

**2023**

**Bud HEAT WAVE**

**July 4**

**Mont Belvieu  
Texas**



**Runners  
Guide**





## Packet Pick-Up Schedule

*Please be prepared to give volunteers THE EXACT NAME YOU REGISTERED UNDER, not your bib name, nickname, maiden or married name if you did not use it to register.*

### Friday, June 30

2 PM – 6 PM sharp

On the Run Clear Lake  
2427 Bay Area Blvd  
Houston, TX 77058  
281-480-5388

### Saturday, July 1

11 AM – 3 PM sharp

On the Run Clear Lake  
2427 Bay Area Blvd  
Houston, TX 77058  
281-480-5388

### Monday, July 3

11 AM – 2 PM sharp

ML Wismer Distributing Company  
13827 Interstate 10 East  
Mont Belvieu, TX 77523  
281-427-7345

## RACE DAY PACKET PICK-UP Wismer Distributing 13827 I-10 East Frontage Road Mont Belvieu, TX 77523

If you are picking up your bib for THAT DAY,  
**please arrive early!**

### Tuesday, July 4

6:00 AM

Near the starting area on site

**PLEASE NOTE:** The time before the race is hectic, and we have only so many volunteers to help. If you wait until race day to pick up your packet, contents are not guaranteed. Arrive early enough before the race to check your bag and to attach your chip and bib. Picking up your packet during scheduled packet pick-up times in advance is ALWAYS preferable, both for you and for everyone on race morning.

### GROUP PACKET PICK-UP FORM

If you are picking up packets for a group of people (4 or more), you can submit the names of those you are picking up for via email to: [customerservice@runningalliancesport.org](mailto:customerservice@runningalliancesport.org), and we will try to prepare the bundle in advance. Be sure and let us know what DAY and TIME of scheduled packet pick-up you will be coming by.

The deadline to submit your request for group packet pick-up is June 29, 2023 at 5 p.m., no matter what day you plan to pick up. If you miss the deadline you can still pick up multiple packets, we just won't have time to gather them for you in advance.



# new balance

Independent since 1906, we empower people through sport and craftsmanship to create positive change in communities around the world

## Parking

Parking is at Wismer Distributing. Volunteers will direct you to the parking area. If primary parking lots fill, you will be directed to overflow parking. **NO PARKING ON THE GRASS. PARKING IS LIMITED, PLEASE CARPOOL IF POSSIBLE!**

### START/FINISH LOCATION

Wismer Distributing  
13827 I-10 East  
Mont Belvieu, TX 77523  
(GPS Coordinate 29.829033, -94.840950)

Note: If using Google Maps, enter the address as  
13827 I-10 Frontage, Mont Belvieu, TX 77523

**PARKING IS LIMITED!**  
**WE RECOMMEND YOU ARRIVE EARLY**  
**AND CARPOOLING IS ENCOURAGED**



## Directions to Wismer Distributing

### Directions from Houston:

I-10 Heading East. Take exit 803 for Farm to Market Rd. 565/Cove toward Old River-Winfree. At stop sign make a U-turn heading west on the frontage road, stay on frontage road for about 2 miles. Wismer Distributing is on your right (Do not get back on I-10).

### Directions from Beaumont:

I-10 Heading West. Take exit 803 for Farm to Market Rd. 565/Cove toward Old River-Winfree, stay on the frontage road for about 2 miles. Wismer Distributing will be on your right (Do not get back on I-10).



**EVERY SEASON STARTS AT**





## SCHEDULE OF EVENTS

Race Day Registration:	6:00-6:50AM (cash/credit card accepted)
Packet Pickup:	6:00-6:50AM
5K & 5 Mile Start:	7:00AM Line up according to your pace. Walkers start immediately after runners
5K Awards:	7:50AM (or as soon as enough results are available)
Six-Pack Abs Contests: (Male and Female)	After 5K Awards
Costume Contest:	After Six-Pack Abs Contest
5 Mile Awards:	After Costume Contest



## Course Map





## Timing Chip

Your timing chip is already attached the back of your race bib. Please use the pins provided in your packet to secure your bib to the **FRONT** of your shirt.

