



Presented by

HOUSTON  
**Methodist**  
ORTHOPEDICS &  
SPORTS MEDICINE

**CONROE10Miler**

10 miles ~ 5 miles ~ 5k



**December 4, 2022**



**TEXAS10SERIES.COM**

**Race Info Guide**

# Your Guide to Getting Ready on RACE DAY

Information provided by **Houston Methodist Wellness Services Team**

**Don't try anything new on race day! Stick with the following tried-and-true tips:**

## Have your gear ready to go

- Race day is not the time to experiment. Stick to dry-fit clothing and socks (no cotton!) and wear the proper running shoes.
- Since you're running longer than one hour, pack carbohydrates for energy and a hand-held water containing electrolytes.

## Know what to eat and drink (and when)

### Morning of your race:

Two to three hours before the race, eat a light meal of carbs and protein.

- **Examples:** whole-grain waffle with yogurt and fruit, bagel with peanut butter, fruit smoothie with Greek yogurt

About an hour before your race, top off your energy stores with simple carbs.

- **Examples:** banana, energy chews, granola bar, sports drink

### During the race:

- Every 15 to 30 minutes, drink six to 12 ounces of fluid + electrolytes (especially sodium). Aim to get 300 to 500 mg of sodium per hour.
- Consume carbohydrate every 15 to 30 minutes, aiming for a total of 30 to 60 grams per hour.
  - **Examples:** energy chews or gels, pretzels, dates

### After the race:

#### HYDRATE AND REFUEL!

Be sure to sip on plenty of water. In addition, a quality sports drink can help you rehydrate and replenish your electrolytes.

Refuel by eating foods that contain carbohydrates, protein and antioxidants.

- **Examples:** fruit smoothie with Greek yogurt, chocolate milk and a banana, toast with eggs, avocado and a side of fruit

**Pro tip:** Save the celebratory beer until after you refuel!

## Set aside time to warm up and cool down

### Prepare your body before the race:

Dynamic stretching, which is different from static stretching, involves movements that replicate the motions of your workout.

- **Examples:** arm swings, jogging in place and side lunges

### Help your body recover after the race:

After your run, gradually return your heart rate to normal by completing five minutes of walking, dynamic stretching and light static stretching.



# CONROE 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 10th 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 2022 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, December 3, 2022 – Fleet Feet Hughes Landing**

2:00 p.m. - Packet Pickup Begins

5:00 p.m. – Packet Pickup Closes

### **Sunday, December 4, 2022 – RACE DAY – RACE SITE**

6:00 a.m. - Packet Pickup Begins

7:00 a.m. – Packet Pickup Closes

7:24 a.m. – National Anthem

7:28 a.m. – Invocation

7:29 a.m. – Closing PA Announcements from Event Organizers

7:30 a.m. – **Start 10 mile race & 5 mile race**

7:35 a.m. – **Start 5k race**

8:00 a.m. – Post Race Finish Festival begins

8:50 a.m. – **2<sup>nd</sup> Loop Closes**

8:55 a.m. – Award Ceremonies 5k, 5 mile and 10 mile

9:15 a.m. – Crazy Cash Give Away

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





# 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. 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.

**PACKET PICKUP DATES & TIMES**

December 3, 2022 (Saturday) – 2:00pm to 5:00pm

December 4, 2022 (Sunday) - 6:00am-7:00am

**DECEMBER 3, 2022**

**LOCATION – Packet Pickup**

**FLEET FEET – HUGHES LANDING**

**THE WOODLANDS**

1925 Hughes Landing Blvd  
The Woodlands, Texas 77380

**DECEMBER 4, 2022**

**LOCATION – Packet Pickup RACE DAY**

**LONE STAR COLLEGE**

**CONROE CENTER**

777 Conroe Park Drive  
Conroe, Texas 77303



# TEXAS 10 SERIES



## 10 Miler-5 Miler-5k



[texas10series.com](https://texas10series.com)





# MAPS & COURSE INFO

Course Map – See following pages

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

## **10 Mile & 5 Mile - COURSE DESCRIPTION**

- 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 to Pollock Drive.
- Turn Right on Pollock Drive and continue to Tom Stinson Drive
- Turn Right on Tom Stinson Drive and continue to the turnaround.
- Turn around at turn around point, head west on Tom Stinson Drive toward Conroe Park West.
- Turn left on Conroe Park West and continue to Pollock Drive.
- Cross Pollock Drive and continue back to school.
- Turn right into the school to finish line (5 mile) or continue straight to turnaround.
- Turn around and continue west on Conroe Park Drive to start second loop (10 Mile).
- Repeat loop and turn right into Lone Star College to finish line.

