22nd Annual
Sprint for Life® 5K Run/Walk
Blanton-Davis Ovarian Cancer Research Program

Race Day Schedule

- 6 a.m. Boutique opens for business
- 6 - 7:25 a.m. Late Registration/Packet 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

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
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 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 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

Sprint for Life® 5K Run/Walk
SprintForLife.com
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