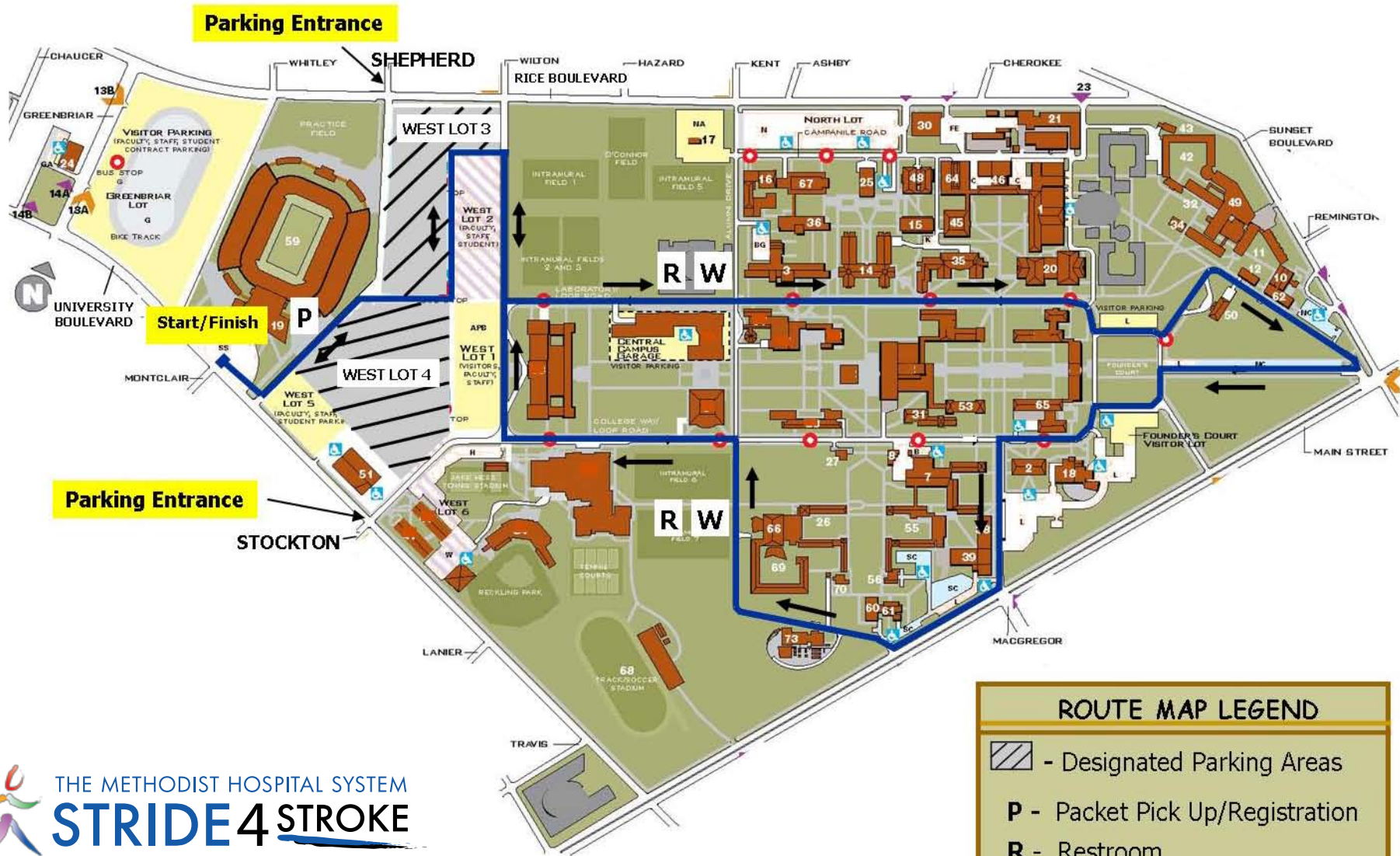


STRIDE4STROKE RUN & WALK ROUTE

RICE UNIVERSITY CAMPUS





THE METHODIST HOSPITAL SYSTEM
STRIDE 4 STROKE
methodiststride4stroke.com 2009

5K Run & Walk Saturday, March 7, 2009 Rice University

RACE DAY SCHEDULE

- 7:30 a.m.** On-site 5K Run & Walk registration opens
(Southeast side of Stadium, Gate 4)
- 8:00 a.m.** On field activities begin
- 8:20 a.m.** Welcome and opening remarks
(Rice Football Field)
- 9:00 a.m.** 5K Run begins
- 9:05 a.m.** 5K Walk begins

DIRECTIONS

Free Parking is in West Lot 3 and 4 on Rice University's campus. Vehicles must enter Rice University from either Stockton off of University Blvd. OR Shepherd Dr. off of Rice Blvd. (see map on other side). Parking attendants will be on site to assist and direct.

START LINE / FINISH LINE

The run & walk starts outside Rice University Football Stadium, and the scenic course winds through Rice University. It will end with the runners and walkers finishing directly outside the Stadium.

STROKE SURVIVORS

Survivors, family, and friends will meet at the Eddy Scurlock Stroke Center tent on the field. Look for the Stroke Survivors banner to join others for a special welcome and gift.

GENERAL RUN & WALK INFO

Runners will begin five minutes prior to walkers. Please listen for a call to the race start line.

- Competitive runners need to pin race numbers on the front of their shirt or shorts
- Competitive runners need to arrive 30 minutes early to pick up chip and bib number
- Times will be posted on methodiststride4stroke.com approximately 24 hours after the race
- The race is open to non-competitive wheelchairs
- Pet owners are encouraged to clean up after their pets
- Restrooms will be available in the stadium and along the course

SAFETY

Please be cautious! We have made every effort to control traffic along the course, but there are always people who may get through. Also, watch for any other hazards along the course. Runners and walkers are expected to follow directions from all race officials. Houston Police Department officers will be stationed around the course for traffic control and safety purposes.

WATER AND MEDICAL AID

Water will be available at the start and finish lines and at water stations along the course. Drink plenty of liquids before the race and do not run in this race if you are not sufficiently trained. If the temperature and humidity are high on race day, adjust to a slower pace. First aid personnel will monitor the course. If you need medical assistance during the race, contact a first aid person or police officer and/or stop at a water station.

POST RACE EVENTS

After the race, we invite all participants and their families to join us for a family picnic, children's activity center, stroke education booths, fitness activities, massages and sponsor tables.

AWARDS FOR 5K RUN

Overall first place male and female finishers will receive commemorative awards. The top male/female winner in each age group will also receive a certificate for running shoes from Academy.

For more information, visit our web site at methodiststride4stroke.com, e-mail us at stride4stroke@tmhs.org, or call 832-667-5867.