



Saturday, October 5, 2019

Welcome to the St. Thomas Family 5K, 5K-9 & 1K Fun Run

Start/Finish Location

St. Thomas the Apostle
Episcopal Church
18300 Upper Bay Rd
Houston, TX 77058

Race Parking

Gloria Dei Lutheran Church
18220 Upper Bay Rd
Houston, TX 77058

Runner parking will be located at Gloria Dei Lutheran Church. Look for signs for the oneway church entrance and proceed to the back parking lot areas. Overflow parking is available in the parking lots closest to Upper Bay Road at the Dollar General across from Gloria Dei.

The Start/Finish is located at St. Thomas the Apostle Episcopal Church.

Schedule of Events

Race Day Registration:
(cash/credit card accepted)
6:30-7:30 AM

Packet Pickup:
6:30-7:30 AM

Kids K Start: 7:45 AM

5K Start: 8 AM





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Course Map



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.

Race Time Limit

90 minutes

Kids K

The Kids K is not a timed race. All kids will receive a finisher medal.

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, three deep) will be given for the 5K.

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 one water station along the 5K race course, in addition to the start/finish water station.

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 race website.

Post-Race Party

After you finish your event, stick around and cheer in your fellow runners and walkers. Join us for the post-race party including fruits, hot dogs, soft drinks and beer sponsored by Bakfish Brewing.