

march
5, 2022

LEGACY CAPITAL



TWMTM

THE WOODLANDS MARATHON



ABBOTT
WORLD
MARATHON
MAJORS

万达 WANDA AGE GROUP
QUALIFIER



official RACE GUIDE

HOUSTON
Methodist
13 TWM
THE WOODLANDS HALF MARATHON

10K TWM
THE WOODLANDS 10K

5K TWM
THE WOODLANDS 5K



Pathfinder
Pediatric Home Care

2K Family Fun
Run • Walk

investing is a marathon not a sprint

Create a life where you can be financially free.



LEGACY CAPITAL

Official Title Sponsor of The Woodlands Marathon

281-595-1997

WWW.LEAD-A-LEGACY.COM

TABLE OF CONTENTS



10 - Sponsors

15 - Welcome

18 - FAQs

21 - Bibs

23 - Event Schedule

25 - Packet Pickup

27 - 26.2 Course Map

29 - 26.2 Water Stops

31 - 13.1 Course Map

33 - 13.1 Water Stops

35 - 10k Course Map

37 - Race Parking Map

39 - Race Site Map

Leading Orthopedic Care to **KEEP YOU MOVING**

At Houston Methodist Orthopedics & Sports Medicine, we know every movement matters. Our board-certified sports medicine specialists offer:

- The latest imaging and technology
- Advanced nonsurgical treatments
- Minimally invasive procedures
- State-of-the-art physical and occupational therapy

Whether you're suffering from simple aches and pains or dealing with a complex injury, we can get you back on your feet — and keep you moving.



Houston Methodist Hospital is the highest nationally ranked hospital in Texas for orthopedics.



HOUSTON
Methodist
ORTHOPEDICS &
SPORTS MEDICINE



OFFICIAL HEALTH CARE PROVIDER



19 convenient locations | houstonmethodist.org/sportsmed | 713.790.3333



JAMES NOACK
COMMISSIONER PRECINCT 3
MONTGOMERY COUNTY

1130 Pruitt Road
Spring, Texas 77380
Email: Evan.Besong@mctx.org

Conroe: (936) 539-7817
Houston: (281) 367-3977
Fax: (281) 298-7321

The Woodlands Marathon Participants:

On behalf of Precinct Three, Montgomery County, I wish each runner the best of luck in this year's race. We are thrilled you have chosen to spend your weekend with us in The Woodlands. Please enjoy our community and have fun throughout the weekend.

For those striving to reach personal goals and to all of those first timers, I encourage you to take it all in as you will be running one of the most beautiful courses in the south. I want to thank the sponsors and those who have raised money for various charities in the Charity Challenge.

I hope each participant has a safe and enjoyable race and look forward to seeing you at the finish line!

Sincerely,

A handwritten signature in blue ink, appearing to read "James Noack", with a long horizontal line extending to the right.

Commissioner James Noack
Montgomery County Precinct Three





Ready, Set, Go!

We are proud to support The Woodlands Marathon and congratulate all the runners for their hard work and endurance.

www.lockelord.com | Attorney Advertising © 2022 Locke Lord LLP

Locke
Lord

“
*This is
the life.*”



WE HEAR THAT A LOT.

Welcome to a place that defies expectations. Located near Houston, Texas, you'll find yourself immersed in a destination where natural beauty, urban luxuries and the perfect running course exist harmoniously. Where you can beat your personal record, enjoy a lakeside stroll, or discover adventure in a place your whole family will love. Find yourself inspired in The Woodlands.

VISIT
THE WOODLANDS
TEXAS



Explore more at
visitthewoodlands.com/marathon

Welcome to The Woodlands!

As Chairman of Visit The Woodlands Board of Directors, it is my honor to welcome you to The Woodlands.

The Woodlands is an escape from the ordinary and it's my hope that you experience a bit of that this weekend. Not only do events like The Woodlands Marathon choose to call this place home, The Woodlands has 14 high quality hotels, over 200 award winning restaurants, one of the top amphitheaters in the world, a top 10 arts festival, The Woodlands Children's Museum and over 11 million square feet of shopping, entertainment and more.

