



Presented by

HOUSTON  
**Methodist**  
ORTHOPEDICS &  
SPORTS MEDICINE

**AMANDA  
JENKINS**

**7 – Time  
Race Champion**

**2 – Time  
Armadillo Cup  
Champion**

**CYPRESS 10 MILER  
OFFICIAL RACE INFORMATION  
October 13, 2019  
10 Miles~5 Miles~5k~Kid's 1 Mile**



**TEXAS10SERIES.COM**





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# CYPRESS WELCOME

On behalf of Texas 10 Race Management we would like to welcome and thank you for supporting the Texas 10 Series. The information provided in this document is intended to help you have a safe and enjoyable race.

The 4<sup>th</sup> Annual Cypress 10 race course is a two-loop five-mile course located within the beautiful community of Fairfield. We would like to thank all of our sponsors and Houston Premium Outlets for its generous hospitality as host venue of the event. Please visit the stores at Houston Premium Outlets and enjoy tremendous shopping discounts. We encourage all of the participants to reference our website and like us on Facebook for up to the minute information.

**Texas 10 Race Management & Staff**

## SCHEDULE OF EVENTS

### **Saturday, October 12, 2019 – VILLASPORT CYPRESS**

12:00pm - Packet Pickup Begins

5:00pm – Packet Pickup Closes

### **Sunday, October 13, 2019 – RACE DAY – RACE SITE**

5:30 a.m. - Packet Pickup Begins

6:30 a.m. – Packet Pickup Closes

6:51 a.m. – Invocation

6:53 a.m. – National Anthem

6:57 a.m. – Closing PA Announcements from Event Organizers

7:00 a.m. – **Start 10 mile**

7:05 a.m. – **Start 5 mile**

7:10 a.m. – **Start 5k race**

7:30 a.m. – Post Race Finish Festival begins

8:20 a.m. – **2<sup>nd</sup> Loop Closes**

8:30 a.m. – 9:30 a.m. – Kid's 1 Mile Packet Pickup

8:50 a.m. – Award Ceremonies 10 mile and 5 mile

9:15 a.m. – Crazy Cash Give Away

9:55 a.m. – **Start Kid's 1-mile fun run**

10:15 a.m. – Post Race Finish Festival ends



# 3rd Annual



## CONROE 5K REINDEER RUN

@ Conroe 10 Miler

**DECEMBER 1, 2019**

Plus: 10 mile, 5 mile & Kid's 1 mile

**Register @ TEXAS10SERIES.COM**



ADVENTURE AWAITS  
conroe.tx  
www.visitconroe.com







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# RACE PACKET PICKUP



**All runners are required to pick up their race packet.** Your race packet contains your race bib (timing device attached) and custom shirt. Kid's Race packet includes event shirt. We will not mail race packets.

Exception: Virtual Race Packets will be mailed within 3-5 days of the event.

**BRING YOUR REGISTRATION CONFIRMATION PAGE AND I.D.**

Note: Someone else may pickup your packet. They will need to present ID.

