

Toughest 10K

K E M A H



2016 Runner's Guide

WELCOME TO THE 9TH ANNUAL TOUGHEST 10K KEMAH

Runners, welcome to this year's ninth annual Toughest 10K Kemah - the kickoff race to the sixth annual Texas Bridge Series.

On behalf of our great host venue sponsor The Kemah Boardwalk, the City of Kemah and its Police Department and all of our sponsors, vendors and volunteers, Running Alliance Sport is excited to have you racing with us.

Whether it is your first time to race over the Kemah-Seabrook Bridge with us or your ninth, we want you to run hard, race well, have fun and stick around to enjoy the post-race party and the awards ceremony.

We're delighted to be hosting again the Road Runners Club of America's Southern Region 10K Championship. We enjoy a great relationship with the RRCA.

There have been many great races in the 11-state region from Alabama to Texas that have hosted the championship in the past and we're thankful to all of you for helping us be considered as one of them.

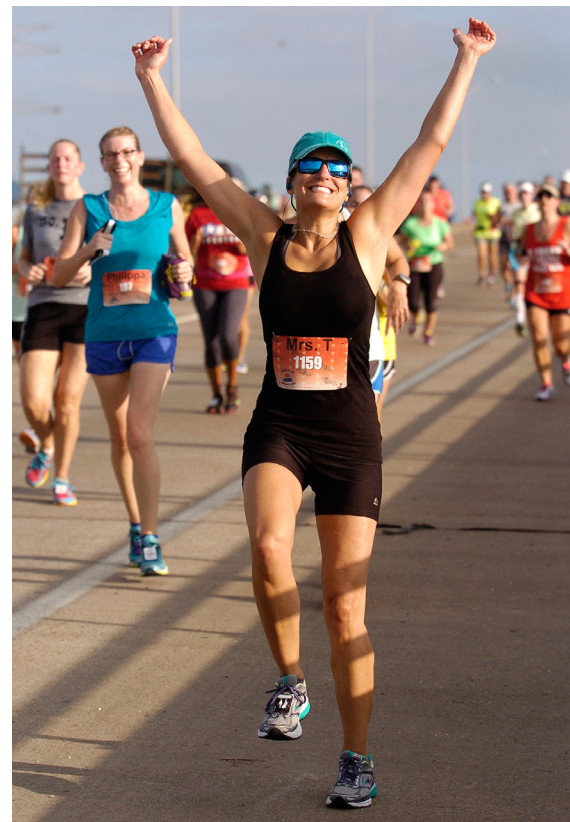
Some of you run our races not just because they offer a physical test and challenge or that you've told us that they're well-produced, but rather that we use them as an opportunity to help others.

Our goal - with your help in pushing our registrations to the limit - is to give as much money as possible from the Texas Bridge Series to The Bridge Over Troubled Waters, Inc. to help them help women and children that have been victims of sexual and domestic violence and work to prevent it in the future.

Thank you for embracing our change this year to Sunday. Part of a great relationship - as we have with the Kemah Boardwalk - is adjusting, when necessary, to meet the needs of both parties. The shift helps lessen the business and community impacts in and around the Boardwalk property.

With 1,400 of you signing up at once for all three races of this year's Texas Bridge Series, we gain confidence from and strive to meet the expectations that you've shown in affirming our past successes.

We wish you well as you do us. Thank you!



In This Guide

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- Contingency Plans For Bad Weather
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The Post Race Party:

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- Awards

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- About Running Alliance Sport
- Our Mission
- Thank You

Toughest 10K

SEPT 18, 2016



Packet Pick-Up

Packet Pick-Up Schedule

Thursday, September 15

11 AM - 6 PM

Speedy's Fast Track
11440 Hempstead Rd.
Houston, TX 77092
713-957-8803

Friday, September 16

10 AM - 6 PM

Saturday, September 17

10 AM - 5 PM

On the Run Clear Lake
2427 Bay Area Blvd
Houston, TX 77058
281-480-5388

Race Day Packet Pick-Up

6:00 AM

Near the starting area on site.

