

RUNNER HANDBOOK 2017



On behalf of Cox Running Club, we thank you for spending Thanksgiving morning with us. This handbook should answer most questions you have about the race. Please read all the way through and check out the parking maps, timelines, courses and facts.

We want to thank the hard working Cox Running Club Board members who volunteer their time to produce a Thanksgiving Day race that is fun for the entire family.

Ricky Cox



Demery Cox, Elizabeth and Johnny Mendiola



Eshandra & Demery Cox
Elizabeth Mendiola



Cox Running Club
Thanksgiving Day ½ Marathon, 10K, 5K and 1 mile run
Thursday, November 23, 2017
Panther Island Pavilion
395 Purcey St
Fort Worth TX 76102

PACKET PICKUP

Tuesday, November 21: 11:00 AM-6:00 PM
PANTHER ISLAND PAVILION
395 PURCEY ST
FORT WORTH TX 76102

Wednesday, November 22: 10:00 AM-6:00 PM
PANTHER ISLAND PAVILION
395 PURCEY ST
FORT WORTH TX 76102

Thursday, November 23 beginning at 5:30 a.m.
Race Site
PANTHER ISLAND PAVILION
395 PURCEY ST
FORT WORTH TX 76102

Race Day Schedule:

5:30 a.m. Race Day Packet Pick up and Registration open

7:10 a.m. begin lining up for Half Marathon

Faster runners to the front, slower runners and walkers towards the back

7:20 a.m. Half Marathon Start

7:25 a.m. 1 Mile Start

7:50 a.m. 10K Start

8:00 a.m. 5K start

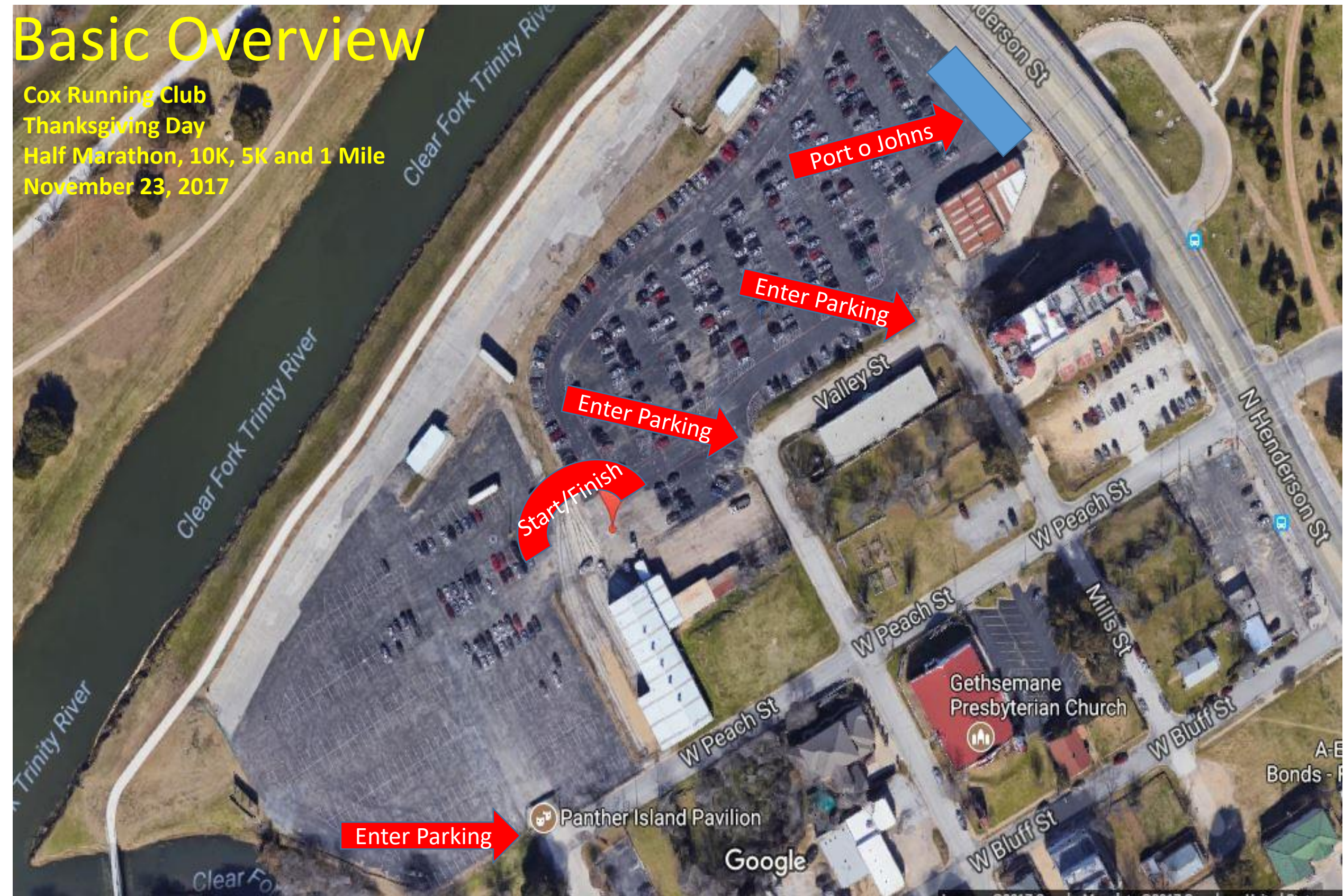
Awards will begin for each distance as soon as approximately 75% it's participants have completed the course

