



BRIDGELAND 10 Miler

Presented by
HOUSTON
Methodist[®]
ORTHOPEDICS &
SPORTS MEDICINE



RACE INFO GUIDE

January 7, 2024

10 miles ~ 5 miles ~ 5k



TEXAS10SERIES.COM

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.



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BRIDGELAND WELCOME

On behalf of Texas 10 Race Management we would like to welcome and thank you for supporting the Texas 10 Series at the Bridgeland 10 Miler – 5 Miler and 5k presented by Houston Methodist Orthopedics & Sports Medicine. The information provided in this document is intended to help you have a safe and enjoyable race.

The 3RD annual Bridgeland 10 Miler has a race course that is a two-loop five-mile sanctioned USA Track and Field certified course. We would like to thank all of our sponsors, for their generous support of the event and Texas 10 Series. We encourage all of the participants to reference our website and like us on Facebook, Instagram and Twitter for up to the minute information.

Texas 10 Race Management & Staff

SCHEDULE OF EVENTS

Saturday, January 6, 2024 – Festival Park (see next page)

2:00 p.m. - Packet Pickup Begins

5:00 p.m. – Packet Pickup Closes

Sunday, January 7, 2024 – RACE DAY – Race Site

6:00 a.m. - Packet Pickup Begins

7:00 a.m. – Packet Pickup Closes

7:24 a.m. – Invocation

7:25 a.m. – National Anthem

7:28 a.m. – Closing PA Announcements from Event Organizers

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

7:35 a.m. – **Start 5k**

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

8:45 a.m. – Award Ceremonies 5k

8:50 a.m. – **2nd Loop Closes**

9:15 a.m. – Award Ceremonies 5 mile and 10 mile & Crazy Cash Give Away

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. 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

January 6, 2024 (Saturday) – 2:00pm to 5:00pm

January 7, 2024(Sunday) - 6:00am-7:00am

January 6, 2024 (2pm-5pm)

RACE SITE

Festival Park

16902 Bridgeland Landing Pkwy
Cypress, Texas 77433

January 7, 2024 (6am-7am)

RACE SITE

Festival Park

16902 Bridgeland Landing Pkwy
Cypress, Texas 77433



RUN **TX10**



2/2/25



1/5/25



12/8/24



11/3/24



10/6/24



2024-25 ANNUAL PACKAGES

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MAPS & COURSE INFO

All RUNNERS are responsible for knowing their course.

10 Miler/5 Miler COURSE DESCRIPTION

- START – Bridgeland Landing Dr at Festival Park headed south
- Turn Right on Caprock Springs Drive headed west (with traffic)
- Turn Left on Paynes Creek Drive headed south (with traffic)
- Turn Right on Central Creek Drive headed west (with traffic)
- Turn Left on Seminole Ridge Drive headed southwest (against traffic)
- Turn Right on Bridgeland Creek Parkway headed west (against traffic)
- Turn Left on Westgreen Blvd headed south (against traffic)
- Turn Right on Parkland Trail Crossing headed west (against traffic)
- Turn Right on Summit Point Crossing headed west (against traffic)
- Turn Right on Bluegill Drive headed north (against traffic)
- Turn Right on Bridgeland Creek Parkway headed east (against traffic)
- Turn Left on Josey Ranch Road headed north (with traffic)
- Turn Right on Bridgeland Landing Drive headed south to Finish Line (with traffic)

2ND LOOP (10 Mile Course)

- At round about turn right on Paynes Creek Drive headed west to curve around on Paynes Creek. (with traffic)

