

26th Annual

Sprint for Life® 5K Run/Walk

Blanton-Davis Ovarian Cancer Research Program

Saturday, May 6 • 7:30 a.m.

MD Anderson Campus

(near the intersection of Bertner and Pressler)

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.	Survivors' Tent and Lounge Open 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.	Survivor Photo at Post-Race Party Stage
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 Pressler St. between Bertner Ave. and Fannin St., in the east bound lanes. Please arrive early so you will have time to park and get to the starting line prior to 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 Pressler St. between Bertner Ave. and Fannin St., in the west bound lanes. 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 area is the "front yard" of the Duncan Building. 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 The Prairie.

Please Note: Portable restrooms will be available throughout the Post-Race Party area. Restroom facilities will not be accessible in the Mays Clinic or the Duncan 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. 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.

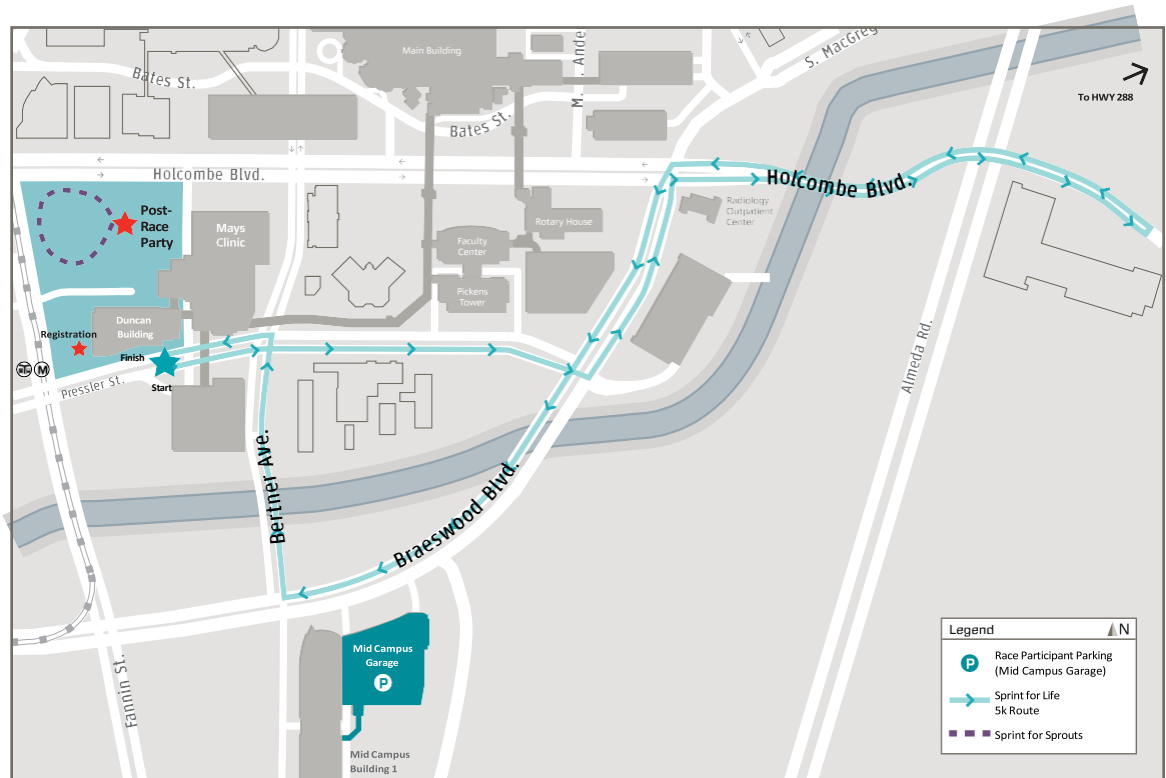
Mid Campus

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.



From Interstate 10 traveling east or west

1. Exit onto U.S. 59 south
2. From U.S. 59, exit onto Texas 288 and follow it south to the Holcombe Blvd. and Old Spanish Trail (OST) exit
3. After exiting, take the second right (west) on Old Spanish Trail (OST) and follow it to Bertner Avenue
4. Turn right on Bertner Avenue
5. Then follow directions of Race Marshals to available parking

From Interstate 45 traveling south

1. Exit onto U.S. 59 south
2. From U.S. 59, exit onto Texas 288 and follow it south to the Holcombe Blvd. and Old Spanish Trail (OST) exit
3. After exiting, take the second right (west) on Old Spanish Trail (OST) and follow it to Bertner Avenue
4. Turn right on Bertner Avenue
5. Then follow directions of Race Marshals to available parking

From U.S. 59 traveling north

1. Exit onto Texas 288 and follow it south to the Holcombe Blvd and Old Spanish Trail (OST) exit
2. After exiting, take the second right (west) on Old Spanish Trail (OST) and follow it to Bertner Avenue
3. Turn right on Bertner Avenue
4. Then follow directions of Race Marshals to available parking

From Hobby Airport/Interstate 45 traveling north

1. Exit onto I-610 west and follow it to the Fannin Street exit
2. Turn right (north) onto Fannin Street and follow it to Old Spanish Trail (OST)
3. Turn right onto Old Spanish Trail (OST)
4. At first traffic signal, turn left onto Bertner Avenue
5. Then follow directions of Race Marshals to available parking

From Texas 288 traveling north

1. Exit onto I-610 west and follow it to the Fannin Street exit
2. Turn right (north) onto Fannin Street and follow it to Old Spanish Trail (OST)
3. Turn right onto Old Spanish Trail (OST)
4. At the first traffic signal, turn left onto Bertner Avenue
5. Then follow directions of Race Marshals to available parking

From Bush Intercontinental Airport/ U.S. 59 traveling south

1. Exit onto Texas 288 and follow it south to the Holcombe Blvd. and Old Spanish Trail (OST) exit
2. After exiting, take the second right (west) on Old Spanish Trail (OST) and follow it to Bertner Avenue
3. Turn right on Bertner Avenue
4. Then follow directions of Race Marshals to available parking

From U.S. 290 traveling east

1. Merge onto Interstate 610 south and follow it to the Fannin Street exit
2. Turn left on Fannin Street
3. Continue heading straight on Fannin Street to Old Spanish Trail (OST)
4. Turn right on Old Spanish Trail (OST)
5. At first traffic signal, turn left onto Bertner Avenue
6. Then follow directions of Race Marshals to available parking

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