11:30 a.m. course closes

FREE PARKING!!!!

Basic Overview

Cox Running Club
Thanksgiving Day
Half Marathon, 10K, 5K and 1 Mile
November 23, 2017



Parking

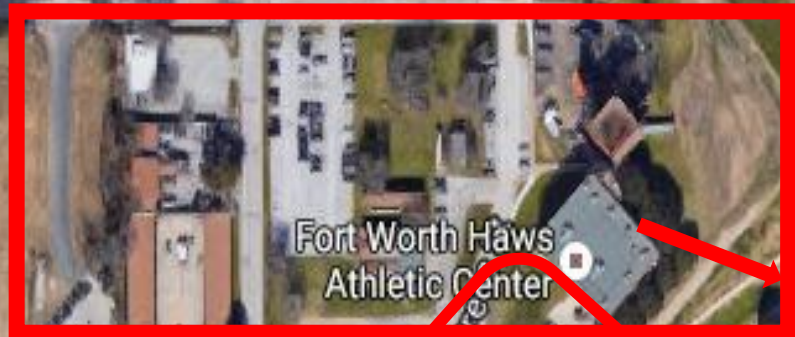
Parking at Panther Island Pavilion is free, it has 3 entrance points, please view the map for easy parking/access race morning.

Another parking area is across the river from the venue and within walking distance at Haws Athletic Center off Henderson. If you park here please use the foot path to cross the river and do not walk across via the Henderson Street Bridge.

Please plan to arrive early to secure your vehicle, get your packet (if you have not already done so), familiarize yourself with the race site and take care of any last minute personal business if needed.

