Toughest 10K

KEMAH

2015 Runner's Guide

Welcome

8TH ANNUAL TOUGHEST 10K KEMAH SET TO HOST 2015 RRCA SOUTHERN REGION CHAMPIONSHIP

Runners, welcome to this year's eighth annual Toughest 10K Kemah, which doubles this year as the Road Runners Club of America's (RRCA) Southern Region 10K Championship.

You're part of a record field of 2,000 runners that will start and finish this Saturday, September 19, 2015 at the world famous Kemah Boardwalk.

The Toughest 10K Kemah joins a long list of some of the South's top 10Ks in the past decade to host the Southern Region Championship, which covers RRCA's 11-state region that spans from North Carolina to Texas and Arkansas to Florida.

"Running Alliance Sport is honored to have been chosen to host this year's Southern Region Championship," said Running Alliance Sport founder Robby Sabban. "We're proud to represent the RRCA and follow great races such as Birmingham's Vulcan Run 10K, Lafayette, Louisiana's Cajun Cup 10K and the Bayou City Classic 10K, produced by HARRA right here in our own backyard in Houston."

Created in 2008 by Sabban as a charity event after Hurricane Ike ravaged the Kemah Boardwalk, the Toughest 10K Kemah is the first of the widely popular three-race Texas Bridge Series, which is in its fifth year.

The remaining two races feature the Toughest 10K Galveston on Saturday, October 17 and the La Porte By The Bay Half Marathon on Sunday, November 15.

You will traverse over and back the Galveston Causeway Bridge and the Fred Hartman Bridge, respectively, in those races after having completed four passes of the Kemah-Seabrook Bridge on Saturday.

Both the Toughest 10K Kemah and the Texas Bridge Series set records a year ago that are likely to be eclipsed in 2015 as 1,801 runners crossed the Kipp Avenue finish line and 846 of them finished all three races.

Nearly 1,000 – 986 as of Monday, September 14 – have already signed up for this year's Texas Bridge Series.

Last year, the Toughest 10K Kemah was the fourth different Running Alliance Sport event to host an RRCA Texas state championship race as Kingwood's Ryan Smith and Lake Jackson's Lauren Smith set new course records of 32:47 and 37:34, respectively, to win their second RRCA state crown of 2014.

Both return this year to defend their titles as well as masters champions Peter Lawrence of Houston and Jody Berry of Seabrook.

RRCA state champions from the 11-state region at the 10K distance since last year's race were invited – through their state representatives - to be a part of the race's elite field.

We are pleased to have RRCA South Texas state representative Lee Greb in attendance once again to present the winners their Southern Region championship medals.

The proceeds from the Toughest 10K Kemah 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.

Running Alliance Sport donated more than $413,000 to local charities.

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 $413,000 to local charities. ■

For more information about Running Alliance Sport and the upcoming races of the Texas Bridge Series, please visit RunningAllianceSport.org.

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Toughest 10K

SEPT 19, 2015

KEMAH

Packet Pick-Up

Packet Pick-Up Schedule

Thursday, September 17, 2015
11 AM - 6 PM

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

Friday, September 18, 2015
11 AM - 6 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. 15, 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

Race Timing

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 recieve $25 in FREE Go-Kart Rides, Laser Tag and/or Mini-Golf! See details on the next page.

HAVE ONE?

Speedy's Fast Track

BRING IT IN FOR

$25

IN FREE GO-KART RIDES, LASER TAG & / OR MINI GOLF

www.houstonfasttrack.com

TRAIN WITH POWERHOUSE RACING

Power Through the Bridge Series

WHO IS THIS GROUP FOR?

This group is for runners and walkers from beginners to advanced. Those who want to build fitness, get in shape, complete their first 10K or Half Marathon. If you are training for a full marathon this is a great lead in!

RACES WE ARE TRAINING FOR:

July 4th: Bud Heat Wave 5 Miler
Sept 19th: Toughest 10K Kemah
Oct 17th: Galveston Toughest 10K
Nov 15th: La Porte by the Bay Half Marathon

CONTACT US TODAY!

Fall Training Groups Forming Now!

Johnny Zepeda 281-787-8285
Melanie Yarzy 713-594-6302
johnnyzpowerhouseracing@gmail.com
On Facebook @ Powerhouse Racing

September 19, 2015

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)

Parking is FREE.

