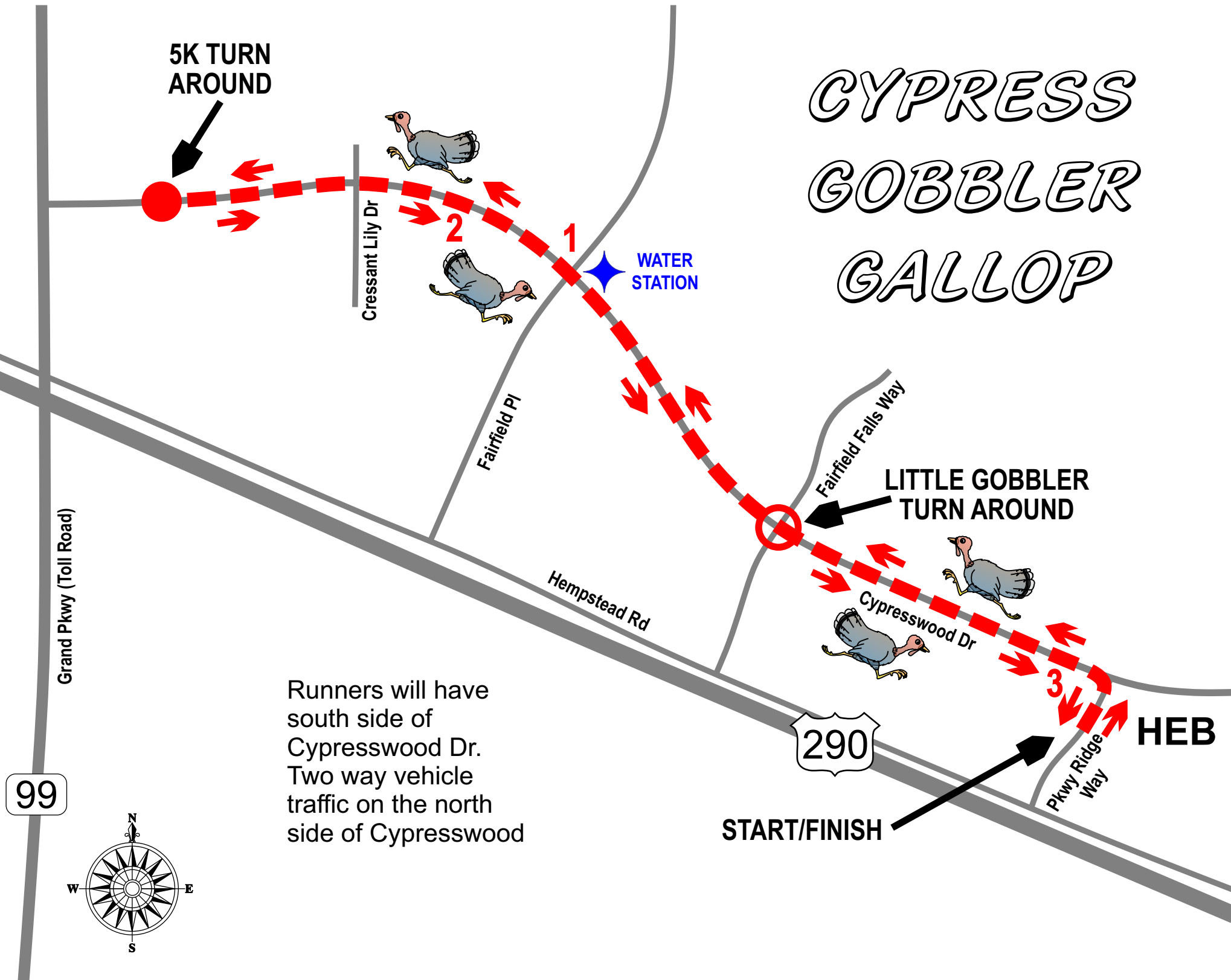


Memorial Hermann - Cypress Gobbler Gallop 5K Run/Walk & Little Gobbler Run

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 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 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 line 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 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, coffee.
- To enter the Turkey Costume Contest, wear your best costume and be in front of the sound/awards trailer before 9:30 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 Runners & Walkers ready for the start
 - 8:00 AM 5K event starts
 - 9:00 AM Little Gobblers Run starts
 - 9:30 AM Turkey Costume Contest
 - 9:40 AM 5K Run Awards

CYPRESS GOBBLER GALLOP



5K TURN AROUND

Cressant Lily Dr

Fairfield Pl

Hempstead Rd

Fairfield Falls Way

Cypresswood Dr

Pkwy Ridge Way

HEB

WATER STATION

LITTLE GOBBLER TURN AROUND

START/FINISH

Runners will have south side of Cypresswood Dr. Two way vehicle traffic on the north side of Cypresswood

99

290

