



Welcome to the 2023 Toughest 10K Galveston, 2nd leg of the Texas Bridge Series

October 15, 2023



PACKET PICK-UP

PACKET PICK-UP DAYS AND TIMES

Wednesday, October 11

11 AM – 2 PM

Speedy's Fast Track
11440 Hempstead Rd.
Houston, TX 77092
713-957-8803

Thursday, October 12

3 PM – 6 PM

On the Run Clear Lake
2427 Bay Area Blvd
Houston, TX 77058
281-480-5388

Friday, October 13

11 AM – 6 PM

On the Run Clear Lake
2427 Bay Area Blvd
Houston, TX 77058
281-480-5388



Please be prepared to give volunteers THE EXACT NAME YOU REGISTERED UNDER, not your bib name, nickname, maiden or married name if you did not use it to register.

YOU MAY PICK UP ANOTHER'S PACKET with their permission; you only need the exact name they registered under.

RACE DAY PACKET PICK-UP
Galveston County Daily News
8522 Teichman Rd. (race start/finish site)
Galveston, TX 77554

SUNDAY, OCTOBER 15

Pick-Up Time: 6:00 AM

Park at the satellite parking lot (unless you have a Donor Parking Pass) and take the shuttle to the start/finish area. Packet pick-up will be on site close to the start-finish area. *See parking map and instructions on page 3.*

PLEASE NOTE: The time before the race is hectic and we have only so many volunteers to help. Arrive early enough before the race to check your bag and to attach your bib. Picking up your packet during scheduled packet pick-up times in advance is ALWAYS preferable, both for you, and for everyone on race morning.



new balance

Independent since 1906, we empower people through sport and craftsmanship to create positive change in communities around the world

Sunday, October 15, 2023

RACE START TIME: 7:30 AM

2 hours (strictly enforced)

RACE START AND FINISH LOCATION

Galveston County Daily News

8522 Teichman Rd, Galveston, Texas 77554

General Parking

NO parking or drop-off at the Start/Finish area. Use the **Satellite Parking** lot (unless you have purchased a Donor Parking Pass) and take the shuttle to the start/finish area (see information below).



Satellite Parking

Galveston County District Clerk
600 59th St., Galveston TX 77551

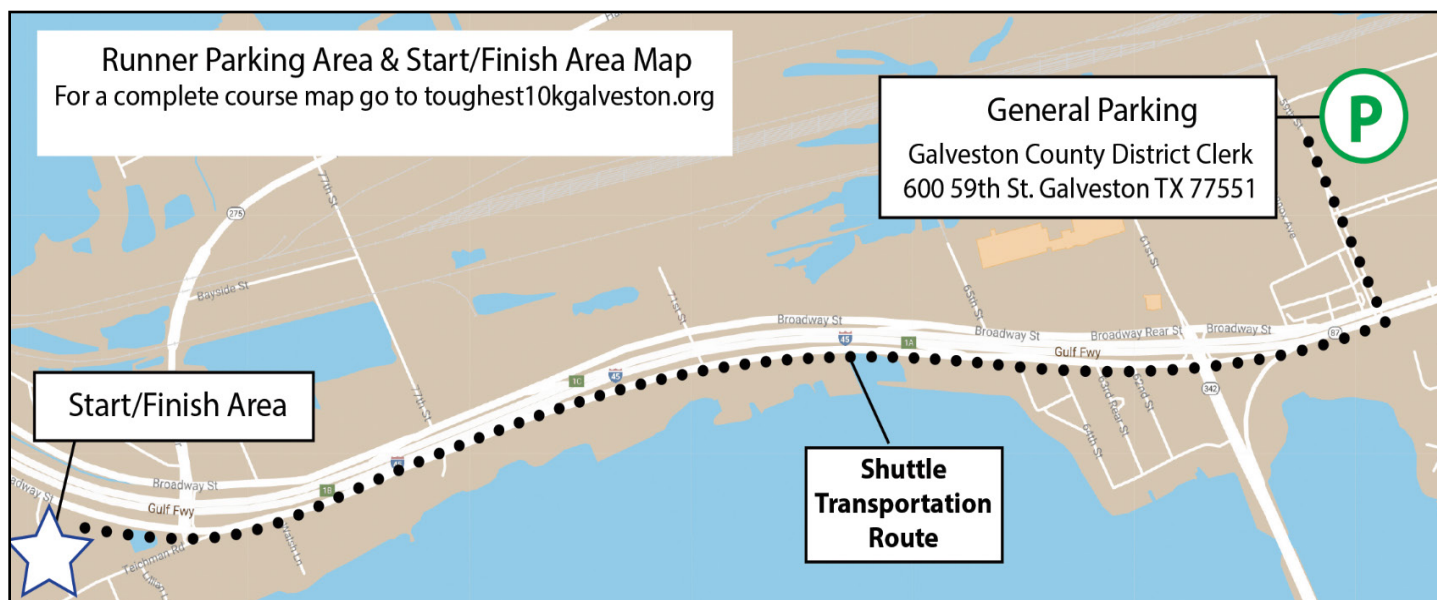
Directions from Houston to Satellite Parking

