



Houston 9/11 Heroes Run
Saturday, September 9, 2023
City Hall (901 Bagby, Houston 77002)

Opening Ceremonies: 7:30 a.m.
5K Wheeler Start: 8:00 a.m.
5K Run/5K Ruck Start: 8:05 a.m.

Pre-Race Packet Pickup Information

Thursday and Friday, September 7-8, 2023

11:00 a.m. to 6:00 p.m. SHARP (no earlybirds or latecomers so please plan accordingly)
Houston Police Credit Union ([1600 Memorial Drive, Houston 77007](https://www.houstonpolice.org/locations/1600-Memorial-Drive))

RACE DAY PACKET PICKUP (9/9/23) will begin at 6:00 a.m. and end at 8:00 a.m. The Registration and Packet Pickup tent will be located on the front plaza of City Hall. **Race Day lines are long so please arrive early.**

*****If you registered under the NO SHIRT, NO CHIP, NO SWAG option, do not come to packet pickup. NO SHIRT, NO CHIP, NO SWAG participants are allowed to participate in the run but will not receive a shirt, bib, swag bag, or other race gear. NO SHIRT, NO CHIP, NO SWAG participants are not eligible to win a medal.**

Awards Breakdown

- Overall Male and Female 5K
- Overall Masters Male and Female 5K (ages 40+)
- Top 3 Male and Female 5K Ruckers
- Top 3 Male and Female 5K Wheelers
- 1st through 3rd Place Age Divisions Male and Female 5K

The top three finishers in each age division of the 5K Run will win a medal. The 5K Ruck and 5K Wheeler divisions do not have age division awards. The first 3 male and female finishers in the Ruck and Wheeler divisions will win a medal.

5K Run Age Divisions

- 12 and Under
- 13-19
- 20-29
- 30-39
- 40-49
- 50-59
- 60-69
- 70 and Over

Important FAQs

1. Can I pick up packets for friends, family members, coworkers, etc.?

- a. Yes, you are welcome to pick up packets for other participants. Be sure to let them know you are getting their packet to avoid confusion and unnecessary standing in line.
- b. If you will be picking up for a group of 10 or more participants, please email the [Registration Manager](#) with the complete list of names of all packets you are picking up and our volunteers will pull your packets as a group. We must have the first and last names of each runner. We cannot pull by team name.
- c. To allow our volunteers time to pull your group's packets, please arrive at HPCU **after 2:00 p.m. on Thursday, September 7**. If you arrive early, you will have to wait as we have several large groups to pull every year.
- d. We cannot mail packets. If you are unable to pick up your packet early, please make arrangements to claim your packet on Race Day. Race Day lines are long so arrive early to ensure you have plenty of time to get to the start line.

2. Where do I park on Race Day?

- a. Most Downtown parking garages will be open for guest parking. The closest garage to the race site is the Tranquility Garage. Garage parking will cost approximately \$15-20 per car. Metered street parking will also be available. Please bring cash as not all garages accept credit cards. We encourage everyone to carpool if possible.

3. What does the course look like?

- a. The course map can be found [here](#).

4. I registered already but can no longer participate. Can I give my bib to someone else?

- a. Yes, you may transfer your registration to another runner but **YOU MUST NOTIFY** the [Registration Manager](#) **BEFORE** race day. The Houston 9/11 Heroes Run is timed and results are posted based on the information originally assigned to each bib. If you are female and give your bib to a male, his finishing time will be put into the female standings and could skew the results. It is imperative you contact the [Registration Manager](#) before the race to properly transfer your bib to a new runner.
- b. Required information to make a transfer is (new runner information) Name, Age or Date of Birth, Gender, Email Address, City and State of Residence, and Race Division. Email the [Registration Manager](#) to transfer your bib.