**VillaSport Athletic  
Club & Spa Cypress**  
12951 Barker Cypress Rd  
Cypress, TX 77429

**RACE SITE**  
**Houston Premium Outlets**  
29300 Hempstead Road  
Cypress, TX 77433

# MAPS & COURSE INFO

## COURSE DESCRIPTION

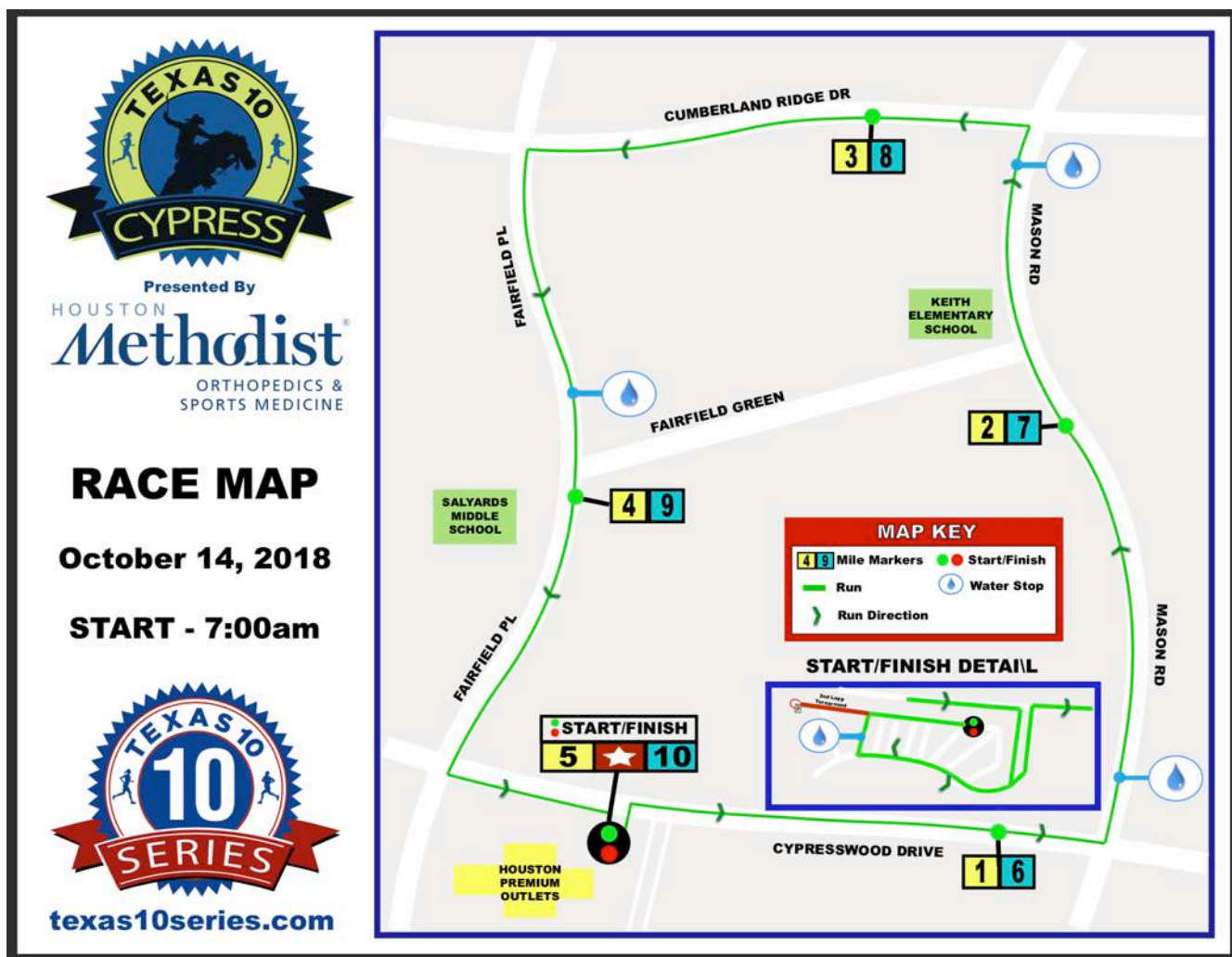
- START/FINISH – Houston Premium Outlets Parking Lot
- Go straight and turn left in parking lot to main loop
- Turn left onto main loop to Cypresswood Dr entrance
- Turn Left on Cypresswood Dr entrance
- Turn Right onto Cypresswood Dr in outside westbound lane
- Turn Left onto Mason in outside southbound lane headed north
- Turn Left onto Cumberland Ridge and proceed west in eastbound lane
- Turn Left onto Fairfield Place in outside northbound lane headed south
- Turn Right onto Cypresswood Dr in outside eastbound lane headed eastbound
- Turn Right into the Houston Premium Outlets and follow course through parking lot.
- Follow cones through parking area turn left away from Start/Finish to turnaround for second loop and right to start/finish line.