- **Take** 1-45 South
- **Follow** 1-45 South onto State Highway 87N for 0.1 mile
- **Turn left** onto 59th Street
- **Continue** 0.2 miles to parking on right

**Please DO NOT exit at
Harborside Drive/Teichman Road**



**Start /
Finish
Map**





RACE SCHEDULE

RACE SCHEDULE OCTOBER 15, 2023

Start Time
7:30 AM

Bag Drop:

Bag drop is available next to packet pickup, at the Galveston County Daily News.

Race Etiquette:

Line up at the starting line according to how fast you plan to run or walk the event. Slower runners and walkers should move to the back of the race pack. Run or walk no more than two abreast, allow faster runners to pass. If you do wear headphones, have one ear bud out so you can listen to race instructions.

Stay to your LEFT to avoid runners coming in the opposite direction (heading northbound towards Tiki Island, you should be closer to the shoulder of the road and runners going southbound will be closer to the median).

Course Markers:

Visible mile markers will be positioned along the course.

Finish Line:

Keep moving after you cross the finish line. Once you finish you are not allowed back in the finish area. You are not allowed to cross the finish line again with friends, family or running buddy. Results will be posted onsite and will also be posted on our official website: www.toughest10kgalveston.org. Finisher's medal will be awarded just outside the finish chute.



EVERY SEASON STARTS AT



OCTOBER 15, 2023

facebook.com/RunningAllianceSport/

Toughest10kGalveston.org

Timing Chip

Your timing chip is already attached to the back of your race bib. Please use the pins provided in your packet to secure your bib to the **FRONT** of your shirt.

Do not bend or fold your bib.

The timing chip is disposable and does not need to be removed or returned to us after the race.



Timing chip is already attached to back of race bib.



NO BIB, NO TIME!

All participants must wear their bib on the front in a way that it can be seen by course officials in order to receive an official finish time when crossing the finish line. If you lose or forget your bib on race day there is a \$10 replacement fee.



Bib and Timing

- Running with a bib not registered in your name will result in a two year suspension.
- All participants must wear their bib on the front in a way that it can be seen by course officials. Non-registered runners and/or bandit runners will be removed from the course. No one will be allowed to finish the race without a bib.
- Do not fold your bib, it will affect results and timing.



The Galveston Toughest 10K is part of the Texas Bridge Series, a series of three races over three iconic Texas bridges in the Gulf Coast area: Kemah Bridge, Galveston Causeway, and the Fred Hartman Bridge.

TOUGHEST 10K KEMAH – SUNDAY, SEPT. 17, 2023

TOUGHEST 10K GALVESTON – SUNDAY, OCT. 15, 2023

LA PORTE BY THE BAY HALF MARATHON – SUNDAY, NOV. 19, 2023

Run all three races in 2023 and win a special commemorative gift!

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Independent since 1906, we empower people through sport and craftsmanship to create positive change in communities around the world



The Race Course



The Toughest 10K Galveston is the second of three races in the Texas Bridge Series, organized by Running Alliance Sport.

Race Start Time:

7:30 AM

Start and Finish:

Galveston County Daily News, 8522 Teichman Rd., Galveston, TX 77553

Course Description:

Out and back! Start and finish at the Galveston County Daily News. Get on the causeway northbound (against traffic), exit Tiki Island, turn around, come back the same way.

Race Distance / Time Limit

10K, chipped time. 2 Hours (strictly enforced).

Safety

Runners and walkers will be expected to follow directions and instructions of race officials. EMT personnel may be

riding the course on bicycles. Please let them or any aid station personnel know if you are having any problems.

Photography

Official race photographer will be on the course and at the finish. Make sure you smile for the photographer! Smiley faces will likely end up on our Facebook page or on our marketing materials.

Water Stations

Water stations on both sides of the bridge (before and after the Causeway). No water stations on the bridge.

Port-A-Johns

At Start/Finish and all aid stations.

Awards

Awards Ceremonies will start at 9:00 AM or when official results are available, whichever is the later.

Post-Race Party

After you finish your event, stick around and cheer in your fellow runners and walkers and party in the park with us. There will be lots of food, fun, and entertainment for your enjoyment.



Frequently Asked Questions

Q: Where does the race start?

A: Race starts at the Galveston County Daily News. See course map on page 7.

Q: What time should I be at the race?

A: If you are picking up your packet on Race Day, packet pick-up is at 6 AM – 7 AM. Please allow extra time to find parking. Arrive early. Race morning could be hectic.