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

PREMIER SPORTS CHIROPRACTIC

Do you have an injury that needs to be evaluated and treated?

Premier Sports Chiropractic works with athletes of all levels and types.

Treating and helping prevent injuries so you can reach your optimal potential.

Providing patient-centered conservative care to athletes in the Clear lake and Friendswood area.

SEABROOK
(281) 942-9011
2100 Nasa Parkway, Suit 100
Seabrook, TX 77573

FRIENDSWOOD
(832) 895-1106
133 W Parkwood Ave, Suite A
Friendswood, TX 77573

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!

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

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ON THE RUN

Social Run

Thursday, September 24th
6:30 Arrive - 6:45 Run

2427 Bay Area Blvd.

Giveaways Included:

Gu Nutrition | Brooks | Thorlo Socks

Chasin Tails

After The Run
$1 Beers and food specials at
Chasin Tails Canjun Sports Bar

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 0.9, 1.4, 2.3, 3.7, 4.6, and 5.6)

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.

BADGES & BASES RUN

SEPTEMBER 26, 2015

Get your running/walking shoes out and join us for the Badges & Bases 10K/5K Run at Minute Maid Park on Saturday, September 26, 2015. Kids 12 & under can enter the Kids Fun Run and all participants will receive a Commemorative t-shirt.

Click Here
For Details

All Proceeds benefit the Astros Foundation and the Houston Police Foundation.

REAL TEXANS DON'T GET THEIR PROTEIN FROM A PACKET

BEEF. IT'S WHAT'S FOR DINNER

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30 DAY Protein CHALLENGE

#ProteinChallenge

Each 3-oz. serving of lean beef provides | 48% PROTEIN DAILY VALUE | 25G PROTEIN

Source: Daily Value percentage based on a 3-oz. serving of lean beef as part of a 2000 calorie reference diet. U.S. Department of Agriculture, Agricultural Research Service, 2011. USDA Nutrient Database for Standard Reference, Release 24.

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 allow 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: Yes, please be aware and stay clear of other runners.

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.

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Brilliant protein nutrition for uncompromising vitality.
It's our passion!

Come visit the PowerCrunch tent during the after party. They will be handing out free samples and raffling off their Proto Whey protein powder, shaker cup and full size bars!

www.PowerCrunch.com

Post Race Party

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

FREE Food & Water
(Fruit, Breakfast Tacos, Ice Cream)

PowerCrunch &
Zoyo Frozen Yogurt Samples

FREE Post Race Stretching
by Premier Chiropractic

Awards & FUN!!!

On The Boardwalk

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

Post Race Party Food!
Packet Pickup/Registration/Bag Drop

Vendors & Sponsors

Premier Chiropractic Post Race Stretching
Powerhouse Racing
Texas Beef Team
Pruvit
Advocare
Mary Kay
Powercrunch
Zoyo Frozen Yogurt
Perry's Patchwork
Doterra
Running Alliance Sport Sale
Bay Area Fit
La Porte By The Bay

Awards

Elite and recreational runners have one thing in common at the Toughest 10K Kemah: They come to test their running mettle with four passes of the Kemah-Seabrook Bridge.

A year ago, two of greater Houston's best established new course records in the race's seventh year of existence.

Kingwood's Ryan Smith and Lake Jackson's Lauren Smith -- no relation -- both dropped marks that had been set two years earlier on the strength of respective winning times of 32:47 and 37:34.

In doing so, they won the 2014 Road Runners Club of America (RRCA) Texas State Championship.

Houston's Peter Lawrence also set the men's masters course record last year with a 35:39 effort that was nine seconds faster than the mark Gerardo Mora posted in the second year of the race.

2014 Overall Winners: Ryan Smith and Lauren Smith *(no relation)*

Lawrence is the race's only three-time winner between both the Open and Masters divisions after winning the entire race in 2013 and capturing his first Masters crown the year before.

Mora, Virginia Jones and Jody Berry are the only other multiple race winners.

With her second consecutive overall win, Jones had lowered the course record to 41:10 -- more than two and a half minutes faster than the mark that Lisa Tilton-McCarthy opened with in 2008, but three-time Ironman World Championship qualifer and competitor Kimberly Mac Namee shattered that mark the following year by being the only woman - until Smith last year - to break 40 minutes in 39:22.

