



Presented by
Houston Masters Sports Association

SUNDAY, NOVEMBER 14, 2010
7:00 AM

Marathon Warm-Up Series

Benefiting The Cenikor Foundation

Marathon Warm-Up Series

The Warm-Up Series is proudly celebrating its 25th year. It has become an integral part of Houston's fall running season and it serves as the HARRA championships in the distances of Half Marathon, 25 and 30K. Plus, many trainers now include the Series as a vital element of their runners' training. The Series was inaugurated in 1986 and each race has been handled well by the individual clubs who direct them. These organizations have dedicated part of their proceeds to support local charities and, in the early days, proceeds from the events went to help install the trail lights in Memorial Park. Those who are preparing for the Chevron Houston Marathon find the gradually increasing distances of Half Marathon, 25 and 30K, spaced about a month apart, are ideal for marathon training. Others enjoy the challenge and diversity provided in contrast to the many shorter events held in the Greater Houston area.

Whatever your reason for joining us, we welcome you to the HMSA Classical 25K. Whatever your goal, we wish you well in your training and hope you continue to use the Warm-Up Series as part of your training program.

Guidelines for Participation

In accordance with guidelines issued by USA Track and Field and Road Runners Club of America, only runners and wheelchairs can be allowed on the course. The race is sanctioned by the Road Runners Club of America (RRCA). Guidelines exclude runners going backwards, animals, bicycles, baby strollers, baby joggers, headphones and skateboards. No wheeled vehicles are allowed other than wheelchairs. It is not our intent to censure the few who might wish to participate with his/her child or on a wheeled vehicle. It is our intent to furnish the safest possible race course and to provide the runner with the sanction advertised for this event. Those who participate in a non-sanctioned manner will be removed from the course.

Wheelchair participants will be bound by competition rules for athletics as issued by Wheelchair Track and Field, USA (WTFUSA), the national governing body of Wheelchair Sports, USA.

The HMSA Classical 25K is the second event of the Series

When: 7:00 a.m. Sunday, **November 14, 2010**

Where: Downtown Houston with a start and finish at Wortham Center (Texas Avenue @ Smith St), one of Houston's performing arts venues.

Who: All properly trained runners may enter. However, if you cannot complete the 25 kilometers (15.5 miles) course, under potentially warm and humid conditions in 3 hours 30 minutes, entry is not recommended. This time approximates a 6-hour marathon pace.

The Course

- ❖ HMSA'S Classical 25K racecourse is certified by the Road Running Technical Council of USA Track & Field. Certification number is TX03085ETM. It is a triple loop and mainly on concrete.
- ❖ The course will close at 10:30 A.M. If you have not completed the event, you will be asked by Houston Police to leave the street.
- ❖ There are water stations approximately every 2 miles.
- ❖ Qualified EMT and AED personnel are at the finish line and along the course through radio communication.
- ❖ Elapsed times and pace will be called at each mile.

Entry Fees

HMSA Classical 25K Entry Fee

Regular: \$35.00 if postmarked before **October 22, 2010**

Late: \$40.00 if postmarked on **October 22, 2010 or later**

HARRA members should deduct \$3 from the entry fee.

Seniors 65 and over should deduct \$5 from the entry fee

Awards

HMSA Classical 25K

A long-sleeved Technical shirt with an MP3 player pocket, will be awarded to all official finishers of the HMSA Classical 25K. Because one-third of our entries register on the last three days before the race, your requested shirt size may not be available.

Cash Awards will be given in the 25K to the 1st (\$100), 2nd (\$75), and 3rd (\$50) place Open and Masters winners, both male and female. These winners will also receive a commemorative plaque to honor their performance.

Age Group Awards: First, second and third place awards will be given to male and female winners in the following age groups: 12-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+

NOTE: THERE WILL BE NO DUPLICATION OF AWARDS.

On any and all matters relating to conduct of the race, the Race Directors' decision will be final.

HARRA Competition and Teams: Registered HARRA members will be competing for points toward *Runner of the Season* status in Open and Masters Male and Female age group and team categories of the 25K only. HARRA points will be awarded based on chip times.

Marathon Warm-Up Series Awards: A 25th anniversary commemorative jacket will be awarded to those who complete the Half Marathon, 25 and 30K distances **or** who complete two events and volunteer for the third. Pickup location for the jackets will be announced later.

Time Limit and Scoring

Awards are made based on gun time. The HMSA Classical 25K uses the ChronoTrack scoring system using the B-tag. The tag will be on the reverse side of your number when you receive it. You do not need to do anything with it, **but do not fold it or cut it off.**

In order for results to be tabulated on a timely basis, no official times will be taken after 3 hours 30 minutes. Water stations and course security will be removed accordingly.

Packet Pick Up & Late Registration

Packets will be mailed out to those runners who registration is postmarked before October 22, 2010. If your registration form is postmarked on October 22, 2010 or later, you must pick up your packet at one of the times shown below.

Thursday, November 11

10 a.m. to 7 p.m.
Fleet Feet Sports in Spring, Texas
8220 Louetta Road
Spring, TX
281-370-4140

Friday, November 12

10 a.m. to 7 p.m.
Fleet Feet Sports in Rice Village
2408 Rice Blvd.
713-520-6353

Saturday, November 13

10 a.m. to 6 p.m.
Fleet Feet Sports
6590 Woodway at Voss
713-465-0063

Late registration can be done at packet pick up. Entry fee at late registration is \$40, \$37 for HARRA members and \$35 for seniors 65 years and older.

There is no race day registration or packet pick up and there are no exceptions.

In conjunction with the 25K event will be a 25K three-person relay. This year there are separate entry forms for each race.

- ❖ You may change your event prior to race morning.
- ❖ If you decide to run the full 25K and not the relay, you will pay the difference in the race fee.
- ❖ If you decide to run the relay instead of the 25K, there will be no refund.

For further information contact Paul Cooley at 713-665-3800 or hmsa@houstonmasters.org.

**Online Registration at <http://www.eztoregister.com/events.asp>
will close at 8:00 PM on November 9, 2010**

Race sponsorship and management is by Houston Masters Sports Association.