Q: Is there somewhere on the website that shows the route of the race?

A: Yes, see course map on page 7.

Q: What is the race time limit, and it is a hard limit?

A: The time limit is two (2) hours, and strictly enforced! Bridge races involve special permission and cooperation by local authorities, police and emergency response, and impact motor vehicle traffic. In order to keep doing these races we must comply with the limits set by those agencies. Runners who are trailing far behind may not be allowed back on the bridge for their final loop.

Q: Where is packet pick-up?

A: Please check out the Packet Pick-Up info on page 2.

Q: Can I register at packet pickup or on RACE DAY?

A: Yes, IF the limit of registrations has not been filled. Note that we can't guarantee shirt/medal/goodies bag on race day.

Q: Do you accept credit cards at Packet Pick-up and Race Day registration?

A: We sure do!

Q: What is the minimum age requirement and do you need a parents or guardian's consent to participate?

A: The minimum age for the 10K is 6 years, and we do need the signature of a consenting parent or guardian.

Q: Can I pick up my friend's packet?

A: Yes

Q: I registered but couldn't make it, can I get a refund or defer my registration to next year?

A: There is NO RAINCHECK for this event. Your entry fee for

this year's event CANNOT be transferred to next year's event, and there are NO REFUNDS, no exceptions. This policy stays in effect whether you are injured, have an unexpected business or family emergency, pregnancy, etc. There are NO exceptions. Seriously.

Q: I registered but couldn't make it – I know there are no refunds, what are my options?

A: You can donate your entry to charity, you will get a cash donation receipt. Just let us know!

Or you can transfer your entry to another person, contact us to do so. Information about transfer fee schedule is on the Registration page.

Transfer policy for Texas Bridge Series all-in-one registrations: Transfers of all three races to one person adhere to regular transfer rules.

We cannot split all-in-one registrations to transfer races to two or three different runners.

PLEASE NOTE that there is an immediate disqualification for anyone who runs under another person's bib other than the person of record.

Q: Are there any special offers?

A: **The Texas Bridge Series!** Run all three of the Texas Bridge Series Races: The Kemah Bridge (Toughest 10K Kemah), Galveston Causeway (Toughest 10K Galveston) and Fred Hartman Bridge (La Porte Half Marathon), and you will get a commemorative medal!

Q: I paid my registration fee but couldn't attend the race. Can you mail my race packet to me or can I pickup my packet after the race?

A: No. All unclaimed race packets will be given to late registrants at the race.



Frequently Asked Questions - Continued

Q: I left early, but it looks like I won an award. Can you mail it to me?

A: No, we do not mail out awards after the race. You may be able to pick up your award at a designated location, usually one of the packet pick-up spots. Check with us via the Contact form.

Q: Where do I get my timing chip?

A: Timing chip is attached to your bib.

Q: What if I forget my chip or bib at home?

A: If you loose or forget your bib, there will be a \$10 charge to reissue you a new bib.

Q: The shirt in my packet doesn't fit, can I exchange it for a different size?

A: We post deadlines for both bib name and shirt size selection, and order shirts in advance according to what you selected if you registered by those deadlines. We estimate the remainder. If we have any extras after the race, you are welcome to exchange, but if the race fills, extras for exchange are unlikely.

Q: Will there be port-a-potties?

A: Yes, they will be located at all aid stations, and at the start and finish. For details, see the course map on page 7.

Q: I have a question about the Texas Bridge Series...

A: Have you checked the Texas Bridge Series page? [Click here](#) for the Bridge Series FAQ.

Q: We are planning to combine this race with a short vacation to visit the Kemah Boardwalk, NASA Space Center, and Galveston. Can you recommend a hotel?

A: Yes! We have a list of hotels. [Click here](#) for list.

Q: Hi, I'm registered for the Toughest 10K and I have been trying to find out what the incline of the bridge is so I can prepare myself. Can you please help me answer this?

A: According to TxDOT, it features a 3.5- percent grade as it rises 72 feet over the water.

Q: How many times do I have to go over the bridge?

A: Once, out and back.

Q: Are walkers allowed in the race?

A: Walkers are welcome! However, you must be able to average a 19-20 min/mile pace for the race. A 2-hour time limit for all participants will be strictly enforced!

Q: Can I run with a baby jogger/stroller?

A: Unfortunately the bridge is too crowded to maintain runner safety and allow for strollers, please do not bring them. If you push a stroller on your run you may be removed from the course, and will be disqualified (removed) from the results.

Q: Can I have my favorite pet/dog run with me?

A: No. If you bring your pet with you, you may be removed from the course, and disqualified (removed) from the results.

Q: Can I participate with my wheelchair?