## **5k- COURSE DESCRIPTION**

- 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 to Pollock Drive.
- Turn Right on Pollock Drive and continue to the first turnaround.
- Head south on Pollock Drive to Conroe Park West Drive.
- Turn Right on Conroe Park West Drive and continue to second turnaround.
- Head east on Conroe Park West Drive and continue to Pollock Drive.
- Cross Pollock Drive and continue back to school.
- Turn right into the school to finish line.





# CONROE 10 Miler

Presented by  
**HOUSTON Methodist**  
ORTHOPEDICS & SPORTS MEDICINE



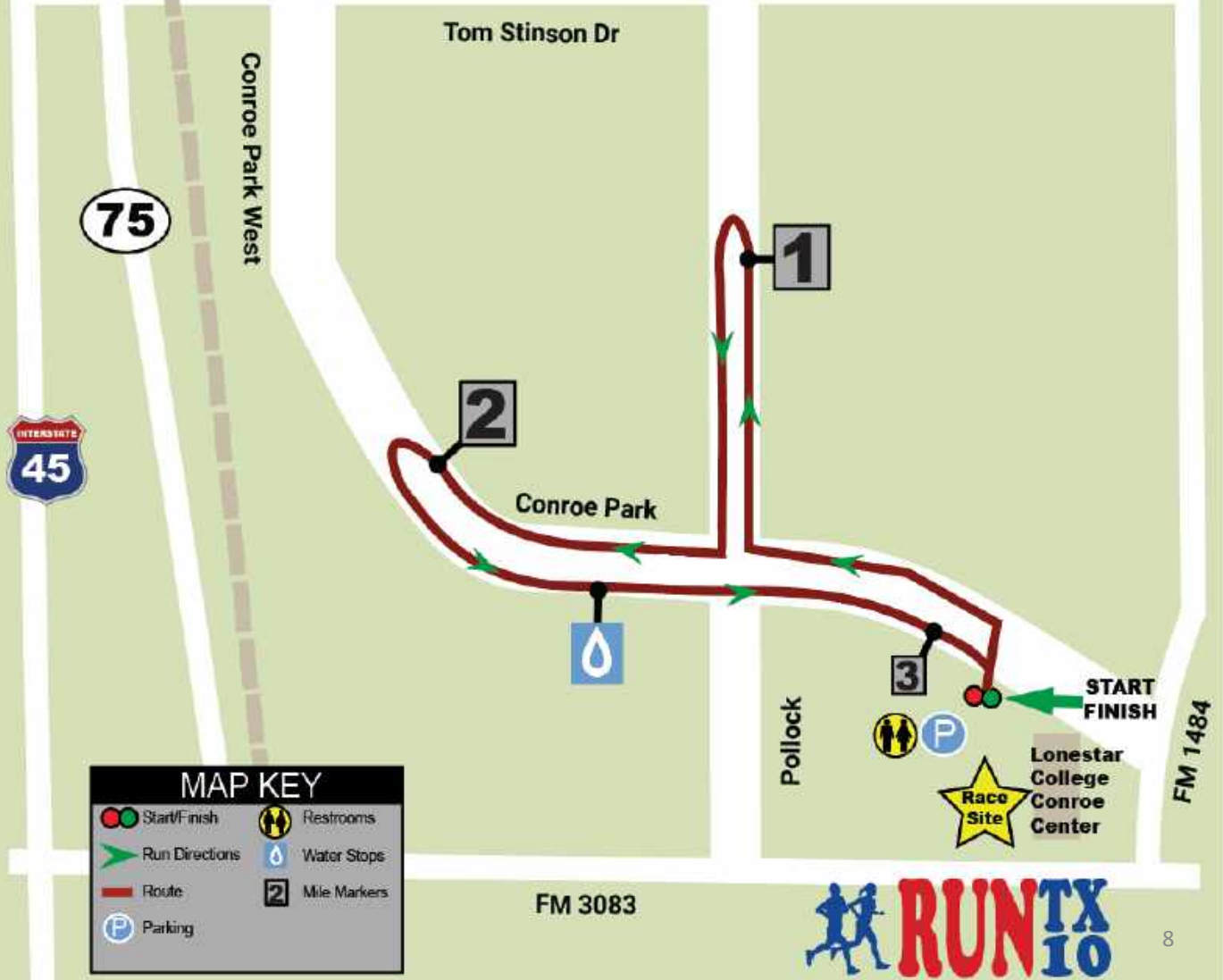
## RACE MAP



# RACE MAP



## CONROE 5K REINDEER RUN







# 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 FM3083)**

## **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

LEGACY CAPITAL



**SAVE 10% Use Code CONROE22**



## 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 and soft drinks available courtesy of Texas 10 Race Management.

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







# FINISHER MEDALS & AWARDS

## AWARDS CEREMONY

All finishers in the 10-mile, 5-mile and 5k 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)**

**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.**



# ARMADILLO CUP

The race for the Armadillo Cup continues at the Conroe 10 Miler. Conroe is a 16-point race and the 3rd 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 seven (7) points.

## 2022-2023 ARMADILLO CUP SCORING – 10 MILES ONLY

FINISHING POINTS	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	All Others
<b>Cypress</b>	15	14	13	12	11	10	9	8	7	6
<b>Katy</b>	15	14	13	12	11	10	9	8	7	6
<b>Conroe</b>	16	15	14	13	12	11	10	9	8	7
<b>Bridgeland</b>	17	16	15	14	13	12	11	10	9	8
<b>Sienna</b>	18	17	16	15	14	13	12	11	10	9

## QUALIFICATIONS & PAYOUTS

- To qualify for Armadillo Cup Prize Money, ***you must run 4 of 5 events in person.***
- Runners will be scored on current age and transfer points at birthday.
- Elites and Masters will roll into their age groups. 1<sup>st</sup> place points will be awarded to those finishers.
- RUNNERS MUST ATTEND CUP CHAMPIONSHIP TO RECEIVE PAYOUT, NO EXCEPTIONS.**

## TIEBREAKERS

- most races~average finishing time~rock, paper, scissors

Place	Cash Prize	Total Female Prize Purse	Total Male Prize Purse
<b>1<sup>st</sup> Place</b>	\$175 per age group	\$2,275	\$2,275
<b>2<sup>nd</sup> Place</b>	\$125 per age group	\$1,625	\$1,625
<b>3<sup>rd</sup> Place</b>	\$75 per age group	\$975	\$975
<b>Total Prize Purse</b>		<b>\$4,875</b>	<b>\$4,875</b>



