



**PARTNER  
SURVIVAL  
GUIDE**

# Statesman CAP10K 4.12.15

PRESENTED BY

## BEFORE RACE DAY

### 1. PACKETS FOR H-E-B PARTNERS REGISTERED BEFORE MIDNIGHT, MARCH 10

If you registered online before midnight, Tuesday, March 10, your packets have been delivered to your store. Please visit your Wellness Champion to pick up your packet.

#### *What will be included in my (delivered) race packet?*

- Red H-E-B Capitol 10,000 runner's bib (with identification number) – don't forget your safety pins on race day! Your bib is your entrance to the H-E-B Post-Race Party.
- Seeded runners will have a yellow sticker on their bib, and elite runners will have a blue sticker on their bib
- Capitol 10,000 tech tee
- Red H-E-B technical shirt (if you purchased one)
- Yellow H-E-B parking pass (Remember, carpool and arrive early. Parking is first-come, first-served.)

### 2. PACKET PICK-UP FOR H-E-B PARTNERS REGISTERED AFTER MARCH 10

If you registered for the race after March 10 and missed the deadline to have your packet delivered to you, packets will be available for pick up at the Palmer Events Center:

#### **Dates & Times for Packet Pick-Up**

- Friday, April 10 from NOON – 7 P.M.
- Saturday, April 11 from 10 A.M. – 6 P.M.

**NOTE: YOU MUST HAVE YOUR  
WRISTBAND TO ENTER THE PARTNER  
TENT AFTER THE RACE**

#### **Location**

- The Palmer Events Center located at [900 Barton Springs Road](#) (next to the Long Center)

#### *What will be included in my race packet?*

- Colored runner's bib (with identification number) – don't forget your safety pins on race day!
- Coupons and freebies
- Race info
- Capitol 10,000 t-shirt

### 3. H-E-B TECHNICAL SHIRTS AND RED H-E-B SHIRTS

#### *Will H-E-B technical shirts be available this year?*

YES!!! All partners are highly encouraged to wear their red H-E-B technical shirt that you received last year or purchased online this year. We want a sea of red with 2,000+ people wearing H-E-B shirts!



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***Can I get a red H-E-B shirt?***

YES! If you do not have a red H-E-B shirt, the Public Affairs office will be happy to provide you one. You must coordinate with public affairs and pick up your red, cotton shirt at the H-E-B Central Texas Region office. We want a sea of red with 2,000+ people wearing H-E-B shirts.

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**4. RED H-E-B CAPITOL 10,000 BIBS**

H-E-B partners will be identified by their red bib at the start line. The red bib will also give you access to the H-E-B post-race party.

***Why did I NOT receive a wristband in my packet this year?***

Since the red H-E-B bibs are exclusive to H-E-B partners and their families, this will be your ticket into the H-E-B post race party. That's all you need!

If you registered after March 10, and did not receive a red H-E-B bib, please pick up a red H-E-B wristband from the H-E-B Austin Regional Office by 5 P.M. Friday, April 10th for entrance into the H-E-B post-race party.

If you are based outside of the Central Texas Region, phone Tiffany at 512-421-1018 or email [watson.tiffany@heb.com](mailto:watson.tiffany@heb.com) to arrange delivery.

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**RACE DAY LOGISTICS** (Please note: race start time is now 8 AM this year, but the H-E-B wave/corral doesn't start until 8:30 AM!)

**1. PARKING & TRANSPORTATION**

***Where can I park and when should I arrive?***

For detailed parking and transportation information click on the links below. For partners outside of central Texas, please use these parking options:

- [Transportation Options \(taxi, bus, shuttle, metro rail\)](#)
- [Parking \(car lots and garages\)](#)



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## RACE DAY LOGISTICS, CONT'D

### *Will there be special areas to park?*

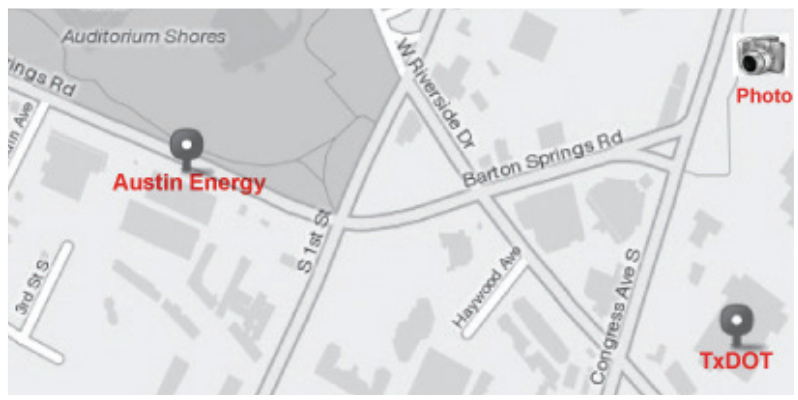
- Whatever transportation option you choose, CARPOOL!!!
- There are a limited number of reserved parking spaces for H-E-B partners, available on a first-come, first-served basis.
- Hang tags are required for access. You will receive a yellow hang tag in your packet.
- **Hang Tag Location #1** - Austin Energy, located at [721 Barton Springs Road](#). There are 290 spaces available in this location and your parking hangtag is required for entry.
- **Hang Tag Location #2** - TxDOT will have 200 spaces available the morning of the race at [118 E. Riverside Dr.](#) These spaces are also open to the public and available on a first-come, first-served basis.
- Please plan on arriving before 6:30 A.M. to ensure a spot!
- The earlier you arrive, the easier it will be to park and get to the H-E-B picture on time! (Photo will be at 7:15 A.M.)
- Don't bring anything you don't plan on running with (phones, purse, etc.) With 2,000+ partners, we cannot be responsible for your personal items. Invest in a waist pack or leave it in your car.