## COURSE MAPS

# 10 MILE (2 loops) 5 MILE COURSE

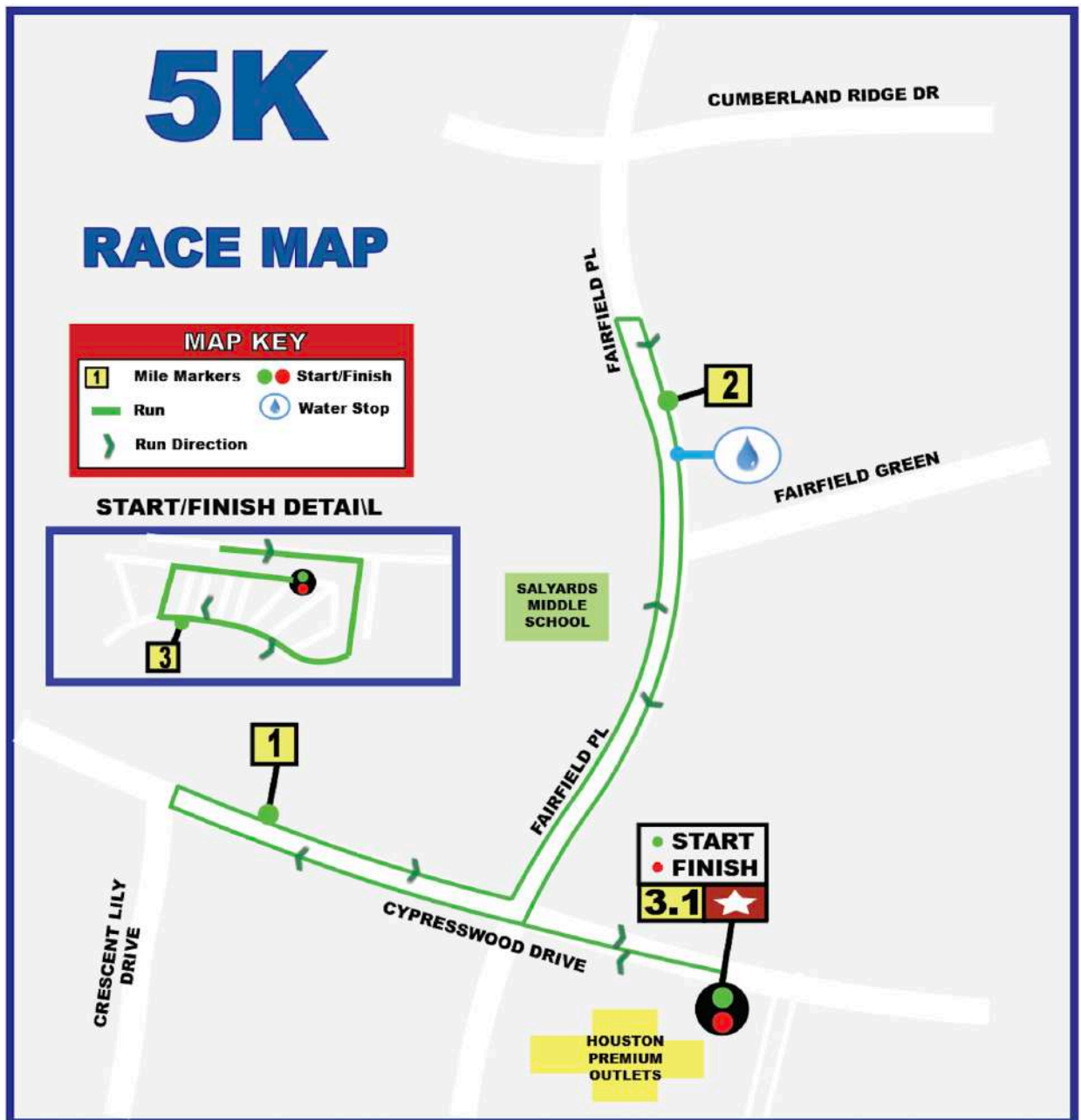






# COURSE MAPS

## 5K COURSE







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# COURSE MAPS

## KID'S 1 MILE COURSE



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### **CYPRESS 10** **KID'S 1 MILE** **RACE MAP**







# **PARKING & DIRECTIONS**

## **RACE SITE ADDRESS**

**Houston Premium Outlets**  
29300 Hempstead Road  
Cypress, TX 77433

### **From Austin or North San Antonio via I-35 N:**

Take US-290 E toward Houston  
Take exit Mason Rd  
Make a U-Turn at Mason Rd.  
Turn Right at Fairfield Falls Way  
Turn Left on Cypresswood Dr.  
Parking Lot H is on the Left.

### **From Houston via I-45 N:**

Take I-10 W and US-290 W to Hempstead Rd/Old Washington Rd/US-290 Frontage in Cypress.  
Take exit toward Fairfield Place Dr. from US-290 W  
Continue on Hempstead Rd/Old Washington Rd/US-290 Frontage.  
Turn Right on Fairfield Place Dr.  
Turn Right on Cypresswood Dr.  
Parking Lot H is on your Right.

