



# **RUNNER HANDBOOK 2020**



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 26, 2020  
Panther Island Pavilion  
395 Purcey St  
Fort Worth TX 76102

**PACKET PICKUP**  
Tuesday, November 24th &  
Wednesday November 25<sup>th</sup>  
Noon-6:00 PM  
RunOn! By JackRabbit – Fort Worth  
2600 W 7<sup>th</sup> St #107  
Fort Worth, TX 76102

Thursday, November 26 beginning at 6:00 a.m.  
Race Site  
PANTHER ISLAND PAVILION  
395 PURCEY ST  
FORT WORTH TX 76102



## Race Day Schedule:

6:00 a.m. Race Day Packet Pick up and Registration open

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

Line up by pace!

There will be pace flags to aid you in determining where you should line up  
Faster runners to the front, slower runners and walkers towards the back

7:20 a.m. Half Marathon Start

7:30 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!





## Parking

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

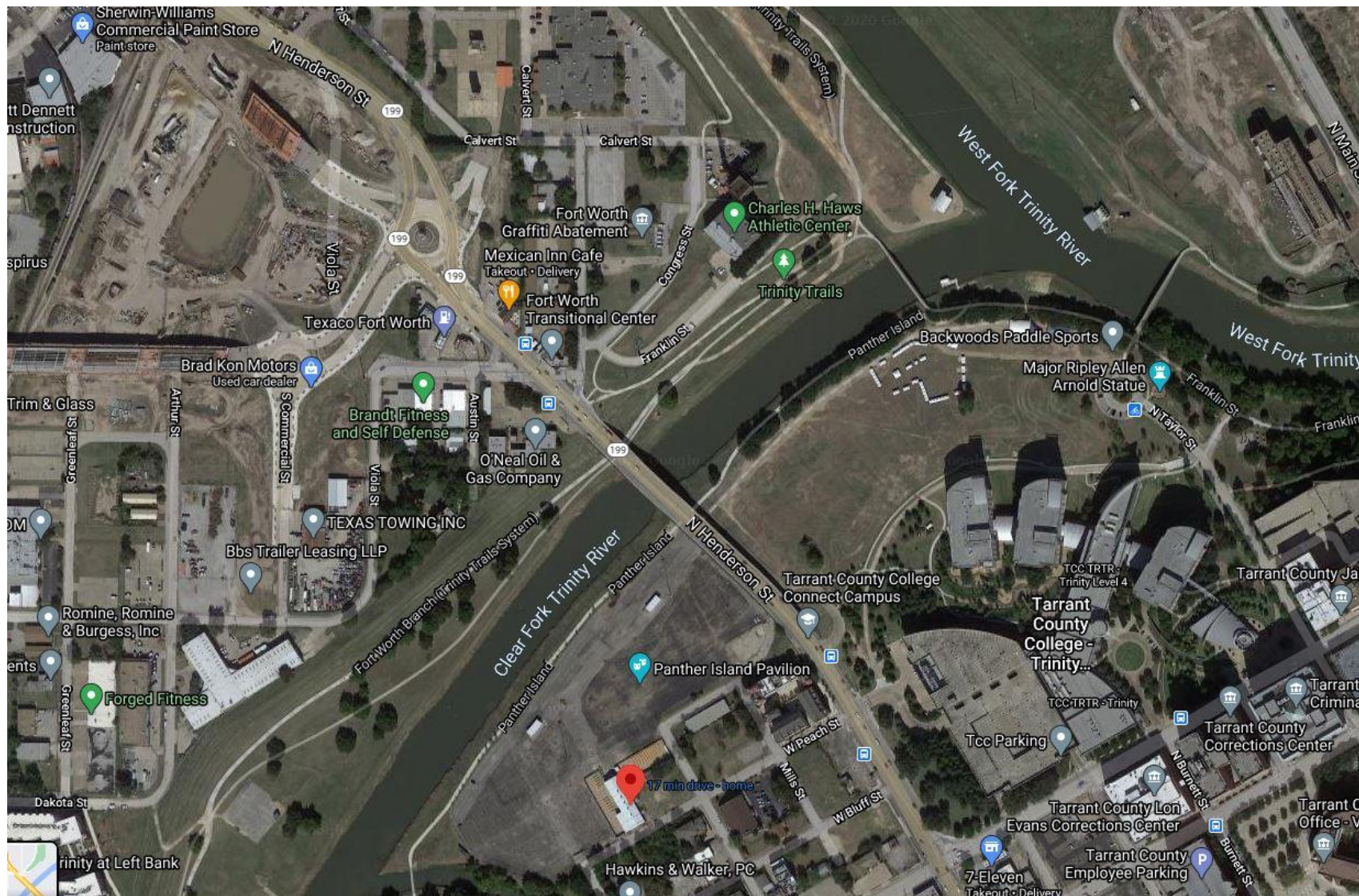
Another parking area is across the river from the venue and within walking distance at Haws Athletic Center off Henderson. If you park here please use the foot path to cross the river and do not walk across via the Henderson Street Bridge.