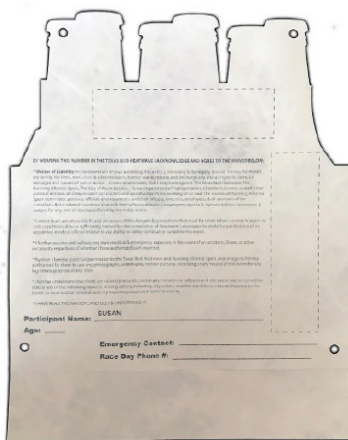
The timing chip is disposable and does not need to be removed or returned to us after the race.

### NO BIB = NO TIME!

Do not forget to bring your race bib. You will need to wear it to receive an official finish time when you cross the finish line. If you lose or forget your bib on race day there is a \$10 replacement fee.

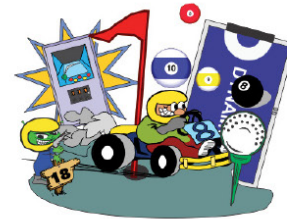
Do not fold you bib, or your time may not be in the results.

Front of bib



A timing chip will be attached to the back of your race bib.

Bring your bib to...  
**Speedy's Fast Track**



**HoustonFastTrack.com**

**\$30** in **FREE** Go-Kart Rides,  
Laser Tag &/or Mini Golf  
at Speedy's Fast Track

Family Entertainment Center  
**713-957-8803**

**11440 Hempstead Road**  
Houston, Tx 77092





## Start Time

7 AM start time for both the 5 Mile and then the 5K runs. Line up according to your pace. Walkers start immediately after runners.

## Parking

Limited parking onsite. Please carpool if possible.

## Group Photo

Between 6:15 and 6:45 AM, gather your group for a group photo.

## Course

Both courses are out and back. The 5K and 5 miles races will proceed on the same course with the 5K turnaround point at approximately 1.5 miles and the 5 miles turnaround point at about 2.5 miles.

## Switching Races

**\$10 on race morning.** If you start the race and decide to switch to a different distance, we can switch you after you finish. However, runners with after-race start switches will not be in the results on race day and will not be eligible for any awards. Final results will be corrected.

## Race Time Limit

90 minutes

## Bibs

**Do not bend or fold your bib,** this can interfere with getting a correct time. All participants must wear their bib on the front in a way that it can be seen by course officials. The timing tag is attached to the back of your bib. Do not forget your bib on race morning. **NO BIB, NO TIME.** If you forget your bib, you will need to pay \$10 to replace it. Non-registered runners and/or bandit runners will be removed from the course. No one will be allowed to finish the race without a bib.

## Race Etiquette

Line up at the starting line according to how fast you plan to run or walk the event. Slower runners and walkers should move to the back of the race pack. Run or walk no more than two abreast.

## Course Markers

Visible mile markers will be positioned along the course. Volunteer course monitors will be positioned to provide help and directions along the course.

## Awards

Age group commemorative award (5-year age groups, males and females) will be given for both 5K and 5-mile races.





## Beer

You must have your bib to sample the beer, all others will be issued a wrist band.

## Contests

After the race, we will be holding our annual costume contest and six-pack abs contests for males and females. Only race participants are eligible for the contests. For further information about the contests, please contact us on our website.

## Photography

Official race photographer will be on the course and at the finish. Make sure you smile for the photographer! Smiley faces will likely end up on our Facebook page or on our marketing materials.

## Water Stations

There will be water stations along the race course. The 5K run will have two water stops and the 5-mile run will have four water stops. Water stops will offer water, Gatorade and/or sponges/towels, and/or water hoses. In addition, a cooling station with cold towels will be located prior to the last water stop. Medical aid will be available at the finish line and a sag wagon will monitor the race.

