

Baylor College of Medicine\*



Dear Runners,

On behalf of the Baylor College of Medicine Wellness 5K executive committee, we would like to welcome and thank you for participating in this year's race! We are excited to have you join us in promoting healthy living and wellness while raising money for community wellness initiatives. Over the past nine years, the BCM Wellness 5K has been able to fund the Grants for Leadership Opportunities in Wellness awards, which have helped members of the Baylor community apply for grants to start their own wellness initiatives. Funds raised from this year's BCM Wellness 5K Race/Walk will go towards funding additional wellness programming students for BCM and the community. We look forward to having you for the 10<sup>th</sup> annual race!

For registration, please arrive by 8:00 am on race day. Discounted parking will be available in all TMC parking garages, but garages 4 and 6 are recommended. The Kids' 1K will begin at 8:30 am, and the 5K will follow at 9:00 am. Again, we want to thank you for joining us and hope you enjoy your time on Saturday, October 16th. More information regarding race day and registration can be found online at [www.bcm.edu/giving/wellness5k](http://www.bcm.edu/giving/wellness5k). If you have any questions, please feel free to contact us by email at [bcmwellness5k@gmail.com](mailto:bcmwellness5k@gmail.com). We look forward to seeing you and your friends and family at 8:00 am on race day!

Additionally, we are looking for volunteers to help with setup, logistics, and cleanup on race day! As you know, our race is a community-wide charity event aimed at supporting healthy living and fitness. This event would not be possible without your help! Positions include:

- On-site logistics
- Bag check
- Adult racecourse directors
- Water stations
- Kid's race volunteers
- Clean Up

Volunteers with EMS certifications are greatly appreciated as well to ensure the 5K runs as smoothly and as safely as possible. Please follow the link below to register as a volunteer. Thanks!

[https://forms.office.com/Pages/ResponsePage.aspx?id=U7o9qE0SMk2i8LcoianpJjB9qhY9oE5MIFo4iD8oi\\_pUMIMyWldUNjFQQkVBUEhPWDEzUFJOUzZSNS4u](https://forms.office.com/Pages/ResponsePage.aspx?id=U7o9qE0SMk2i8LcoianpJjB9qhY9oE5MIFo4iD8oi_pUMIMyWldUNjFQQkVBUEhPWDEzUFJOUzZSNS4u)

