



2019 CONROE 10 MILER

Presented By

HOUSTON
Methodist

ORTHOPEDICS &
SPORTS MEDICINE



Race Info Guide

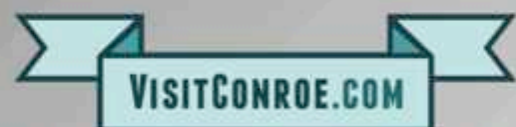
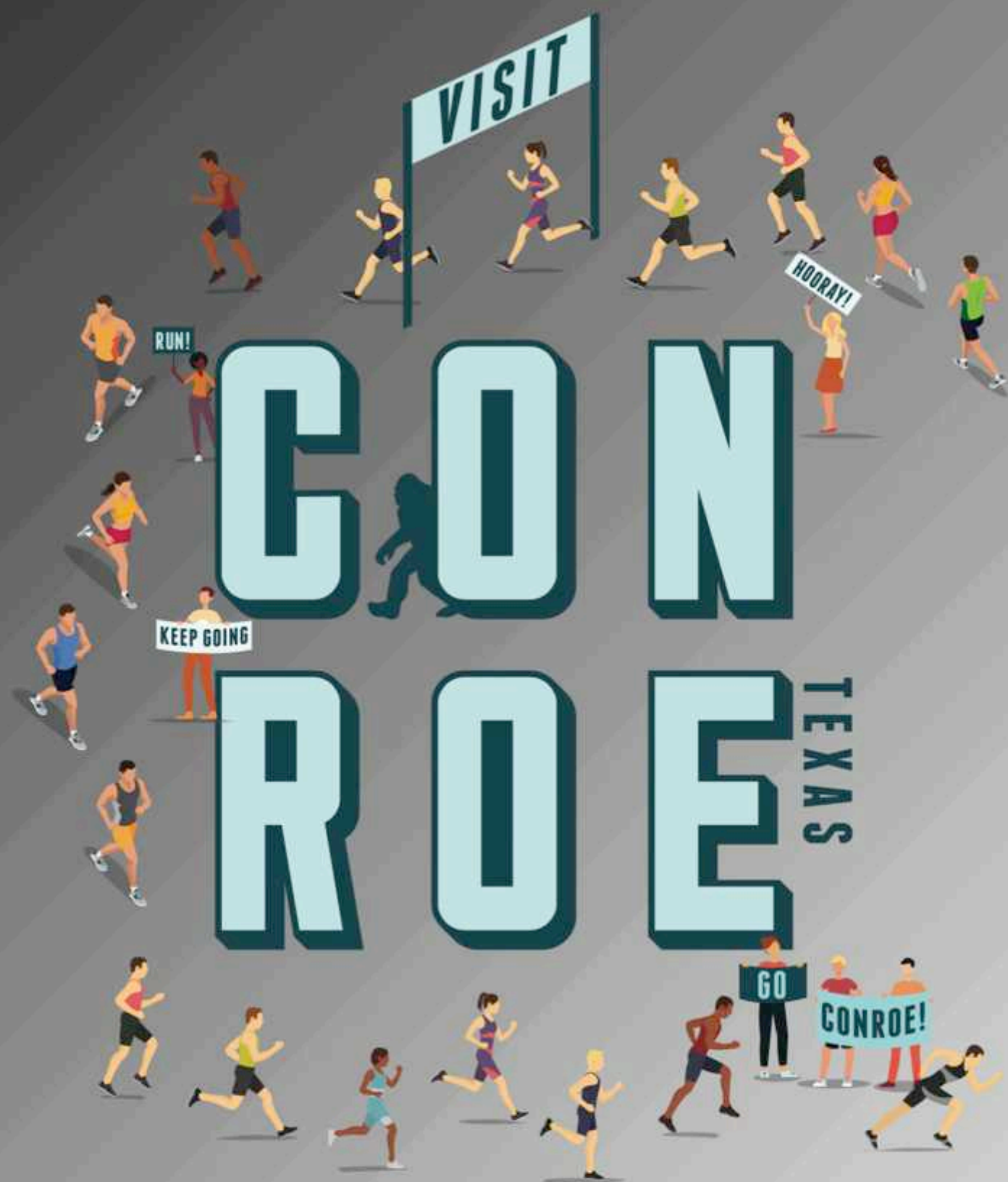
December 1, 2019