A: We're sorry, at this time the race is not insured for wheelchair racing.

Q: Can I wear my headphones?

A: The RRCA (our insurance provider) has a written guideline against the use of personal music devices in running events, as such we strongly discourage the use of headphones in our races. If you must use headphones, please only use one ear-piece.

Q: What type of race shirt will I receive?

A: A technical shirt.

Q: Will there be a non water drink available at the aid stations?

A: Yes, it will be Lemon Lime Gatorade.

Q: Will there be a post-race party?

A: Yes, please join us after the race! There will be food, beer, sodas, water, awards, give-a-ways & FUN!!!

Q: I have a question about the Texas Bridge Series.

A: Check out the Texas Bridge Series webpage at: <http://onetough10k.org/texas-bridge-series>



Weather Contingencies: In Case of Bad Weather

RAIN

The event will NOT be canceled due to rain alone unless the downpour is such that athletes, police, and volunteers lose visibility making situations unsafe. If this occurs we will wait until the rain subsides and follow the same procedure listed for lightning conditions (minus the 30-minute rule). Athletes will be informed of such a change via announcements on race morning.

LIGHTNING

In the event of lightning the race will be postponed by 30 minutes every time lightning is spotted and thunder is heard within 6 miles of the event. Please note that every time lightning strikes and thunder is heard within 6 miles of the race site we must delay the start by 30 minutes.

TORNADO WARNING

If at anytime before (race morning close to starting time) or during the event, a tornado warning is issued, the race will be canceled.

ON COURSE CANCELLATION

If the race is canceled due to storms (lightning and/or excessive rain) or tornado warnings while it is in progress we will do everything in our power to alert everyone on the course. All police, SAG, and medical personnel will be made aware and do all they can to warn and SAG in all participants. We will also do everything in our power to assist those that are still on course. Those that are on course without means of rescue should seek immediate shelter via open stores, buildings, garages, homes and/or any other means of protection from the dangerous conditions. If it gets worse and we are not there to help you off the course please do everything you can to keep yourself safe and take shelter.

Because of agreements with the Texas Department of Transportation and various municipalities regarding a fixed amount of time to have roads closed or in use or the time of public safety or law enforcement officials, Running Alliance Sport, at any time, reserves the right to shorten the distance of any of its races to comply, especially in dealing with inclement weather conditions that may make any course unavailable or unsuitable for runner participation.



CLEAR LAKE
2427 Bay Area Blvd
Houston, TX 77058
281.480.5388

BEAUMONT
227 Dowlen Rd, Ste 6B
Beaumont, TX 77706
409.861.1595

<https://ontheruntx.com>

Texas' Premier Running Specialty Stores



We are Houston, TX based shoe sellers, runners & triathletes that are all about a great fit, great quality and great customer service. Founded in 2003, we specialize in gait analysis and have a combined 30+ years experience fitting runners and walkers of all skill levels and injury types. We also work closely with a number of local Clear Lake/ League City/ Houston area running and multisport clubs. Come by and see us!





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DICK'S HOUSE OF SPORT

18650 GULF FWY,
FRIENDSWOOD, TX 77546

(832) 415-1934

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Local Experiences



POST RACE PARTY

After you cross the Finish Line join us for the post race party.

After you finish your race, stick around and cheer on your fellow runners and walkers, and party with us. There will be food, beer, sodas, water, awards, give-a-ways & FUN!!!

See you for the next Bridge!



LaPorte By the Bay
Half Marathon
Sunday
Nov. 19, 2023



SPEEDY'S FAST TRACK

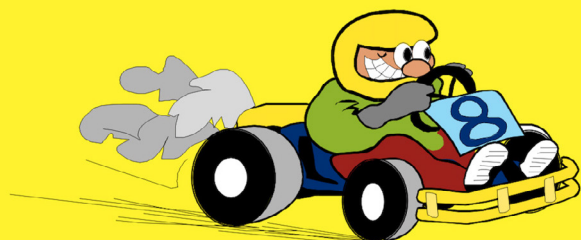
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Business Hours

**Sunday - Thursday
12:00pm - 10:00pm**

**Friday & Saturday
12:00pm - 12:00am**

Hours subject to change without notice



Galveston Toughest 10K Legacy Runners

11 Years

Daniel Barta
Robin Martin

Giovannina Caminade
Alison Smith

Mark Kenney
Chris St Jean

Kevin Lang
Barry Tobias

Lynn Malloy

10 Years

Curtis Clark
Darrell Nichols

Keith Cotropia
Ernest Nuckois

Rachel Forrest
Mandy Salinas

Anne Gill
Foster Spurlock

Varun Gupta
Mike Woods

9 Years

Shaun Austin
Deanna Harter
Keith Praytor

Leslie Bateman
Jesus Jijon
Keith Schreiter

Keisha Benjamin
Linda Leal
Susan Spurlock

Josh Burton
Rachel Lowell

June Harris
Rosie Ortiz

8 Years

Jim Alvarez

Melanie Barnard-
Renault
Dan Dean
Kelly Hannemann
Dustin James
Jackie Peden
Stacey Seay

