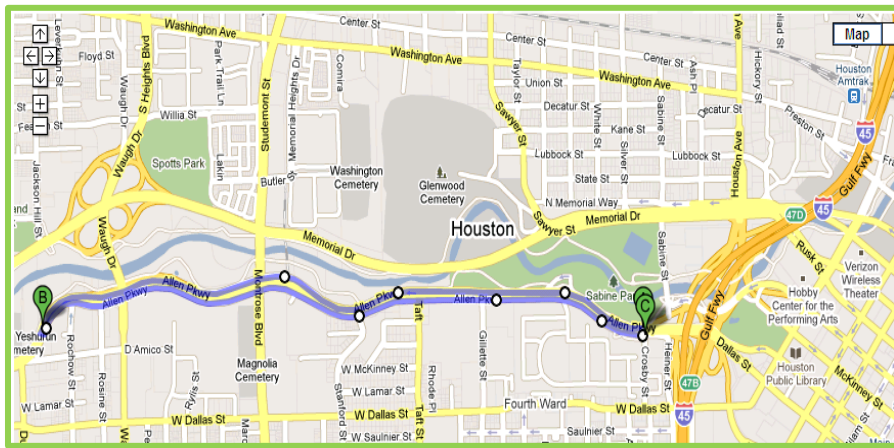




## Race Day FAQ's

### When and where does the race take place?

Sunday, September 11, 2011. The course is an out and back on Allen Parkway, starting and finishing at Sam Houston Park. The 5K race and walk begins at 7:30 a.m. The Kids 1K begins at 8:30 a.m. Please arrive at least one hour prior to the event.



### How will it be timed?

The 5K run/walk uses an electronic timing system that records race time and place using reusable IPICO chips that tie onto the runners shoe with two ties. Please tie them onto the shoe firmly with the provided ties. We will have recycling bins after the finish line.

### How will I receive my results?

Official results will be posted at [www.houstonrunforrecovery.com](http://www.houstonrunforrecovery.com).

### What do I do with my personal items while I'm running/walking?

You can leave your items at a bag drop at Sam Houston Park. Look for the "Bag Drop" sign near the gazebo. All items must be picked up by 9:30 a.m.

### What awaits me at the post-race party?

For race participants there is food and drink near the church and free massages from Koala Health and Wellness Center. For all visitors, coffee, water and soft drinks will be available.

### Where can I get my race photo?

Your Run for Recovery individual race photo will be posted at [www.yoursportingimage.com](http://www.yoursportingimage.com) and available for your purchase.

**What are the awards?**

Overall winner - male and female – finisher’s award and a massage certificate from Koala Health and Wellness Center.

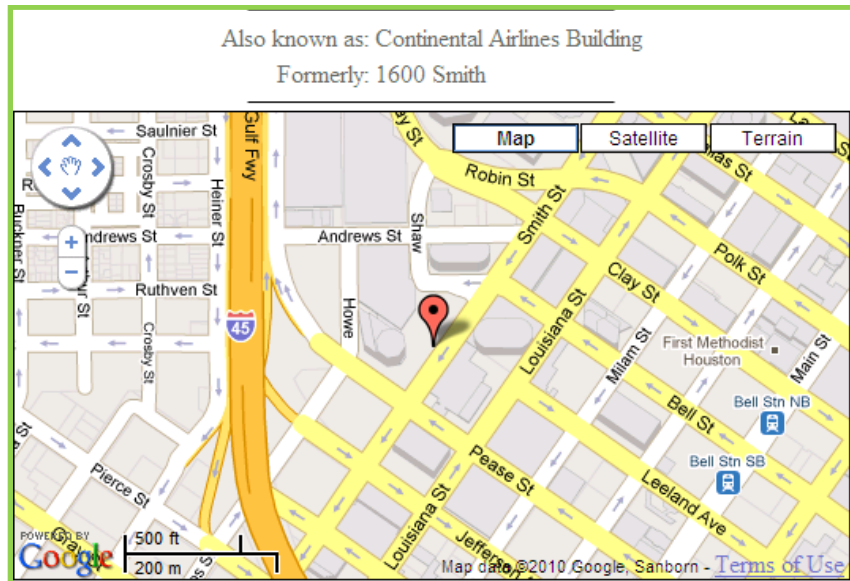
Overall master - male and female – finisher’s award and a massage certificate from Koala Health and Wellness Center.

Male and Female age group winners (13-19, 20-29; 30-39; 40-49; 50-59; 60-69; 70 and over) will get a \$15 certificate from Luke’s Locker.

**Where should I park?**

Free parking is available in the Continental Center I parking garage located at 1600 Smith Street. Enter from either Howe Street or Ruthven/Shaw. **All participants must park on the 4<sup>th</sup> floor and above.** Please do not park on the ground floor, 2<sup>nd</sup> or 3<sup>rd</sup> floor as these are reserved parking for tenants only.

There is also plenty of free street parking near Sam Houston Park. Surface lots are available for a parking fee – remember to bring cash for the meters.



**Will the race be held if it is raining?**

Run for Recovery is a “rain or shine” event. However, if weather conditions threaten the safety of participants, the race would be cancelled. Sorry no refunds.

Thank you for participating in our event!  
Prevention Works. Treatment is Effective. People Recover.