10 miles ~ 5 miles

5k ~ Kid's 1 mile



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ADVENTURE AWAITS YOU



CONROE 10 MILER
December 1, 2019
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CONROE 10 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 7th annual Texas10 Conroe race course is a two-loop five-mile sanctioned USA Track and Field course located within the city limits of Conroe. We would like to thank all of our sponsors, for their generous support of the 2019 event. 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, November 30, 2019 – Houston Methodist – The Woodlands Hospital

12:00 p.m. - Packet Pickup Begins

5:00 p.m. – Packet Pickup Closes

Sunday, December 1, 2019 – RACE DAY – RACE SITE

5:30 a.m. - Packet Pickup Begins

6:30 a.m. – Packet Pickup Closes

6:48 a.m. – PA Announcements from Event Organizers

6:53 a.m. – Invocation

6:55 a.m. – National Anthem

7:00 a.m. – Start 10 mile & 5 mile

7:05 a.m. - Start 5k races

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

8:20 a.m. – 2nd Loop Closes for 10 Miler

8:45 a.m. – Award Ceremonies 5k , 5 Mile and 10 Mile

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

9:15 a.m. – Cash prize drawings

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

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



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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 a bib and shirt. We will not mail race packets (exception: Virtual Race Participant)

BRING YOUR REGISTRATION CONFIRMATION PAGE AND I.D.

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

SEE SCHEDULE OF EVENTS FOR SCHEDULE

HOUSTON METHODIST THE WOODLANDS HOSPITAL 17201 Interstate 45 S The Woodlands, Texas 77385	RACE SITE Lone Star College –Conroe Center 777 Conroe Park North Drive Conroe, TX 77303
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MAPS & COURSE INFO

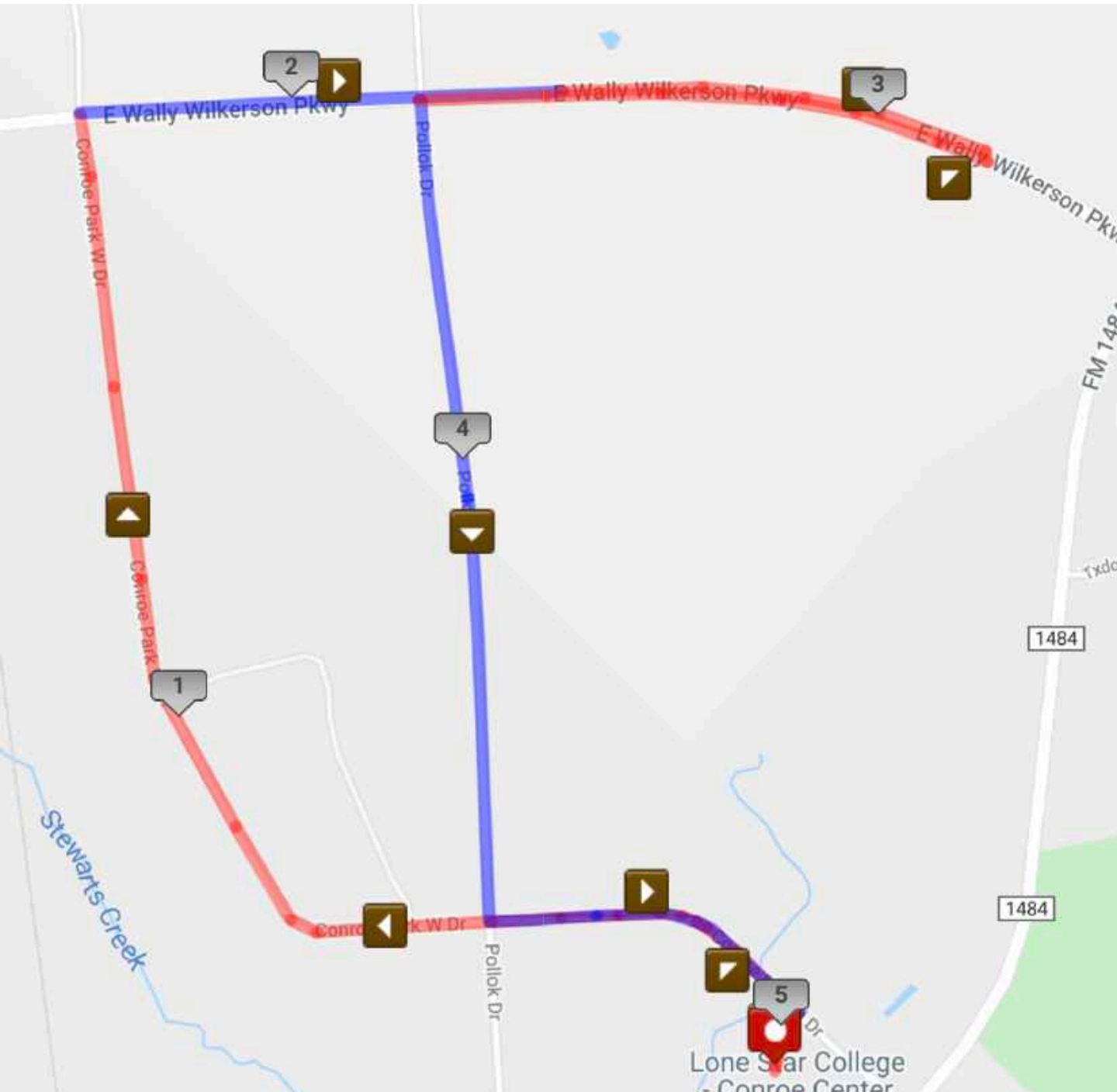
Course Map – See Revised on following page

