

# 2026 Runner's Guide

Mont Belvieu, TX • July 4, 2026



250<sup>th</sup>

Celebrating the  
United States Semiquincentennial  
1776 – 2026



Running Alliance Sport

BY RUNNERS  
FOR RUNNERS



**2026**

Calendar of Events

**Mark your calendar for these  
upcoming events!**



**Texas Bud Heat Wave**

**5 Mile & 5K Run**

**Saturday, July 4, 2026**

RAS Fun Run



**NOVA VITA**

**5K Fun Run**

**Saturday, Oct. 17, 2026**

RAS Partner Race



**Lunar Landing**

**5K & Kids 1K**

**Saturday, July 18, 2026**

Part of Texas 5K Series



**Boo Dash**

**5K & Kids 1K**

**Saturday, Oct. 24, 2026**

RAS Fun Run



**Beneezy Purple Monkey**

**5K, 10K & Kids 1K**

**Saturday, Sept. 5, 2026**

Part of Texas 5K Series



**Santa's Sleigh**

**5K & Kids 1K**

**Saturday, Dec. 12, 2026**

Part of Texas 5K Series



**Space City**

**10 Miler & 5K**

**Sunday, Oct. 11, 2026**

Part of Texas 5K Series



**For more information, visit our website at [www.runningalliancesport.org](http://www.runningalliancesport.org)**

# ON THE RUN

## CLEAR LAKE, TEXAS

### Texas' Premier Running Specialty Stores

#### CLEAR LAKE

2427 Bay Area Blvd  
Houston, TX 77062  
281.480.5388

#### BEAUMONT

227 Dowlen Rd, Stte 6B  
Beaumont, TX 77706  
409.861.1595

<https://ontheruntx.com>

We are Houston, TX based shoe sellers, runners & triathletes that are all about a great fit, great quality, and great customer service. Founded in 2003, we specialize in gait analysis and have a combined 30+ years experience fitting runners and walkers of all skill levels and injury types. We also work closely with a number of local Clear Lake/League City/Houston area running and multisport clubs.

**Come by and see us!**





## 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.**

### Wednesday, July 1

3 PM – 6 PM sharp

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

### Thursday, July 2

11 AM – 3 PM sharp

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

### Friday, July 3

11 AM – 2 PM sharp

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

**New Balance is offering a 20% discount on all New Balance shoes and apparel purchased at the time of packet pickup at On the Run.**

**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!**

### Saturday, 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 chipped 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, 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 28, 2026 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**



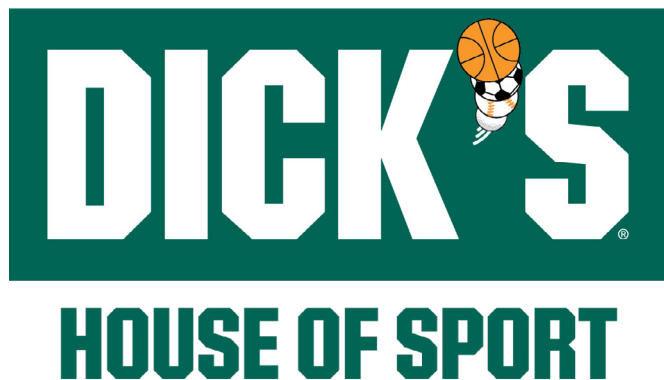
## Directions to Wismer Distributing

### 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).



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### 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





