



Houston 9/11 Heroes Run
Saturday, September 10, 2022
City Hall (901 Bagby, Houston 77002)

Opening Ceremonies: 7:30 a.m.
5K Wheeler Start: 8:00 a.m.
5K Run/5K Ruck Start: 8:05 a.m.

Pre-Race Packet Pickup Information

Thursday and Friday, September 8-9, 2022

11:00 a.m. to 6:00 p.m.

Houston Police Credit Union ([1600 Memorial Drive, Houston 77007](#))

RACE DAY PACKET PICKUP (9/10/22) will begin at 6:30 a.m. and end at 8:00 a.m. The Registration and Packet Pickup tent will be located on the front plaza of City Hall. **Race Day lines are long so please arrive early.**

*****If you registered under the NO SHIRT, NO CHIP, NO SWAG option, do not come to packet pickup. NO SHIRT, NO CHIP, NO SWAG participants are allowed to participate in the run but will not receive a shirt, bib, swag bag, or other race gear. NO SHIRT, NO CHIP, NO SWAG participants are not eligible to win a medal.**

Awards Breakdown

- Overall Male and Female 5K
- Overall Masters Male and Female 5K (ages 40+)
- Top 3 Male and Female 5K Ruckers
- Top 3 Male and Female 5K Wheelers
- 1st through 3rd Place Age Divisions Male and Female 5K

The top three finishers in each age division of the 5K Run will win a medal. The 5K Ruck and 5K Wheeler divisions do not have age division awards. The first 3 male and female finishers in the Ruck and Wheeler divisions will win a medal.

5K Run Age Divisions

- 12 and Under
- 13-19
- 20-29
- 30-39
- 40-49
- 50-59
- 60-69
- 70 and Over

Important FAQs

- 1. Can I pick up packets for friends, family members, coworkers, etc.?**

- a. Yes, you are welcome to pick up packets for other participants. Be sure to let them know you are getting their packet to avoid confusion and unnecessary standing in line.
- b. If you will be picking up for a group of 8 or more participants, please email the [Registration Manager](#) with the complete list of names of all packets you are picking up and our volunteers will pull your packets as a group. We must have the first and last name of each runner. We cannot pull by team name.
- c. To allow our volunteers time to pull your group's packets, please arrive at HPCU **after 2:00 p.m. on Thursday, September 8.** If you arrive early, you will have to wait as we have several large groups to pull every year.

2. Where do I park on Race Day?

- a. Most Downtown parking garages will be open for guest parking. The closest garage to the race site is the Tranquility Garage. Garage parking will cost approximately \$15-20 per car. Metered street parking will also be available. Please bring cash as not all garages accept credit cards. We encourage everyone to carpool if possible.

3. What does the course look like?

- a. The course map can be found [here](#).

4. I registered already but can no longer participate. Can I give my bib to someone else?

- a. Yes, you may transfer your registration to another runner but **YOU MUST NOTIFY** the [Registration Manager](#) **BEFORE** race day. The Houston 9/11 Heroes Run is timed and results are posted based on the information originally assigned to each bib. If you are female and give your bib to a male, his finishing time will be put into the female standings and could skew the results. It is imperative you contact the [Registration Manager](#) before the race to properly transfer your bib to a new runner.
- b. Required information to make a transfer is (new runner information) Name, Age or Date of Birth, Gender, Email Address, City and State of Residence, and Race Division. Email the [Registration Manager](#) to transfer your bib.

5. I registered for the 5K Run but want to run in the 5K GORUCK. Can I change divisions?

- a. Yes, you may change to a different division but **YOU MUST NOTIFY** the [Registration Manager](#). If you do not notify the [Registration Manager](#) of your division change, you could skew race results and impact the final standings. Email the [Registration Manager](#) to change divisions. **Please note, registration for the GORUCK division is \$5 more.** If you transfer to the GORUCK division from the regular 5K division, you must pay an additional \$5.
- b. The GORUCK division has very specific rules and regulations if you will be competing for a medal. Please review the [GORUCK rules and regulations](#) very carefully. Rucks must be weighed on race day at the GORUCK tent in order to qualify for a medal. Please arrive early to account for the time it will take to weigh your ruck and get to the start line. If you have questions about the GORUCK division, [email us](#).

Timing Chip and Race Bib

The timing chip is attached to the back of your bib. You must wear your bib on the front of your body, preferably chest-high, so the timing equipment can read your bib as you cross the finish line. Do not cover your bib with a jacket, sweatshirt, or other clothing. If you wear your bib below your waist, underneath clothing, on your back, or folded in your hand, your chip may not be read and you may not get an accurate time.

Do not remove your timing chip from the back of your bib. You do not need to return it at the end of the race.

If you have questions about your finish time, please ask the timer after you finish the race. The timing tent will be located close to the finish line.