

# Sprint for Life® 5K Run/Walk

Blanton-Davis Ovarian Cancer Research Program

(near the intersection of Bertner and Pressler)

[SprintForLife.com](http://SprintForLife.com)  
713-792-2765

## Race Day Schedule

6 a.m.	Boutique opens for business
6 - 7:25 a.m.	Late Registration/Package Pickup
6:30 - 9 a.m.	Group and Corporate Team Photos
7 a.m.	<b>Survivors' Tent and Lounge Open</b> Kids' Zone Opens
7:30 a.m.	5K Run/Walk Begins
7:45 a.m.	Food and Fun in Post-Race Party area
8:30 - 9:15 a.m.	Presentation and Awards Ceremony
9 a.m.	<b>Survivor Photo at Post-Race Party Stage</b>
9:30 a.m.	Sprouts Pep Rally, Tot Trot and Sprint for Sprouts races Kids' Zone Closes
10 a.m.	Boutique Closes Event Concludes

## Start Line

The start line will be on Envision Way, between Helix Park Ave. and Robertson St. Please arrive at least 30 minutes **early** so you will have time to park and get to the starting line before the 7:30 a.m. start. The start line and course will be closed 10 minutes after the race begins. Walkers, please line up behind the runners.

## Finish Line and Timing

The finish line will be on Envision Way, between Helix Park Ave. and Robertson St.. The 5K Competitive Run-Race timing will be done by using BibTags. You will not be an official finisher if you do not wear the tag on your race bib. If you bring your own chip to the race, your time will not be captured.

## Kids' Zone and Tot Trot/Sprint for Sprouts

The Kids' Zone, which features games, prizes, face painting and balloons, will open at 7 a.m. on Race Day. At 9:30 a.m. children 12 years and younger can participate in a pep rally that will lead them to the start line for the Sprint for Sprouts non-competitive races. The first race is the Tot Trot for very young children (3 years and younger) who will run about 150 feet. The second race is the Sprouts Run which circles The Prairie one time (1,300 feet). This race is for all children 12 years old and under.

## Things to Know!

- Walkers, please line up behind the runners
- Pets are NOT allowed. The only exception are companion dogs
- Inclement Weather: The race will go on, rain or shine

## Water and Medical Aid

Water will be available at the start and finish lines and at the one-and two-mile markers. Drink plenty of liquids before the race and do not run in this race if you are not sufficiently trained. If the temperature and humidity are high on Race Day, adjust to a slower pace. If the temperature is low, don't forget your body still needs water. First aid personnel will monitor the course. If you need medical assistance during the race, contact a first aid volunteer or police officer and/or stop at a water station.

## Safety

We have made every effort to control traffic along the course, but please be cautious. Also, watch for any other hazards on the course. Runners and walkers are expected to follow directions and instructions from all race officials. Houston Police Department officers will be stationed around the course for traffic control and safety measures.

## Food and Fun in the Post-Race Party area

Join us for food and fun at 7:45 a.m. in the Post-Race Party area. The party will be in the area near the white food and awareness tents. The Post-Race Party will feature a presentation and awards ceremony and ovarian cancer survivor photo. Following the presentation, the Tot Trot and Sprouts races will take place on the track of soccer field in Helix Park.

Please Note: Portable restrooms will be available throughout the Post-Race Party area. Restroom facilities will not be accessible in the TMC3 Building.

## Survivor Tent/Memory Wall

Ovarian cancer survivors are invited to stop by the Survivors' Tent for coffee and light breakfast. Tent opens at 7:00 a.m. on Race Day. Remember to stop by the Memory Wall by Registration and bring a 4x6 photo of your loved one.

Ovarian cancer survivors will be provided a parking sign for more convenient access to event parking.

## Boutique

Don't forget to bring your cash, checks or credit cards so you can shop at the Sprint for Life Boutique on Race Day (opens for business at 6 a.m.). Shop for new items and find great deals on vintage Sprint products.



## EVENT PARKING LOCATION IN THE MID CAMPUS GARAGE (Corner of Bertner and Braeswood)

Free parking will be available in the Mid Campus Parking Garage at 7007 Bertner Ave., Houston, TX 77030. Please follow the parking signs and race marshal instructions. Parking is available in other TMC garages or lots at standard hourly rates. See reverse side for a map and driving directions.

# Event Parking

## Parking Instructions and Driving Directions

### Race Participant Parking

Free Parking will be available in the Mid Campus Parking Garage. Please follow the parking signs and race marshal instructions.

### Mid Campus Garage Address

7007 Bertner Avenue  
Houston 77030

### Arrive Early

Please plan your arrival accordingly, there is a 10 minute walk from the Mid Campus Garage to the event site.

