

## Houma Heart & Soles Half-Marathon & 5K Frequently Asked Questions

### The Routes

**Q: Is there a new route this year?**

A: Yes, there is a new route for both the 5K and the half-marathon with less turns and a better straight away for runners. To view the routes, visit [www.tgmc.com/halfmarathon](http://www.tgmc.com/halfmarathon) or our official Facebook page: [www.facebook.com/houmaheartandsoles](http://www.facebook.com/houmaheartandsoles). You can also view interactive maps of the routes at these links:

The 5K Interactive Route Map: <http://ridewithgps.com/routes/3225704>

The Half-Marathon Interactive Route Map: <http://ridewithgps.com/routes/3222564>

**Q: Will the new routes be safe?**

A: It is important to us for our participants feel safe, so we have spoken to the Houma Police Department to ensure maximum coverage on the route this year. This will include 15 police, additional Shriner support, and Bayou Country Cyclist support to patrol on Bayou Black and Southdown Mandalay. The police will block off the intersections to avoid traffic from Barrow Street, St. Charles Street, and other major intersections as well as patrol the roads on motorcycles. As you run, remember to stay in one lane for added security.

**Q: Where will port-o-lets be available?**

A: Two port-o-lets will be available: one at the halfway point and one in between miles 9.6 and 9.7.

**Q: Will there be water stations along the route?**

A: We will have about nine water stations along the half marathon route, and one along the 5K route.

### The Results

**Q: How will my results be timed?**

A: Each participant will wear a bib with a chip for an accurate result. The chip will calculate your exact start time, your halfway point (if doing the half-marathon or relay), and your finish time on the red carpet.

**Q: When can I view my results?**

A: This year, we have hired No Limits Timing, LLC out of Shreveport to time our race. Live results will immediately be posted on their website at [www.nolimitstiming.com](http://www.nolimitstiming.com). Social media updates are also available for friends and family to track your progress. If you did not sign up for these updates when registering online, you may still choose to do so by visiting <https://register.bazumedia.com/event/tracking/eventID/4830>.

**Q: When will the awards be announced?**

A: The awards ceremony for the 5K will take place around 8 a.m., and the half-marathon awards will be around 10:30 a.m. All half-marathon finishers will receive a Heart & Soles medal upon completing the race to commemorate their accomplishment. To view a full list of award categories, view our registration form at <http://www.tgmc.com/halfmarathon/register.pdf>.

### Packet Pickup & Registration



**Q: When is packet pickup?**

A: Packets can be picked up beginning at 5:30 a.m. on the morning of the race at the Civic Center. Pre-registrants will have their bibs and t-shirts pre-sorted and ready for pickup at our pre-registration table.

**Q: When is the latest date to register?**

A: We will offer race day registration beginning at 5:30 a.m. at the Civic Center. Registration kiosks will be available for you to enter your information, and a bib will be assigned to you. Shirts will be given based on availability.

**Q: Will there be a bag check available?**

A: We will not have a bag check available; please leave valuables in your vehicle.

**The Proceeds**

**Q: What are proceeds of the race used for?**

A: After funding the necessary costs of the race, Cardiovascular Institute of the South and Terrebonne General Medical Center will use the remaining proceeds to provide free cardiovascular screenings in our community. A large screening event will be held at no cost to the community.

Cardiovascular disease is the number one killer of both men and women. Creating awareness about heart disease, offering proper education, and providing regular screenings are the first steps in preventing cardiovascular disease.

**Q: I have a family member or friend who has or has had cardiovascular disease. Is there a way I can honor them at the race?**

A: Absolutely. With the prevalence of heart disease in our region, many of our families are affected by the disease in some way. This year, you will have the opportunity to run/walk in honor of loved ones by writing their name(s) on our custom bibs. We will have a table setup in the lobby for this purpose.

**Relay Logistics**

**Q: I am participating on a relay team. How will our results be timed?**

A: Each member will wear a bib. The first person's start and halfway point time will be calculated, and the second person's finish time will be calculated.

**Q: Will relay teams be transported to and from the half-way point?**

A: Transportation will be provided for our relay teams. Those running the second half of the relay should report to the entrance of the Civic Center at 6:50 a.m. to be transported to St. Anthony Church, the halfway point. **Second participants should not walk near the halfway timing mat with their bib, as this could alter the team's time.**

After crossing the timing mat at 6.55 miles, first participants should remain in the parking lot of St. Anthony Church, where a TGMC vehicle will pick them up and transport them back to the Civic Center. **First participants should not walk with a bib near the finish line, as this could alter the team's finishing time.** We recommend removing your bib once you are finished.

**Post-Race Party**

**Q: What will be available at the post-race party?**

**A:** A wide array of food and drinks from a variety of local vendors will be available for our participants. A DJ will also be on site providing music and announcements as our runners cross the finish line. And don't forget to visit our photo booth!

## **Photos**

**Q: Will my picture be taken along the route?**

A: Yes. A company called Your Sporting Image will be providing race photography at various points along the route. If you see a camera, smile! You can view and purchase photos at their website:

<http://www.yoursportingimage.com/>.

**Q: Will there be red carpet photos?**

A: Yes. We will also have a red carpet photo area for individual or group photos so that you can commemorate your accomplishment. These photos are free and provided by our photo booth sponsors. You will receive an email after the race with a link to all photos. You may download, save, or share them as you wish.