

OFFICIAL RACE GUIDE

MARCH 2, 2024

February 25, 2024 - 5k/2k



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2024 RACE GUIDE



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"When you cross the finish line,
no matter how fast or slow, it
will change your life forever."

— Dick Beardsley

Good luck and enjoy your run from your neighbors at TWFG,
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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




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Welcome to The Woodlands Township

On behalf of the residents, businesses, Board of Directors, and staff of The Woodlands Township, it is my pleasure to welcome you to The Woodlands Marathon.



The Woodlands is a vibrant and active community that values collaboration with residents and partners along with a commitment to its vision – we are a thriving business community and a premier destination for visitors – a place where generations live, worship, work, learn and play.

I encourage you to enjoy the amenities of our community that make it so inviting. With more than 220 miles of pathways for running, walking and cycling in addition to 150 community parks, The Woodlands offers a variety of beautiful natural settings for outdoor recreation and activity.

While you're here, consider catching a complimentary ride on a Town Center Trolley to enjoy the millions of square feet of shopping, dining and entertainment options. Book an adventure on a swan pedal boat at Riva Row Boat House or take a trip through the trees at Texas TreeVentures, our outdoor aerial adventure course.

We hope that you enjoy your time in The Woodlands as much as we love living here, and that we will see you again soon.

Kindest Regards,

Dr. Ann K. Snyder
Chairman of the Board
The Woodlands Township





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2.9g 95
CARBS CALS

Welcome to The Woodlands!

Welcome to The Woodlands and we're pleased you're here for The Woodlands Marathon.

The Woodlands features some of the best shopping, dining, hospitality and entertainment in Texas, if not the country and beyond. Later this spring, we hope you will come back and visit us again for great events such as:

- The Woodlands Waterway Arts Festival, the #1 arts festival in Texas, scheduled for April 12-14, 2024.
- The Chevron Championship, featuring the greatest lady golfers in the world and the first LPGA Majors of the Year, scheduled April 18-21, 2024.
- The Memorial Hermann IRONMAN Texas, which is scheduled for April 27, 2024, and thrilling finish line at Waterway Square.
- The Insuperity Invitational, featuring the greatest legends of golf, scheduled for May 2-5, 2024.

And this Spring, Summer, and Fall, concerts at the #1 outdoor theatre in the world (Cynthia Woods Mitchell Pavilion) will feature some of the world's best entertainers.

It's all right here in The Woodlands. We invite you to stay connected to us through social media and our website.

Thank you again for visiting The Woodlands and best of luck in The Woodlands Marathon!

Sincerely,

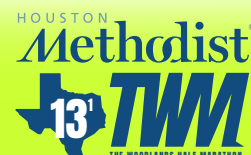
Brad Bailey
Chairman of the Board



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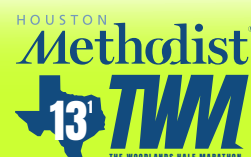


SPONSORS



SPONSORS

11



WELCOME

Welcome to the 13th Annual 2024 Legacy Capital The Woodlands Marathon and Houston Methodist The Woodlands Half Marathon!

On behalf of The Woodlands Marathon Management and our 2024 Race Committee, I would like to wish you a safe and enjoyable race.



Over the course of the first 12 years, \$1.65 million has been raised and donated to non-profits and volunteer organizations.

This year's event, an Abbott World Marathon Majors - Wanda Age Group Qualifier for the World Championships, will serve its third year as a qualifying event.

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 37 states and 11 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. The event kicks off with the Houston Methodist Health and Fitness Expo.

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

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Postrace Recovery: How Active or Inactive Should You Be Afterwards?

Subject Matter Expert: Leonardo Taarea, DO

Primary Care Sports Medicine Physician, Houston Methodist Orthopedics & Sports Medicine

A lot of focus is put on the training plans and prep for running half marathons or marathons. And rightly so: you want to feel confident and comfortable come race day. But what should you expect in the hours and days following a race? And when can you start being active again? Let's break down what you can expect for postrace recovery.