## ***LOCATION MAP FOR WISMER DISTRIBUTING***

***A - Racers' Entrance.***

***B - Employee Parking and Volunteer Parking Overflow.***

***C - Please stay off the grass AT ALL TIMES.***

***D - Overflow Parking for Racers.***

***E - Main Parking Area for Racers.***

***F - Porta Potties (restrooms for the racers). Racers are not allowed in warehouse.***

***G - Tractor Trailers and extra vehicles.***

***H - Shower Area for the racers.***

***I - Stage Area for the Post-Race Awards.***

***J - Texas Tent to provide shade for racers.***

***K - Mont Belvieu Fire Truck location.***

***L - Vendor Tents.***

***M - Post-Party location: beer, food, drink, give aways, etc.***

***N - Parking ONLY for vendors, volunteers, and VIPs.***

***O - Mont Belvieu EMS will need these gates open for easy entry/exit.***

***P - Unallocated space.***

***Q - Employee parking ONLY.***



# DICK'S

## HOUSE OF SPORT

Sport Happens Here

Proud Partner Of



### Premium Footwear

BROOKS | ON | HOKA | NIKE | ADIDAS & MORE

### Elevated Apparel

NIKE | CALIA | ADIDAS | UNDER ARMOR & MORE

### Run Ready Accessories

Hydration Packs | Sunglasses | Reflective  
Gear | Insoles | Waist Packs & More



## STORE HOURS

Mon. - Sat. – 9 am - 9 pm


Sunday – 10 am - 7 pm

Check out our upcoming  
events and services

[SCHEDULE NOW](#)

## DICK'S HOUSE OF SPORT

 18650 GULF FWY,  
FRIENDSWOOD, TX 77546

 (832) 415-1934

### Timing Chip

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

**Do not bend or fold** your bib.

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



Timing chip is already attached to back of race bib.



### Bib, Transfers, and Timing

- Please note that there is an immediate disqualification for anyone who runs under another person's bib other than the person of record.
- All participants must wear their bib on the front in a way that it can be seen by course officials. 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.
- Do not fold your bib, it will affect results and timing.
- You can transfer your entry to another person for free while online registration is open and at Packet Pick-Up. Please [contact us to do so](#). There is a fee of \$10 to transfer your bib on race day.

### Switching Races (5K to 5 Miler and vice versa):

- You can switch races (5K to 5 Miler and vice versa) for free anytime. Just contact us on the website. If you decide to switch after the race start, it is still free, but your finish will not be on the results on race day, and you will not be eligible for awards. Final results will be corrected.



# NOVA FUN VITA RUN



*#MENTAL HEALTH MATTERS*

**OCTOBER 17 • 8AM**

For more information and  
to register Scan QR code



**Gloria Dei Lutheran Church  
18220 Upper Bay Road  
Nassau Bay, Texas**

In celebration of Mental Health Awareness Month, NOVA VITA Mental Wellness Center is hosting its First Annual Fun Run. Registering and participating in the Fun Run is a wonderful way to demonstrate your support for the community and mental wellness.

### Start Time

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

### Parking

Limited parking onsite. **Please carpool if possible.**

### Group Photo

Between 6:15–6:45 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.

### Awards

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



### 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

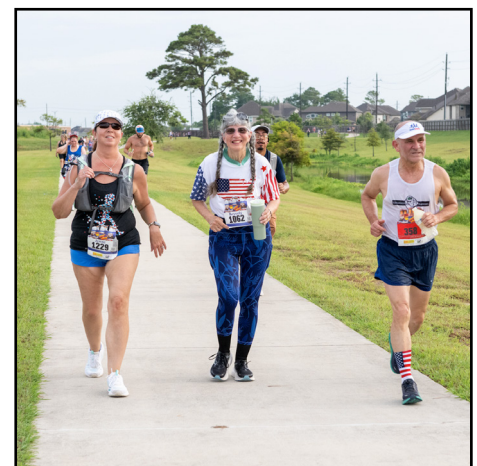
Keep moving after you cross the finish line. Results will be posted on site and also at the official website. Finisher's medal will be awarded just outside the finish chute. All finishers will receive a finisher's medal. Results will be posted on site and also at the official website at <http://texas5milerun.org>.

