

THE COWTOWN

FORT WORTH, TEXAS



ULTRA | MARATHON | UNTHSC HALF MARATHON | 10K | ADULTS 5K | COOK CHILDREN'S 5K

Presented by



Cattle Baron Level



Top Hand Level



Join us last weekend in February,
February 24 – February 26, 2012 at Will Rogers Memorial Center for THE COWTOWN!

Welcome To Fort Worth, Texas and welcome to the home of THE COWTOWN!

The Cowtown will be celebrating 34 years of running the last weekend in February 2012 at Will Rogers Memorial Center in Fort Worth. The move to Will Rogers Memorial Center was a huge success in 2011 with over 22,000 runners participating. In 2012 it is anticipated that the event will have over 25,000 runners coming in to participate in either one of the 5K events, 10K, Half Marathon, Marathon, or Ultra Marathon distances.

The EXPO is home to Packet Pickup for all distances of The Cowtown event, as well as over 140 vendors from across the nation showcasing the latest products in running, health and fitness. You can visit with health and nutrition experts, shop for official race merchandise and the newest running gear and shoes. Informative seminars regarding the courses, training and sports injuries will be offered both days. The two-day EXPO is FREE and open to everyone – so bring your friends and family and join in the fun! After shopping the EXPO, visit the museums right across the street and enjoy some of Fort Worth's great attractions and Cowtown hospitality.

The Cowtown's contributions to CHARITY organizations

The Cowtown C.A.L.F. (Children's Activities for Life & Fitness) Program is a running program for area youth. The Cowtown staff and volunteers work

year-round to help bring awareness and the importance of good nutrition and maintaining a healthy lifestyle to local children and their families. The Cowtown works closely with community centers and area school districts to help promote this great program. Scholarships are made available to local children wanting to participate in The Cowtown events that financially are unable to. In addition, The Cowtown has teamed up with New Balance to provide the proper running shoes to all these children in need.

Partnership with Community Non-Profit Organizations

The Cowtown not only wants to bring awareness to the C.A.L.F. Program but also The American Cancer Society and Team in Training as they continue to raise awareness and monies for their great organizations. In addition to the above charities, there are many other non-profit organizations that participate in The Cowtown, either by raising money for their organizations or creating awareness. Go to www.cowtownmarathon.org to see the complete list of non-profit organizations involved in The Cowtown. Non-Profit organizations have the opportunity to adopt-a-fluid station at Cowtown and promote their cause at the same time. If you are involved in a non-profit organization and would like to promote your charity contact us at info@cowtownmarathon.org and let us help you heighten the awareness of your organization.

Race Events - Saturday, February 25

10K, USAT&F Certified & Sanctioned

Entry Fee: \$30 (\$35 after 12/31/11 thru 2/23/12,
\$40 at expo on **Friday only**)
Start: 7:00 a.m., Gendy Street
Finish: Burnett-Tandy Drive

NO REGISTRATION ON RACE DAY

Adults 5K Run, USAT&F Certified & Sanctioned

Entry Fee: \$25 (\$30 after 12/31/11 thru 2/23/12,
\$35 at expo on **Friday only**)
Start: 8:15 a.m., Gendy Street
Finish: Burnett-Tandy Drive

Only runners 18 years & older will qualify for awards in the Adult 5K

Cook Children's 5K Run, USAT&F Certified & Sanctioned

Entry Fee: 18 & over \$25 (\$30 after 12/31/11 through 2/23/12,
\$35 at expo on **Friday only**).
17 & under \$25 (\$25 after 12/31/11 through 2/23/12,
\$25 at expo on **Friday only**)
Start: 9:00 a.m., Gendy Street
Finish: Burnett-Tandy Drive

Only runners 17 years & younger will qualify for awards in the Cook Children's 5K

Race Events - Sunday, February 26

UNTHSC Half Marathon, USAT&F Certified & Sanctioned

Entry Fee: \$80 (\$85 after 12/31/11 thru 2/23/12, \$95 at expo.)
Start: 7:00 a.m., Gendy Street
Finish: Gendy Street
Time Limit: 4 1/2 hours
Minimum Age: 14 years
Take 4.5 hour time frame into consideration when entering the Half Marathon. Sag vehicles will trail the half marathoners and provide rides back to the start/finish area for runners who cannot finish. **There will be no support on the course after the 4.5 hour course limit.**