As counterintuitive as it seems, keep moving after finishing your race

Congratulations! You've just crossed the finish line of a half marathon or marathon. You should feel incredibly proud of yourself, whether it's your first or 50th race. Dr. Leonardo Taarea, a sports medicine physician with Houston Methodist, says that most long-distance races have protocols in place to help runners recover appropriately after completing a race. That's because you can stop running after crossing the finish line, but you absolutely shouldn't stop moving.

"Whenever you run longer distances, you have two hearts," Taarea says. "You have your real heart, and then you have your legs, which are another pump. The worst thing that an athlete can do is stop whenever they hit the finish line. If they stop, what happens is all the blood pulls into the legs, causing them to pass out."

The heart pumps a lot of the blood into the legs, and this blood needs muscle contractions in your legs to pump

back into the system. When the legs abruptly stop contracting, blood pools within your legs leaving less blood for your brain. That's why you pass out.

"So for the first 10 or 15 minutes after completing a race, people should walk to allow your body to reset itself and realize that it doesn't need to exercise anymore," Taarea says. "That's going to allow the blood to flow, and it's also going to allow the muscles to start calming down. The body self-regulates so you can increase the blood flow into your brain."

Acknowledge your body's hard work and adjust

Your body sustains a lot of muscle breakdown to complete a half marathon or marathon. According to Taarea, many postrace recovery recommendations come from addressing this breakdown. But while it may seem like a good idea to have a long stretch or treat yourself to a massage after the race, it may be counterproductive to your recovery.

"Your muscles have run 13.1 or 26.2 miles," Taarea says. "Imagine a torn muscle, and then you're tearing it further by stretching it out, right? So on that first day, it's probably not a good idea to have a sports or deep tissue massage while the muscles are already broken down. I would also avoid stretching excessively, especially static stretching."

Your body must process all this muscle breakdown product that's now in the bloodstream, so Taarea says focusing on your nutrition and hydration is key to your immediate recovery.

"You exhaust a lot of nutrients, so I would recommend replacing the carbs that you've exhausted and incorporate some protein," Taarea says. "It's easiest within the first hour to focus on the carbs, which are a lot easier to digest as your body starts to reset itself from the race, going from a sympathetic nervous system environment, which is where the body focuses on the muscles and then transitioning to a more balanced environment to where the parasympathetic nervous system is activated, which focuses on rest and digesting."

Then, in the days and weeks that follow in your recovery, eating a balanced diet with a focus on protein can help aid in your muscle repair.

If you're dehydrated, it's much harder for your body to process the muscle breakdown product. So making sure you continue to hydrate will help you flush your system.

"Usually, I ask my patients to look at the color of their urine," Taarea says. "If the color of their urine is close to clear, then that means that they've got an adequate amount of hydration. If the color of their urine is dark red, they need to keep drinking until they notice it starting to become clearer and clearer. It can be normal for people to have darker urine just because of muscle breakdown products."

Celebrate your accomplishment, but go easy

If the beer tent calls out to you, that's OK. It's not dangerous to celebrate your run with a beer if your race has a tent. But toasting too much can lead to dehydration and slowing your recovery. Taarea suggests limiting yourself to a single drink when heading to the tent or celebrating with friends and family after the race.

"Beer naturally makes it to where your body turns off the anti-diuretic hormone, and it makes it to where your urine is clear even if you're dehydrated, so it can actually confuse the system," Taarea says. "It's better for you to avoid excessive alcohol or caffeine. If you have too much caffeine intake, it'll make you pee a lot more even if you're not necessarily needing to, and then it makes it to where you are dehydrated again, making it so that the muscles can't recover as effectively."

We've established intense massage or stretching should be avoided on race day. Still, there are other activities you can attempt to help with your recovery. Taarea says that you should reward yourself but not overdo it.

"Relax and take it easy," Taarea says. "Some people like to soak in a hot bath or apply heat to certain sore areas. Some people like cold baths or ice baths, which will help, but typically, you just want to rest. But we don't want to be a couch potato in the days after. Getting up and moving and partaking in light, low-impact exercise should help with the recovery and the soreness. Determine your frequency and duration of activities based on how feel but, don't overdo it. You are still in recovery mode."

