



PARTNER SURVIVAL GUIDE





Statesman CAP10K 4.07.19

BEFORE RACE DAY

1. PACKETS FOR H-E-B PARTNERS REGISTERED BY MARCH 19TH @ MIDNIGHT

If you registered online before midnight, Tuesday, March 19th, your packets have been delivered to your store. Please visit your Wellness Champion to pick up your packet. All packets are packed individually this year!

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 Wristband - Your ticket/entrance to the H-E-B Post-Race Party

2. PACKET PICK-UP FOR H-E-B PARTNERS REGISTERED AFTER MARCH 19TH @ MIDNIGHT

If you registered for the race after March 19th @ midnight 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 @ Palmer Events Center, Hall 2

- Friday, April 5th from NOON – 7 P.M.
- Saturday, April 6th 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 4.07.19

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!

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

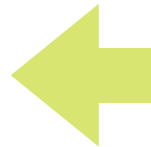
YES! If you do not have a red H-E-B shirt, you can purchase one from the H-E-B Regional office (512-421-1000) April 1st- 5th or on event day (April 7th) while supplies last.



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 (8100 Cameron Rd. Austin, TX 78752) anytime M thru F, 8:30 am to 5 pm.

If you registered after March 19th, 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 5th 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 to arrange pick-up.

RACE DAY LOGISTICS (Please note: race start time is 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 4.07.19

RACE DAY LOGISTICS, CONT'D

Will there be special areas to park?

- Whatever transportation option you choose, arrive early and CARPOOL!
- TxDot parking lots off of Riverside Dr. (118, 150 & 200 E. Riverside Drive) have free parking. There are limited spaces and they fill up quickly.
- Palmer Events Center and Convention Center parking garages are available for \$8 on race morning. You must enter the Palmer garage off of Barton Springs Rd.
- City Hall parking garage is available (parking rate) on race morning. Enter City Hall garage from Lavaca St. Please note that the garage parking may take extra time to get in and out so, plan accordingly.
- 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.

NO PARTNER GROUP PHOTO THIS YEAR, SEE YOU AT THE START LINE!

2. RACE START STAGING

Okay, I've parked, now how do I get into the starting gate? Once you've parked, please make your way into the runner's shoot on Congress Avenue. **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 am - Elite & Corral A

8:20 am - Corral C

8:40 am - Corral E & F

8:10 am - Corral B

8:30 am - Corral D & Baby Jogger

8:50 am - Start Line Closes

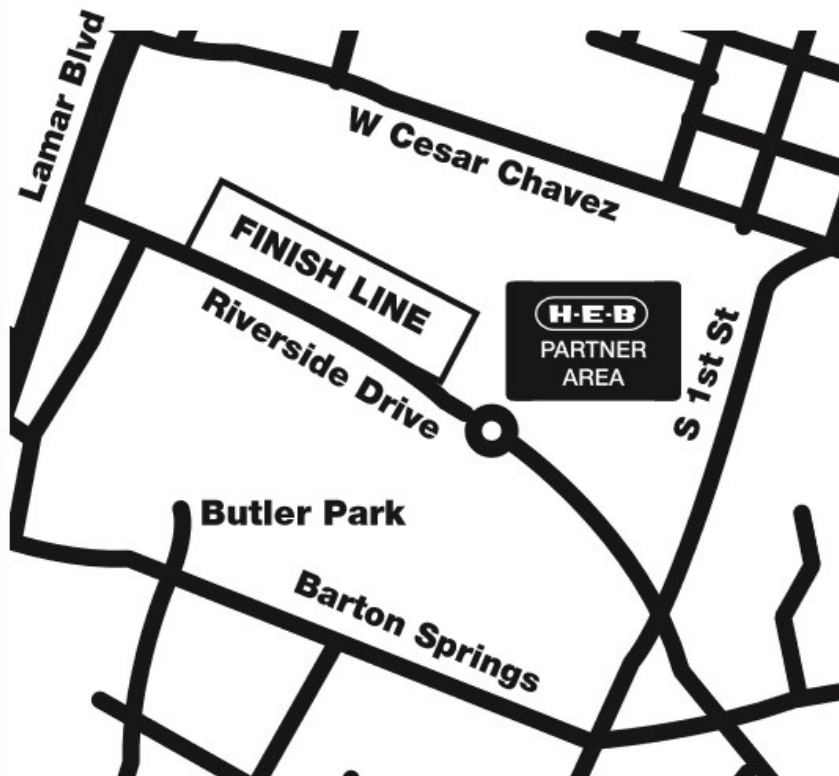
AFTER THE RACE

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, games, recovery stations, massages and more! We'll be hosting your favorite H-E-B vendors including Afia Foods, Loving Libbie Memorial Foundation, mmmpanadas, Pretty Thai, Teo's, KIND Bar, Primizie, Rhythm Superfoods, Veggie Noodle, High Brew, Yellowbird Sauce, Buddha's Brew and Big Swig Sparking Water and more! 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.