Marathon, USAT&F Certified & Sanctioned

Entry Fee: \$100 (\$105 after 12/31/11 thru 2/23/12, \$115 at expo.)
Start: 7:00 a.m., Gendy Street
Finish: Gendy Street
Time Limit: 7 1/2 hours
Minimum Age: 18 years
Take 7.5-hour time frame into consideration when entering the Marathon. Sag vehicles trail the marathoners and provide rides back to start/finish area for runners who cannot finish. **There will be no support on the course after the 7.5 hour course limit.**

Ultra Marathon, USAT&F Certified & Sanctioned

Entry Fee: \$105 (\$110 after 12/31/11 thru 2/23/12, \$120 at expo.)
Start: 7:00 a.m., Gendy Street
Finish: Gendy Street
Time Limit: 7 1/2 hours
Minimum Age: 18 years
Take 7.5 hour time frame into consideration when entering the Ultra Marathon. Sag vehicles trail the ultra marathoners and provide rides back to start/finish area for runners who cannot finish. **There will be no support on the course after 2:30 p.m.**

NO RACE DAY REGISTRATION/PACKET PICK-UP

Traffic Warning

The thousands of runners, spectators and volunteers who converge on the race site on race-day morning create unavoidable traffic congestion. Plan to arrive early to avoid traffic delays! Transit facilities and traffic will be controlled by local police and official course monitors, but runners should take extreme caution at all times. Go to www.cowtownmarathon.org for driving directions.

Take The Challenge!

Earn a Cowtown Challenge Medal. Finish the 5K or 10K on Saturday and also finish a marathon distance race on Sunday and you will be awarded the Cowtown Challenge Medal. Join in the fun and take the Challenge!

Race Categories

for Ultra, Marathon, UNTHSC Half, 5K and 10K Runs

Individual

Overall winners
Masters winners (age 40+)
Grand Masters winners (age 60+)
Age group competition

Ultra Marathon

Top 10 Male and Female finishers will receive a special award

Team Competition

We offer 5 team categories: School (Elementary, Middle, and High School), College, Corporate, Military, and Open teams. Go to www.cowtownmarathon.org and click "Register" for more details. Registration deadline for all Team Competitions is January 20th, 2012.

Wheelchair Competition

Wheelchair entrants will be required to complete an additional race application/waiver. Wheelchair entrants will be required to have their wheelchairs inspected, wear a helmet, and yield right-of-way to runners. First place prizes will be presented to the overall male and female wheelchair finishers.

Medal Series

2012 will be the fourth year of our five year medal series. Each medal over the five year period is a triangle shaped medal and once all are collected it will form a star. If you missed the first or second year don't worry. You have the opportunity to purchase a contributor medal for \$100 to help fill in the gap of your star. The proceeds from the sale of the contributor medal help to support our C.A.L.F. Program by purchasing New Balance shoes for children in need.

Race Results

Race results of ALL finishers will be posted on our website at: www.cowtownmarathon.org. Saturday – look for 10K, Adults 5K and Cook Children's 5K results. Sunday – look for Ultra Marathon, Marathon and UNTHSC Half Marathon results.

For detailed award information go to www.cowtownmarathon.org

AWARDS

ALL AWARDS WILL BE MAILED.

PLEASE NOTE, \$5 FEE FOR REPLACEMENT OF LOST BIB AND/OR D-CHIP

There are no refunds or deferrals and registration may not be transferred to another runner.

Race guidelines

General Race Information

- ◆ Rain or shine, the races go on.
- ◆ Adults 5K, Cook Children's 5K, and 10K runners line up according to predicted pace — fast runners to front, walkers to rear.
- ◆ Ultra Marathon, Marathon, UNTHSC Half Marathon runners line up according to corral assignment printed on your bib.
- ◆ **No pets, bicycles, strollers, baby joggers or inline skates permitted on the course for safety reasons.**
- ◆ Course monitored by video cameras and spotters.
- ◆ When using headphones, please use extreme caution and stay alert to race officials giving out directions.