When can I start being active again?

This will largely depend on your current activity levels and how you're recovering postrace. For example, recovery for highly active people, such as ultramarathoners, will be different than for those running their first race.

Taarea suggests that, in general, it may take up to three weeks to fully recover after running a race. But when it comes to getting back to the gym or lacing up your shoes for a run, it'll primarily come down to how you feel.

"By day two or three, if you're feeling like the discomfort is not as severe, you can start doing some lighter aerobic exercises, lifting and stretching," Taarea says. "But I definitely wouldn't jump to anything aggressive until your body is functioning with no negative effects from your race."

Taarea shares that if you feel up for movement in the days after the race, you'll want to ease back into your exercise program.

"You don't really know how sore you are until maybe two days after the race," Taarea says. "And so, if you do want to continue activity, I'd limit the amount of intensity, resistance, or load that you do per whatever exercise that you do or activity that you participate in. Listen to your body and then determine how to approach resuming your exercise regimen."

Taarea says pain should be your guide when returning to activity in the days after. If you're feeling any discomfort, it's a sign that you need to give yourself more time to recover.

How to spot a potential injury

Runners should expect soreness after running a half or full marathon — but that soreness shouldn't prevent you from getting back to your daily routine.

"Now, even with that soreness, you should be able to continue to walk and do your activities of daily living with maybe some discomfort, but you shouldn't be limited at all," Taarea says. "So, if a patient says that they can't walk or that they can't get upstairs to their bedroom or something like that because they're having debilitating pain, that might be a reason why they need to be seen for possible injury."

Taarea's rule of thumb is that if the discomfort is not affecting your day-to-day life, give it 7 to 10 days of rest and recovery to see if you improve.

"And if you're still continuing to deal with any deficits, then at that point you should probably go see somebody for your possible injury."

Reflect on your race

Training for a long-distance race takes time, effort and tremendous focus. Giving the same amount of effort to your recovery as you do your training can help you continue training or being active at the level you want to be at.

"Whenever we talk about training, we don't talk about the recovery," Taarea says. "And if you think about it, if you're trying to hit a certain level of performance, you really need to focus on your recovery components to make sure that you can build on what you've done before."

Reflecting on your race and assessing what went well and what didn't can be a powerful teacher. That way, when you lace up to train again, you're able to make improvements that will help you achieve the goals you set for yourself.

"Because ultimately, our goal in sports medicine is to make sure that people stay active," Taarea says. "For me, the most impressive thing is whenever people can run or do their sport for much longer in life. People can do that by learning from their own mistakes and how they felt after their race and reflecting on their training program. I think it's really useful to take that information, learn from it and then incorporate it for your next try."

SAME-DAY INJURY CARE IN THE WOODLANDS

When it comes to staying in the race, runners need the best quality orthopedic care. Our injury clinics offer the option to see a specialist the same day you need treatment, so you can keep moving and continue your race strong.

To learn more, visit houstonmethodist.org/osm-injury-tw or call **936.321.8000**.

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FAQs

Q: What time does The Woodlands Marathon start?

A: START TIMES (estimated) – Saturday, March 2, 2024

6:45am - AWDs Half Marathon

6:50am - Marathon & Half Marathon

7:00am - 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.

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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 after you exit the Finish Line Chute proceed to the top of Town Green Park by Bag Check.

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.



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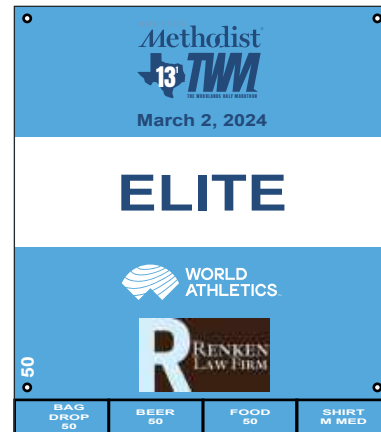
RACE BIBS

19

26.2



13.1



26.2



13.1



AWD



10K



5K



2K



An aerial photograph of a marathon race. Numerous runners in various colored athletic gear are scattered across a dark asphalt road. White dashed lines mark the lanes. The perspective is from directly above, showing the runners' positions and movement patterns.