# TEN GALLON CUP

The Ten Gallon Club Cup is a competition encouraging running clubs; groups or organizations to participate in the Texas 10 Series run distances. The overall total for all runners in the club, group or organization in the 10 mile, 5 mile and 5k will be figured based on total number of finishers.

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

<b>CASH PRIZE</b>	
<b>1<sup>ST</sup> Place</b>	\$750
<b>2<sup>nd</sup> Place</b>	\$500
<b>3<sup>rd</sup> Place</b>	\$350
<b>4<sup>th</sup> Place</b>	\$200
<b>5<sup>th</sup> Place</b>	\$150

NOTE: If teams are tied in runners at an event, then they will get the same amount of points (i.e., 5 teams tied for second place will receive 11 points and everyone after will receive 7 points)

## **WIN \$250 at Katy 10 Miler**

**The RUNNING CLUB, GROUP, ORGANIZATION that has the most runners signed up and run the event wins \$250.**





## 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 5k course.

**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 10:15AM.





## FAQs cont.

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

**A:** There will be three (3) Water Stations along the course.

**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 service providing medical support along the course to attend to injuries. Runners will have access to medical support at each 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:** Yes. The course was measured by a USA Track and Field certifier in 2013.

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

<http://www.texas10series.com>

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





# HOUSTON METHODIST RESULTS

Negative Split Productions is the "Official Timing Company" of the Texas 10 Series. If you have questions about specific event results please use the Contact Timer form on the event's official results page.



**Results can be found on**

**<https://runsignup.com/Race/Results/59107#resultSetId-292444;perpage:25>**

## PHOTOS

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

All of the photos you see online have been categorized and made searchable by each participant's RACE BIB NUMBER and Last Name.

- 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!

## **DIGITALKNIGHTPRODUCTIONS**







# 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





## RACE SWAG

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# REGISTER NOW - SAVE

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Good thru December 15, 2022

Expires at midnight on Sunday, December 15, 2022



**BRIDGELAND 10 Miler**



**SIENNA 10 Miler**



## OFFICIAL PARTNERS

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