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

## 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.







## Start Line Detail





## **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.

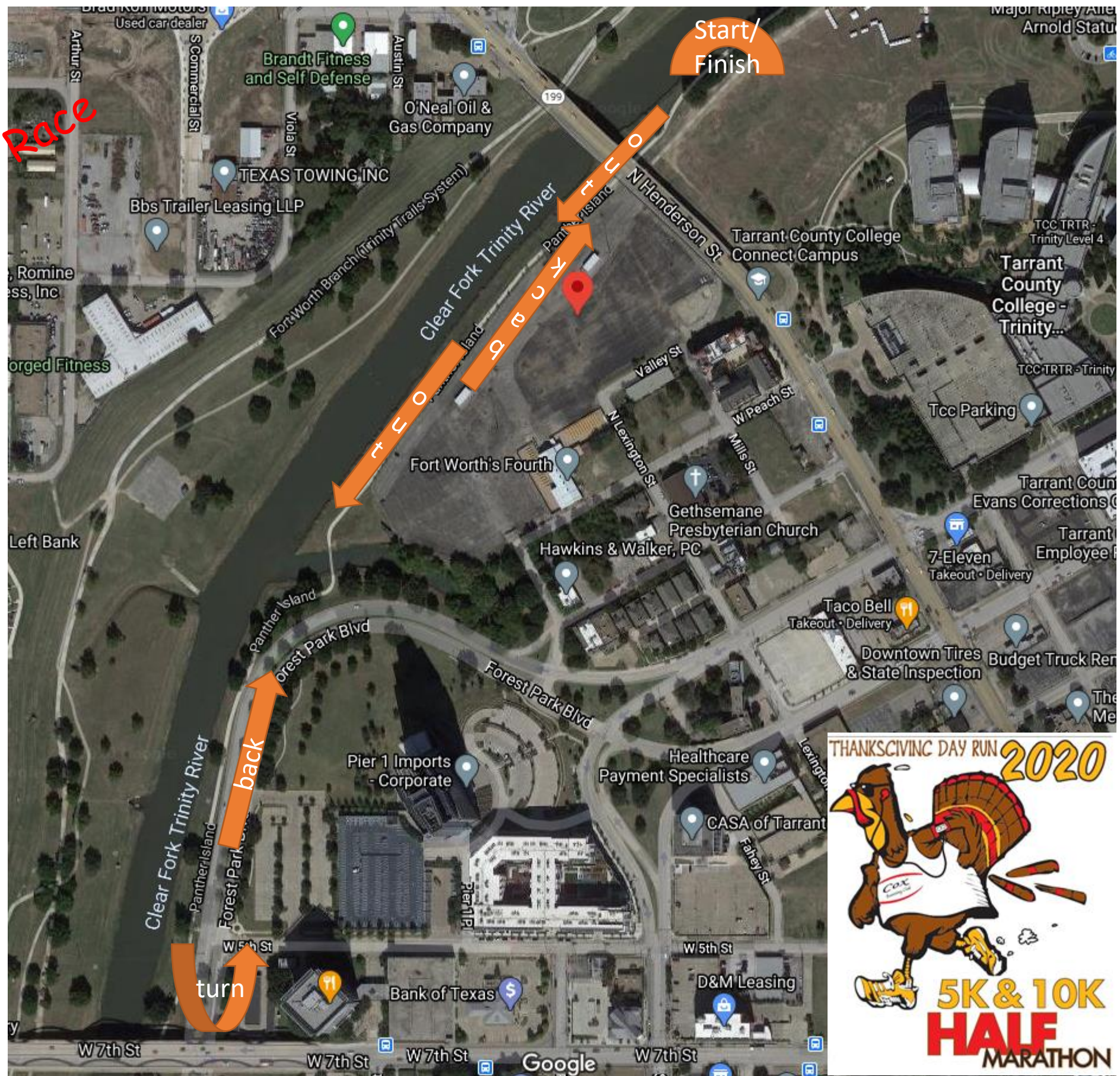
If you need to walk, pull over to the side and raise your hand or make sure that the person/people behind you know you are slowing to avoid and crashing.