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We're proud to sponsor The Woodlands Marathon.
Good luck to all the runners!

EVENT SCHEDULE - 5k/2k

21

THURSDAY, FEBRUARY 22nd

3:00pm-8:00pm

Packet Pick Up - 2k/5k Only

Academy Sports & Outdoors - The Woodlands
1360 Lake Woodlands Drive
The Woodlands, Texas 77380

FRIDAY, FEBRUARY 23rd

3:00pm-8:00pm

Packet Pick Up - 2k/5k Only

Academy Sports & Outdoors - The Woodlands
1360 Lake Woodlands Drive
The Woodlands, Texas 77380

SATURDAY, FEBRUARY 24th

6:00am-7:00am

5k Race-Day Packet Pick Up

Town Green Park

7:25am

National Anthem

5k Start Line

7:28am

Invocation

5k Start Line

7:30am

5k Start

7:30am-8:30am

2k Race-Day Packet Pick Up

Town Green Park

8:20am

5k Awards

Town Green Park

8:55am

National Anthem

Town Green Park
2k Start Line

9:00am

2k Start

9:30am

2k Awards

Town Green Park

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Houston, TX 77065

EVENT SCHEDULE - 26.2/13.1/10k

23

FRIDAY, MARCH 1st

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

SATURDAY, MARCH 2nd

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

TEXAS FIRST BANK

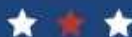
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PACKET PICKUP

5k/2k ONLY

THURSDAY, FEBRUARY 23rd

1:00pm-7:00pm

Packet Pick Up - 2k/5k Only

Academy Sports & Outdoors - The Woodlands
1360 Lake Woodlands Drive
The Woodlands, Texas 77380

FRIDAY, FEBRUARY 24th

1:00pm-7:00pm

Packet Pick Up - 2k/5k Only

Academy Sports & Outdoors - The Woodlands
1360 Lake Woodlands Drive
The Woodlands, Texas 77380

SATURDAY, FEBRUARY 25th

6:00am-7:00am

5k Race-Day Packet Pick Up

Town Green Park

7:30am-8:30am

2k Race-Day Packet Pick Up

Town Green Park

26.2/13.1/10k ONLY

FRIDAY

MARCH 1, 2024

10:00AM-8:00PM

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

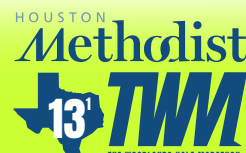
HOUSTON
Methodist
HEALTH & FITNESS
EXPO

NO RACE DAY PACKET PICK UP

(unless you purchased Race Day Packet Pickup)

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2K Family Fun
Run • Walk





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The logo for Locke Lord, featuring the name in white serif font on a red shield-like background.

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



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5K - 2K PARKING MAP



2K COURSE MAP



*“This is
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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
— T E X A S —



Explore more at
[visitthewoodlands.com/marathon](https://www.visitthewoodlands.com/marathon)

5K COURSE MAP

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26.2 - 13.1 - 10K PARKING MAP