### Post-Race Party and Contests

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

### Beer

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



# SHOE DRIVE



DONATE NEW AND GENTLY USED SHOES – ALL STYLES AND SIZES WELCOME – TO HELP LOCAL COMMUNITY. A DONATION BOX TO DROP OFF SHOES WILL BE AVAILABLE AT THE BAG DROP OFF.

Running Alliance Sports will be collecting gently worn shoes at Bud Texas Heat Wave



SEMIQUINCENTENNIAL TOWELS AVAILABLE FOR PURCHASE  
\$20 DURING PICK-UP WHILE THEY LAST!

## 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.





# 4<sup>th</sup> of July Celebration



**3PM - 9:30PM AT CITY PARK**

Food • Rides • Games • Flyover • Fireworks  
Washers • Watermelon Eating Contest

**LIVE MUSIC FROM**

**PAT GREEN**

★ **MICKY &  
THE MOTORCARS** ★

**MEAUX COTTON  
& THE FEEL**



ON STAGE: 7:30PM

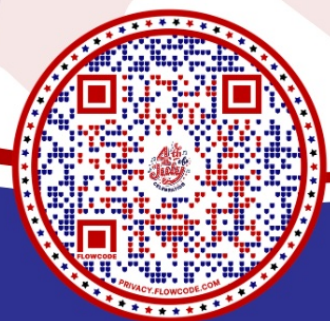


ON STAGE: 5:45PM



ON STAGE: 4PM

FULL EVENT SCHEDULE AT [MONTBELVIEU.NET/JULY4TH](http://MONTBELVIEU.NET/JULY4TH)



**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 prior to race day, or for \$10 on race day. Please contact us to do so at <https://texas5milerun.org/contact-us/>.

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 Santa's Sleigh run held in December.



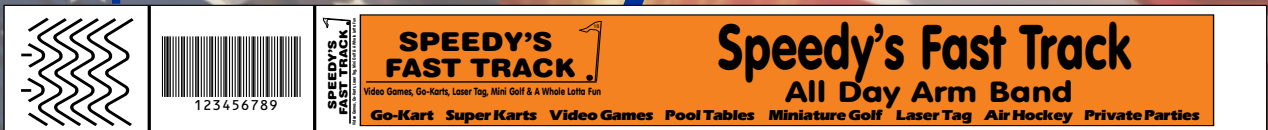
# America 250

~~RMS~~

# SPEEDY'S FAST TRACK

www.houstonfasttrack.com  
11440 Hempstead Rd.  
(713) 957-8803

## \$18 All Day Armband



Valid 7 days a week 365 days a year.

All Riders Must Be 15 Or Older To Ride SuperKarts

All Riders Must Be 54" Tall And Of Good Ability To Ride Go-Karts Alone

**Video Games • Pool Tables**

**Go-Karts • Private Parties**

**Miniature Golf • Laser Tag**

**Original coupon only. Photocopies are not accepted.**

**You may purchase up to 5 bands with this coupon**



Open 365 days a year

Revised 3/21/26

250 Years of Freedom • 1776-2026

## POST RACE PARTY

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



There will be Food, 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)