Make sure you take time this weekend to explore beyond the marathon and experience the luxury and ease of our town. From slow paced swan boats to fast paced hikes through The George Mitchell Nature Preserve, there's something for everyone amidst the trees.

Whether you're an athlete preparing for a great race or a spectator cheering at the finish line, we hope your weekend in The Woodlands is one to remember. More than anything, we hope you leave The Woodlands already planning your return trip to experience all our community has to offer.

Thank you for visiting The Woodlands.

Bruce Rieser
Chairman, Visit The Woodlands Board of Directors



VISIT
THE WOODLANDS
— TEXAS —

2801 Technology Forest Blvd.
The Woodlands, Texas 77381
Phone 877 963 2447 | 281 363 2447
Fax 281 210 3499
visitthewoodlands.com



**0.0% alcohol.
100% taste.
69 Calories.**

Now you can.





February 26, 2022



On behalf of more than 119,000 residents and over 2,000 businesses in The Woodlands, Texas, I want to extend a warm welcome to all of you here for The Woodlands Marathon.

The Woodlands has long been known as a very active community, from prestigious running and biking events to all kinds of quality organized sports. People enjoy The Woodlands for its more than 220 miles of pathways, 150 parks and millions of square feet of shopping, dining, hospitality and entertainment.

While recent times have been difficult for all of us, we welcome you back and sincerely hope you will enjoy our world-class community while you are here. We wish you a safe and rewarding experience.

To the athletes, your hard work and commitment in preparation is remarkable. To all the family, friends and fans, we welcome you to enjoy the event as well as the beautiful environment of The Woodlands!

Sincerely,

Gordy Bunch
Chairman of the Board
The Woodlands Township



SPONSORS



SPONSORS



Academy Proudly Sponsors

THE WOODLANDS MARATHON

Visit your local Academy store today
or shop online at academy.com
to save on top running gear from
today's best brands, like Brooks,
Nike — and more!



Academy[®]
SPORTS+OUTDOORS

TWM
THE WOODLANDS MARATHON

**Your race.
Your pace.
Finish strong.**



Good luck and enjoy your run from your neighbors at TWFG,
an official sponsor of The Woodlands Marathon, 2022.



LEGACY CAPITAL

Financial Workshops



With over 50 workshops, we can address most financial subjects for your organization or company. Requesting an educational workshop does not obligate you to any fees or services. All advisors at our firm carry the CERTIFIED FINANCIAL PLANNER™ designation.

LEGACY CAPITAL

Official Title Sponsor of The Woodlands Marathon

Follow us at @leadalegacy



1725 Hughes Landing Blvd. Ste. 830, The Woodlands, TX 77380

281-595-1997

www.lead-a-legacy.com

WELCOME

Welcome to the 11th Annual 2022 Legacy Capital The Woodlands Marathon and Houston Methodist The Woodlands Half Marathon!

On behalf of The Woodlands Marathon Management and our 2022 Race Committee, I would like to wish you a safe and enjoyable race. This year is substantially different from the 2021 event as we return to more normal event conditions.



Over the course of the first 10 years, \$1.3 million has been raised and donated to non-profits and volunteer organizations.

This year's event will be a Abbott World Marathon Majors - Wanda Age Group Qualifier for the World Championships.

We take great pride in offering runners from across the globe the opportunity to experience a world-class venue and run their personal best. We welcome runners from 40+ states and 12 foreign countries.

Our marathon course is one of the fastest in the country and Texas in terms of average finishing times. We are eager for runners to experience our fast course, which has earned the distinction of being one of the Top 25 courses in the United States and Canada. Runners come to The Woodlands to qualify for the Boston Marathon and enjoy our world class community.

Our marathon and half marathon courses are certified by USA Track and Field and World Athletics which has seen a Canadian Women's Half Marathon record set.

The event kicks off with the Houston Methodist Health and Fitness Expo presented by Visit The Woodlands.

