

Toughest 10K Kemah Race Day Instructions

For **MOST CURRENT** information please watch for the Digital Runner's Guide, which will be posted shortly before race day. The Runner's Guide will be announced on Facebook and linked on the main home page of this website as soon as it is available.

Welcome to the Toughest 10K Kemah hosted by Running Alliance Sport, and our generous sponsors! We thank you for your support!

Race Start Time: 7:30 AM

Race Start Location: Start and Finish at the Kemah Boardwalk (215 Kipp Ave, Kemah, TX 77565)

Designed Parking: Runner parking is available at 3rd St/Texas Avenue (0.7 mile from start line) and 6th/Bradford Ave (0.3 mile from start line) Parking is FREE. Please allow yourself ample time to find a parking space and get to the race start area. (Red arrows on map below represent part of race route, check our website for detailed map)



Race Timing System/Bib:

The timing tag will be distributed in your race packet attached to your bib. Do not forget the bib on race morning. You will need to wear it to receive an official finish time when you cross the finish line. If you forget your bib, you will need to pay \$10 to replace it. All participants must wear their bib on the front in a way so that course officials can see it. The bib is non-transferable.

Packet Pickup and Race Day Registration: Race day packet pickup and race day registration (credit card accepted) are available starting at 6AM. Race day registration is available as long as there are slots open. However, you will not be given a shirt until after the race if available.

Port-a-Potties: Located behind the Cool Zone (in front of Babins restaurant)

Bag Drop: Bag drop is available next to the packet pickup.

Course description: Flat and easy on the Kemah Boardwalk and then the "Tough" part, 4 passes (2 complete loops) over the Kemah/Seabrook Bridge. Then, it's downhill (not really) to the finish!

Pets and baby strollers: No dogs or baby stroller/jogger on race course. In addition, **NO PET** is allowed on the Kemah Boardwalk (except service animals) per Kemah Boardwalk management.

Race Etiquette: Line up at the starting line according to how fast you plan to run or walk the event. Slower runners and walkers should move to the back of the race pack. On the Kemah Bridge, stay to the **LEFT (closest to the shoulder)** to allow faster runners to pass. Run or walk no more than two abreast. If you really want to wear headphones, have one ear bud out to be able to listen to race instruction.

Water Stations: Water stations serving water and gatorade will be on both side under the bridge and at Fifth St/Texas Avenue (about mile 0.9, 1.4, 2.3, 3.7, 4.6, and 5.6)

Race Time Limit: 2 hours (strictly enforced)

Course Markers: Visible mile markers will be positioned along the course. Volunteer course monitors will be positioned to provide help and directions along the course.

Photography: Official race photographer (www.raceshots.net) will be on the course and at the finish.

Finish line: Keep moving after you cross the finish line. Results will be posted onsite and also at the official website at www.onetough10k.org. Finisher's medal will be awarded just outside the finish shoot. **All finishers will receive a finisher's medal.**

Post-Race Party: After you finish your event, stick around and cheer in your fellow runners and walkers and party in the park with us, there will be lots of food, fun, and entertainment for your enjoyment.

Race website: <http://www.onetough10k.org>

Announcements and updates: <https://www.facebook.com/kemahtoughest10k>