



July 4, 2023

WELCOME TO THE TEXAS BUD HEATWAVE 5 MILE/5K RUN

Hosted by Running Alliance Sport and our generous sponsors! We thank you for your support! It's going to be hot, so hydrate appropriately!

START/FINISH LOCATION

Wisner Distributing
13827 I-10 East Frontage Road,
Mont Belvieu TX 77523
GPS Coordinate 29.829033, -94.840950

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

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

GROUP PHOTO

Between 6:30 and 6:45 AM gather your group for a group photo

DIRECTION FROM HOUSTON

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

DIRECTION FROM BEAUMONT

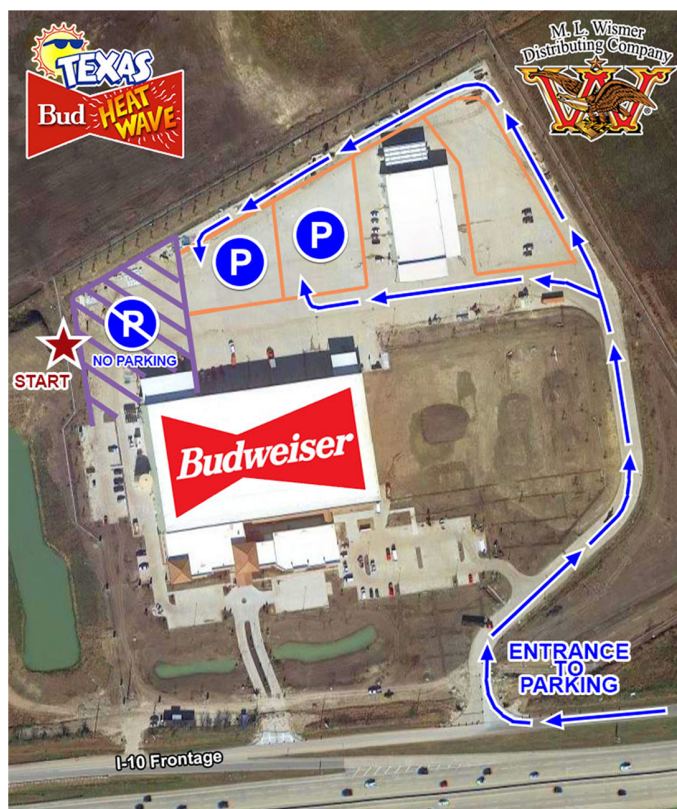
I-10 Heading West. Take exit 803 for Farm to Market 565/Cove toward Old River-Winfree, stay on the frontage road for about 3 miles. Wisner Distributing will be on your right.

PARKING

Parking is at Wisner 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!**

NAME THAT GATOR

There's a gator in the pond by the Start/Finish (if you squint you can see him). Best name suggestion for our reptilian friend will win a prize.



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START TIME

7AM start both 5 Mile & 5K. Line up according to your pace. Walkers start immediately after runners

PARKING

Limited parking onsite. Please carpool if possible.

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.

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

Awards will be given 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.

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.

RACE TIME LIMIT

90 minutes

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

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.

CONTESTS

After the race, we will be holding our annual Six Pack Abs male and female contests, and costume contest. Only race participants are eligible for the contests. For further information about the contests, please contact us on our website.

COURSE MAP



Website for Results and Information: <http://texas5milerun.org>
Announcements & Updates: <https://www.facebook.com/RunningAllianceSport>