Be prepared to give volunteers THE EXACT NAME YOU REGISTERED UNDER, not your bib name, nickname, maiden or married name if you did not use it to register.

NEW GROUP PACKET PICK-UP FORM:

If you are picking up packets for a group of people (4 or more), you can submit the names of those you are picking up for and we will try to prepare the bundle in advance. Be sure and let us know what DAY and TIME of scheduled packet pick-up you will be coming by.

The deadline to submit your request for group packet pick-up is Sept. 14, 2015 at 5pm, no matter what day you plan to pick up. If you miss the deadline you can still pick up multiple packets, we just won't have time to gather them for you in advance.

Click here for the group form or go to <http://www.onetough10k.org/group-pickup.html>



THE BEST RACE PHOTOS
raceshots.net
ON THE INTERNET

Chip Timing

We will be using IPICO timing system. The timing tag will be distributed in your race packet along with your bib.

Attach your IPICO Sport Tag to your shoe (see instructions below).

Do not forget the timing tag on race morning. You will need to wear it to receive an official finish time when

you cross the finish line. **NO TAG, NO TIME!** If you forget your timing tag, you will need to pay \$10 to replace it.

DO attach your Sport Tag firmly to the top of your shoe.

DO NOT put your Sport Tag in your pocket or wear on your arm during the race.



Instructions

Step 1

Thread the wire twist ties under your laces.

Step 2

Thread the IPICO Sports Tag onto the wire twist ties.

Step 3

Secure the IPICO Sports Tag by twisting the wire twist ties firmly together.



After the race, your Sport Tag is disposable. You can keep them as a souvenir and bring it to Speedy's Fast Track you'll receive \$30vv in FREE Go-Kart Rides, Laser Tag and/or Mini-Golf! See details on the next page.

What should I do with the timing chip after my race?



Bring it to
Speedy's Fast Track
and get...

\$30 in **FREE** Go-Kart Rides,
Laser Tag &/or Mini Golf
at Speedy's Fast Track

Family Entertainment Center
713-957-8803

11440 Hempstead Road
Houston, Tx 77092

Speedy's Fast Track



HoustonFastTrack.com

BARC



13.1 Reasons to become a member of Bay Area Running Club!

1. Running partners
2. New friends
3. Social events
4. Volunteer opportunities
5. Training advice
6. Experienced mentors
7. All paces welcome
8. Freebies/giveaways
9. Networking with the greater Houston running community
10. Award-winning individuals and club (Back-to-back-to-back-to-back "4-Peat" HARRA Series Club Champions!)
11. Charity opportunities
12. Organized group runs
13. HARRA 500 Houston Marathon Program
- 13.1. 10% discount at On The Run!

ON THE RUN

Join us for our Thursday

Social Run

Thursday, September 22nd
6:30 Arrive - 6:45 Run

2427 Bay Area Blvd.

Don't Miss The Shoe Give-A-Way!

Register today at *On The Run* in Clear Lake
or online at **BARCHouston.com**

September 18, 2016

Race Location

Start & Finish
Kemah Boardwalk
215 Kipp Ave
Kemah, TX 77565

Schedule

6:00 Packet pick-up opens
7:30 Start of the race
9:00 Awards

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)

Please allow yourself ample time to find a parking space and get to the race start area.

Parking is FREE.





We've Moved!

Same great shop. Brand new location.
Still continuing to serve southeast Houston,
Powerhouse Racing is now located in
Webster. Stop by and say hi!

18201 Egret ay Blvd. Suite A
(2nd Floor)
Houston, TX 77058

Enjoy group exercises, Pilates and
more at Powerhouse Racing offered
by Vibrant Pilates.

Contact Nicole for more
information.

vibrantpilates.com
(832) 225-2949



VIBRANT PILATES



Powerhouse Racing Kids Training program continues with the Santa Hustle 5k.
For youth ages 5-19. \$150: Training program from Oct. 1st-Dec. 18th.