There is no bag check since parking is within walking distance of the venue

Running Club
Thanksgiving Day Race
November 23, 2017
Meeting Areas

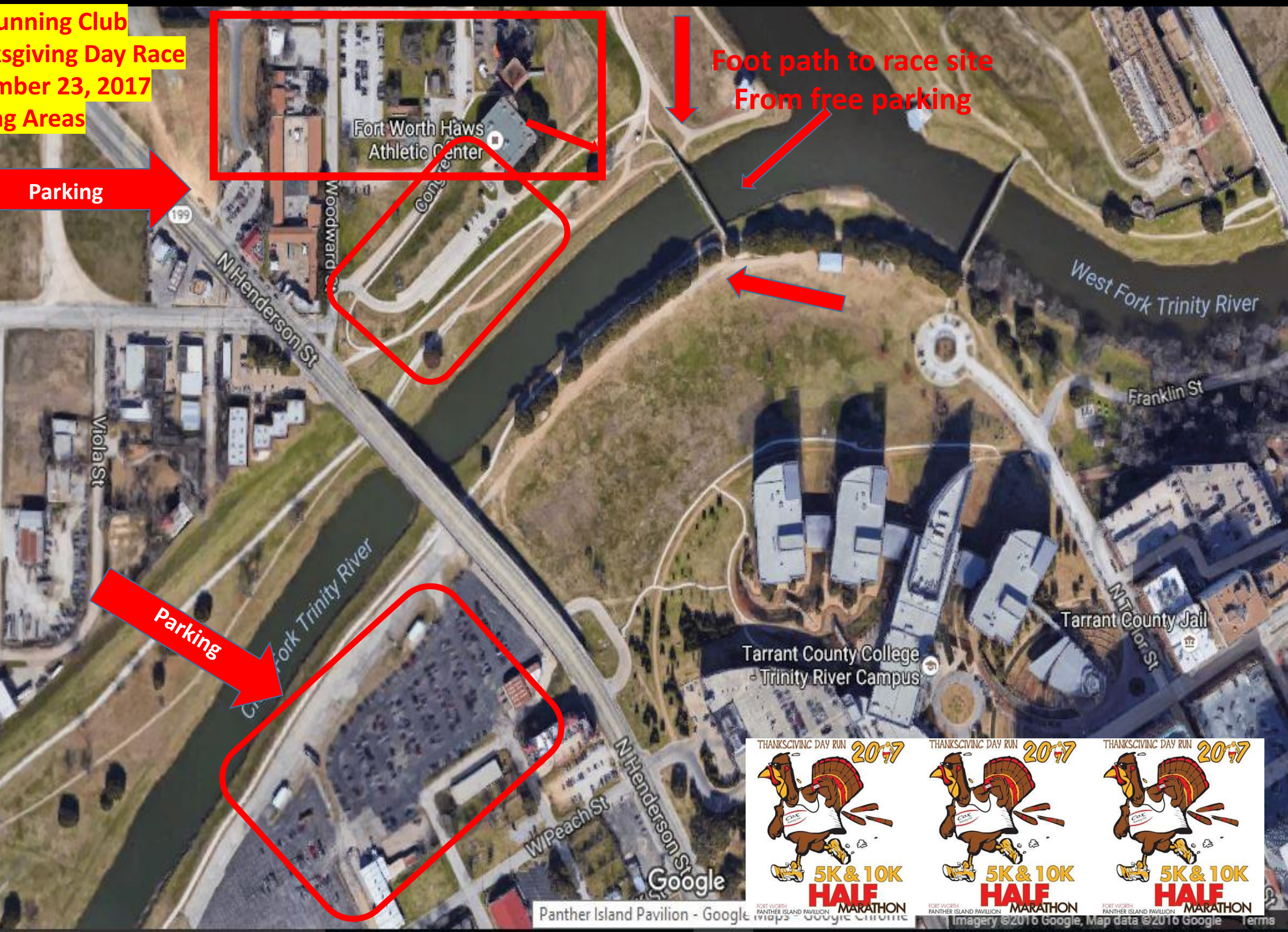


