

Fleet Feet Buffalo Bayou
25K Relay



Presented by
Houston Masters Sports Association

and

FLEET FEET
Sports.

Get ready for a “Relay” good time down on the Bayou!

SUNDAY
NOVEMBER 14, 2010
7:00 AM

Fleet Feet Buffalo Bayou 25K Relay

Fleet Feet Sports presents the Fleet Feet Buffalo Bayou 25K Relay. This exciting team event pits 3 runners per team on a fast 3-loop course. Each loop consists of 8.33 K or 5.20 miles and parallels Buffalo Bayou from the corner of Bagby and Prairie out to Shepherd Drive and back on Memorial Drive. Have you been training for a half-marathon? The Fleet Feet Buffalo Bayou 25K Relay will give you a supercharged warm up for the challenge of a half-marathon. Get together with a couple of your running friends and meet the challenge of the Fleet Feet Buffalo Bayou 25K Relay, there is no relay race in Houston like it! Get ready, and get set for a “relay” good time along Buffalo Bayou!

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 racecourse 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.

“Relay” Relevant Information

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.

What: A 3-person relay, (one loop each of the 25K course x 3). Junior (one category for 19 & under, either Male, Female or Mixed), Men (Open, Masters and Seniors), Female (Open, Masters and Seniors), Mixed teams (NOTE: A mixed team consists of 2 men and 1 woman or 1 man and 2 women.) Masters is 40 and over, Seniors is 50 and over.

The Course

- ❖ The Fleet Feet Buffalo Bayou 25K Relay runs in conjunction with the HMSA Classical 25K. The 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 Fleet Feet Buffalo Bayou Relay: Each runner runs one loop of the 25K course (8.333 km).
- ❖ The course will close at 10:30 A.M. If you have not completed your 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 will be called at each mile. The time you hear called will be the total time for your Relay team and the overall team pace.

Entry Fees

Fleet Feet Buffalo Bayou 25K Relay

Regular: \$60.00 per team if postmarked **before October 22, 2010**

Late: \$66.00 per team if postmarked **on October 22, 2010 or later**

Discounts apply to the 25K race, but do not apply to the Relay since it is not a HARRA race.

Awards

Fleet Feet Buffalo Bayou 3-Person Relay

A short-sleeved Technical shirt will be awarded to all entrants of the Fleet Feet Buffalo Bayou Relay. **Team captains should pick up shirts for all team members on race morning.**

Team awards: First, second and third place awards will be given in the Junior category (19 & Under, either Male, Female or Mixed), Open, Masters and Seniors Male and Female, teams, and first, second and third place awards will be given in the Open, Masters and Seniors Mixed team categories. NOTE: A mixed team consists of 2 men and 1 woman or 1 man and 2 women.)

NOTE: THERE WILL BE NO DUPLICATION OF AWARDS.

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

Time Limit and Scoring

The Fleet Feet Buffalo Bayou 25K Relay event uses the ChronoTrack scoring system using the D-tag. The D-tag will be attached to a Velcro strap, which you may wear on your ankle or on your wrist. Your team captain will receive the strap and the tag. This will be passed from runner A to B to C as you pass the exchange point.

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 whose 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, Texas

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 for the Fleet Feet Buffalo Bayou 25K Relay is \$66.00. **No deductions apply.**

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

- ❖ 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 hmsa@houstonmasters.org.

Online Registration at <http://www.signmeup.com/events.asp>

will close at 8:00 PM on November 9, 2010

Race sponsorship and management is by Houston Masters Sports Association and Fleet Feet Sports.

city streets. There may be areas such as potholes, cracks, or other places, which could, if stepped in or on, result in injury to me as a runner. I acknowledge this possibility and specifically and with full knowledge of such potential dangers, waive any claim that I or anyone claiming on my behalf might have or make against Road Runners Club of America, the Houston Area Road Runners Association, USA Track and Field, Houston Masters Sports Association, the City of Houston, Fleet Feet Sports, New Balance Athletic Shoe, Inc., the Wortham Theater Center, the officials and other sponsors of the Marathon Warm-Up Series and their representatives, successors, and assigns, for any and all injuries suffered by me in this event. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event and my physical condition has been verified by a licensed medical doctor. Further, I hereby grant full permission to any and all of the foregoing to use photographs, videotapes, motion pictures and recordings of me, or any other record of this event for any legitimate purpose.

I have read the foregoing and voluntarily execute this Waiver. All team members must sign.

Signature of Runner (or if under age 18 Signature of Guardian) _____
This entry is invalid unless signed by entrant or by a parent or guardian if entrant is under 18 years of age. The race director reserves the right to reject any entry.

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