Group Training Days:
Wed 6:30pm-7:30pm
Sun 9:00am-10:00am

Contact Coach Scott (832) 545-6977

Course

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!

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.

Water Stations

Water stations serving water and Gatorade will be on both sides under the bridge and at Fifth St/Texas Avenue (about mile 1.4, 2.3, 3.7 and 4.6)

Photography

Official race photographer will be on the course and at the finish.

Bibs

All participants must wear their bib on the front in a way so that course officials can see it. The bib is non-transferable. No official finishing time will be awarded if someone else is wearing your bib.

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. Run or walk no more than two abreast.

Race Time Limit

The time limit is two (2) hours, and strictly enforced! Bridge races involve special permission and cooperation by local authorities, police and emergency response, and impact motor vehicle traffic. In order to keep doing these races we must comply with the limits set by those agencies. Runners who are trailing far behind may not be allowed back on the bridge for their final loop.

Bag Drop

Bag drop is available next to the packet pickup.

Finish line

Keep moving after you cross the finish line. Results will be posted onsite and also at the official website at OneTough10K.org. Finisher's medal will be awarded just outside the finish shoot. All finishers will receive a finisher's medal.



Contingency Plans For Bad Weather

Rain- The event will NOT be cancelled due to rain alone unless the downpour is such that athletes, police, and volunteers lose visibility making situations unsafe. If this occurs we will wait until the rain subsides and follow the same procedure listed for lightning conditions (minus the 30 minute rule). Athletes will be informed of such a change via announcements on race morning.

Lightning - In the event of lightning the race will be postponed by 30 minutes every time lightning is spotted and thunder is heard within 6 miles of the event. Please note that every time lightning strikes and thunder is heard within 6 miles of the race site we must delay the start by 30 minutes.

Tornado Warning - If at anytime before (race morning close to start time) or during the event, a tornado warning is issued, the race will be cancelled.

On Course Cancellation - If the race is canceled due to storms (lightning and/or excessive rain) or tornado warnings while it is in progress we will do everything in our power to alert everyone on the course. All police, SAG, and medical personnel will be made aware and do all they can to warn and SAG in all participants. We will also do everything in our power to assist those that are still on course. Those that are on course without means of rescue should seek immediate shelter via open stores, buildings, garages, homes and/or any other means of protection from the dangerous conditions. If it gets bad and we are not there to help you off the course please do everything you can to keep yourself safe and take shelter.

Because of agreements with the Texas Department of Transportation and various municipalities regarding a fixed amount of time to have roads closed or in use or the time of public safety or law enforcement officials, Running Alliance Sport, at any time, reserves the right to shorten the distance of any of its races to comply, especially in dealing with inclement weather conditions that may make any course unavailable or unsuitable for runner participation.



FAQ

Q: I registered but couldn't make it, can I get a refund or defer my registration to next year?

A: There is NO RAINCHECK for this event. Your entry fee for this year's event CANNOT be transferred to next year's event, and there are NO REFUNDS, no exceptions. This policy stays in effect whether you are injured, have an unexpected business or family emergency, pregnancy, etc. There are NO exceptions. Seriously.

Q: I registered but couldn't make it, can I donate my registration?

A: Yes! Donate your entry to charity, you will get a cash donation receipt. Just let us know! You can transfer your entry to another person for a \$10, contact us to do so.

PLEASE NOTE that there is an immediate disqualification for anyone who runs under another person's bib other than the person of record.

Q: I paid my registration fee but couldn't attend the race. Can you mail my race packet to me or can I pickup my packet after the race?

A: No. All unclaimed race packets will be given to late registrants at the race.

Q: I left early, but it looks like I won an award. Can you mail it to me?

A: No, we do not mail out awards after the race. You may be able to pick up your award at a designated location, usually one of the packet pick-up spots.

Q: The shirt in my packet doesn't fit, can I exchange it for a different size?