Please help us by thanking all of our official partners, sponsors and volunteers. A tremendous thank you to our local businesses, residents within The Woodlands, Commissioner Noack of Precinct Three of Montgomery County, The Woodlands Township, Visit The Woodlands, The Woodlands Development Company, Howard Hughes Corporation and our race committee.

We want to thank everyone involved in making this an annual World Class Event!!!

Willie Fowlkes
Race Director
The Woodlands Marathon Management, LLC

The Woodlands
MARATHON
MGMT



ON THE ROAD TO RECOVERY

PLAN FOR RACE-DAY RECOVERY BEFORE YOU REACH THE STARTING LINE

Whether you're training for your very first 5K, half marathon or marathon, or you've just crossed the finish line of your 20th one, recovery — especially post-race recovery — is super important. With the proper race-recovery knowledge and techniques, you can recuperate faster (and better!) as well as decrease your risk of getting injured and having to sit out the next race.

Dr. Alysia Robichau, a sports medicine physician with Houston Methodist Orthopedics & Sports Medicine at The Woodlands, shares her expertise on how all runners can experience optimal recovery after a big race.

PRE-RACE DAY AND AT THE STARTING LINE

It almost goes without saying that following a gradual training program to condition your body for a 26.2-mile run

can help prevent and lessen injury. "The recovery process begins before the race starts," Dr. Robichau emphasizes.

That's also why the night before any race, you should make a point to hydrate, eat a well-balanced meal with protein and carbohydrates (avoid fatty foods, alcohol and anything that may upset your stomach), and get a good night's sleep. In the morning, eat a light breakfast and, once again, hydrate and avoid fatty and stomach-bothersome foods. Drinking coffee or caffeinated tea is okay but do so in moderation.

You'll also want to prepare your muscles before the race begins. You can do this by performing dynamic stretches, which are different from static stretches since they involve movements that replicate the motions of your workout — like side lunges, arm swings and lightly jogging in place.

"During the race," Dr. Robichau says, "you should drink water or electrolyte drinks depending on your thirst. It's

important to stay hydrated, but you don't need to drink at every station if you aren't thirsty."

AFTER YOU CROSS THE FINISH LINE

While everyone knows just how essential it is to warm up before the race, the cooldown is just as important. Long-distance races, especially marathons, significantly stress the body no matter how much experience you have. Almost everything — muscles, hormones, tendons and cells — gets pushed beyond limits.

"After running a marathon, your body will be in a state of inflammation," Dr. Robichau explains. "You'll have muscle damage and breakdown, loss of water and electrolytes through sweating, and depleted glucose and carbohydrate stores."

How do you deal with this? Dr. Robichau says that once you cross the finish line, continue to walk for about 30 minutes to maintain the blood circulation your body needs to deliver oxygen and nutrients to your muscles. Walk, stretch and massage your muscles to prevent cramps. And because your arms and upper body may be sore post-race too, try loosening up with a few shoulder shrugs and overhead arm stretches.

TAKE TIME TO WARM UP — LITERALLY

You'll quickly cool off, no matter how hot you feel after crossing the finish line. Because muscles tend to tighten up quickly in cooler weather and can even lead to increased soreness, Dr. Robichau recommends having warm towels or blankets and a pair of dry clothes and shoes to change into following your big run.

POST-RACE REPLENISHMENT

Immediately after the race, hydrate with water, electrolyte drinks or tea and stay away from alcohol. "Drink plenty of fluids for at least a week after a marathon so you can flush your body of toxins, metabolites and tissue breakdown," Dr. Robichau says. "Your urine should be clear by the end of each day."

"Most races provide great food choices right at the finish line," she adds. Salty nuts, trail mix, granola, chocolate milk, yogurt, bananas, apples and bagels are ideal after a long race. "In addition, try to eat clean for at least one week during recovery." Clean foods include fresh fruits, vegetables and healthy fats like fish oil, tree nuts, avocado and olive oil.