Foot path to race site
From free parking

Parking

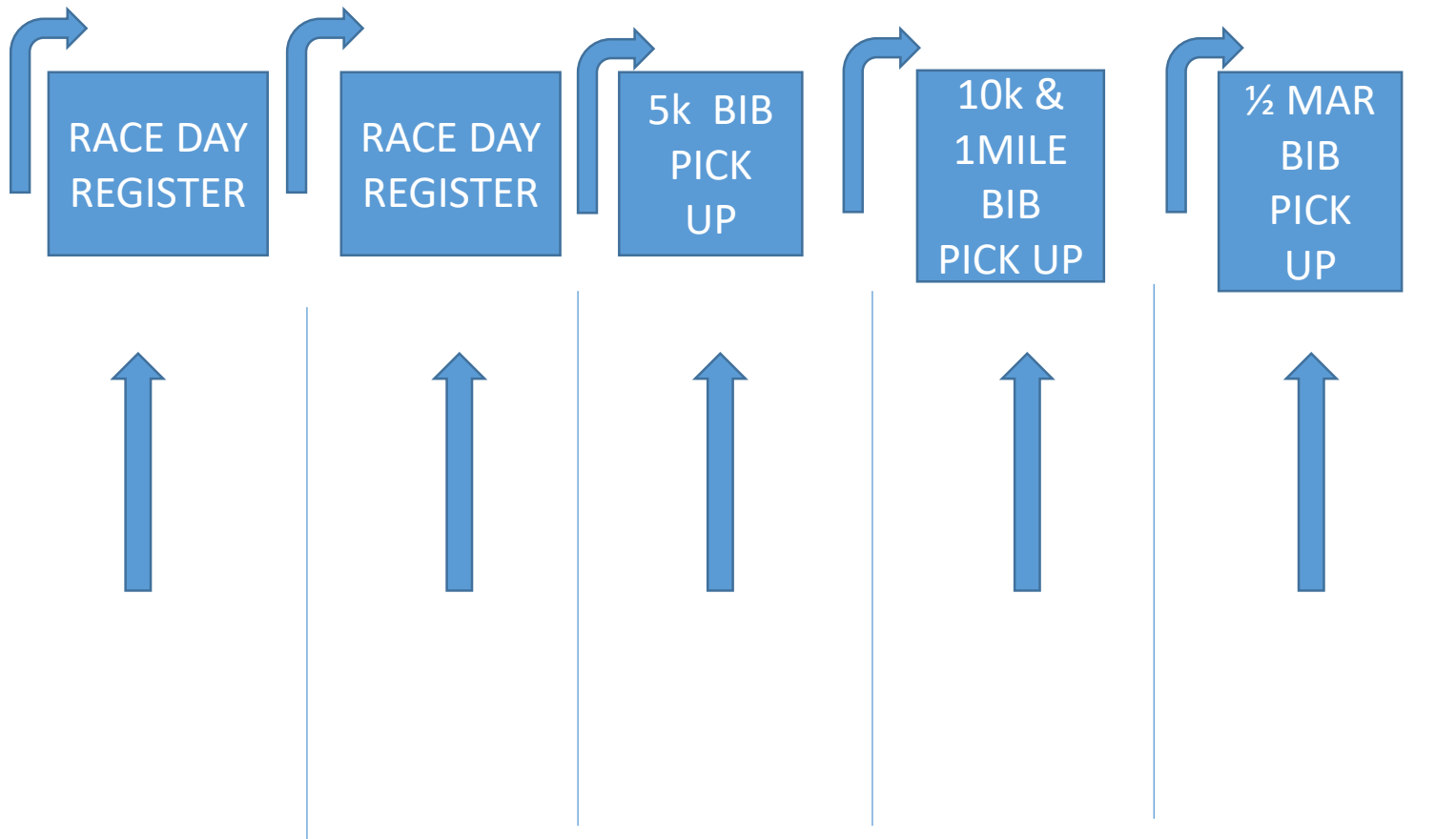


Parking



Packet pick up inside "The Shack"

STAGE



Packet pick up:

1. Get your Bib Number
2. Get your Bib
3. Get your shirt

GET BIB NUMBER

Enter

GET BIB NUMBER

YOUTH SMALL

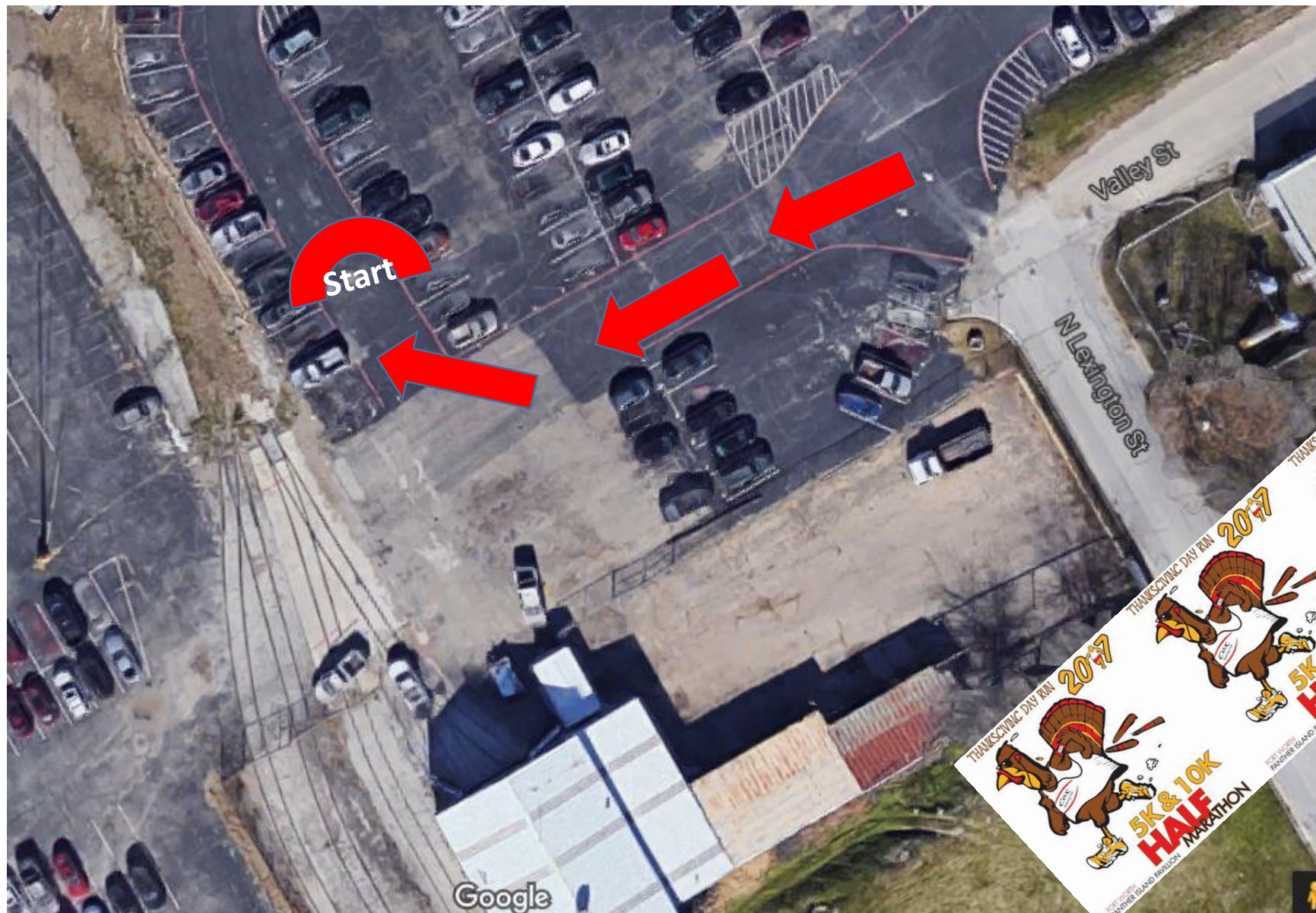
MED

L & XL

Shirt Pick up

Race Start

Please be courteous and respectful of all other athletes. Line up according to race pace, faster runners to the front and slower runners and walkers to the back. There will be pace flags to help you line up correctly. This is a chip timed race, age group awards are based on chip time. Your time does not start until you cross the start line. For the safety of all athletes, please line up according to pace.



Race Course

The majority of the races are held along the Trinity River on the Trinity Trails, please be courteous to other athletes on the course.

No more than 2 abreast, this allows others to pass and oncoming runners room to run.

Please be aware of the lead cyclist, They will have some very fast runners behind them, runners who are trying to win the race, please allow them to pass unimpeded (and give them a cheer and way to go as they pass!)

If you need to pass other runners, please give them a heads up, runner on your left or runner passing so they know you need to go by.

If you need to walk, pull over to the side and raise your hand or make sure that the person/people behind you know you are slowing to avoid and crashing.

Water Stops will be located every 1.5 – 2 miles along the course. We will have water and electrolyte replacement drinks on the half marathon course.

Please be courteous and kind with our race volunteers, they are volunteering their time to help make a great race experience for you!

Misc. Reminders, facts, answers to frequently asked questions:

Strollers are allowed on the course

Dogs on leashes are allowed on the course

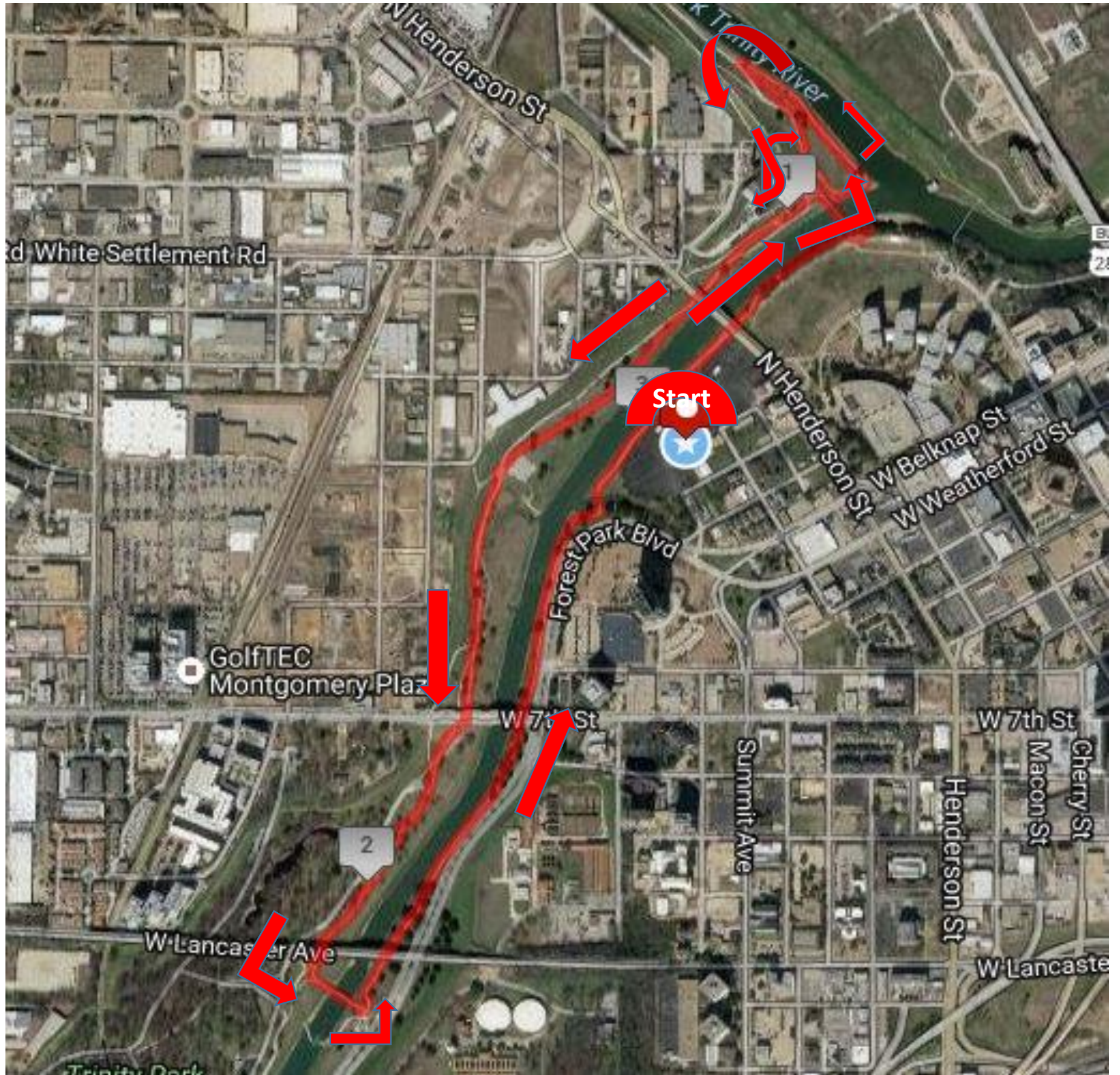
Music/headphones are allowed on the course, please keep the volume at a level that is conducive to be aware of your surroundings, oncoming runners and runners needing to pass.

We will post preliminary results through out the morning, please check these results for any errors. If you must leave and you have won an award, please notify one of the board members so we can give your award to you. We do not have a secondary award pick up and we cannot mail the awards to you.

**Cox Running Club
Thanksgiving Day
Race
1 mile course**



5k Course



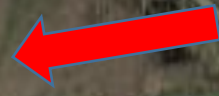
Cox Running Club Thanksgiving Day Race 10k Course

USA Topo World Topo

DISTANCE
6.22 MI

BUS
287

199



Cox Running Club
Thanksgiving Day Race
Half Marathon Course

You will cross the Tilly
Foot Bridge On the way
back

 =Port O Johns