Bruce Boyd

Steve Fanos
Michael Hardee
Dale Kohn
John Riekert
Feliciano Torres

Grant Bue

Israel Garza
Leo Henny
Bartenderx Oropeza
Jose Ruiz
Lisa Whitten

Randy Castiglioni

Lucia Gentry
Mike Holder
Don Padilla
Michael Santo
Keith Williams

7 Years

Elizabeth Ahrens
Richard Broussard
Shannon Fender
Ruth Johnston
Karen Lancer
Brian McLaughlin
Regina Ramirez
Christopher Smith
Tim Timpani

Maria Albrecht
Michael Canales
Lea Flstein
Sarah Johnston
Tony Le Cara
Monica Montoya
Vickie Rickman
Gregory Smith
David Tjiok

Susan Bell
Marcia Clark
Lynda Garrison
Janet Jones
David Leal
Paul Peters
Tammy Rodriguez
Amber Spurlock
Truc Tran

Enrico Bernal
Sean Cochran
Floyd Hamilton
Vicki Jones
Kristin Majewski
Adriana Peterson
Javier Romero
Amber St Jean
Pamela Willmon

Shelley Breedlove
Tiffany Eckenrod
Kim Johnston
Robert Kiber
Daniel Marmolejo
Ron Plotner
Eric Schaefer
Cindy Theriot

6 Years

Lacie Bedwell
Donna Cameron
Eugenia Carter
Raquel Dillon
Tanci Goster
Reginald Harden
Santos Hernandez
Jesse Jimenez
Holly Lamb
Gisselle Matta
Anna Miller
Keith Perkins
Maria Rivas
Kristin Salinas
Jill Seltzer
Wendy Stewart

Terri Bonner
Claudia Canales
Armando Chio Jr
Gloria Dodson
Alonso Fuentes
Connie Harguth
Triet Huynh
Leslie Joseph
Robert Lott
Chris McIntosh
Laura Moreno
Chan Pham
Stacy Robbins
Alissa Sammons
Hector Silva
Leah Truscott

Mike Boudreaux
Maria Carmichael
Matt Daeumer
Holly Dunn
Sharon Golightly
Matt Hawkes
Carmela James
Janet Joyce
Daniela Lozano
Carla McLaughlin
Hiep Nguyen
Pete Rake
Gustavo Roque
Latiffany Sauls
Marilu Silva
Shelley Wolny

Tate Brune
Erika Carnahan
Lisa Debolt
Nikolas Fernald
Theresa Goudeau
Armando Hernandez
Mary Jennings
Josie Juskewicz
Margarita Maldonado
Tracy Melancon
Kevin Odom
Victoria Ramos
Susy Ruiz
Debbie Schallock
Donna Sledge

Barbara Bussey
Gabriela Carrion
Jeff Dewillis
Bryan Foster
Joanna Gray
Maria Hernandez
Cynthia Jimenez
Aisha Khan
Carolina Martinez
Andrea milbourne
Eric O'donel
Heidi Riggs
Edgar Saenz
Leslie Schaschl
Melissa Smith