In addition, try to eat healthy protein such as lean chicken, fish, pork, beans, legumes and tofu, avoiding red meat initially. Also, opt for healthy complex carbohydrates such as oats, brown rice and whole-wheat bread while avoiding processed carbs, sugars, white rice and white bread.

ASK FOR HELP

Some runners, even the most experienced ones, barely cross the finish line. Volunteers often ask runners whether they need help, especially those who come in limping or appearing close to collapse. Usually, you'll find a medical area staffed with health care professionals almost immediately after you cross the finish line. Don't be afraid to ask a volunteer for help if you can't make it there.

TEMPORARILY CHANGE YOUR ROUTINE — BUT KEEP MOVING

Rest is the key to recovery. After the race, give yourself ample time to recuperate.

Experts recommend not doing anything that requires running for at least one to two weeks after a long race, but you do need to keep moving. Think low impact: Walking, light jogging, stretching, yoga, cycling and swimming.

After this rest period, you should slowly and gradually increase your activity and running mileage as tolerated. A full recovery can take as long as two to four weeks.

EVERYONE RECOVERS DIFFERENTLY

Men and women recover differently, but we all need replenishment. Women rely more on fat and less on carbohydrates for fuel, while men rely on carbohydrates and protein. During this time, make sure to "eat foods rich in sodium, potassium, protein, carbohydrates and healthy fats," Dr. Robichau says.

Age matters as well. "Older adults are more prone to injury, since muscle mass declines with age, and it can take longer for muscles to recover," Dr. Robichau explains. "However, you still need to keep moving, just make it low impact."

Please visit houstonmethodist.org/blog to read additional advice and tips from Houston Methodist's experts.

FAQs

Q: What time does The Woodlands Marathon start?

A: START TIMES (estimated) – Saturday, March 5, 2022

6:50am - AWDs Half Marathon

6:55am - Marathon & Half Marathon

7:10am - 10k

Q: Where are the Start and Finish located?

A: The Marathon, Half Marathon and 10k start lines are located on Lake Robbins Drive in front of Town Green Park and Market Street and finishes on The Woodlands Waterway.

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

A: No, in consideration for the safety of all participants; baby joggers, skateboards, bikes and animals are prohibited on the course.

Q: Can I run with headphones?

A: Headphones are not prohibited but are strongly discouraged. Participants who wear headphones must remain aware of 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 The Woodlands Marathon?

A: All participants must be able to cross the Finish Line by 1:30 PM to be recorded as an official finisher (with time and place). To do so, Marathon, Half Marathon & 10k participants must maintain a pace no slower than 14:30 minutes per mile throughout the course. Any Marathon or Half Marathon participant slower than the maximum pace at mile 2 of their respective courses will be directed to a SAG (support and gear) vehicle. All streets must be reopened to traffic by 2:00 PM and any individual electing to refuse SAG will need to move off the course as the right of way will be returned to normal vehicle traffic flow patterns.

No refunds will be given for registered Marathon, Half Marathon & 10k participants who are directed to SAG - no exceptions. SAG Wagons and equipment trucks will follow the Back of the Pack Runners to move slower runners to the side of road and reopen the streets. These participants will not be able to finish the race or receive their medal.

Q: Will there be a pace team?

A: Yes and the pace team information can be found on the website.

Q: What time will the roads close?

A: Road and lane closures will be updated on the website as we get closer to the race. Please check the website and look for the official Traffic Guide.

FAQs cont

Q: How many water stations will you have?

A: There will be Water Stations along the course, starting at Mile 2 and approximately every 1.5 after that with plenty of water and Gatorade Endurance sports drink on the marathon course.

Q: What do I do if I injure myself on the course?

A: There will be ATV and bike EMS teams providing medical support along the course. Runners will have access to medical support at each Water Station. Please look for the red medical tents.

Q: Is the course closed to traffic?

A: Yes, lanes will be closed for runners.

Q: Are the courses USA Track & Field Certified? If so, is this a Boston Marathon Qualifier?

A: Yes, The Woodlands Marathon & Half Marathon courses are USA Track & Field/World Athletics certified which makes it a Boston Marathon Qualifier. Each certification number is listed on the corresponding map.

