at kaitlin.hart@autismspeaks.org.

MAPS

PARKING



8K COURSE



1k COURSE

The 1k course will start/finish at the main start line and be a loop on the roads around the Sugar Land Town Square area.



How far is the Autism Speaks 8k Race?

The race is an out and back course totaling 8k or 4.97 miles in length.

When and where is packet pickup?

- Thursday, May 19th at Revolution Studios Sugar Land Town Square (3 PM – 7 PM)
- Friday, May 20th at Revolution Studios River Oaks (3 PM – 7 PM)

Can I bring pets to the race?

Unfortunately no, Sugar Land Town Square does not allow any animals except service animals.

What time does the race start?

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

What do I need to bring to the race?

Please bring your bib and wear blue to help raise more awareness. 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?

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:

<https://www.volunteerspot.com/login/entry/246734152083>. 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 in Sugar Land Town Square. Refer to the maps sections for a visual.

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 as well as finishes there.

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.

How many runners do you expect?

We expect 250+ runners in the 2016 8k run. We expect ~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.