## Headphone Policy

The RRCA (our insurance provider) has a written guideline against the use of personal music devices in running events, as such we strongly discourage the use of headphones in our races. However, if you do choose to wear them we ask you use only one earbud.

## Finish Line

Keep moving after you cross the finish line. Results will be posted on site and also at the official website. Finisher's medal will be awarded just outside the finish chute. All finishers will receive a finisher's medal. Results will be posted on site and also at the official website at <http://texas5milerun.org>.

## Post-Race Party

After the races, we will be holding our annual six-pack contests and costume contest. There will be lots of food, fun, and entertainment for your enjoyment. Only race participants are eligible for the contests. For further information about the contests, please contact us on our website.

## Patriotic Costume Contest for Runners

Top Male and Female Costume will receive a gift basket donated by Whataburger!





## Contingency plans for bad weather

**Rain** – The event will NOT be cancelled due to rain alone unless the downpour is such that athletes, police, and volunteers lose visibility making situations unsafe. If this occurs we will wait until the rain subsides and follow the same procedure listed for lightning conditions (minus the 30 minute rule). Athletes will be informed of such a change via announcements on race morning.

**Lightning** – In the event of lightning the race will be postponed by 30 minutes every time lightning is spotted and thunder is heard within 6 miles of the event. Please note that every time lightning strikes and thunder is heard within 6 miles of the race site we must delay the start by 30 minutes.

**Tornado Warning** – If at anytime before (race morning close to start time) or during the event, a tornado warning is issued, the race will be cancelled.

**On Course Cancellation** – If the race is canceled due to storms (lightning and/or excessive rain) or tornado warnings while it is in progress we will do everything in our power to alert everyone on the course. All police, SAG, and medical personnel will be made aware and do all they can to warn and SAG in all participants. We will also do everything in our power to assist those that are still on course. Those that are on course without means of rescue should seek immediate shelter via open stores, buildings, garages, homes and/or any other means of protection from the dangerous conditions. If it gets bad and we are not there to help you off the course please do everything you can to keep yourself safe and take shelter.

Because of agreements with the Texas Department of Transportation and various municipalities regarding a fixed amount of time to have roads closed or in use or the time of public safety or law enforcement officials, Running Alliance Sport, at any time, reserves the right to shorten the distance of any of its races to comply, especially in dealing with inclement weather conditions that may make any course unavailable or unsuitable for runner participation.

### Disclaimer

Do not run this race if you are unprepared. The combined heat and humidity on the 4th of July makes the Texas Bud Heat Wave a very strenuous and taxing race. Entrants should only seek participation in this event if they are well conditioned and cautious in their race strategy.





**Q. What is the minimum age requirement and do you need a parent or guardian's consent to participate?**

A. The minimum age for the 5K or 5 mile run is 6 years, and we do need the signature of a consenting parent or guardian. No runner under the age of 12 may participate in the 5K or 5 Mile Run unless accompanied by an adult.

**Q. Can I switch races?**

A. Yes. You can switch races for free before Race Day. The cost to switch races on Race Day is **\$10 on race morning**. If you start the race and decide to switch to a different distance, we can switch you after you finish. However, runners with after-race start switches will not be in the results on race day and will not be eligible for any awards. Final results will be corrected.

**Q. Can I register at packet pick up? What about on race day? Do you accept credit cards at packet pick up and/or on race day?**

A. Yes, if there are slots available, but we can't guarantee shirt/goodies bag.

**Q. What if I forget my bib at home?**

A. If you lose your bib or you forget it at home there will be a \$10 charge to reissue you a new bib.

**Q. The shirt in my packet doesn't fit, can I exchange it for a different size?**

A. We post deadlines for both bib name and shirt size selection, and then we order the shirts in advance according to what registered runners selected. We estimate the remainder to try and accommodate runners who register past the posted deadlines. If we have any extras after the race you are welcome to exchange, but if the race fills, extras for exchange are unlikely.