REGISTRATION

Q: How many participants are in the Marathon & Half Marathon?

A: Approximately 35% of participants are Marathon participants.

Q: Where can I find race results after the race?

A: Results of The Woodlands Marathon, Half Marathon and 10k can be found online at www.the-woodlandsmarathon.com and mychiptime.com after the race. Your bib's QR code will provide links directly to the results page.

Q: Do all participants receive a medal?

A: Yes, all participants finishing either the Marathon, Half Marathon and 10k will receive a unique finisher's medal.

Q: Where do I pick up my DOUBLE MEDAL?

A: There will be a tent at the top of Town Green Park when you exit the Finish Line Chute by Bag Drop.

Q: Will there be age group awards?

A: Age group awards will be awarded 3 deep in The Woodlands Marathon, Half Marathon and 10k. No Awards will be mailed out.



**HERE TO SUPPORT
YOU EVERY STEP OF
THE WAY.**

- **Child Support**
- **Custody**
- **Divorce**
- **Grandparents Rights**
- **Property Division**
- **Mediation**
- **Same Sex Couples**
- **Standard Possession
Order**
- **Uncontested Divorce**

R **RENKEN
LAW FIRM**

therenkenlawfirm.com

BIBS

26.2 Elite



13.1 Elite



10k



26.2



13.1



2k



5k



13.1 AWD



**LEGACY CAPITAL
WISHES YOU GOOD LUCK ON RACE DAY**



WIN A 2023 RACE DAY ENTRY:

**Stop by and SAY HELLO through our website!
This will enter you in a chance to win a
complimentary entry & VIP for the 2023 race.**

**Winners will be drawn monthly on our live
stream starting September 2022.**



FOLLOW US: @LEADALEGACY



WWW.LEAD-A-LEGACY.COM

EVENT SCHEDULE

FRIDAY, MARCH 4TH

10:00am-8:00pm Health & Fitness Expo CWMP Event Center
Packet Pick Up

SATURDAY, MARCH 5TH

5:15am	Race-Day Packet Pick Up (must have purchased during registration)	CWMP Event Center
5:45am	Corrals Open	Marathon, Half Marathon & 10K
6:50am	Corral Closure A, AA, C, CC (if closed go to B or D)	Marathon & Half Marathon
6:50am	AWD Half Marathon Starts	Start Line Half Marathon
6:55am	Corral Closure B, D	Marathon & Half Marathon
6:55am	Marathon & Half Marathon STARTS	Start Lines Marathon & Half
7:10am	Corral Closure E	10K Start Line
7:10am	10k STARTS	Start Line 10k
7:00am	Heineken VIP Cool Down Zone OPENS	Finish Line
8:45am	10K Awards Ceremony	Town Green Park
10:15am	Half Marathon Awards Ceremony	Town Green Park
11:15am	Marathon Awards Ceremony	Town Green Park



CRUDO

50% off appetizers &
\$15 off with purchase of
two entrees*

650 Basilica Bay Drive
Spring, Texas
832-702-8970

*Restrictions may apply.
Not redeemable for cash.
No reservation necessary.

Inquiries please contact
h.boland@esperantodev.com

Must present flyer to be redeemed
either in print or digital.

HOTEL
INDIGO®

PACKET PICKUP

FRIDAY
MARCH 4, 2022
10:00AM-8:00PM

Houston Methodist
Health & Fitness Expo (PPU)
Cynthia-Woods Mitchell Pavilion
Event Center
2005 Lake Robbins Drive
The Woodlands, Texas 77380

HOUSTON
Methodist®
HEALTH & FITNESS
EXPO

NO RACE DAY PACKET PICK UP
(unless you purchased Race Day Packet Pickup)