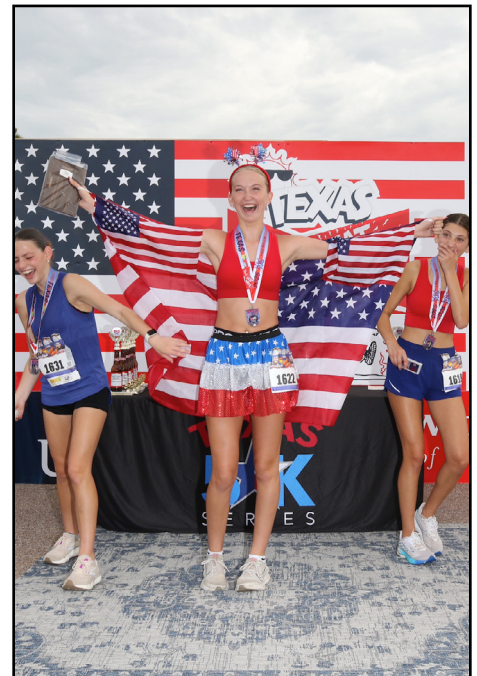
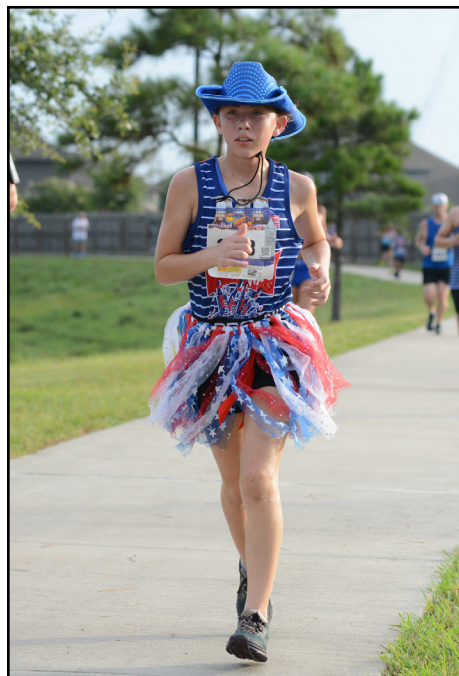


### CONTEST RULES:

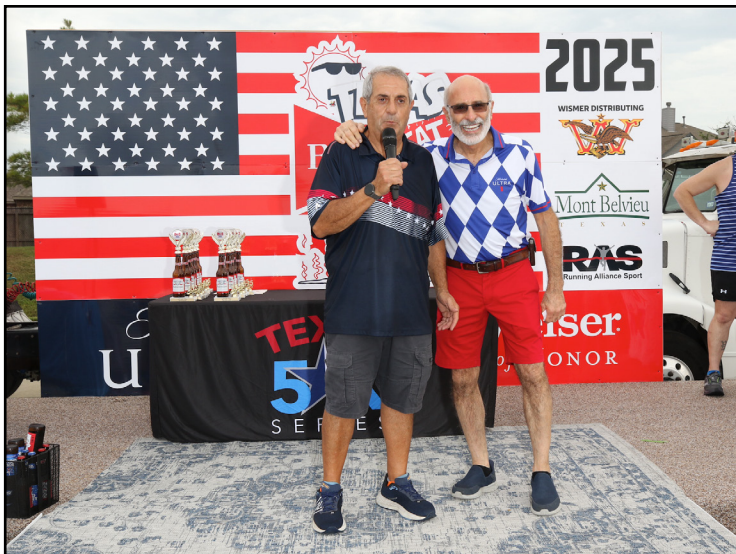
Contest will start at 8:30 a.m. on the stage. Keep an eye on your watch as you may not hear the announcements.

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.