32



RUNTWM24

26.2 - 13.1 - 10K CORRAL - RACE SITE MAP

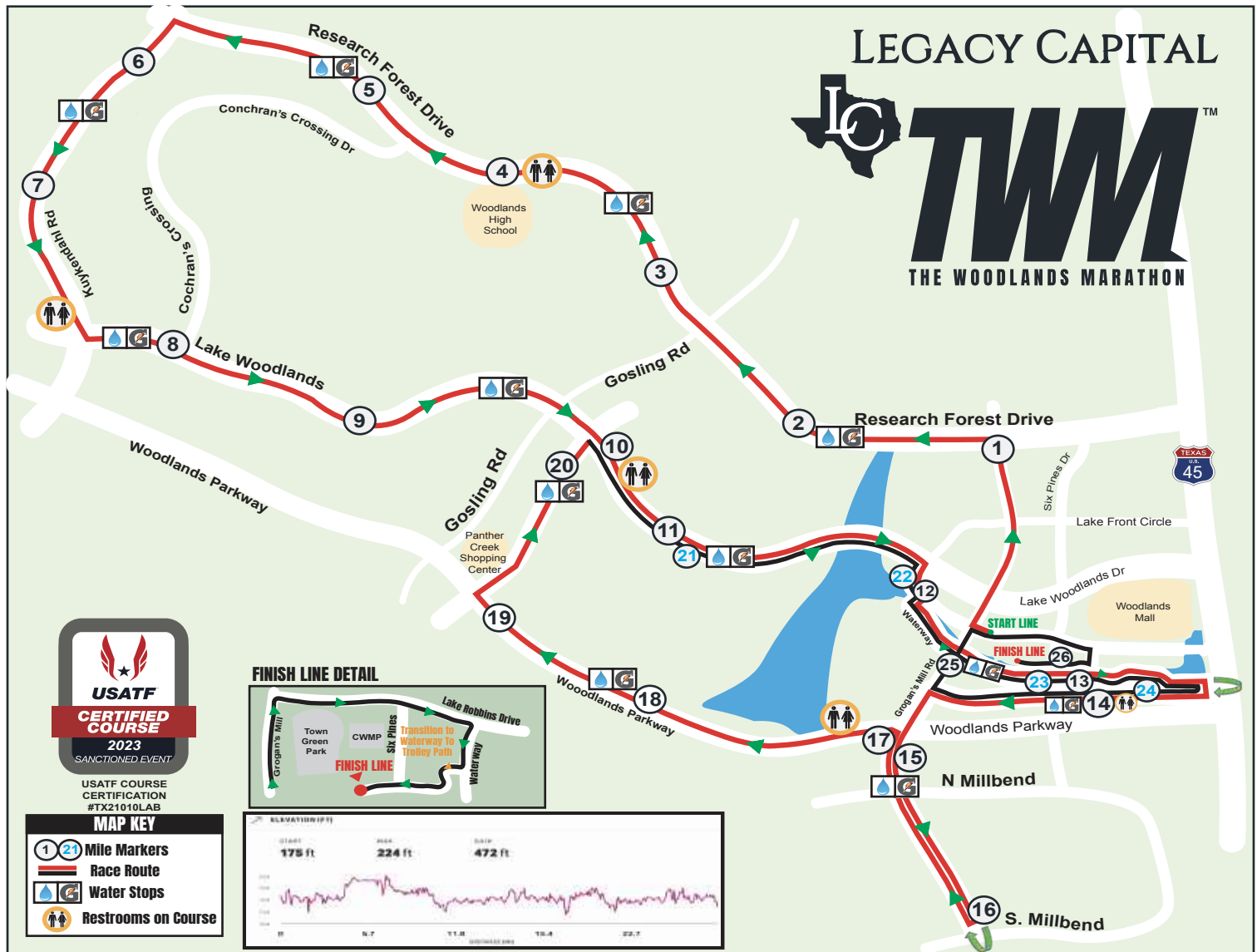


26.2 COURSE MAP

34

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.
- Runners will run in the right lane alongside the half marathon.



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 7.9

Located on Lake Woodlands Drive right before Golden Sage Drive

Water Stop F – Mile 9.5

Located on Lake Woodlands Drive right before Shadowbend Place

Water Stop G – Mile 11.25 & Mile 21.50

Located on Lake Woodlands Drive and New Trails 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.