**COME VISIT
ATHLETA FOR THE
" MARATHON
WEEKEND WELCOME"**



**HOUSTON METHODIST
HEALTH AND FITNESS
EXPO**

MARCH 4th-5th

**Cynthia Woods-Mitchell
Pavilion Event Center
2005 Lake Robbins Drive
The Woodlands, Texas 77380**

**CAN'T MAKE IT TO THE EXPO? STOP
BY ANY ONE OF OUR 5 HOUSTON
LOCATIONS AND USE DISCOUNT CODE
WOODLANDS20***

**in store offer valid only through
03/25*



26.2 COURSE MAP

COURSE INFO

- Water stops will start approximately at mile 2 and will be stationed about every 1.5 miles along the course.
- Last Water Stop will be right past Mile 24.
- Medical Stations will be located around each water stop.
- CLIF gels will be located at Mile 11 and Mile 20 along course.
- Runners will run in the right lane alongside the half marathon.





Pathfinder
Pediatric Home Care INC

- Speech Therapy
- Occupational Therapy
- Physical Therapy



The Woodlands, Bryan/College Station
Katy, League City, Lufkin and Dallas

888-364-9695



Pathfinder
Home Health

- *Skilled Nurses*
- *Home Health Aide*
- *Social Services*
- *Physical Therapy*
- *Occupational Therapy*
- *Speech Therapy*



The Woodlands, Beaumont, Athens, Katy
McKinney, Huntsville and Corpus Christi

800-955-9161

26.2 WATER STOPS



Water Stop A – Mile 2

Located on Research Forest Drive and New Trails Drive.

Water Stop B – Mile 3.5

Located on Research Forest Drive right after Bear Branch Sports Fields Park.

Water Stop C – Mile 5

Located on Research Forest Drive right past Greenbridge Drive

Water Stop D – Mile 6.5

Located on Kuykendahl Rd right before the bridge over Bear Branch Reservoir

Water Stop E – Mile 8

Located on Lake Woodlands Drive right before Cochran's Crossing Drive

Water Stop F – Mile 9.5

Located on Lake Woodlands Drive right before Shadowbend Place

Water Stop G – Mile 11 & Mile 21.25

Located on Lake Woodlands Drive right past E. Panther Creek Drive.

Water Stop H – Mile 12.5 & Mile 22.65

Located on Woodlands Waterway right at Riva Row Boat House.

Water Stop I – Mile 14 & Mile 24.25

Located on Timberloch Place and Waterway Avenue.

Water Stop J – Mile 15.45 (Mile 16.6)

Located on Grogan's Mill Rd and North Millbend Drive.

Water Stop K – Mile 18.35

Located on Woodlands Parkway and E. Panther Creek Drive.

Water Stop L – Mile 20

Located on W. Panther Creek Drive and Hickory Oak Drive.