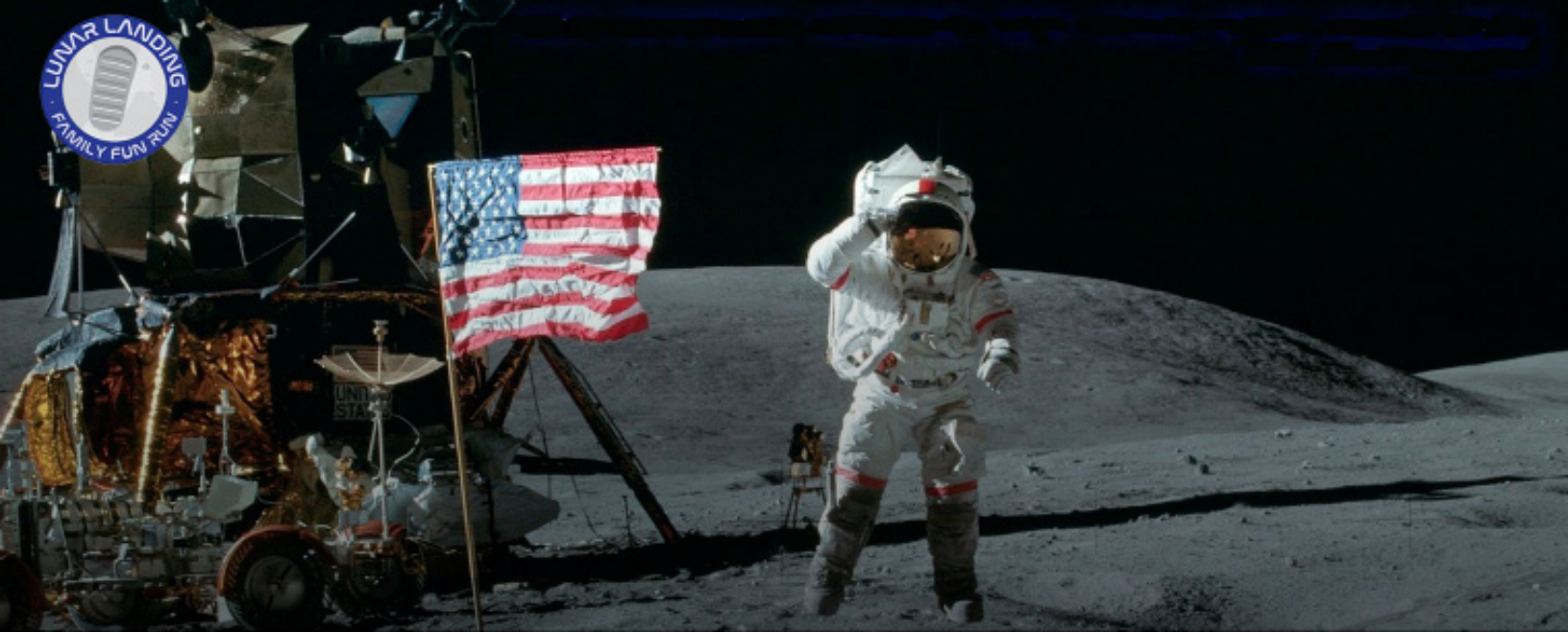
Show us your six pack! Crowd response will determine one male and one female winner (in case of a tie the six pack official judge will determine the winner).

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 card from On The Run.

**Six Pack Abs Contest sponsored by On The Run and Wismer Distributing**





# Join us for our next scheduled Fun Run Lunar Landing Family Fun Run 5 K and Kids 1K Saturday, July 18, 2026

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



## 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
- 15-19
- 20-24
- 25-29
- 30-34
- 35-39
- 40-44
- 45-49
- 50 & older

**New Balance will give 20% OFF ON NEW BALANCE SHOES to the top male and top female in both the 5K and 5 miles run.**

*courtesy of*  
**On The Run and New Balance**

## Awards must be accepted in person

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

pick-up locations. Check with us after the race via the [Contact Us](#) form on the RAS website.

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

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  
 2023 - Jonathan Robbins, 26:54.9  
 2024 - Brandon Seagreaves, 26:09.3  
 2025 - Patrick Flowers, 27:23.3

### 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  
 2023 - Heather Hamilton, 33:18.3  
 2024 - Ashley Sherman, 34:00.0  
 2025 - Elizabeth Hilligoss, 33:34.1

### 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  
 2023 - Peter Lawrence, 29:37.7  
 2024 - Chris Robbins, 30:23.5  
 2025 - Omar Paredes, 30:20.5

### 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  
 2023 - Jane Cardnell, 35:37.9  
 2024 - Sabina Lorca, 40:45.2  
 2025 - Jennifer Batuyong, 35:54.1

### 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  
 2023 - Audberto Martinez, 33:18.2  
 2024 - Audberto Martinez, 33:59.4  
 2025 - Michael DeFee, 31:33.1