**Q. I'm running, can my spouse/family volunteer?**

A. Yes, we can use all the help we can get. They can sign up for the volunteer schedule [here](#).

**Q. I registered but now I can't make it, can I get a refund or defer my registration to next year?**

A. There is NO RAINCHECK for this event. Your entry fee for this year's event CANNOT be transferred to next year's event, and there are NO REFUNDS, no exceptions. This policy stays in effect whether you are injured, have an unexpected business or family emergency, pregnancy, etc. There are NO exceptions. Seriously.

You CAN donate your entry to charity; you will get a cash donation receipt. Just let us know!

You CAN transfer your entry to another person for free before the bib name deadline, for \$10 while online registration is open and at Packet Pick-Up, or for \$15 on race day. Please contact us to do so.

PLEASE NOTE that there is an immediate disqualification for anyone who runs under another person's bib other than the person of record.

**Q. My mom would like to participate but would like to know if walkers are allowed?**

A. Walkers are welcome. The time limit for the 5 miles and 5K are both 90 minutes. If she can average less than 18 min/mile pace in the heat and humidity for extended periods of time, then she should be fine with the 5 mile race. However, if she is slower, then the 5K would be better.

**Q. Are baby joggers/strollers allowed?**

A. Yes, please be aware and stay clear of other runners.

**Q. Will there be Port-a-potties on the course?**

A. Yes, every Aid Station will have Port-a-potties.

**Q. Can I have my favorite pet/dog run with me?**

A. No. The only exception is for service dogs for those who need them.

**Q. Can I wear my headphones?**

A. The RRCA (our insurance provider) has a written guidelines against the use of personal music devices in running events, as such we strongly discourage the use of headphones in our races. If you do use headphones, please keep one ear free and listen for instructions from the race monitors.

**Q. Will there be showers at the finish?**

A. Yes, just as in the past.

**Q. Will there be an after party, with food and drinks?**

A. Definitely!

**Q. Do I need to pay extra if my family/supporters attend the after party?**

A. Definitely not!

**Q. What beer will be served?**

A. All depends on our sponsor! Thank Wismer Distributing for their generous sponsorship!

**Q. Will you run out of food?**

A. No way!

**Q. When will the race results be posted?**

A. Usually the same day on our website, barring unforeseen acts of providence.

**Q. I just found out about the Texas 5K Series. I finished the first two races for the series. Can I still get into the series?**

A. Yes, just sign up individually for each of the races. We keep track of the races you finished and will award you a special commemorative item when you complete the Series at the St Thomas event.





## POST RACE PARTY

After you cross the Finish Line join us for the post race party.



There will be Food, Sodas, Water and, of course, Beer supplied by Wismer Distributing!

Awards, Give-a-ways & FUN!!!

## PATRIOTIC COSTUME CONTEST

We encourage all runners to wear some red, white and blue during the Bud Heatwave! For those who like to show off their creativity we have a Patriotic Costume Contest.

This fun tradition will follow our Six Pack Abs contest at 8:30 am in the following categories:

- Mens (1st & 2nd place awards)
- Womens (1st & 2nd place awards)
- Group (2-6 runners: 1st & 2nd place awards, one trophy per award)

### CONTEST RULES:

Contest will start at 8:30 a.m. on the stage. Keep an eye on your watch as you may not hear the announcements.

All contest participants must be registered for the race. This includes wearing your bib during the race and contest.

Costumes must be worn while running the entire race. Part of the fun of wearing a costume is by making others smile on the race course. Plus you'll have the best race pictures ever.





## After-Party Welcome by Jim Ferris, Co-Owner of M. L. Wismer Distributing



## On The Run's Six Pack Abs Contest

The contest will start at 8:20 AM.

Show us your six pack! Crowd response will determine one male and one female winner (in case of a tie the six pack official judge will determine the winner).

Have fun and remember creativity and originality will be important in winning over your audience.