### **From Dallas via I-30:**

Take I-45 S toward Houston, TX  
Take exit TX-99 W/Grand Parkway W (tolls)  
Take the Cypresswood Dr. Exit  
Turn Left on Cypresswood Dr.  
Continue past Fairfield and parking lot is on the right.





## RACE ANNOUNCEMENT

# TEXAS 10 ANNOUNCEMENT

Runners that run with **HEAD PHONES**

Please be advised that keeping your sound level to a safe and healthy tone is mandatory in a Texas 10 Series running event.

### **SAFE & HEALTHY TONE**

Level where you can hear Race Officials (lead cyclists, lead vehicles, course marshals, volunteers) from your immediate surroundings if approached from the the rear, side or front.





# HUNTSVILLE 10 MILER

**10 MILES - 5 MILES - 5K - KIDS 1 MILE**

**REGISTER NOW - SAVE 20%**

**Code: CYPRESS19**



**THE TOUGHEST TEXAS 10 MILER**



**RACE DATE**

**March 29, 2020 - 7am**

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**TEXAS10SERIES.COM**





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# LIL TEX KID'S RACE

**GET UP, GET OUT, GET MOVING** is our motto for today's youth.

The Kid's 1 Mile is a one-mile run that starts and finishes at the same line as the 10-mile, 5-mile and 5k races. There will be one water stop midway for the Lil Texas runners. All runners will receive the traditional Silver Dollar medal for finishing the run.



## WATER STOPS

There will be water stops at miles **1.5/6.5**, **3/8**, and **4.5/9.5** along the course. Each stop will provide Gatorade and Water.

Gatorade Endurance will be served in Gatorade cups and water in the white cups. Gatorade will be first at the water stop, followed by water.

We encourage all runners to maintain and practice proper hydration throughout their training and participation within the event.





# CONROE

TEXAS

VISIT

RUN!

HOORAY!

KEEP GOING

GO

CONROE!

VISITCONROE.COM

ADVENTURE AWAITS YOU





## POST RACE FINISH FESTIVAL

All runners will be treated to a post race food line. Breakfast tacos, bananas, and granola bars are just some of the items included in our post race food.

There will be water, adult beverages and soft drinks available courtesy of Texas 10 Race Management.

During the Finish Festival we will **give away eight \$100 bills** to random 10-mile finishers and **four \$50 bills** to random 5-mile finishers via a drawing. One child will walk away with **one \$100 bill**. One club will walk away with **\$250** for the most runners in attendance.



## HOUSTON METHODIST RESULTS

RunFar Racing Services is the “Official Timing Company” of the Texas 10 Series. If you have any questions please email. [raul@runfarusa.com](mailto:raul@runfarusa.com).







## EMERGENCIES CAN'T WAIT. NEITHER SHOULD YOU.

### FULL-SERVICE ER IN YOUR NEIGHBORHOOD

In an emergency, where you receive your medical care matters. Whether it is a minor emergency or a life-threatening one, Houston Methodist Emergency Care Center in Cypress provides the quality care you have come to expect from us — only closer to home.

- Open 24/7
- Short wait times
- Care for all ages
- Board-certified emergency medicine physicians and specially trained staff
- Direct admission to Houston Methodist Willowbrook Hospital, if needed
- On-site imaging and diagnostic technology

Houston Methodist Emergency Care Center in Cypress  
27560 U.S. 290 Frontage Rd. (at Fairfield Creek Drive)  
Cypress, TX 77433

[houstonmethodist.org/ER](https://houstonmethodist.org/ER) | 281.737.2424

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EMERGENCY CARE CENTER







# FINISHER MEDALS & AWARDS

All finishers in the 10-mile, 5-mile, 5k and Kid's 1-mile will receive a finisher medal when they complete their race.

The 10-mile overall male and female winners will receive a cash prize of \$150 each and the fastest 5-mile split in the 10-mile (male and female) will receive \$75 each.

The first three finishers in the following age groups (see below) will be awarded prizes in the 10-mile, 5-mile and 5k races.

Each age group will receive the following prizes.