### Women's Grandmasters

2018 - Donnadale Arthur, 37:15  
 2019 - Jetola Anderson-Blair, 37:27.8  
 2021 - Karen Williams, 37:59.3  
 2022 - Karen Williams, 39:25.7  
 2023 - Diane McKernan, 40:39.7  
 2024 - Tracy Cormier, 41:03.5  
 2025 - Tracy Cormier, 39:19.5

### Men's Senior Grandmasters

2018 - Joe Melanson, 33:57  
 2019 - Joe Melanson, 33:11.0  
 2021 - Edward Fry, 36:21.0  
 2022 - Kim White, 37:31.3  
 2023 - Rich Fredrich, 37:10.4  
 2024 - Rich Fredrich, 37:52.5  
 2025 - Rich Fredrich, 37:27.4

### Women's Senior Grandmasters

2018 - Jitka Newald, 41:21  
 2019 - Rhonda Emerson, 40:26.0  
 2021 - Leslie Schaschi, 43:36.5  
 2022 - Leslie Schaschi, 46:18.0  
 2023 - Julie White, 40:49.0  
 2024 - Karen Williams, 42:40.1  
 2025 - Julie White, 41:08.3

## 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  
 2023 - Aiden Faz, 17:11.5  
 2024 - Hayden Lightfoot, 16:39.6  
 2025 - Hayden Lightfoot: 16:27.5

### 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  
 2023 - Melissa Bittick, 19:33.8  
 2024 - Melissa Bittick, 19:30.1  
 2025 - Yumileidy Mestre, 17:50.6

### 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  
 2023 - Darren Hadden, 19:16.2  
 2024 - Marco ipina, 20:12.8  
 2025 - Richard Barlow, 18:52.3

### 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  
 2023 - Sandra Tezino, 24:18.5  
 2024 - Colleen Wenckens, 23:17.3  
 2025 - Alma Montoya, 22:22.5

### 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  
 2023 - Rudy Hernandez, 20:57.1  
 2024 - Abelino Jeronimo, 21:08.3  
 2025 - Abelino Jeronimo, 20:59.5

### Women's Grandmasters

2018 - Jane French 25:47.4  
 2019 - Jeanette Haas: 23:39.8  
 2021 - Katie Raterink, 26:10.0  
 2022 - Gloria Solomon, 25:11.3  
 2023 - Gloria Solomon, 25:02.7  
 2024 - Rose Rhoton, 23:41.4  
 2025 - Rose Rhoton, 24:24.7

### Men's Senior Grandmasters

2018 - David Painter, 20:58.7  
 2019 - Dale Kohn, 21:07.6  
 2021 - Jose Torres, 23:01.0  
 2022 - Abelino Geronimo, 22:29.6  
 2023 - Abelino Jeronimo, 21:57.6  
 2024 - John Moyer, 25:14.6  
 2025 - Jose Vega, 22:37.6

### Women's Senior Grandmasters

2018 - Marta Mixa, 28:31.1  
 2019 - Jane French, 26:51.7  
 2021 - Melanie Holland, 28:16.9  
 2022 - Theresa Pearsall 28:44.2  
 2023 - Colette Tompkins, 27:33.6  
 2024 - Jane French, 29:21.6  
 2025 - Colette Tompkins, 28:12.8