One male and one female winner will each be awarded with a gift basket from Whataburger.

## WHATABURGER® GIFT BASKET



\$150 Retail Value: Whataburger Wireless Speaker, Whataburger Reusable Bag, Whataburger Water Bottle, Whataburger Socks, Whataburger Plush T-Rex, Whataburger Neoprene Case, Whataburger Sunglasses, 2 Reversible Fancy/Spicy Ketchup Koozies, 1 Bottle of Fancy Ketchup, 1 Bottle of Spicy Ketchup.







Join us for all the after party celebrations at Wismer Distributing and the City of Mont Belvieu

**FUN!!!**

**FUN!!!**





**Mont Belvieu**  
T E X A S

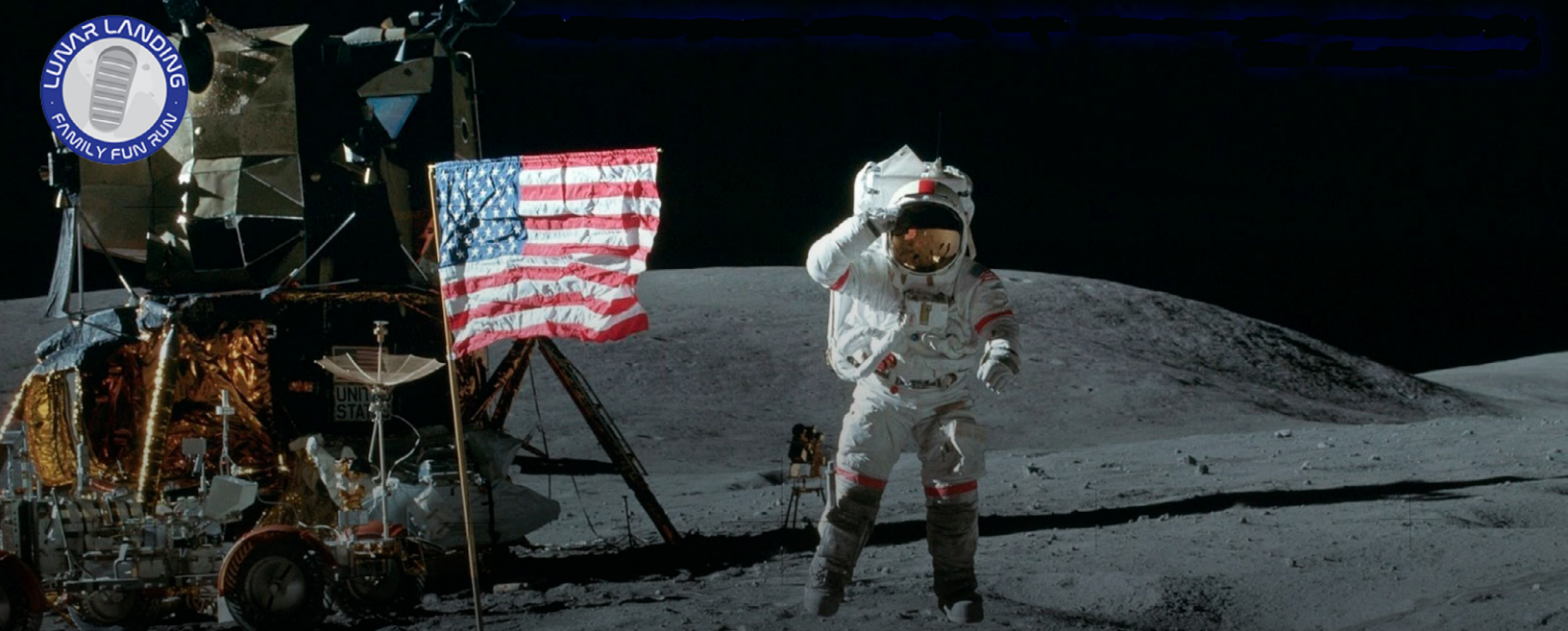
# July 4th Fireworks

Starting with the Texas Heat Wave Fun Run, there's no better way to celebrate Independence Day than to stay, play, and celebrate here in Mont Belvieu.

