



**PARTNER  
SURVIVAL  
GUIDE**

# Statesman CAP10K 4.10.16

## BEFORE RACE DAY

### 1. PACKETS FOR H-E-B PARTNERS REGISTERED BEFORE MIDNIGHT, MARCH 20

If you registered online before midnight, Sunday, March 20, 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?*

- Capitol 10,000 runner's bib (with identification number) – don't forget your safety pins on race day!
- Capitol 10,000 tech tee
- Red H-E-B technical shirt (if you purchased one)
- [H-E-B parking pass](#) (NEW LOCATION! Remember, carpool and arrive early. Parking is first-come, first-served.)
- H-E-B Wristband - Your ticket/entrance to the H-E-B Post-Race Party

---

### 2. PACKET PICK-UP FOR H-E-B PARTNERS REGISTERED AFTER MARCH 20

If you registered for the race after March 20 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 8 from NOON – 7 P.M.
- Saturday, April 9 from 10 A.M. – 5 P.M.

#### **Location**

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

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

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



# Statesman CAP10K 4.10.16

### 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!

---

### 4. RED WRISTBAND

H-E-B partners will be identified by their wristband when they enter the hospitality area.

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



*Pick up from the H-E-B Regional  
Office (6929 Airport Blvd, Ste.  
176, Austin, TX 78752) anytime  
M thru F, 8:30 am to 5 pm.*

If you registered after March 20, and did not receive a red wristband, please pick up one from the H-E-B Austin Regional Office by 5 P.M. Friday, April 8th for entrance into the H-E-B post-race party.

- If you are based outside of the Central Texas Region, email Lindsay at [Lindsay@bounceaustin.com](mailto:Lindsay@bounceaustin.com) to arrange pick-up.

---

## RACE DAY LOGISTICS (Please note: race start time is now 8 AM this year)

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



# Statesman CAP10K 4.10.16

## 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.
- **Location #1** - Riverside offices, located at 512 East Riverside Drive. There are 100 spaces available in this location, and your parking pass is required for entry. [Click here to download your parking pass.](#)
- **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 seven 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.

## YOUR BIB WILL INDICATE THE CORRAL

### START *Race start*

8:00 am - Corral A & B

8:20 am - Corral D

8:45 am - Start Line Closes

8:10 am - Corral C

8:30 am - Corral E & F

## 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, lawn games, yogabatics, ping pong and massages! We'll be hosting your favorite H-E-B vendors including H-E-B Healthy Living, CLIF Bar, Muscle Milk, Good Pop, Bearded Brothers, Skinny Pop and KIND Snacks. Plus, this year we added some health and wellness vendors to the mix! Come celebrate your fantastic achievement with all H-E-B partners, we'll see you after the race!

**WE'LL BE AT 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.