# TEXAS 5K SERIES



**I RAN THEM ALL!**

**HIGH FIVE!**  
Run all 5 races  
and receive a  
commemorative  
special award!

For more details, visit:  
<https://texas5kseries.org>

## 2026 Calendar Texas 5K Series:

### YURI'S NIGHT HOUSTON

10K, 5K & Kids 1K

April 4, 2026

### LUNAR LANDING

5K & Kids 1K

July 18, 2026

### BENEEZY PURPLE MONKEY

Fun Run, 10K, 5K & Kids 1K

September 5, 2026

### SPACE CITY

10 Miler & 5K

October 11, 2026

### SANTA'S SLEIGH

5K & Kids 1K

December 12, 2026

# RAS

## Running Alliance Sport

### By Runners. For Runners.

*We are a 501(c)(3) non-profit organization. Our motto is "By Runners, For Runners." At Running Alliance Sport (RAS) races, runners always come first. We put our hearts into creating, organizing, staffing, and managing these events. We do what we do because we are runners, and we love this community. Since the beginning, we have stood out from other race organizations by providing runners with a value experience. Once you race with us, we know you'll want to come back for more! RAS gives back to the community in every way we can. RAS donates all proceeds (that's everything after our "cost of production") to local charitable causes. Thanks for running our races and participating in our events.*

### 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. With the help of our volunteers, RAS successfully works with city governments in Nassau Bay, Mont Belvieu, Houston, Alvin and Friendswood to produce six races annually from March to December and has donated over \$1 million to local charities since its inception in 2011. For more information, 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 2026

Saturday, October 10  
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:

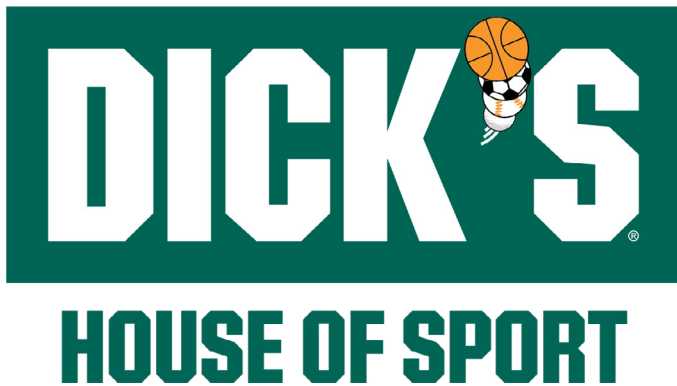
<http://www.specialrodeo.org>



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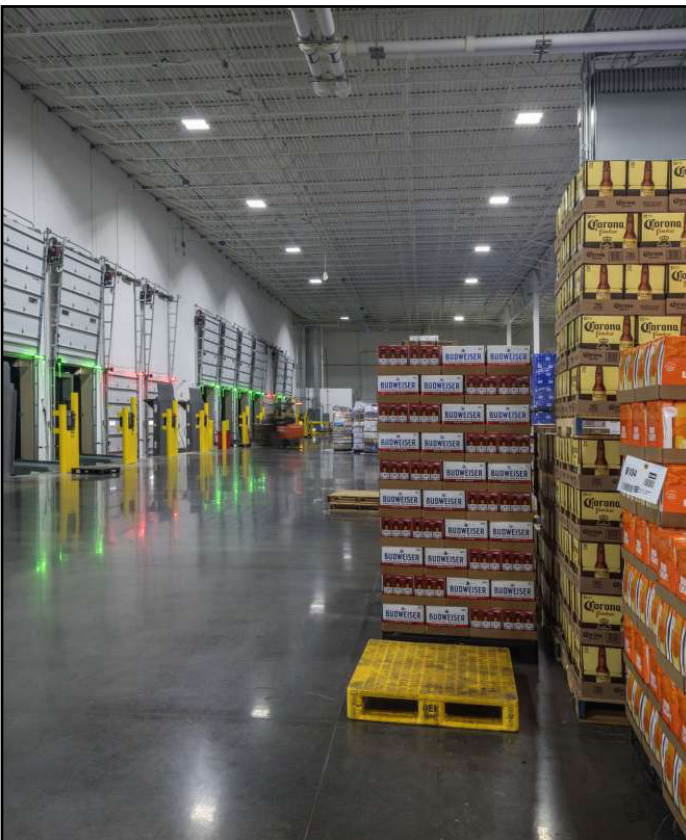
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... just to name a few