Like Lawrence, Mac Namee established the women's masters course record with the overall win three years ago, but Seabrook's Laura Bennett and Houston's Sabra Harvey round out the top three women's masters times with their respective wins in 2011 and 2013.

So who will it be in 2015?

2014 Masters Winners: Peter Lawrence and Jody Berry

TEXAS BRIDGE SERIES

September 19 • Kemah/Seabrook, TX

TOUGHEST 10K KEMAH

RUN OVER THE KEMAH/SEABROOK BRIDGE

October 17 • Galveston, TX

TOUGHEST 10K GALVESTON

RUN OVER THE GALVESTON CAUSEWAY

November 15 • La Porte, TX

LA PORTE BY THE BAY HALF MARATHON

RUN OVER THE FRED HARTMAN BRIDGE

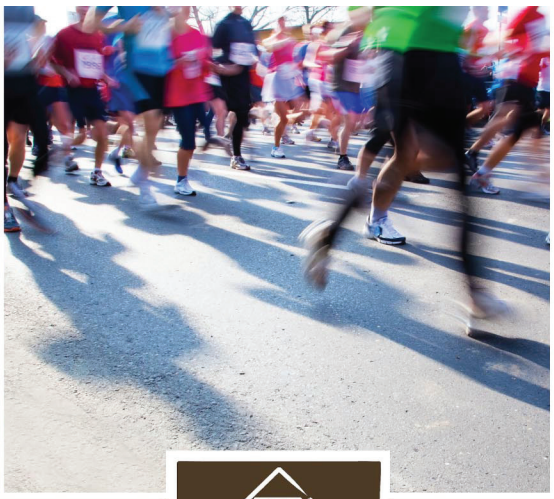
RUN ALL 3 RACES AND EARN AN EXTRA MEDAL

PLUS THESE GREAT BENEFITS:

- Great One-of-a-Kind Finisher's Medal
- Extra Medal for Finishing All Three Bridge Series Races
- No Extra Fee for Online Registration
- Technical Gender-Specific Shirt
- Great Post Race Party with Food & Beverages
- Chip Timing
- Race Day Packet Pickup
- Great Volunteers
- 2,000 Runner Limit on All Races
- A Charity Event

FOR MORE INFORMATION AND TO REGISTER: WWW.RUNNINGALLIANCESPORT.ORG

As seen in Texas Runner & Triathlete Magazine



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Fundraising, Catering & Franchise opportunities are available

2456 Marina Bay Dr., Ste A, Houston, TX 77573 - j.yznaga@zoyogurt.com - 281-332-5912

Post Race Party

Awards

Overall - Men's
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
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
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
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 - Richard Peoples, 39:45, 2013
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 - Yong Collins, 49:05, 2010
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 and Female - $125
Second Overall Male and Female - $75
Third Overall Male and Female - $50
Top Overall Masters Male and Female - $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	

Toughest 10K

SEPT 19, 2015

KEMAH

Our Mission

RAS Running Alliance Sport
For Runners... By Runners

About Us

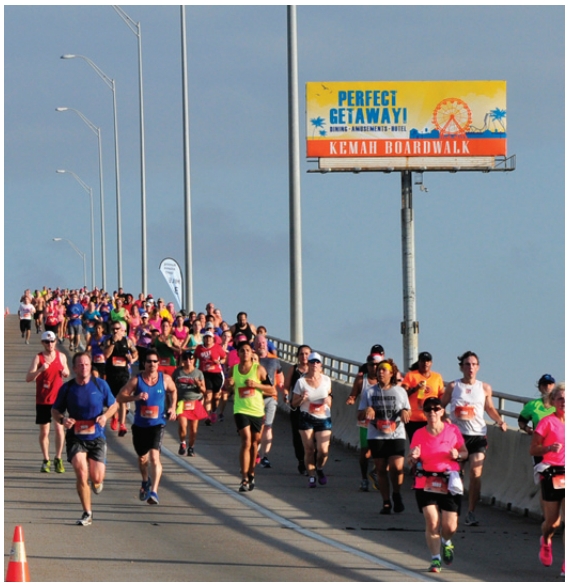
Calling the greater Houston area home, Running Alliance Sport (RAS) is a not-for-profit event production company that has a passion for producing quality running events which in turn support local communities and its charities. RAS successfully works with city governments in Seabrook, Kemah, La Porte, 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 $400,000 to local charities since its inception in 2011. For more information, please visit RunningAllianceSport.org.