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!



# Tarrant County Cox Running Club Thanksgiving Day Race 1 Mile Course





5k Course

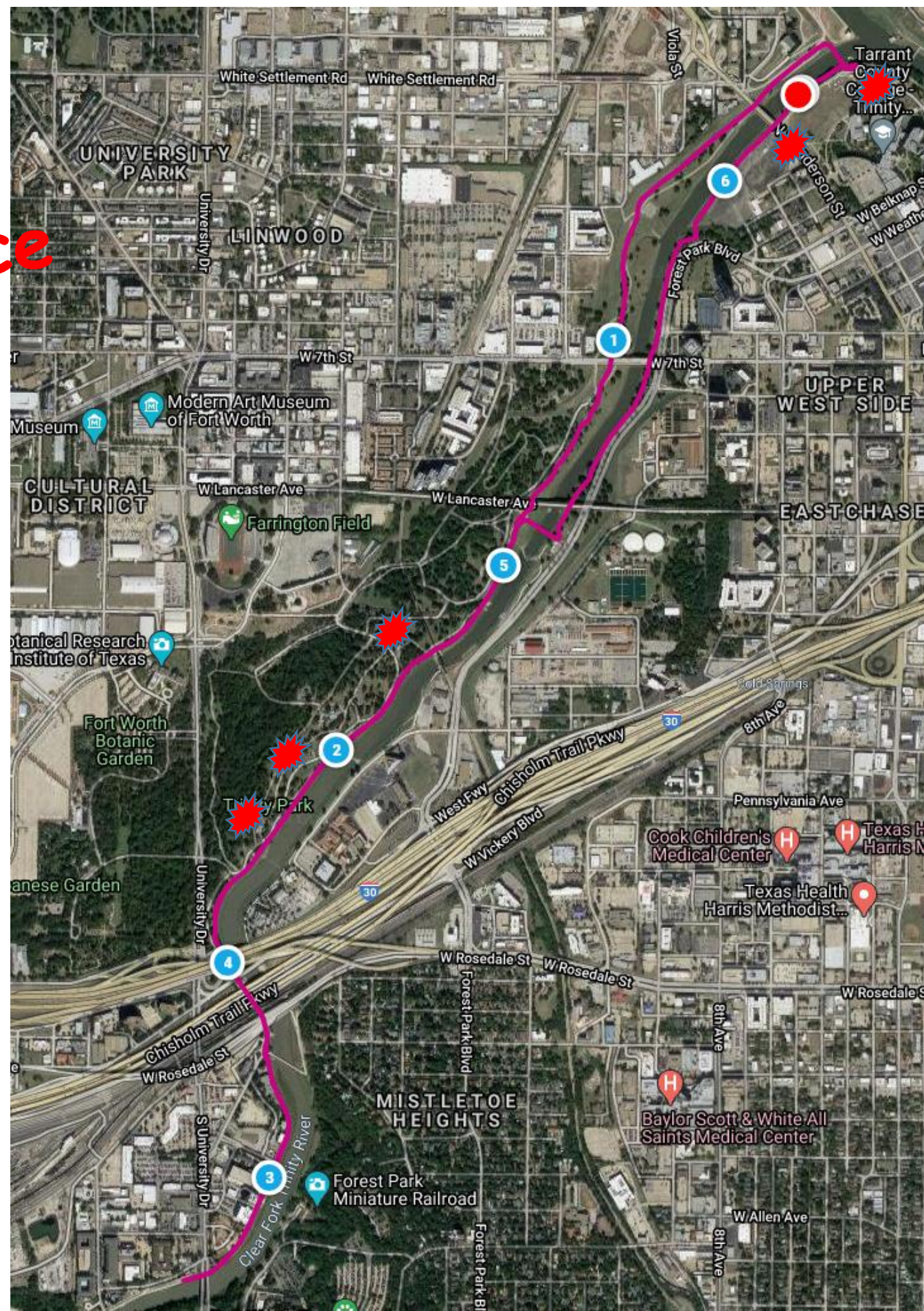
Tarrant County  
Cox Running Club  
Thanksgiving Day Race