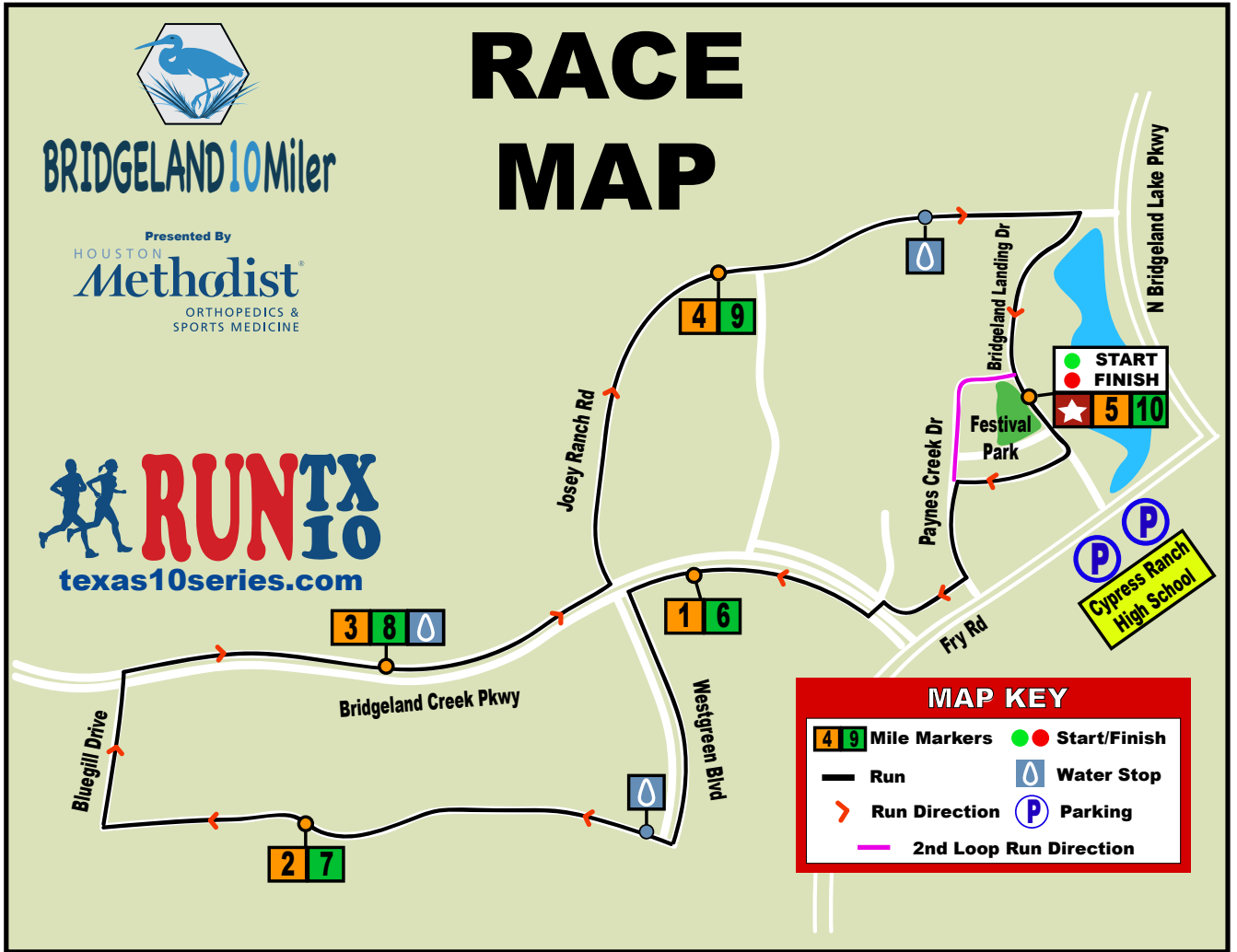


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MAPS & COURSE INFO



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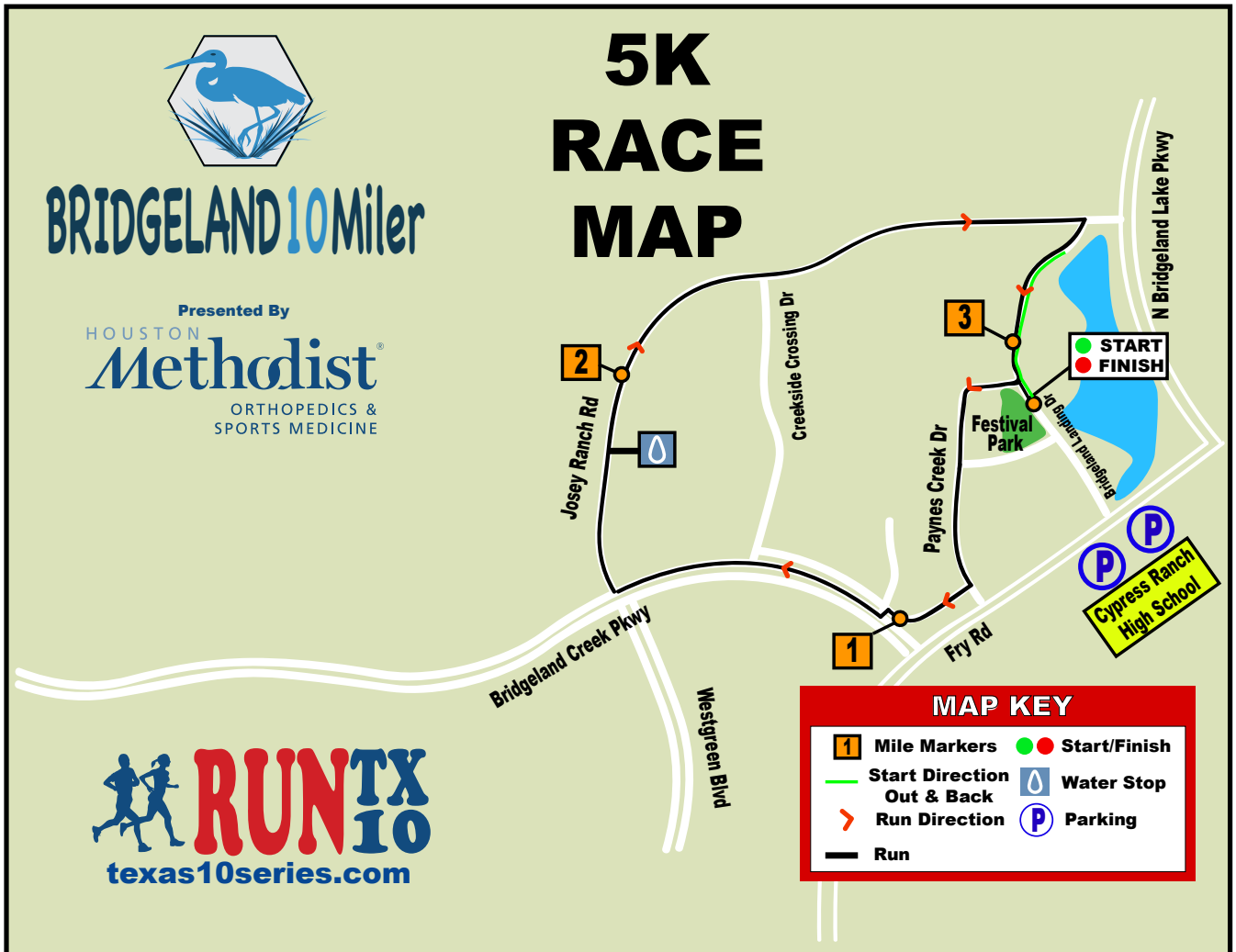
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MAPS & COURSE INFO