Galveston Legacy Runners - continued

5 Years

April Allen	Carolyn Allen	Joey Angers	James Arraji	Patricia Ashcraft
Solana Bain	Lynn Baker	Stephanie Balette	Debra Barker	Amy Batton
Tammy Bearden	Franky Benavidez	Shannon Bennett	Becky Bethscheider	Kirsten Beyer
Dana Biedrzycki	Kevin Billings	Gerselda Bourgeois	Debbie Brown	Lynn Brown
Russell Brown	Roland Burciaga	Richard Byrnes	Borberto Cabrera	Dilma Camarillo
Kelly Carmichael Jr	CC Carrasco	Samantha Carter	Minerva Cervantes	Leonardo Clark
Monica Clark	Pedro Colunga	Audriel Cooper	Maribel Cooper	Steve Cooper
Etienne Corbet	Mariela Corbet	Anne Court	Mark Curda	Stephanie Curda
Lauren Cuthbertson	Cherell Daeumer	Candace Dartez	Alex D'eath	Ann Dick
Norman Dunham	Marcus Dunn	Patrick Dwyer	Misty Edwards	Jennifer Esparza
Kimberly Faust	Danielle Fernald	Don Fess	Priscilla Fierro	Samuel Finley
Joel Flavin	Jessie Fuentes	Kartik Gandhi	Prachi Gandhi	John Paul Garcia
Olivia Garcia	Bridget Gonzalez	Terri Graham	Megan Green	Damaris Guerra
Christopher Guillory	Adriana Guterrez	Fred Hall	Jan Hansen	Stephen Harding
Michelle Harrold	Christopher Hase	Don Henderson	Beth Hentges	Amy Hinnenkamp
Joe Hoff	Simon Hughes	Tracy Hughey	Alexander Huynh	Tony Huynh
Jima Irvin	Leslie Jarvis	Phillis Jefferson	Heather Johnson	Jacalyn Johnson-Alviza
Sharon Jones	Silvia Jones	Vicky Jones	Julia Kenny	Jane Kifer
Carol Kleiber	Kristie Fleinhans	Karla Kilyng	John Knecht	Mark Krowski
John Kush	Charlie Lair	Eric Lance	Michael Lance	Paul Langley
Dysana Lee	Jeff Lendermon	Shelley Lendermon	Jesse Lopez	Gloria Mahoney
Victor Maldonado	Joan Malmrose	Cathy Mann	Nina Marcial	Benny Martinez
Stacey Mddowell	Ronda Mcentee	Nick McGowen	Margaret Mcphail	Spencer Mehrens
Gilbert Mejia	Ivy Mejia	Maria Mercado	Carol Mezyk	Paige Micak
Ricardo Montelongo	Erika Moreno	Michael Moreno	K Moriarty	Ed Murphey
Joanne Murphey	Amy Nabors	Maria Negrete	Julie Nguyen	Geri Niess
Tina Ochel	Karen Overman	Joanne Patten	Judy Paulson	Melissa Phan
Trina Phillips	Daniel Pinn	Tracy Plasencia	Joel Presley	Gus Pulido
Demetrio Quezada	Joshua Rake	Barbara Rames	Monica Ramos	Alicia Randall
Karen Raven	Stacie Reed	Andrew Rennie	John Reynolds	Victor Reza
Christie Roberts	Duane Ross	Linda Ross	Carly Rowland	Mary Sailors
Esmeralda Salazar	Colleen Saltus	Phil Sayles	Lisa Schneider	Greg Schwab
Luis Silvas	Becca Smiley	Teresa Smith	Wayne Smith	Bob Smither
Julia Spade	Gina Strebeck	Jackie Thornton	Alfonso Torres	Adam Trejo
Jenny Tsao-Jones	Sara Turkasz	Brandi Untz	Mark Vasquez	Mindy Vazzola
Tracey Walker	Brandon Weaver	Michelle wells	Angela West	Donald Wilmon
Elizabeth Wojtowicz	Shaket Woodard	Hope Wright	Lorraine Wright	Randell Zerr



Bridge Series Legacy Runners

12 Years

Daniel Barta
Chris St Jean

Mark Kenney

Kevin Lang

Lynn Malloy

Alison Smith

11 Years

Curtis Clark

Varun Gupta

Darrell Nichols

Ernest Nuckols

10 Years

Kelly Carmichael

Rachel Forrest

June Harris

Keith Praytor

9 Years

Shaun Austin
Jesus Jijon

Dusty Cook
Eduardo Niez

Dan Dean
Patrick Scott

Israel Garza

Anne Gill

8 Years

Leslie Bateman
Danny Huynh
Adriana Peterson
Amber St Jean

Bruce Boyd
Dustin James
Keith Schreiter
Tim Timpani

Steve Fanos
Linda Leal
Christopher Smith
Lisa Whitten

Deanna Harter
Rachel Lowell
Foster Spurlock

Mike Holder
Bartenderx Oropeza
Susan Spurlock

7 Years

Elizabeth Ahrens
Keith Cotropia
Joanna Gray
Leslie Joseph
Laura Moreno
Leslie Schaschi
Melissa Smith
Sean Young

Maria Albrecht
Bryan Foster
Floyd Hamilton
David Leal
Don Padilla
Stacey Seay
Cindy Theriot

Keisha Benjamin
Lynda Garrison
Jenny Huynh
Margarita Maldonado
Victoria Ramos
Jill Seltzer
David Tjiok

Grant Bue
Lucia Gentry
Camela James
Daniel Marmolejo
Javier Romero
Donna Sledge
Truc Tran

Sean Cochran
Sharon Golightly
Sarah Johnston
Chris McIntosh
Michael Santo
Gregory Smith
Keith Williams

6 Years

Enrico Bernal
Michael Canales
Misty Edwards
Triet Huynh
Josie Juskewicz
Carolina Martinez
Hiep Nguyen
Barbara Rames
Kristin Salinas
Lorraine Wright

Becky Bethscheider
Erika Carnahan
Shannon Fender
Jesse Jimenez
Karen Lancer
Andrew Mcdowell
Kevin Odom
John Riekert
Latiffany Sauls