Kirby's
PRIME STEAKS
& SEAFOOD
Est. 1954

\$20 OFF

**WITH PURCHASE OF
TWO ENTREES**

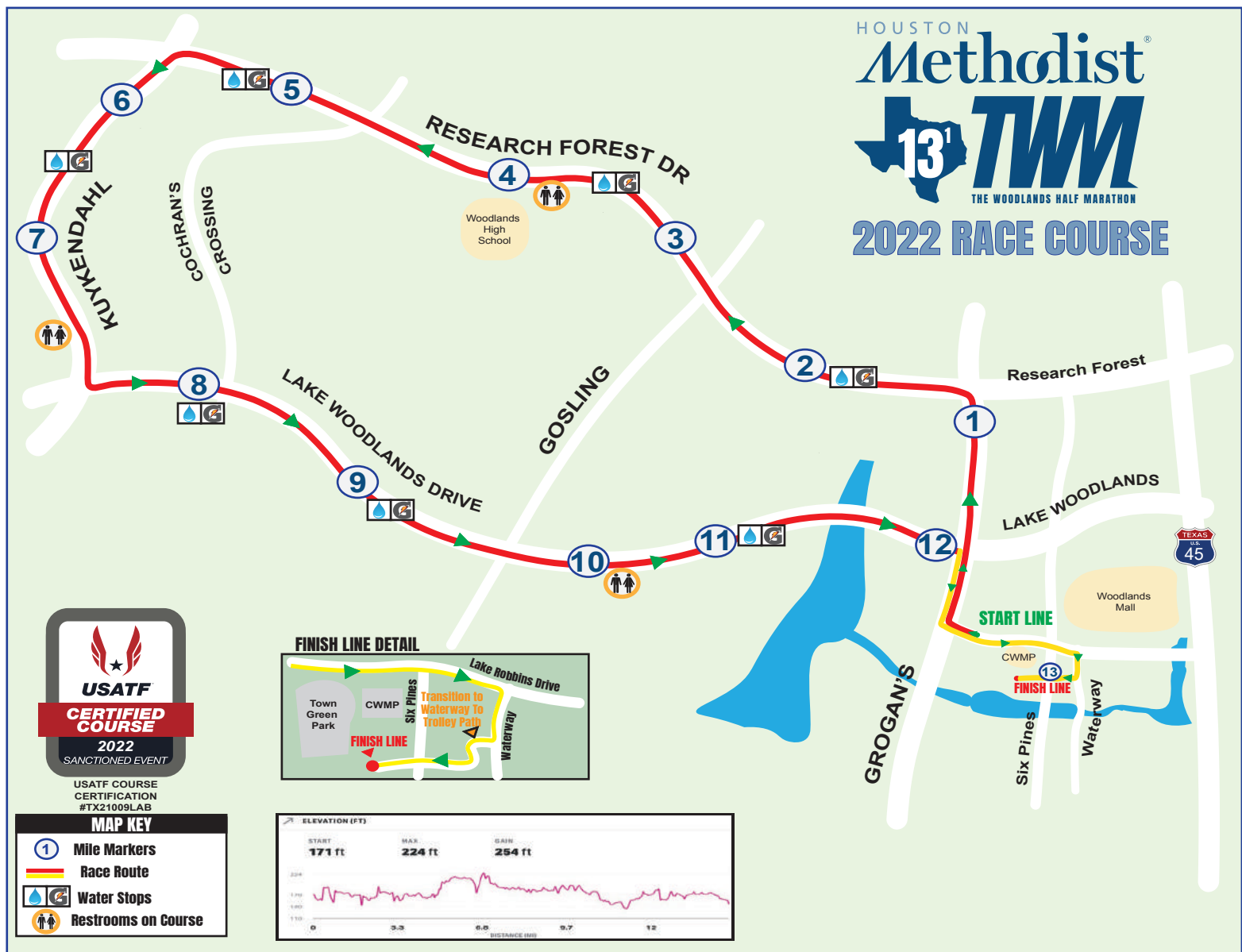
RESERVATIONS 281.362.1121

DINE IN ONLY | NOT VALID WITH OTHER SPECIALS

13.1 COURSE MAP

COURSE INFO

- Water stops will start approximately at mile 2 and will be stationed about every 1.5 miles along the course.
- Last Water Stop will be right past Mile 11.
- Medical Stations will be located around each water stop.
- Runners will run in left lanes alongside the marathon.

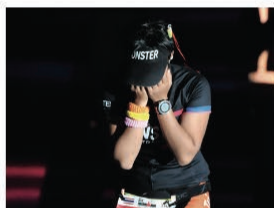




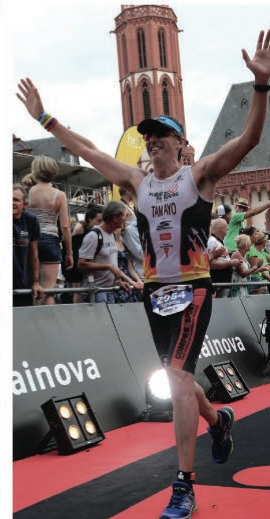
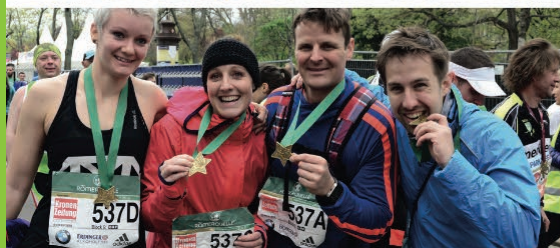
FinisherPix® | Powered by Smiles



NEVER FORGET **YOUR RACE**



ORDER YOUR RACE PHOTOS HERE:
www.finisherpix.com
www.facebook.com/finisherpix
#finisherpix



13.1 WATER STOPS

Water Stop A – Mile 2

Located on Research Forest Drive and New Trails Drive.