# Tarrant County Cox Running Club Thanksgiving Day Race

## 10K Course

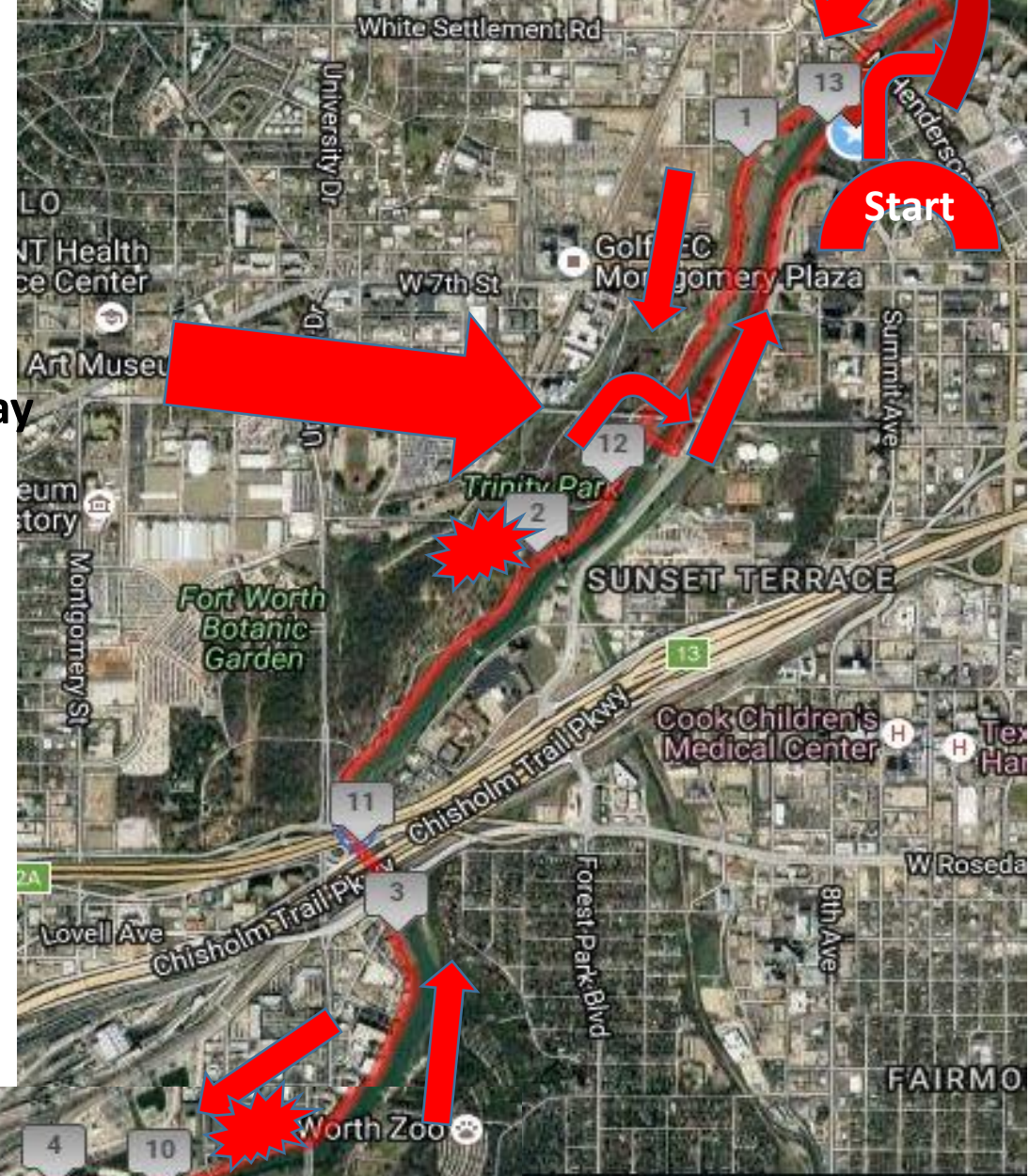




Cox Running Club  
Thanksgiving Day Race  
Half Marathon Course

You will cross the Tilly  
Foot Bridge On the way  
back

 =Port O Johns







## Finish Line Detail



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.