**Overall Male & Female (10-mile, 5-mile, 5k & Kid's 1 Mile)**

**Masters Male & Female (10-mile only)**

**1st place** - designated award

**2nd place** - designated award

**3rd place** - designated award

10 MILE AGE GROUPS			
14 & Under	15-19	20-24	25-29
30-34	35-39	40-44	45-49
50-54	55-59	60-64	65-69
70 & Over			
5 MILE & 5K AGE GROUPS			
14 & Under	15-19	20-29	30-39
40-49	50-59	60-69	70 & Over

**NOTE: No Awards will be mailed out after the event. All awards must be collected at the post race finish festival. The Awards Ceremony schedule has been set well in advance for scheduling purposes. If you can't pick up your award and know someone that can, please do so.**





# CYPRESS 10 October 13, 2019 RACE INFORMATION

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## ARMADILLO CUP

The race for the 2019-20 Armadillo Cup continues in Cypress. Cypress is a 14-point race in the Series and is run on a fast, wide-open two loop course. Each finisher in the 10-mile race will receive a minimum of five (5) points.

EVENT	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup>	All Others
<b>Brdgeland 19</b>	16	15	14	13	12	11	10	9	8	7
<b>College Station 19</b>	19	18	17	16	15	14	13	12	11	10
<b>Huntsville 19</b>	22	21	20	19	18	17	16	15	14	13
<b>Sienna 19</b>	14	13	12	11	10	9	8	7	6	5
<b>Cypress 19</b>	14	13	12	11	10	9	8	7	6	5
<b>Katy 19</b>	14	13	12	11	10	9	8	7	6	5
<b>Conroe 19</b>	14	13	12	11	10	9	8	7	6	5
<b>Bridgeland 20</b>	14	13	12	11	10	9	8	7	6	5
<b>College Station 20</b>	17	16	15	14	13	12	11	10	9	8
<b>Huntsville 20</b>	20	19	18	17	16	15	14	13	12	11



## TEN GALLON CUP

The race for the 2019-20 Ten Gallon Club Cup continues in Cypress. As the second race in the Series in its transitional year, this could be a great day for various clubs and groups in the prestigious Ten Gallon Club Cup Competition. Every club with finishers will receive a minimum of seven (7) points.

TEN GALLON CUP SCORING SCORING POINTS	
FINISH PLACE	POINTS AWARDED
1 <sup>ST</sup> PLACE	12 POINTS
2 <sup>ND</sup> PLACE	11 POINTS
3 <sup>RD</sup> PLACE	10 POINTS
4 <sup>TH</sup> PLACE	9 POINTS
5 <sup>TH</sup> PLACE	8 POINTS
ALL OTHER CLUBS	7 POINTS



A man and a young girl are playing with bubbles in a park. The man is in the background, holding a bubble wand, and the girl is in the foreground, reaching up towards a bubble. The scene is set outdoors with trees and grass in the background.

## LEADING MEDICINE STARTS WITH HOUSTON METHODIST PRIMARY CARE.

At Houston Methodist, your family's well-being is at the center of all we do. From simple checkups to more complex concerns, our board-certified physicians provide the compassionate care you need, as well as access to our leading network of world-class specialists.

### Many practices offer

- Online scheduling
- Convenient locations
- Same-day access
- After-hours access

For an appointment, schedule online at  
[houstonmethodist.org/pcg](https://houstonmethodist.org/pcg) or call **713.394.6638**.

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PRIMARY CARE GROUP





## FAQs

**Q: Can I run with a baby jogger, skateboard, bike or dog?**

**A:** No and Yes, in consideration for the safety of all participants; baby joggers, skateboards, bikes and animals are prohibited on the 5 mile and 10 mile course. A baby jogger will be allowed on the Kid's 1-mile race.

**Q: Can I run with headphones?**

**A:** Headphones are not prohibited but are strongly discouraged. Participants who wear headphones must remain aware of safety vehicles, race officials, traffic and other runners. Any participant who fails to follow directions from race officials is subject to being removed from the racecourse, for their own safety and the safety of other participants.

**Q: What is the time limit for a Texas 10 Series race?**

**A:** All streets must be reopened to traffic by 10:30 AM, and all participants must be able to cross the Finish Line by 10:15 AM to be recorded as an official finisher.

No refunds will be given for registered participants who are directed off the course due to pace - no exceptions.

Support and Gear (SAG) Wagons and equipment trucks will follow the last participants to move slower runners to the side of road, and reopen the streets as necessary. These participants will not be able to finish the race or receive their medal.