A: We post deadlines for both bib name and shirt size selection, and order shirts in advance according to what you selected if you register by those deadlines. We estimate the remainder. If we have any extras after the race you are welcome to exchange, but if the race fills, extras for exchange are unlikely.

Q: Will there be port-a-potties?

A: Yes, they will be located near registration and packet pick-up. For details see the course map on the Info page.

Q: What the incline of the bridge?

A: According to TxDOT, it features a 4.3-percent grade from north to south and a 5-percent grade from south to north, as it rises to about 83 feet over the water.

Q: How many times do I have to go over the bridge?

A: Four times, two complete loops.

Q: Are walkers allowed in the race?

A: Walkers are welcome! However, you must be able to average a 19-20 min/mile pace for the race. A 2-hour time limit for all participants will be strictly enforced!

Q: Can I run with a baby jogger/stroller?

A: No.

Q: Can I participate with my wheelchair?

A: We're sorry, at this time the race is not insured for wheelchair racing.

Q: Can I have my favorite pet/dog run with me?

A: No.

Q: Can I wear my headphones?

A: The RRCA (our insurance provider) has a written guideline against the use of personal music devices in running events, as such we strongly discourage the use of headphones in our races. However, if you do choose to wear them we ask you use only one earbud.



Breakfast Available

Walk in's welcome

Reservations recommended
Seating available inside and on the upper deck

Valid only Sept. 18th Kemah, TX

Toughest 10K

SEPT 18, 2016



KEMAH

Post Race Party

Post Race Party

After you cross the finish line join us for the post race party.

FREE Food and Drinks!

PowerCrunch

FREE Post Race Stretching by Premier Chiropractic

Awards & FUN!!!



On The Boardwalk

Running Alliance Sport
Road Runners Club of America
Bay Area Running Club



Packet Pickup
Registration
Bag Drop
Post Race Party Food!
Vendors and Sponsors
Port-a-Cans





SEPTEMBER 18, 2016 OneTough10K.org OCTOBER 15, 2016 Toughest10KGalveston.org NOVEMBER 20, 2016 LaPorteByTheBayHalfMarathon.org



TECHNICAL SHIRT
Gender Specific

EVERYONE IS A VIP
Everything's Included

FINISHER'S MEDAL
One-of-a-kind

POST RACE PARTY
Food, Drinks & Massage

AWARDS
5 Year Age Groups

Awards

Overall - Men's

2015 - Ryan Smith, 33:46
 2014 - Ryan Smith, 32:47
 2013 - Peter Lawrence, 34:42
 2012 - Maximo Mendoza, 33:28
 2011 - John Yoder, 37:17
 2010 - Blake Culp, 34:18
 2009 - John Hedengren, 34:29
 2008 - Dean King, 34:00

Masters - Men

2015 - Peter Lawrence, 36:10
 2014 - Peter Lawrence, 35:39
 2013 - Mark Speets, 39:47
 2012 - Peter Lawrence, 36:02
 2011 - Nasser Dabbas, 38:38
 2010 - Gerardo Mora, 37:37
 2009 - Gerardo Mora, 35:48
 2008 - Chris Bittinger, 37:59

Overall - Women's

2015 - Lauren Smith, 36:27
 2014 - Lauren Smith, 37:34
 2013 - Natalia Dominguez, 42:29
 2012 - Kimberly Mac Namee, 39:23
 2011 - Virginia Jones, 41:10
 2010 - Virginia Jones, 41:38
 2009 - Alana Kennedy-Nasser, 43:47
 2008 - Lisa Tilton-McCarthy, 43:56

Masters - Women

2015 - Vicki Melnick, 44:41
 2014 - Jody Berry, 46:43
 2013 - Sabra Harvey, 43:34
 2012 - Jody Berry, 44:36
 2011 - Laura Bennett, 42:51
 2010 - Anna Sumrall Helm, 44:37
 2009 - Laura Meichan, 48:47
 2008 - Monica Montes, 48:12