Mike Boudreaux
Gabriela Carrion
Lea Fistein
Kim Johnston
Robert Lott
Maria Mercado
Chris Peden
Stacy Robbins
Marilu Silva

Richard Broussard
Pedro Colunga
Alonso Fuentes
Silvia Jones
Daniela Lozano
Carol Mezyk
Keith Perkins
Jose Ruiz
Wendy Stewart

Barbara Bussey
Gloria Dodson
Damaris Guerra
Janet Joyce
Victor Maldonado
Paige Micak
Paul Peters
Edgar Saenz
Lusi Trejo

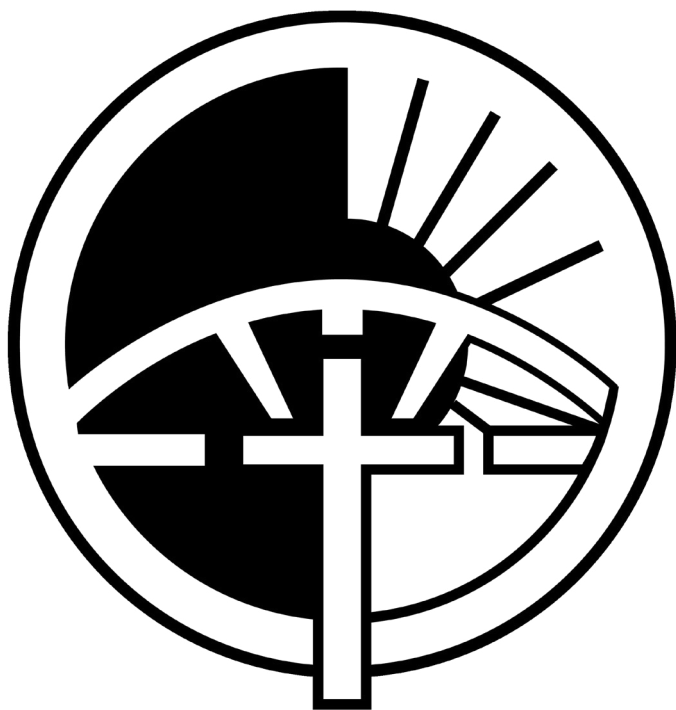


Bridge Series Legacy Runners - Continued

5 Years

April Allen	Clinton Balmain	Debra Barker	Melanie Barnard-Renault	Amy Batton
Tammy Bearden	Shannon Bennett	Brian Bethscheider	Kirsten Beyer	Shelley Breedlove
Norberto Cabrera	Dilma Camarillo	Claudia Canales	Minerva Cervantes	Armando Chico Jr
Marcia Clark	Nathaniel Collins	Rigoberto Contreareas	Audriel Cooper	Maribel Cooper
Etienne Corbet	Mariela Corbet	Mark Curda	Stephanie Curda	Cherell Daeumer
Lisa Debolt	Jeff Dewillis	Raquel Dillon	Jennifer Esparza	Prince Gammage
Israel Garcia	Olivia Garcia	Bridget Gonzalez	Theresa Goudeau	Christopher Guillory
Jessica Gunn	Fred Hall	Hiroshi Hamada	Stephen Harding	Christopher Hase
Armando Hernandez	Santos Hernandez	Joe Hoff	Alexander Huynh	Tony Huynh
Leslie Jarvis	Ruth Johnston	Vicky Jones	Julia Kenny	Dale Kohn
Mark Krowski	Holly Lamb	Eric Lance	Tony Le Cara	Dysana Lee
Shelley Lendermon	Jesse Lopez	Elizabeth Lutz	Carol Madrid	Gloria Mahoney
Cathy Mann	Gisselle Matta	Stacey McDowell	Nick McGowen	Margaret Mcphail
Spencer Mehrens	Tracy Melancon	Ricardo Montelongo	Erika Moreno	Ed Murphey
Maria Negrete	Julie Nguyen	Geri Niess	Eric O'Donel	Karen Overman
Joanne Patten	Judy Paulson	Chan Pham	Daniel Pinn	Joel Presley
Regina Ramirez	Monica Ramos	Vickie Rickman	Heidi Riggs	Maria Rivas
Christie Roberts	Tammy Rodriguez	Gustavo Rocque	Susy Ruiz	Mary Sailors
Colleen Saltus	Phil Sayles	Eric Schaefer	Lisa Schneider	Hector Silva
Cecilie Small	Alfonso torres	Gracie Trejo	Sara Turkasz	Brandi Untz
Jonathan Whitaker	Shelley Wolny			





THE bridge

Volunteering

To learn more about volunteering,
please contact
Jessica Pineda, Volunteer Manager, at
jpineda@tbotw.org.

