

16th Annual *Sprint for Life*[®] 5K

Run/Walk & Sprint for Sprouts[®] Kids' Run

Blanton-Davis Ovarian Cancer Research Program

Saturday, May 4, 2013

7:30 a.m.

MD Anderson campus

www.sprintforlife.com

Race Day Schedule

6:00 a.m.	Boutique opens for business
6:00 a.m. – 7:25 a.m.	Late Registration
6:30 a.m. – 7:25 a.m.	Group and Corporate Team Photos
7:00 a.m.	Survivors Celebration Breakfast and Reception Opens Kids' Zone Opens
7:30 a.m.	5K Run/Walk Begins
8:30 a.m. – 9:15 a.m.	Presentation and Awards Survivor Recognition
9:20 a.m.	Sprouts Parade, Tot Trot and Sprint for Sprouts 1K Kids' Zone Closes
9:30 a.m.	Survivor Group Photo
9:45 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.

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 the disposable tag system (d-tag). You will not be an official finisher if you do not wear the d-tag on your shoe. You do not need to return your d-tag. If you bring your own chip to the race, your time will not be captured.

Kids' Zone and Tot Trot/Sprint for Sprouts 1K

The Kids' Zone, which features games, prizes, face painting and balloons, will open at 7:00 a.m. on Race Day. At 9:20 a.m., children 12 years and younger can participate in a parade 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 1K, just over half a mile. This race is for all children (under 12 years old) who want to run the full 1K.

Things to Know!

- Walkers, please line up behind the runners
- Pets are NOT allowed
- 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.

New Location for Post-Race Party and Kids' Races!

The Post-Race Party and the Kids' races will be held for the first time in the new open grassy area known as The Prairie, the "front yard" of the Mays Clinic. The Post-Race Party will feature a presentation and awards ceremony and ovarian cancer survivor recognition. Following the presentation, the Tot Trot and Sprouts 1K races will take place on the track in 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 Activities

Ovarian cancer survivors are invited to stop by the Survivors Celebration Breakfast and Reception area which opens at 7:00 a.m. on Race Day. Survivors will be recognized at the Post Race Party and then have a Group Photo taken at 9:30 a.m. 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 6:00 a.m.) Shop for new items and find great deals on vintage Sprint products.

Questions? Visit www.sprintforlife.com or call 713-792-2765.

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Parking

Free Parking will be available in the Braeswood Garage.

Plan your arrival accordingly, there is a 10-15 minute "warm up" walk from the Braeswood Garage to the event site. 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.

See our NEW Race Route!

Parking Instructions and Driving Directions

Free Race Participant Parking

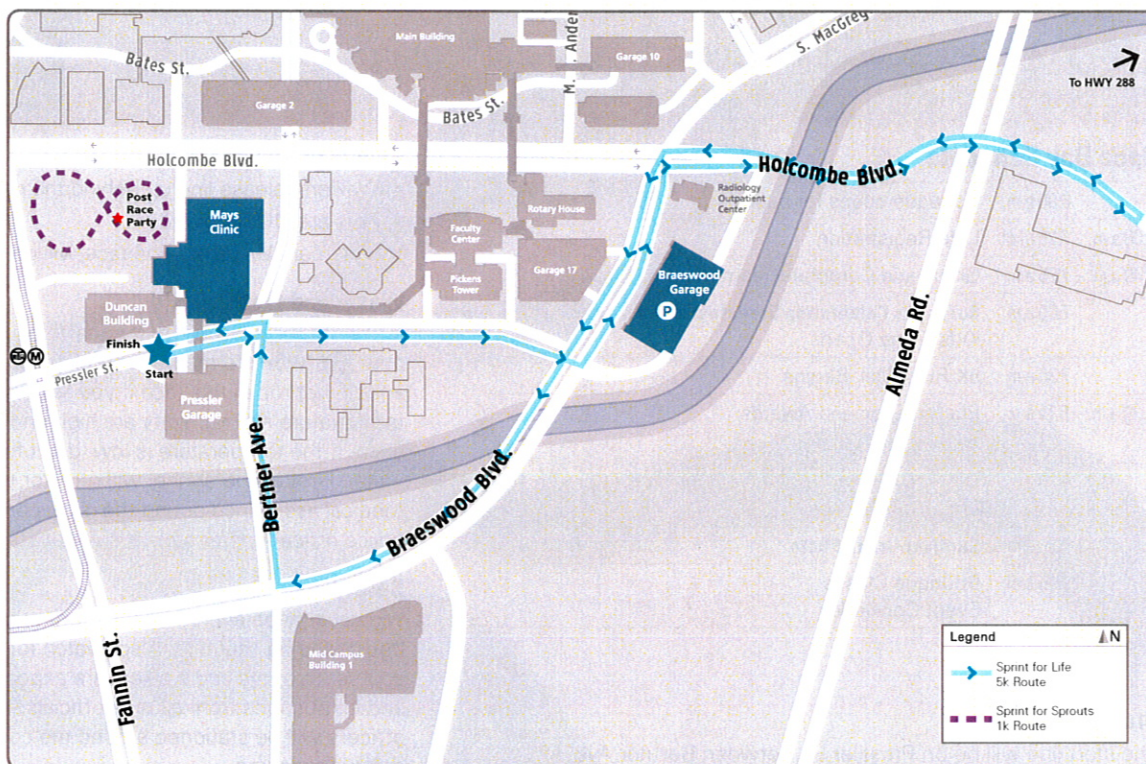
Free Parking will be available in the Braeswood Garage. Please follow the parking signs and race marshal instructions.

GPS Navigation Address for Braeswood Garage

1016 Braeswood Blvd.,
Houston 77030

Arrive Early

Please plan your arrival accordingly, there is a 10-15 minute walk from Braeswood 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 N. MacGregor Drive exit.
3. Turn right (west) onto N. MacGregor and follow it to Braeswood Boulevard.
4. Continue heading straight, onto Braeswood, as N. MacGregor bears right.
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 N. MacGregor Drive exit.
3. Turn right (west) onto N. MacGregor and follow it to Braeswood Boulevard.
4. Continue heading straight, onto Braeswood, as N. MacGregor bears right.
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 N. MacGregor Drive exit.
2. Turn right (west) onto N. MacGregor and follow it to Braeswood Boulevard.
3. Continue heading straight, onto Braeswood, as N. MacGregor bears right.
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 Bellaire Blvd./ Evergreen St. exit.
2. Turn left (east) onto Bellaire and follow it to Braeswood Boulevard.
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 St. exit.
2. Turn right (north) onto Fannin and follow it to Holcombe Boulevard.
3. Turn right (east) onto Holcombe then follow directions of Race Marshals to available parking.

From Texas 288 traveling north.

1. Head north to the N. MacGregor Drive exit.
3. Turn left (west) onto N. MacGregor and follow it to Braeswood Boulevard.
4. Continue heading straight, onto Braeswood, as N. MacGregor bears right.
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 N. MacGregor Drive exit.
2. Turn right (west) onto N. MacGregor and follow it to Braeswood Boulevard.
3. Continue heading straight, onto Braeswood, as N. MacGregor bears right.
4. Then follow directions of Race Marshals to available parking.