- **All RUNNERS are responsible to know the course.**

COURSE DESCRIPTION – REVISED DUE TO CONSTRUCTION

- START/FINISH – Lone Star College – Conroe Center Parking Lot
- Run north out of the Parking Lot on to Conroe Park N. Drive.
- Turn Left on to Conroe Park N. Drive and continue onto Conroe Park W.
- Cross Tom Stinson Drive to the first turnaround.
- Turn around at turn around point, head south on Conroe Park W.
- Turn left at Tom Stinson Drive (against traffic).
- Continue east on Tom Stinson Drive to turnaround.
- Turn around and continue west on Tom Stinson Drive (against traffic)
- Turn left on Pollack Drive and head south.
- Turn left on Conroe Park N Drive and head east.
- Turn right into Lone Star College to finish line. 10 Mile participants turn right after entering college to split mat and follow cone line back out to Conroe Park N.

**CONROE 10 MILER
RACE ROUTE
2019 MODIFICATION
DUE TO ROAD CONSTRUCTION**





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PARKING & DIRECTIONS

From Houston via I-45 N:

Take I-45 North to Conroe. Exit 89 (FM 3083/Teas Road Nursery). Turn right onto FM 3083. Go almost 2.5 miles and turn left onto FM 1484. Take first left onto Conroe Park North Drive and turn left into the parking lot of the Race Site listed below. **(We may have to open entrance on FM 3083)**

From Dallas via I-45 S:

Take I-45 South to Conroe. Exit 89 (FM 3083/Teas Road Nursery). Turn left onto FM 3083 (crossing over Interstate 45). Go almost 2.5 miles and turn left onto FM 1484. Take first left onto Conroe Park North Drive and turn left into the parking lot of the Race Site listed below. **(We may have to open entrance on FM 3083)**

From San Antonio via I-10 E (with Tolls):

Take I-10 East towards Houston. Take exit 756 Sam Houston Tollway North to I-45. (\$3.50 in tolls with cash. \$3 with EZ Tag.) Take I-45 North to Conroe. Exit 89 (FM 3083/Teas Road Nursery). Turn right onto FM 3083. Go almost 2.5 miles and turn left onto FM 1484. Take first left onto Conroe Park North Drive and turn left into the parking lot of the Race Site listed below. **(We may have to open entrance on FM 3083)**