To see our Fourth of July full schedule of events,  
[click here](#)







# **Join us for our next scheduled Fun Run**

# **Lunar Landing Family Fun Run**

## **5 K and Kids 1K**

**Saturday, July 22, 2023**

**Clear Lake Recreation and Community Center**  
**16511 Diana Lane (near El Camino and Bay Area Blvd.)**

Apollo 11 was the spaceflight that landed mission commander Neil Armstrong and pilot Buzz Aldrin, both American, on the lunar module Eagle on July 20, 1969, at 20:17 UTC. Armstrong became the first person to step onto the lunar surface six hours after landing on July 21 at 02:56:15 UTC; Aldrin joined him about 20 minutes later. Michael Collins piloted the command module Columbia alone in lunar orbit while they were on the Moon's surface. The Lunar Landing Family Fun Run is a great way to celebrate one of mankind's greatest accomplishments.

### **START TIMES**

**Kids 1K: 7:00 AM**

**5K: Right After Kids 1K**





# TEXAS 5K SERIES



## High Five! Texas 5K Series for 2023!

Seabrook Lucky Trails Event 5K – March 17, 2023

Yuri's Night Houston 10K or 5K – Saturday, April 8, 2023

Texas Heat Wave 5 Mile Run or 5K Run – July 4th, 2023

Lunar Landing 5K – Saturday, July 22, 2023

St. Thomas Family 5K Fun Run – Saturday, October 7, 2023



## Awards

### Commemorative Award: 5K and 5-mile

First three (3) Males and Females in the following age groups will each receive a special commemorative award.

14 & under	55-59
15-19	60-64
20-24	65-69
25-29	70-74
30-34	75-79
35-39	80-84
40-44	85-89
45-49	90-94
50-54	



## Awards must be accepted in person

Awards will be handed out the day of the race only. No awards will be mailed.

If there is an unforeseen circumstance that prevents awards from being picked up on race day, awards may be picked up at a designated location, usually one of the packet

pick-up locations. Check with us after the race via Contact form.

Overall winners (top male and female) will be based on gun time. Age group awards for top males and females will be based on chip time. No double-dipping.





## Texas Bud Heat Wave All-Time Overall 5 Mile Winners

### Men's Overall

2018 - Mike Lowe, 26:31  
2019 - Sean Wade, 26:35.2  
2021 - Jonathan Robbins, 27:34.5  
2022 - Jonathan Robbins, 28:22.8

### Women's Overall

2018 - Peggy Yetman, 31:07  
2019 - Peggy Yetman, 30:10.2  
2021 - Jamie Johnston, 34:01.2  
2022 - Peggy Yetman, 32:26.4

### Men's Masters

2018 - Peter Lawrence, 28:51  
2019 - Peter Lawrence, 28:22.6  
2021 - Patrick Wills, 30:42.2  
2022 - Jon Pohikamp, 29:51.0

### Women's Masters

2018 - Jamie Johnston, 34:33  
2019 - Donnadale Arthur, 37:12.8  
2021 - Deedee Martinez, 36:58.2  
2022 - Judith Albarran, 38:55.7

### Men's Grandmasters

2018 - Richard Peoples, 32:00  
2019 - Richard Peoples, 32:15.1  
2021 - Francisco Perez, 33:59.9  
2022 - Manuel Martinez, 31:50.0

### Women's Grandmasters

2018 - Donnadale Arthur, 37:15  
2019 - Jetola Anderson-Blair, 37:27.8  
2020 - Karen Williams, 37:59.3  
2021 - Karen Williams, 39:25.7

### Men's Senior Grandmasters

2018 - Joe Melanson, 33:57  
2019 - Joe Melanson, 33:11.0  
2020 - Edward Fry, 36:21.0  
2022 - Kim White, 37:31.3