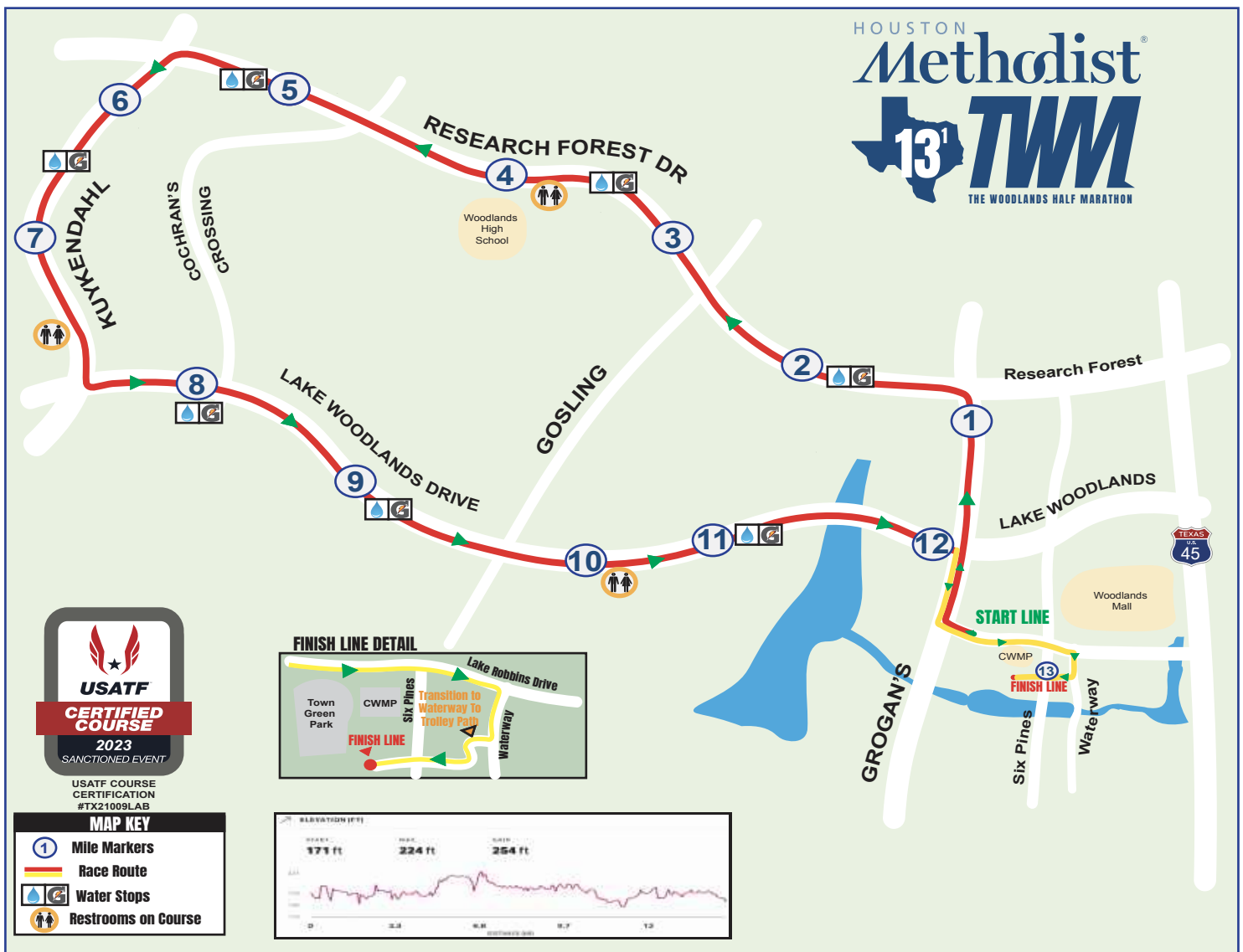
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13.1 COURSE MAP

36

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.





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2/2/25



1/5/25



12/8/24



11/3/24



10/6/24



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13.1 WATER STOPS

39

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 7.9

Located on Lake Woodlands Drive right before Golden Sage Drive

Water Stop F – Mile 9.5

Located on Lake Woodlands Drive right before Shadowbend Place

Water Stop G – Mile 11.25

Located on Lake Woodlands Drive and New Trails Drive.



2025 REGISTRATION OPENS

March 3, 2024 - @4pm

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10K COURSE MAP

43

COURSE INFO

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



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