## 2. H-E-B GROUP PHOTO

### *Where is the H-E-B group photo and do I have to participate?*

Join 2,000 H-E-B Partners for this Capitol 10,000 race day tradition under the Congress Bridge (see photo below). You've helped us make history with the largest corporate registration in the Capitol 10,000 for six years and running, so let's capture the moment! Although it's optional, we do hope you'll find your way to the group photo by 7 A.M.

- **7:00 A.M.** Staging for Group Picture Begins
- **7:15 A.M.** Kodak Moment! (East side of the Congress Street Bridge)
- **8:00 A.M.** Race Start (all runners)



## 3. AFTER THE PHOTO – RACE START STAGING

*Where do I go after the photo, how do I get back into the starting gate?* After the photo, please make your way into the runner's shoot. **Please note:** walkers are required to enter the back of the runner's shoot; please do not interfere with the competitive runner's staging area. Be mindful of the signs (with expected finish times) to determine where to enter the staging area.



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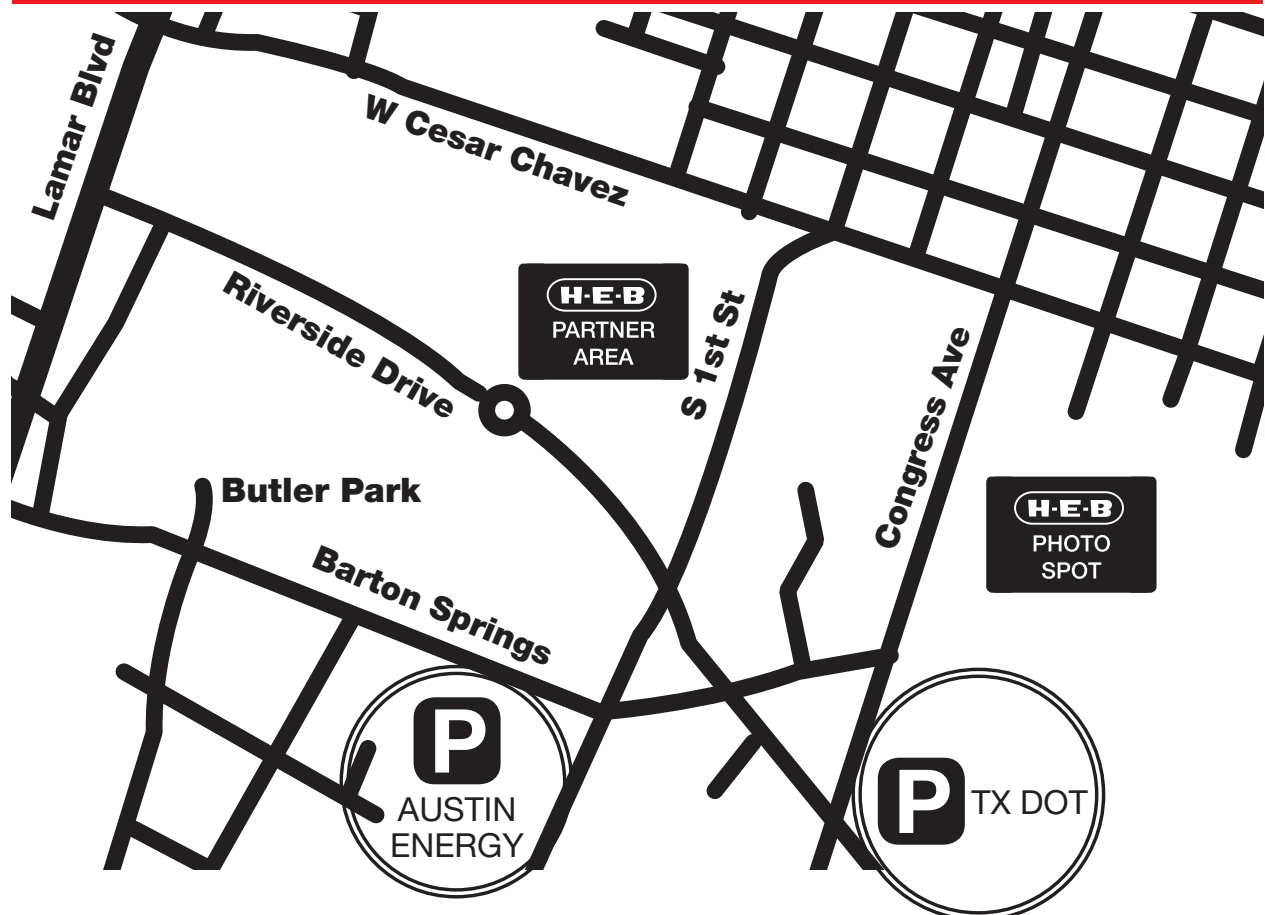
## AFTER THE RACE

### 1. H-E-B POST RACE PARTY

*Where do I go after the race, will there be food and drinks?*

Let us pamper you and show you how proud we are of your participation! Stop by the H-E-B partner tent (see map below) for breakfast tacos, photo opportunities and massages! We'll be hosting your favorite H-E-B vendors including H-E-B Healthy Living, CLIF Bar, Mamma Chia, LIVE Soda Kombucha, Zilk's and KIND Snacks. Plus, this year we added some health and wellness vendors to the mix! Look out for Camp Gladiator, The Trail Foundation, yoga and more! Come celebrate your fantastic achievement with all H-E-B partners, we'll see you after the race!

**BACK TO AUDITORIUM SHORES THIS YEAR! LOOK FOR SIGNS!**



For questions regarding the Statesman Cap 10K [click here](#).

For additional questions, please contact your store's Wellness Champion.