### Women's Senior Grandmasters

2018 - Jitka Newald, 41:21  
2019 - Rhonda Emerson, 40:26.0  
2020 - Leslie Schaschi, 43:36.5  
2022 - Leslie Schaschi, 46:18.0

## Texas Bud Heat Wave All-Time Overall 5K Winners

### Men's Overall

2018 - Jonathan Robbins, 17:56.2  
2019 - George Alvarado, 18:45.9  
2021 - Ricardo Mijares, 18:05.1  
2022 - Luis Murillo, 17:27.3

### Women's Overall

2018 - Virginia Leonardi, 19:48.2  
2019 - Melissa Bittick, 19:42.6  
2021 - Melissa Bittick, 20:21.1  
2022 - Melissa Bittick, 19:36.9

### Men's Masters

2018 - Javier Gomez, 20:24.3  
2019 - Eric Johnson, 20:50.1  
2021 - Oscar Piedrasanta, 20:12.4  
2022 - Roger King, 19:55.7

### Women's Masters

2018 - Tammy Grado, 23:41.4  
2019 - Yaya Herrera, 23:36.9  
2021 - Dandy Farrar, 25:53.9  
2022 - Alma Montoya, 23:48.8

### Men's Grandmasters

2018 - Dale Kohn, 20:51.7  
2019 - Norman Catu, 21:02.7  
2021 - Rob Vazzola, 20:46.9  
2022 - Daniel George, 21:51.0

### Women's Grandmasters

2018 - Tammy Grado, 23:41.4  
2019 - Jeanette Haas, 23:39.8  
2020 - Katie Raterink, 26:10.0  
2021 - Gloria Solomon, 25:11.3

### Men's Senior Grandmasters

2018 - David Painter, 20:58.7  
2019 - Dale Kohn, 21:07.6  
2020 - Jose Torres, 23:01.0  
2022 - Abelino Geronimo, 22:29.6

### Women's Senior Grandmasters

2018 - Marta Mixa, 28:31.1  
2019 - Jane French, 26:51.7  
2020 - Melanie Holland, 28:16.9  
2022 - Theresa Pearsall 28:44.2







# The Bridge

## About Us



The Bridge Over Troubled Waters' mission is to offer support, provide safety and prevent domestic and sexual violence. Adults and children in crisis situations need specialized care and a stable environment to thrive. They need advocates: people who will assess their needs and ensure they receive the services necessary to move on to healthy, successful futures. The Bridge focuses on specialized programs that not only help children and adults heal from the effects of abuse, but also those that address the complex dynamics that allow family violence to perpetuate in order to help break the cycle of domestic violence.

The Bridge helps victims find hope where there once was none. Join us as we help women, children, and men in our community break the cycle of violence. United as a community, we help people in their suffering and continue our mission to offer support, provide safety, and prevent domestic and sexual violence.

### Amazon Wish List



[HTTPS://A.CO/EG1EZH3](https://a.co/EG1EZH3)

## Volunteering

To learn more about volunteering, please contact Jessica Pineda, Volunteer Manager, at [jpineda@tbotw.org](mailto:jpineda@tbotw.org).

Visit our website: [www.tbotw.org](http://www.tbotw.org)

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For more information, please contact Becky Kyles, Development Director, at [rkyles@tbotw.org](mailto:rkyles@tbotw.org); 713-472-0753 (O); or 870-648-5913 (C).





## MILES FOR A MILLION

For the last several years, Running Alliance Sport has been involved in a campaign to raise a million dollars for charity. We called it our Miles for a Million Campaign, and every runner in our races has contributed, as well and so many others. In 2022 we did it! RAS runners, contributors, sponsors and friends have raised ONE MILLION DOLLARS for our charity beneficiaries! In 2023, we are renewing the campaign. Please help us raise the next \$1 million!

