





**JULY 4, 2018**

For **MOST CURRENT** information please watch for the Digital Runner's Guide, which will be posted shortly before race day. The Runner's Guide will be announced on Facebook and linked on BudHeatwave.org.

## 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
5K Awards:	7:50AM
Six-Pack Contests: (Male and Female)	After 5K Awards
Costume Contest:	After Six-Pack Contest
5 Mile Awards:	After Costume Contest
Sausage Eating Contest:	After 5 Mile Awards

### 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

Free! We can switch you at packet pickup or before the race starts (the earlier the better). 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.

### BIBS

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.

### RACE TIME LIMIT

90 minutes

### AWARDS

Cash prize awards are available for overall, master, grandmaster, and senior grandmaster male and female winners for the 5-mile race only. Age group commemorative award (5-year age groups, males and females) will be given for both 5K and 5-mile races.

### CONTESTS

After the race, we will be holding our annual six-pack male and female contests, costume contest, and the grand finale "Sausage Eating Contest". 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.

### BAG DROP

Bag drop is available next to packet pickup, where volunteers will tag your bag with your bib number. You can pick your bag up at the finish when you are done with the run.

### 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 BudHeatwave.org.

### POST-RACE PARTY

After the races, we will be holding our annual six-pack contests, costume contest, and the grand finale "Sausage Eating 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.



Announcements & Updates: [facebook.com/texasbudheatwave](https://facebook.com/texasbudheatwave)

[BudHeatwave.org](http://BudHeatwave.org)