Age Group Bests - Men

14-Under - Jonathan Robbins, 39:55, 2013
 15-19 - Carlos Arias, 34:26, 2014
 20-24 - Aaron Swift, 35:25, 2012
 25-29 - Zach Cater-Cyker, 34:06, 2014
 30-34 - Matha Mesfun, 36:30, 2012
 35-39 - Kerry Lee, 36:19, 2013
 40-44 - Thomas King, 35:59, 2009
 45-49 - Steve Morrell, 38:14, 2009
 50-54 - Tom Barbee, 38:37, 2015
 55-59 - Joe Melanson, 38:19, 2012
 60-64 - Ben Harvie, 41:59, 2008
 65-69 - George Sandoval, 45:13, 2013
 70-74 - Ino Cantu, 49:26, 2009
 75-79 - Ino Cantu, 51:26, 2013
 80-84 - Ino Cantu, 53:37, 2014

Age Group Bests - Women

14-Under - Heather Welsch, 46:18, 2014
 15-19 - Kirsten Redweik, 46:58, 2012
 19-Under - Virginia Ney, 44:17, 2008
 20-24 - Elise Walker, 45:37, 2010
 25-29 - Neta Ezer, 42:04, 2011
 30-34 - Lauren Wilder, 41:55, 2012
 35-39 - Danielle Venable, 43:29, 2012
 40-44 - Kelly Richards, 46:15, 2010
 45-49 - Vicki Melnick, 45:12, 2014
 50-54 - Jody Berry, 45:10, 2011
 55-59 - Lynn Malloy, 45:45, 2015
 60-64 - Sabra Harvey, 45:32, 2012
 65-69 - Elizabeth Ahrens, 59:18, 2012
 70-74 - Sue Colvin, 1:12:32, 2014
 75-79 - Maria Lozano, 1:20:33, 2013

Awards will be handed out the day of the race only. No awards will be mailed.

If there is an unforeseen circumstance that prevents awards from being picked up on race day, awards may be picked up at a designated location, usually one of the packet pick-up locations.

Overall and Masters winners (top male and female) will be based on gun time. Age group awards for top males and females will be based on chip time. No double-dipping.

No Duplication of Awards

Cash prizes:

Top Overall Male & Female - \$150
 Second Overall Male & Female - \$100
 Third Overall Male & Female - \$75
 Top Overall Masters Male & Female (40 & over) - \$75
 Top Overall Grandmasters Male & Female (50 & over) - \$50
 Top Overall Senior Grandmasters Male & Female (60 & over) - \$50

Commemorative Award:

First Three (3) Males and Females in the following age groups will each receive a special commemorative award:

14 and under	40-44	70-74
15-19	45-49	75-79
20-24	50-54	80-84
25-29	55-59	85-89
30-34	60-64	90-94
35-39	65-69	

9TH ANNUAL TOUGHEST 10K KEMAH AGAIN HOSTS RRCA SOUTHERN REGION 10K CHAMPIONSHIP

KEMAH, TEXAS (September 6, 2016)

-- One United States Olympic Marathon Trials qualifier, two Guinness World Records holders and five defending RRCA Southern Region 10K champions will lead a field of approximately 2,100 runners across the start line of the ninth annual Toughest 10K Kemah here on Sunday, September 18, 2016.

The race, which doubles as the Road Runners Club of America's Southern Region 10K championship for the second straight year, will start from and finish at the world famous Kemah Boardwalk and kickoff the sixth annual Texas Bridge Series.

Two-thirds of the Toughest 10K Kemah field -- 1,400 runners, to be exact -- will endeavor to finish all three races of the popular race series, which includes the sixth annual **Toughest 10K Galveston** on Saturday, October 15, 2016 and the seventh annual **La Porte By The Bay Half Marathon** on Sunday, November 20, 2016.

A year ago, 995 runners and walkers completed all three races in the Series' fifth year, surpassing the former record of 846 set in 2014.

Former Texas A&M Aggie **Ryan Miller**, 24, who qualified for this year's 2016 United States Olympic Marathon Trials in Los Angeles, is considered the race's early favorite, but will be pushed by a couple of Guinness World Records holders with impeccable running credentials.