5. I registered for the 5K Run but want to run in the 5K GORUCK. Can I change divisions?

- a. Yes, you may change to a different division but **YOU MUST NOTIFY** the [Registration Manager](#). If you do not notify the [Registration Manager](#) of your division change, you could skew race results and impact the final standings. Email the [Registration Manager](#) to change divisions. **Please note, registration for the GORUCK division is \$5 more.** If you transfer to the GORUCK division from the regular 5K division, you must pay an additional \$5.

- b. The GORUCK division has very specific rules and regulations if you will be competing for a medal. Please review the [GORUCK rules and regulations](#) very carefully. Rucks must be weighed on race day at the GORUCK tent in order to qualify for a medal. Please arrive early to account for the time it will take to weigh your ruck and get to the start line. If you have questions about the GORUCK division, [email us](#).
- 6. I can no longer participate in the Houston 9/11 Heroes Run and don't want to transfer my bib to another runner. Can I get a refund?**
 - a. No, due to the fundraising nature of this event, we have a strict no-refund policy. We apologize for the inconvenience and appreciate your understanding.
- 7. What time should I arrive on Race Day?**
 - a. Opening Ceremonies will begin at 7:30 a.m. We suggest you arrive at City Hall no later than 7:15 a.m. to see the entire ceremony. It's an awesome experience and you don't want to miss it!
- 8. Will you be selling merchandise at the race?**
 - a. Yes! This year we will be selling limited edition Travis Manion Foundation merchandise at the Registration Tent. We will only accept electronic payments for TMF merchandise sales (credit cards, Apple Pay, etc.). We cannot accept cash for TMF merchandise.
- 9. Can I purchase extra race shirts or Houston Fire caps?**
 - a. Yes! Race shirts and Houston Fire caps will be sold at the Registration Tent after the start of the race. Cash and electronic payments will be accepted for race shirts and Houston Fire caps. Houston Fire caps are \$9 each and race shirts are \$10 each. Supplies are limited and will be sold on a first-come, first-served basis.
- 10. I purchased a Houston Fire cap when I registered. Where do I pick it up?**
 - a. Please let the volunteers know when you claim your packet at packet pickup. We will give you a cap with your packet. Additional caps may be purchased at packet pickup for \$9 each. Cash and credit cards will be accepted.
- 11. I registered as a Wheeler. Do I need to do anything special when checking in?**
 - a. If you are participating in the Wheeler division, please check in with the timer BEFORE the start of the race. To avoid confusion in the race results, we must capture your bib number before you cross the start line. The timing tent will be located on Smith Smith, close to the start line. **THIS IS VERY IMPORTANT!!!**
 - b. The wheelers will begin the race promptly at 8:00 a.m. Please arrive at the start line in enough time to check in with the timer and get to the start line by 8:00 a.m.
- 12. I plan to walk the 5K. How long do I have to complete the route?**
 - a. Due to street permit limitations, we must clear the route by 9:30 a.m. If you are on the route at 9:30 a.m. you will be asked to move to the closest sidewalk to open the street to traffic. If you would like a ride to the finish line, please notify the closest HPD officer for help.
- 13. Where will water stations be located?**
 - a. We will have one water station on the route, located at Taft and Allen Parkway. Runners will be able to access the water station twice. Water will also be available at the finish line. Remember, Houston is HOT. Stay safe and hydrated!

Timing Chip and Race Bib

The timing chip is attached to the back of your bib. You must wear your bib on the front of your body, preferably chest-high, so the timing equipment can read your bib as you cross the finish line. Do not cover your bib with a jacket, sweatshirt, or other clothing. If you wear your bib below your waist, underneath clothing, on your back, or folded in your hand, your chip may not be read and you may not get an accurate time.

Do not remove your timing chip from the back of your bib. You do not need to return it at the end of the race.

If you have questions or concerns about your finish time, please ask the timer after you finish the race. The timing tent will be located close to the start line. With an estimated 2,000 finishers, the end of the race can be hectic so we appreciate your patience and grace. **WE ARE ALL HUMAN AND SOMETIMES HUMANS MAKE MISTAKES. BE KIND!**