From Bryan/College Station via Hwy 105:

Take Highway 6 South and exit Highway 105 just past Navasota. Take Highway 105 East towards Conroe. Approaching Conroe, turn left onto FM 3083. Head approximately 4.8 miles (crossing over Interstate 45) and turn left onto FM 1484. Take first left onto Conroe Park North Drive and turn left into the parking lot of the Race Site listed below. **(We may have to open entrance on FM 3083)**

From Austin via Hwy 290:

Take Hwy. 290 East towards Houston. Approaching Brenham, turn left onto TX-36N ramp headed to Somerville and merge onto TX-36N. Turn right onto Blue Bell Road. Turn left onto Hwy 105 East. In the city of Navasota, turn right onto LaSalle St. (also Hwy. 68) and then left onto TX-515 Spur E. Continue straight on Hwy. 105 East towards Conroe. Follow directions above from "Approaching Conroe". **(We may have to open entrance on FM 3083)**

RACE SITE ADDRESS

Lone Star College –Conroe Center
777 Conroe Park North Drive
Conroe, TX 77303



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RACE SWAG



10MILE VIP



10MILE



5MILE VIP



5MILE



5K



KIDS 1MILE





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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.



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.





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

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



MARCH 7, 2020

(5k & 2k - February 29, 2020)

thewoodlandsmarathon.com





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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 rear, side or front.

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.

KEVIN  **BAKER**
REAL ESTATE TEAM

PR BELL

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



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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.



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 a custom kid's medal for finishing the run.





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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.



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ARMADILLO CUP



The race for the 2019-20 Armadillo Cup continues in Conroe. Conroe is a 14-point race and the 4th 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 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th	9 th	All Others
Brdgeland 19	16	15	14	13	12	11	10	9	8	7
College Station 19	19	18	17	16	15	14	13	12	11	10
Huntsville 19	22	21	20	19	18	17	16	15	14	13
Sienna 19	14	13	12	11	10	9	8	7	6	5
Cypress 19	14	13	12	11	10	9	8	7	6	5
Katy 19	14	13	12	11	10	9	8	7	6	5
Conroe 19	14	13	12	11	10	9	8	7	6	5
Bridgeland 20	14	13	12	11	10	9	8	7	6	5
College Station 20	17	16	15	14	13	12	11	10	9	8
Huntsville 20	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 Conroe. As the fourth 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 ST PLACE	12 POINTS
2 ND PLACE	11 POINTS
3 RD PLACE	10 POINTS
4 TH PLACE	9 POINTS
5 TH PLACE	8 POINTS
ALL OTHER CLUBS	7 POINTS



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FAQs

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

A: Yes. In consideration for the safety of all participants, runners with baby joggers are requested to be mindful on the 5k, 5-mile and 10-mile courses.

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 race course, 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 10:00 a.m. and all participants must be able to cross the Finish Line by 9:45 a.m. 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 9:45 a.m.

Q: How many water stations will you have?

A: There will be three (3) hydration/water stations along the course and one (1) at the Finish Line.



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FAQs cont.

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

A: Texas 10 Race Management will issue award checks at the Cup Championship Party in April.

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

A: There will be ambulance and EMS teams providing medical support along the course to attend to injuries. Runners will have access to medical support at each hydration or water station.

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 Certified?

A: Not this year due to road construction.

**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>



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PHOTOS

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



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!

TEXAS 10 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.





HUNTSVILLE 10 MILER

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

REGISTER NOW - SAVE 20%

Code: CONROE19



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REGISTER NOW

SAVE 20% - Use Code "CONROE19"

Good thru Sunday, December 1st

Expires at midnight on Sunday, December 1, 2019



HEINEKEN® 0.0

GREAT TASTE. ZERO ALCOHOL.





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RACE LINE-UP



SEPT 8, 2019
Completed



OCT 13, 2019
Completed



NOV 10, 2019
Completed



DEC 1, 2019



JAN 5, 2020



JAN 26, 2020



MAR 29, 2020



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ADVENTURE AWAITS
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