**Q: Do I need a qualifying time to participate?**

**A:** No, there is no qualifying time to participate in Texas 10 Series events.

**Q: Can I walk?**

**A:** Yes, if you are able to finish by 10:15 AM.





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## **FAQs cont.**

**Q: How many water stations will you have?**

**A:** There will be four (4) Water Stations along the course and water at the Finish Line.

**Q: When will Armadillo and Ten Gallon Cup receive their cash award payments?**

**A:** Texas 10 Race Management will issue award checks 6 to 8 weeks after the event at the Cup Championship Party.

**Q: What do I do if I am injured on the course?**

**A:** There will be ambulance and bike EMS teams providing medical support courtesy of Houston Methodist Orthopedics and Sports Medicine along the course to attend to injuries.

**Q: Will there be food at the finish line?**

**A:** Yes, there will be food at the finish line provided by the event producer.

**Q: Is the course closed to traffic?**

**A:** Yes, one lane will be closed for runners. Lanes will be coned off throughout the race for runners' safety.

**Q: Is the course USA Track and Field Sanction?**

**A:** Yes, the event USA Track and Field sanctioned event. The course was measured and is pending USA Track and Field certification.

**We encourage all participants to reference  
our website and like us on Facebook.**

**<http://www.texas10series.com/index.cfm>**

**<https://www.facebook.com/pages/Texas-10-Series/410322682353520>**





## PHOTOS

Digital Prophet Photography will serve as the exclusive provider of photography for the Cypress 10 Miler. We are looking forward to capturing the excitement of your race!

**DIGITAL  
PROPHET**

All runners will receive **ONE FREE DOWNLOAD**

### **Tips for Getting Your Best Photos**

All of the photos will be available thru Facebook and our Run Signup Website page.

- Display your Bib Number correctly.
- Be sure to wear your number in the front (chest preferred).
- Be sure to pin it down on all four corners!

To insure you get plenty of photos, when you see us, and want photos, be sure to try and run on the side of the road that we are on! Don't hesitate to wave or holler at us! We love it when you do and will make sure to get your picture if you are close enough, but not too close! Your photos will be posted within a couple of days following your event!

## VOLUNTEERS: RACE CREW

### **ORGANIZATION DONATIONS:**

Various groups may qualify for donations back to their organization or group by volunteering for the event. Below is a detailed breakdown of the amounts a group/organization may receive for their support. Please contact the Volunteer Coordinator to see if you may qualify and the process for your organization.

25 volunteer positions = \$250 donation

50 volunteer positions = \$500 donation

75 volunteer positions = \$750 donation

To Date: Over \$24,000 has been donated to various groups throughout the Race Series.







26.2~13.1~Relay~5k~2k Fun Run

DISCOUNT CODE - **TX10**  
15% off registration fees



[thewoodlandsmarathon.com](http://thewoodlandsmarathon.com)





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 A SIMON CENTER

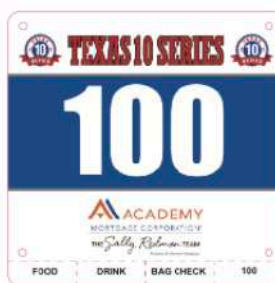
# RACE SWAG



## 10MILE VIP



## 10MILE



## 5MILE VIP



## 5MILE



## 5K



## KIDS 1MILE







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## PR BELL

The Kevin Baker Real Estate Team has partnered with the Texas 10 Series. We invite runners when they run a PR, “personal record” in any distance to come and bang the “Kevin Baker Real Estate Team PR Bell”. There will be a designated area at the race site for our distinguished runners to “**RING IN**” their success

We would like to thank Kevin Baker Real Estate Team for their generous support and sponsorship.

**KEVIN**  **BAKER**  
REAL ESTATE TEAM  

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**PR BELL**

## REGISTER NOW & SAVE

**SAVE 20% - Use Code “CYPRESS19”**

Good thru Sunday, Oct 13<sup>th</sup>

**Expires at midnight on Sunday, October 13th**







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## RACE LINE-UP



**SEPT 8, 2019**  
**Completed**



**OCT 13, 2019**



**NOV 3, 2019**



**DEC 1, 2019**



**JAN 5, 2020**



**JAN 26, 2020**



**MAR 29, 2020**



# HEINEKEN® 0.0

GREAT TASTE. ZERO ALCOHOL.





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## OFFICIAL PARTNERS