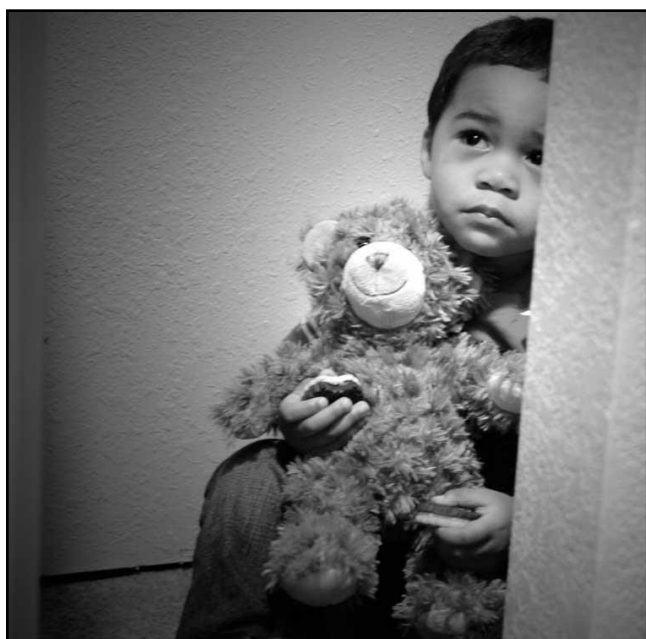
Visit our website: www.tbotw.org

For more information, please contact Becky
Kyles, Development Director, at rkyles@tbotw.org.
713-472-0753 (O); or 870-648-5913 (C).

Amazon Wish List



About Us



The Bridge Over Troubled Waters' mission is to offer support, provide safety and prevent domestic and sexual violence. Adults and children in crisis situations need specialized care and a stable environment to thrive. They need advocates: people who will assess their needs and ensure they receive the services necessary to move on to healthy, successful futures. The Bridge focuses on specialized programs that not only help children and adults heal from the effects of abuse, but also those that address the complex dynamics that allow family violence to perpetuate in order to help break the cycle of domestic violence.

The Bridge helps victims find hope where there once was none. Join us as we help women, children, and men in our community break the cycle of violence. United as a community, we help people in their suffering and continue our mission to offer support, provide safety, and prevent domestic and sexual violence.

RAS

Running Alliance Sport

MILES FOR A MILLION

For the last several years, Running Alliance Sport has been involved in a campaign to raise a million dollars for charity. We called it our Miles for a Million Campaign, and every runner in our races has contributed, as well and so many others. In 2022 we did it! RAS runners, contributors, sponsors and friends have raised ONE MILLION DOLLARS for our charity beneficiaries! In 2023, we are renewing the campaign. Please help us raise the next \$1 million!

About Us

Calling the greater Houston area home, Running Alliance Sport (RAS) is a not-for-profit event production company that has a passion for producing quality running events which in turn support local communities and its charities. RAS successfully works with city governments in Seabrook, Nassau Bay, Kemah, La Porte, Baytown, Galveston and Tiki Island to produce eight races annually from March to November that engages nearly 500 volunteers, sends over 10,000 runners and walkers across finish lines and has donated over \$1 million to local charities since its inception in 2011. For more information, please visit runningalliancesport.com.

Net proceeds from the Galveston Toughest 10K go to The Bridge Over Troubled Waters, better known as "The Bridge."

"The mission of The Bridge is to offer support, provide safety, and prevent domestic and sexual violence." To learn more about The Bridge and how you can help, visit their website at thebridgeovertroubledwaters.org.



The Highest Off-the-Ground Race in Texas



Finisher's Medal
One-of-a-kind

Awards
Three Deep

*Personalized Bib, Socks &
Long Sleeve Tech Shirt*

Voted best half-marathon post-race party!

Smoked Sausage
(Smoked On-Site)

Homemade Chicken Soup
(Cooked On-Site)

Vegetarian Red Beans & Rice
(Cooked On-Site)

Two Choices of Pizza

Food, Beverages & Beer

Fruit, Pretzels, Snacks

And Much More!

Race Day Packet Pickup



LaPorteByTheBayHalfMarathon.com



Check website for cutoff date and details. Recognized 501(c)(3)
Net proceeds go to The Bridge Over Troubled Waters.



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Official Race Photos will be available at www.RaceShots.net



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restore
HYPER WELLNESS



VETERAN'S DAY FUN RUN & RUCK

Join us for a 5K Fun Run & Kids 1K Fun Run to salute to the brave men and women who've proudly served our nation in the military. Up the ante by grabbing your pack for a ruck!



Sign up for the run!

\$30 for 5K Runs | \$10 for Kid's 1K



Saturday, November 11, 2023

8:00 a.m. start time



Mont Belvieu City Park

10900 Eagle Drive, Mont Belvieu, TX

www.cc-va.org

