

Dear Runners,

On behalf of the Baylor College of Medicine Wellness 5K executive committee, we would like to welcome and thank you for participating in this year's race! We are excited to have you join us in promoting healthy living and wellness while raising money for community wellness initiatives.

For the past eight years, the BCM Wellness 5K has been able to fund the Grants for Leadership Opportunities in Wellness (GLOW) awards. Through GLOW, members of the Baylor community can apply for grants to start their own community wellness initiatives. There are no better candidates for helping the community than those who actively participate in it. In the past years, GLOW grant recipients have included Medical Miles, Refugee Health and Leadership Academy, the Music and Wellness Choir, Kidney Koaches, and the HOMES clinic, among others.

Please arrive by 7:30 am on race day. Discounted parking will be available in all TMC parking garages, but garages 4 and 6 are recommended. The Kids' 1K will begin at 8 am, and the 5K will follow at 8:30 am. **Join us after the race for a breakfast hosted by our sponsor, Latitude Med Center Apartments at 1850 Main St!**

Again, we want to thank you for joining us and hope you enjoy your time on Saturday, October 13th. More information regarding race day and registration can be found online at www.bcm.edu/giving/wellness5k. If you have any questions, please feel free to contact us by email at bcmwellness5k@gmail.com. We look forward to seeing you and your friends and family at 7:30 am on race day!

Sincerely,

BCM Wellness 5K Race/Walk Executive Board



BAYLOR COLLEGE OF MEDICINE
WELLNESS 5K
OCTOBER 13, 2018



RACE DAY SCHEDULE

7:00 AM-8:00 AM - Race day registration and packet pick up (McGovern Commons - 6550 Bertner Avenue)

8:00 AM – Kids 1K Fun Run

8:15 AM – Starting line remarks

8:30 AM – 5K Run/Walk starts

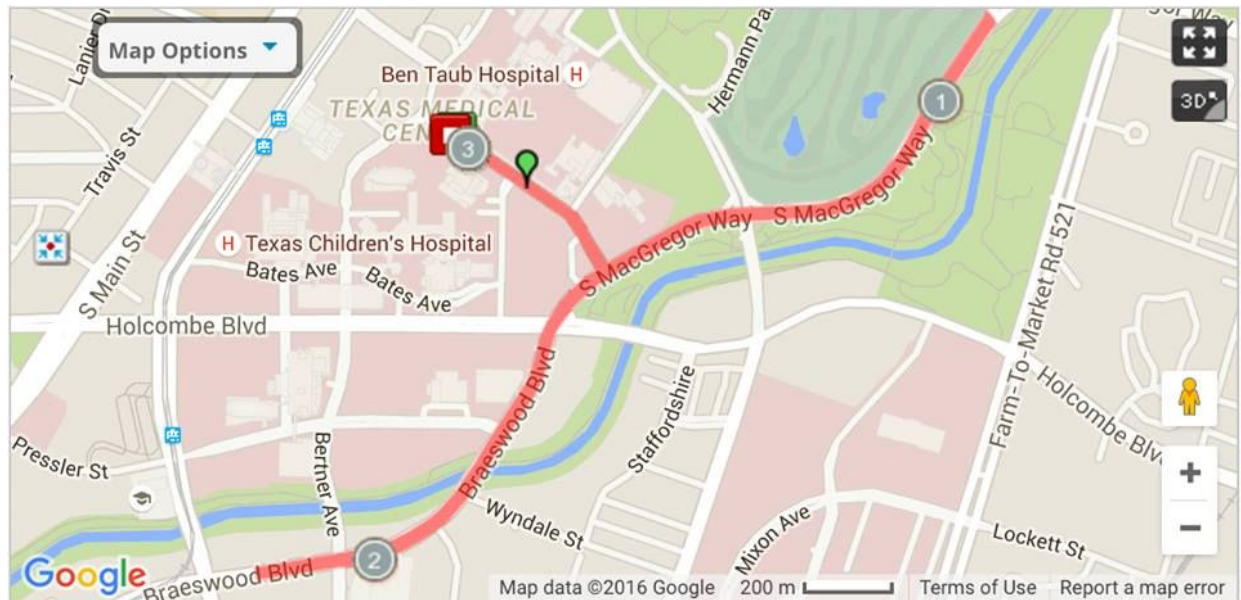
8:00 AM-9:30 AM – Kids play area (McGovern Commons)

8:30 AM-10:30 AM – Food, music, and other post-race festivities (McGovern Commons)

9:30 AM – Awards (McGovern Commons)

10:00 AM - Continental breakfast at Latitude Med Center Apartments (1850 Old Main St)

COURSE MAP



PARKING INFORMATION

Option 1: Park in the Texas Medical Center- We have been able to secure discounted parking prices for race participants this year. Instead of paying the normal hourly rate (which will come out to ~\$12 if you stay for the duration of the race and post-race activities), you have the option of paying \$6 for parking. If you would like this option, **please select the “Take a Ticket” option when you enter Garage #4.** You can then come to the registration table and pay \$6 at the table. We will fully validate your ticket (\$12).

Option 2: Alternative Parking. If you wish to park for free, consider looking for spots at or near Hermann Park. You can then take a short walk or jog over to the medical center. Another option to consider would be the neighborhood streets around Rice University. However, keep in mind that some of these streets have no parking signs on them, so be careful!

Option 3: Metrorail. Take the Houston Metrorail to the Memorial Hermann Hospital/Houston Zoo station. Once you get off, if you look for Ross Sterling Avenue and head southeast you'll find yourself at Baylor and right near the starting line.

Option 4: Walk/Run/Bike. As a race promoting wellness, we encourage you to walk, run, or bike if you live in the vicinity of the medical center.

GEAR CHECK

Gear check will begin at 7am in front of the McGovern Commons.

KIDS 1K

All kids running in the 1K will be wearing race bibs this year! So please go to packet pick up either at BCM or race morning to pick up the bib for your child! As advertised, the first 50 kids to register for the 1K will be receiving free youth L cotton t-shirts. These can also be picked up race morning.

KIDS CHILDCARE/PLAY AREA

Parents, if you plan to use the kids childcare provided, please check-in to the kids play area before 8am in order to get wristbands. All children staying in the childcare area must have wristbands.

POST RACE

Join us after the race for fun post-race festivities with food and drinks, vendor booths, and games for the kids! Race awards will be distributed for the top male and female of each age category as well as top overall men and women as well as team awards.

TIMING & PHOTOS

Timing will be provided by Fast Lane Services and photography by Spring Action Photos. We love seeing our runners have a great time! Be sure to take a selfie or group photo on race day and post on Facebook, Instagram, or Twitter with the hashtag #BCM5K!