Water Stop B – Mile 3.5

Located on Research Forest Drive right after Bear Branch Sports Fields Park.

Water Stop C – Mile 5

Located on Research Forest Drive right past Greenbridge Drive

Water Stop D – Mile 6.5

Located on Kuykendahl Rd right before the bridge over Bear Branch Reservoir

Water Stop E – Mile 8

Located on Lake Woodlands Drive right before Cochran's Crossing Drive

Water Stop F – Mile 9.5

Located on Lake Woodlands Drive right before Shadowbend Place

Water Stop G – Mile 11 & Mile 21.25

Located on Lake Woodlands Drive right past E. Panther Creek Drive.



2023 REGISTRATION OPENS

June 1, 2022

Global Running Day

RYTHING YOU NEED IS ALREADY
 V. SWEAT NOW, GLOW LATER. CHANGE FROM THE INSIDE OUT. THE GREATEST PLEASURE
 E. REMEMBER WHY YOU FIRST WALKED IN HERE. KEEP BURNING. ONE MORE PUSH THAN
 NOT. LEAVE IT ALL ON THE TREADMILL. BACKED BY SCIENCE. WANT MORE. DO MORE. BE



FIRST CLASS FREE*

Here you have coaches, community, and group energy coming together to push you forward.

Scan to find the studio nearest you and book today!



*At participating studios only. First time users and local residents only. Restrictions apply. See studio for details. Orangetheory® and other Orangetheory® marks are registered trademarks of OTF IP Holder, LLC. ©Copyright 2022 OTF IP Holder, LLC and its affiliates.

TEXAS FIRST BANK

Serving Texans like you since 1973!

For You

- Rewards Checking
- Rewards Savings
- Mortgage Loans

For Your Business

- SBA Loans
- Business Financing
- Treasury Management

**27 LOCATIONS
ALONG THE TEXAS
GULF COAST**



Your Woodlands Team Wearing Red for Heart Disease Awareness!



*Including along
the race route!*

**3000 Research Forest, Suite 190
The Woodlands, TX 77381
832-813-7172**

NMLS# 772536

All loans subject to credit approval.

www.texasfirst.bank



10K COURSE MAP

COURSE INFO

-Water stops will start approximately at mile 1 and mile 4 providing Gatorade Endurance and Water.

-Medical Stations will be located around each water stop.

-NOTE: Once runners turn on Lake Woodlands into the marathon runners lane, runners must move over to the inside lane with half marathoners without disrupting the run flow





You belong here.

***We'll help you
reach your
financial goals.***

At 5Point, we understand that the path to financial prosperity isn't always a straight line. But no matter where you stand or how many twists and turns you face, we're here to help keep your life moving forward.

5PointCU.org | 800.825.8829

**1021 Sawdust Rd.
Spring | 77380**

**3570 FM 1488
Conroe | 77384**

5Point[®]
CREDIT UNION





Bayway CADILLAC *of The Woodlands*



COMPLIMENTARY PICK-UP AND DELIVERY—We will pickup your car from your home or office, leave you a courtesy loaner vehicle, and bring your washed car back to you when repairs are finished.

HOME TEST DRIVES—We make test drives convenient for our customers. We bring test drives to you at your home or office.

SHOP. CLICK. DRIVE—Work your own deal on your own terms on our website. Skip spending time at the dealership, do the deal online just click shop.click.drive.



baywaycadillac.com

16785 I-45 South, The Woodlands, 77385



2023

REGISTRATION OPENS

June 1, 2022 @ 12pm

Global Running Day

thewoodlandsmarathon.com