All RUNNERS are responsible for knowing their course.

5K COURSE DIRECTIONS

- START – Bridgeland Landing Dr at Festival Park headed north
- Out and back and right on Paynes Creek Drive headed south (with traffic)
- Turn Right on Central Creek Drive headed west (with traffic)
- Turn Left on Seminole Ridge Drive headed southwest (against traffic)
- Turn Right on Bridgeland Creek Parkway headed east (with traffic)
- Turn Right on Josey Ranch Road headed north (with traffic)
- Turn Right on Bridgeland Landing Drive headed south to Finish Line (with traffic)



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PARKING & DIRECTIONS

PARKING SITE ADDRESS – CYPRESS RANCH HIGH SCHOOL

10700 Fry Rd
Cypress, Texas 77433

From Houston via I-45 N:

Take HWY 290 West towards Austin. Take the Fry Rd exit. Turn left and continue onto Fry Rd. Turn left into Cypress Ranch HS.

From Dallas via I-45 S:

Take I-45 South and exit TX-99/Grand Parkway West (Toll Road) just past The Woodlands. Take the Cypress Rosehill Rd exit. Turn left on Cypress Rosehill Rd. Continue onto Fry Rd. Turn left into Cypress Ranch HS.

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

Take I-10 East towards Houston. Take exit 743B for TX-99/Grand Parkway. Keep left and continue north on TX-99. Take Bridgeland Creek Parkway exit. Turn right onto Bridgeland Creek Parkway. Turn left onto Fry Rd. Continue on Fry Rd and Cypress Ranch HS is on your right.

From Bryan/College Station via Hwy 105:

Take Highway 6 South/US-190E toward Houston. Merge onto US-290 E via the ramp to Houston. Take the Fry Rd exit. Turn right onto Fry Rd. Turn left into Cypress Ranch HS.

From Austin via Hwy 290:

Take Hwy. 290 East towards Houston. Approaching Brenham stay on Hwy 290 East turning right. Take the Fry Rd exit. Turn right onto Fry Rd. Turn left into Cypress Ranch HS.

PARKING SITE ADDRESS – CYPRESS RANCH HS

10700 Fry Rd
Cypress, Texas 77433

RACE SITE – FESTIVAL PARK

16902 Bridgeland Landing Drive
Cypress, Texas 77433

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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.



PERRY HOMES 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.





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/67741#resultSetId-301369;perpage:10>

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





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)

Top 3 Age Group Winners

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 Bridgeland 10 Miler. Bridgeland is a 17-point race and the 4th 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 eight (8) points.



2023-2024 ARMADILLO CUP SCORING – 10 MILES ONLY

FINISHING POINTS	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	All Others
Cypress	15	14	13	12	11	10	9	8	7	6
Katy	15	14	13	12	11	10	9	8	7	6
Conroe	16	15	14	13	12	11	10	9	8	7
Bridgeland	17	16	15	14	13	12	11	10	9	8
Sienna	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. 1st 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
1st Place	\$175 per age group	\$2,275	\$2,275
2nd Place	\$125 per age group	\$1,625	\$1,625
3rd Place	\$75 per age group	\$975	\$975
Total Prize Purse		\$4,875	\$4,875



TEN GALLON CLUB 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.

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



CASH PRIZE	
1ST Place	\$750
2nd Place	\$500
3rd Place	\$350
4th Place	\$200
5th Place	\$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 Bridgeland 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 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 10:15AM.





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>



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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



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REGISTER NOW - SAVE

SAVE 25% - Use Code "BRIDGELAND24"

Expires at midnight on Sunday, January 15, 2024