Katy's **Calum Neff**, 32, the former Houston Cougar who out-raced two-time defending Toughest 10K Kemah winner **Ryan Smith** of Kingwood to the Toughest 10K Galveston finish line by five seconds last October, will join fellow Guinness World Records holder

Ronnie Delzer, 35, of The Woodlands on the start line.

Neff won the Katy Half Marathon on February 6, 2016 in 1:11:27, but he set the Guinness World Records mark for a half marathon pushing a stroller by more than two minutes with his then almost-one-year-old daughter Holland along for the ride.

Just slightly more than two weeks ago, Delzer, a North Carolina native who ran collegiately for East Carolina and has a 14:15:53 100-mile PR (Rocky Raccoon, 2015) to his credit, broke the Guinness World Records for the greatest distance run on a treadmill in 12 hours by running 89.56 miles, slightly more than three miles more than the former record, on Saturday, August 20, 2016 at Luke's Locker in The Woodlands.

Five of last year's eight RRCA Southern Region 10K champions are slated to return to defend their titles at press time.

They include masters winners **Luis Armenteros** and **Vicki Melnick**, both from Houston, grandmasters winners **Tom Barbee** from Kingwood and **Lynn Malloy** from Katy and one of the top senior grandmasters women in the world, Houston's **Sabra Harvey**.

Twelve runners will split \$1,000 in total prize money. Race winners and runners-up will take home \$150 and \$100, respectively. Third place overall and first place masters finishers will all win \$75 each while the grandmasters and senior grandmasters winners will earn \$50 apiece.

All age-group winners with a Running Alliance Sport (RAS) member account will have 250 RAS Perk Points - worth approximately \$17.50 in discounts toward future RAS races - added to

their account. Second-place and third-place division finishers will see 200 and 150 Perk Points, respectively, added to theirs.

The Toughest 10K Kemah, where runners do four passes of the Kemah-Seabrook Bridge, which includes two north-to-south grades of 4.3 percent and a pair of south-to-north climbs of five percent, was created in 2008 by Running Alliance Sport founder **Robby Sabban** as a charity event after Hurricane Ike ravaged the Kemah Boardwalk.

RRCA South Texas state representative **Lee Greb** is expected to be in attendance to present the winners their Southern Region championship medals.

Since 2011
Running Alliance Sport
has donated more than
\$515,000 to local
charities.

The proceeds from the Toughest 10K Kemah -- and the entire Texas Bridge Series -- go directly to **The Bridge Over Troubled Waters, Inc.**, a Pasadena, Texas organization whose mission is to offer support, provide safety, and prevent domestic and sexual violence.

Since 2011, through its five races, including the Seabrook Lucky Trail Marathon, Half Marathon and Relay, the Baytown Bud Heat Wave and the three Texas Bridge Series events, Running Alliance Sport donated more than \$515,000 to local charities.

Toughest 10K

SEPT 18, 2016



Our Mission



Running Alliance Sport
For Runners... By Runners

About Us

Calling the greater Houston area home, Running Alliance Sport (RAS) is a not-for-profit event production company that has a passion for producing quality running events which in turn support local communities and its charities. RAS successfully works with city governments in Seabrook, Kemah, La Porte, Baytown, Galveston and

Tiki Island to produce five races annually from March to November that engages nearly 500 volunteers, sends over 5,550 runners and walkers across finish lines and has donated over \$500,000 to local charities since its inception in 2011. For more information, please visit RunningAllianceSport.org.

Net proceeds from the Kemah Toughest 10k go to The Bridge over Troubled Waters better known as "The Bridge".

"The mission of The Bridge is to offer support, provide safety, and prevent domestic and sexual violence."

To learn more about The Bridge and how you can help, visit their website at thebridgeovertroubledwaters.org.



The
Bridge

Over Troubled Waters, Inc.





Special
Thank You to
The City of Kemah and
The Kemah Boardwalk!

facebook.com/KemahBoardwalk