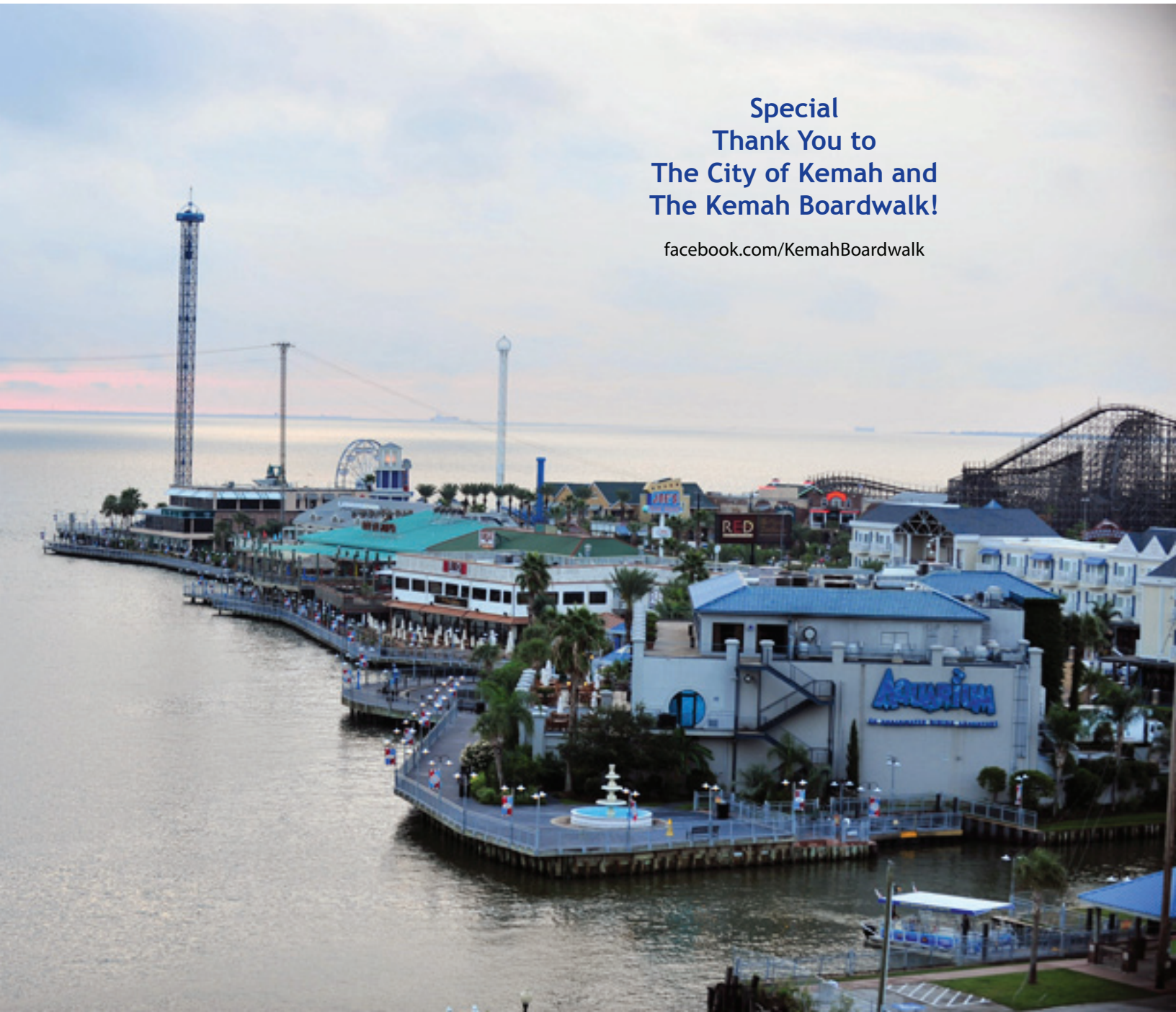
Net proceeds from the Kemah Toughest 10k go to The Bridge over Troubled Waters better known as "The Bridge".

"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