

# Memorial Hermann - Cypress Gobbler Gallop 5K & 5 Mile Run/Walk & Little Gobbler Run

## Participant Instructions – Please Read Carefully

**Arrive early to park** – park in front of Academy – they are not open Thanksgiving Day

Find the rest room, locate the starting line and finish line, hydrate and warm up and stage yourself correctly at the start before 7:45 AM

**Pin your race number on the front** of your shirt about navel high for visibility along the course and at the finish line. 5K and 5 Mile runners you have a timing strip on the back of your number, do not remove it and make sure it isn't covered by clothing at the finish line

**Water is available** at the start and twice on the course for 5K and 5 Mile runners. Hydrate early.

At the starting line **please be courteous** by allowing the faster runners on the front with slower runners behind them. Walkers should stage at the back of the field. Parents please don't stage children on the front thinking this is an advantage. You have put them in danger by being run over by the faster runners.

**The 5K run and 5 Mile run is chip timed.** 5K walkers and Little Gobblers are not chip timed.

Little Gobblers will receive a “**Finisher Ribbon**” as they cross the finish line.

Runners will have the **South side of Cypresswood Drive for running.** Keep the cones on your left side out and back. Two-way vehicle traffic will be on the North side.

The **post-race party** will have bottled water, soft drinks, packaged snacks, PB&J sandwiches coffee.

To enter the **Turkey Costume Contest**, wear your best costume and be in front of the sound/awards trailer before 9:10 AM. We have trophies for adults (13 & over and youth 12 & Under) It helps to have family and friends cheer for you. Being cute also helps.

### Race Day schedule:

- 7:45 AM 5K & 5 Mile runners and walkers need to be staged at start for pre-race proceedings
- 8:00 AM 5K & 5 Mile start
- 8:45 AM Little Gobblers start
- 9:10 AM Turkey Costume Contest
- 9:20 AM 5K & 5 Mile awards

### Course:

**5K runners** have an out-and-back single loop course

**5 Mile runners** will have a second loop on the course. After your turn around look down course .95 of a mile where you will turn and go back to the turn around and then head to the finish

**Little Gobblers** will have an out and back on Cypresswood Drive

### Awards:

#### 5K Runners

Overall open male and female

Overall masters male and female

1<sup>st</sup> through 3<sup>rd</sup> in 6 age groups male & female:  
19 & under, 20-29, 30-39, 40-49, 50-59 & 60+

#### 5 Mile Runners

Overall Male and Female

2<sup>nd</sup> through 6<sup>th</sup> place for men and women

**Little Gobblers** – Finisher Ribbons