Sincerely,

BCM Wellness 5K Race/Walk Executive Board

## RACE DAY SCHEDULE

**8:00 AM-8:30 AM** - Race Day registration and packet pick up (McGovern Commons - 6550 Bertner Avenue)

**8:30 AM** – Kids 1K Fun Run

**8:45 AM** – Starting line remarks

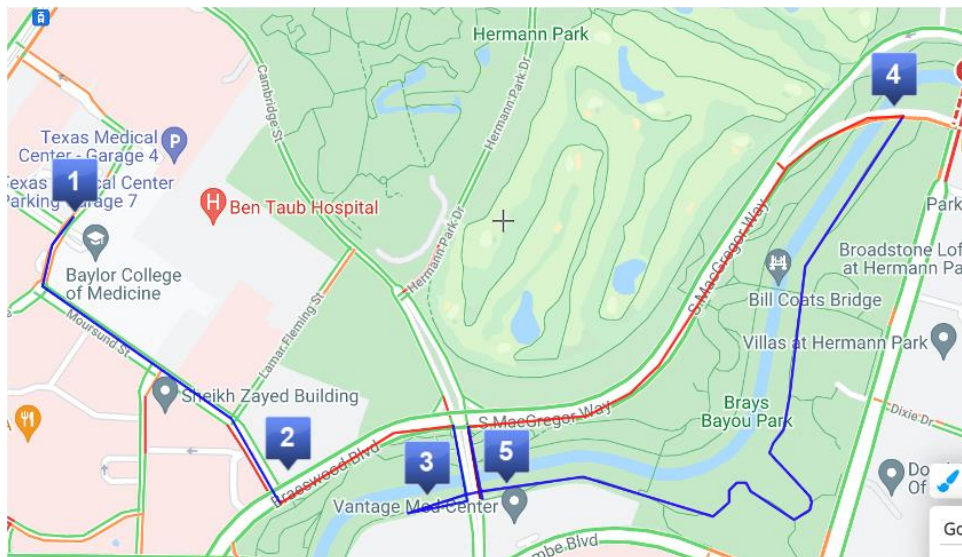
**9:00 AM** – 5K Run/Walk starts

**8:30 AM-10:00 AM** – Kids play area open (McGovern Commons)

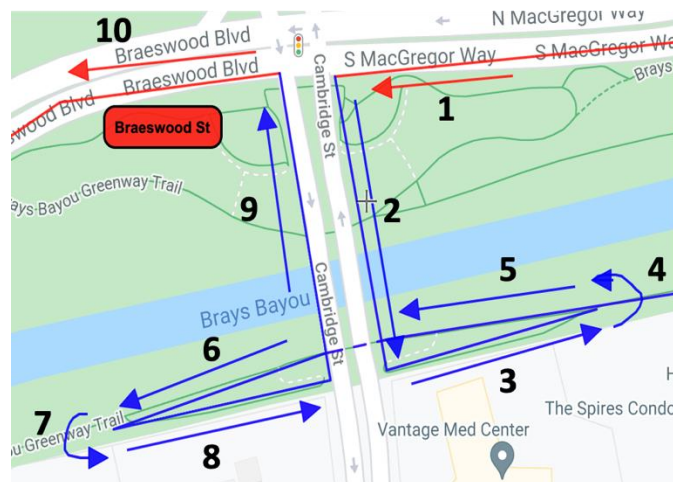
**9:30 AM-11:30 AM** – Food, music, and other post-race festivities (McGovern Commons)

**10:00 AM** – Awards (McGovern Commons)

## COURSE MAP



- 1) Start and finish on E. Cullen near BCM
- 2) Cross Braeswood Blvd toward Cambridge St
- 3) Turn around under the Cambridge St bridge and continue heading east until reaching S MacGregor Way
- 4) Turn left on S MacGregor Way and travel west (red line)
- 5) Loop around the bridge to get to the other side of Cambridge St. See below!



## **PARKING INFORMATION**

**Option 1: Park in the Texas Medical Center.** We have been able to secure discounted parking prices for race participants this year. Instead of paying the normal hourly rate (which will come out to ~\$12 if you stay for the duration of the race and post-race activities), you have the option of paying \$6 for parking. If you would like this option, **please select the “Take a Ticket” option when you enter the garage.** You can then come to the registration table and pay \$6 at the table. We will then validate your ticket (\$12).

**Option 2: Alternative Parking.** If you wish to park for free, consider looking for spots at or near Hermann Park. You can then take a short walk or jog over to the medical center. Another option to consider would be the neighborhood streets around Rice University. However, keep in mind that some of these streets have no parking signs on them, so be careful!

**Option 3: Metrorail.** Take the Houston Metrorail to the Memorial Hermann Hospital/Houston Zoo station. Once you get off, if you look for Ross Sterling Avenue and head southeast, you’ll find yourself at Baylor and right near the starting line.

**Option 4: Walk/Run/Bike.** As a race promoting wellness, we encourage you to walk, run, or bike if you live in the vicinity of the medical center.

## **GEAR CHECK**

Gear check will begin at 7:30 am in front of the McGovern Commons.

## **KIDS 1K**

As advertised, the first 50 kids to register for the 1K will be receiving free youth L cotton t-shirts. These can also be picked up race morning. Please stop by the main tent to receive a wrist band for your child!

## **KIDS CHILDCARE/PLAY AREA**

Parents, if you plan to use the kids’ childcare provided, please check-in to the kids play area before 8:30 am in order to get wristbands. All children staying in the childcare area must have wristbands.

## **POST RACE**

Join us after the race for fun post-race festivities with food and drinks, vendor booths, and games for the kids! Race awards will be distributed for the top male and female of each age category as well as top overall men and women as well as team awards.

## **TIMING & PHOTOS**

Timing will be provided by Fast Lane Services and photography by Spring Action Photos. We love seeing our runners have a great time! Be sure to take a selfie or group photo on race day and post on Facebook, Instagram, or Twitter with the hashtag #BCM5K!