## About Us

Calling the greater Houston area home, Running Alliance Sport (RAS) is a not-for-profit event production company that has a passion for producing quality running events which in turn support local communities and its charities. RAS successfully works with city governments in Seabrook, Nassau Bay, Kemah, La Porte, Baytown, Galveston and Tiki Island to produce eight races annually from March to November that engages nearly 500 volunteers, sends over 10,000 runners and walkers across finish lines and has donated over \$1 million to local charities since its inception in 2011. For more information, please visit [runningalliancesport.com](http://runningalliancesport.com).

Net proceeds from the Texas Bud Heatwave go to the **Baytown Special Rodeo Association (BSRA)**. The mission of the BSRA is to provide an annual fun-filled, western-themed day of activities and entertainment for mentally and/or physically challenged children and their families. BSRA strives to instill in each child a sense of community and the belief that they are special and important.







# Baytown Special Rodeo 2023

Saturday, October 14

10 a.m. – 2 p.m

Baytown Youth Fairgrounds

7900 North Main

Baytown, Texas

The Baytown Special Rodeo Association provides an annual fun-filled, western-themed day of education, activities and entertainment for mentally and/or physically challenged children and their families. We strive to instill in each child a sense of community and the belief that they are special and important.

To learn more about the Baytown Special Rodeo Association, this year's event, how to volunteer, or how to become a sponsor, visit our website at:

<http://www.specialrodeo.org>





# thank you to our SPONSORS!



Independent since 1906, we empower people through sport and craftsmanship to create positive change in communities around the world.



Wisner Distributing



Budweiser

Michelob  
ULTRA  
SUPERIOR LIGHT BEER



EVERY SEASON STARTS AT



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CUSTOMIZED PREMIUM MEATS  
Family Owned & Operated Since 1962



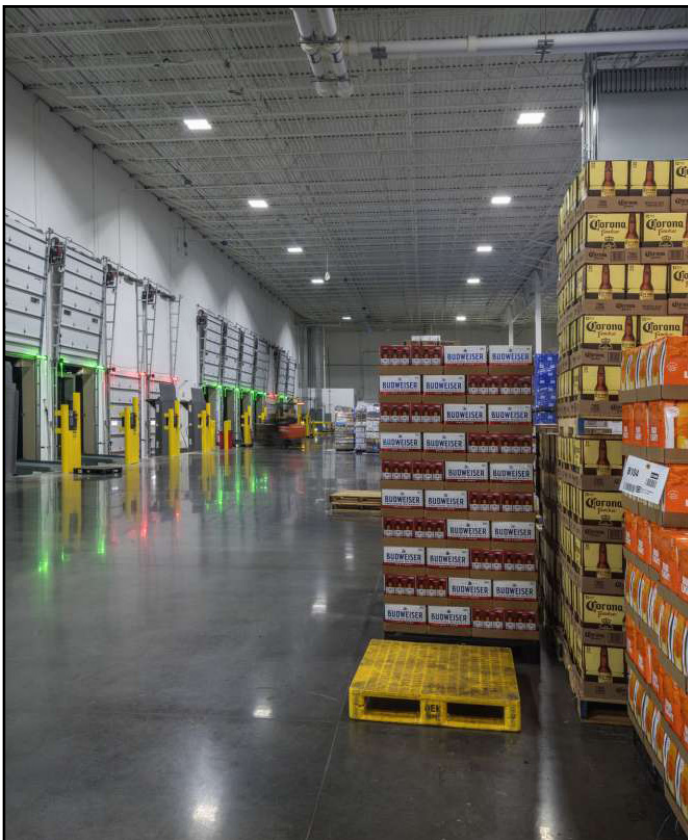
— LAW OFFICE OF —  
**DAVID A. BRESTON**  
CRIMINAL DEFENSE ATTORNEY



THE BEST RACE PHOTOS  
**raceshots.net**  
ON THE INTERNET



# a special thank you to **WISMER DISTRIBUTING**



**Wismer Distributing**  
is the proud distributor of  
Anheuser-Busch products



... just to name a few