Disqualifications

- ◆ No runner number.
- ◆ Wearing someone else's runner number and/or timing chip (Team or family groups: make sure each runner wears his/her own runner number.)
- ◆ Crossing the finish line more than once. (Do not accompany slower friends across after you have finished.)
- ◆ Not completing the entire course. (No short-cuts!)
- ◆ Running in the incorrect race (Bib color and number designate which race you are registered to run in.)
- ◆ No chip, no time.

Parking

Parking available at Will Rogers Memorial Center for a minimal fee of \$5

Free Parking available at University of North Texas Health Science Center

Bus Parking Available – Farrington Field

Courtesy shuttle from downtown at 4th and Main Street and our host hotel The Sheraton. For more information regarding shuttle times, go to www.cowtownmarathon.org and click TRAVEL

How To Register

Help Cowtown “go green” by registering online by midnight on 2/22/12. Just visit www.cowtownmarathon.org and click REGISTRATION. Packets will be available for pick up at the Health & Fitness Expo on Friday, February 24 or Saturday, February 25 at Amon G. Carter Jr. Exhibit Hall, 3400 Burnett-Tandy Drive.

Packet Pickup Information

TEAMS — Packet pickup will be available for **TEAMS ONLY** from Monday, February 20 through Wednesday, February 22, 2012 from 8 a.m. to 7 p.m. at The Cowtown Office located at 1612 Park Place Avenue, Fort Worth, Texas 76110.

****THERE WILL BE NO TEAM PACKET PICKUP AFTER WEDNESDAY, FEBRUARY 22, 2012****

INDIVIDUALS – Individual runners may pick up their packets at the Health and Fitness Expo located at Amon G. Carter Exhibit Hall, 3401 W. Lancaster Avenue.

Friday, February 24, 2012 – 11:30 am – 7:00 pm

Saturday, February 25, 2012 – 6:00 am – 5:00 pm

No Registration for 5K's and 10K on Saturday, February 25th

No Registration or Packet Pickup for Ultra, Marathon or UNTHSC Half Marathon on Sunday, February 26th.

Please Note – The Ultra, Marathon, UNTHSC Half Marathon and 10K run have limited amount of space. Please register soon!

There will be **NO RACE DAY REGISTRATION.**

Travel & Hotel

Please visit www.cowtown.org/travel/hotels.cfm to view The Cowtown special rates

Race Week Schedule

★Monday, February 20 through Wed, February 22:

8 a.m. - 7 p.m. Registration and packet pickup for **teams only**:

(Individuals may register but packets will not be available until the Expo on Friday, February 24)

The Cowtown Office

1612 Park Place Ave., Fort Worth, 76110

★Friday, February 24:

11:30 a.m. - 7 p.m. The Cowtown Health and Fitness Expo

Registration and Packet Pickup:

Amon G. Carter Jr. Exhibit Hall

3401 W. Lancaster Avenue

★Saturday, February 25:

6 a.m. Race day packet pickup:

Amon G. Carter Jr. Exhibit Hall

3401 W. Lancaster Avenue

No registration for 5K's and 10K on Saturday!

6 a.m. - 5 p.m.

The Cowtown Health and Fitness Expo

Amon G. Carter Jr. Exhibit Hall

3401 W. Lancaster Avenue

SATURDAY RACE TIMES:

7:00 a.m. 10K

8:15 a.m. Adults 5K

9:00 a.m. Cook Children's 5K

★Sunday, February 26:

NO RACE DAY REGISTRATION OR PACKET PICKUP ON SUNDAY

SUNDAY RACE TIMES:

7:00 a.m. Ultra Marathon, Marathon and

UNTHSC Half Marathon

Race Day Weather Conditions

National Weather Service average weather info for race day:

Time	Temp. (F) Median	Wind (mph)
7 a.m.	51	14
9 a.m.	54	14
11 a.m.	56	14
1 p.m.	60	13

Health and Fitness Expo

Look for us at Will Rogers Memorial Center's Amon G. Carter Jr. Exhibit Hall. The Expo will open on Friday, February 24, 2012 from 11:30 a.m. to 7:00 p.m. and Saturday, February 25, 2012 from 6:00 a.m. to 5:00 p.m. Come to the Health & Fitness Expo and receive a free Cowtown Poster while supplies last.

Volunteers Without volunteers, The Cowtown would not be able to put on this event. If you are interested in becoming a volunteer please call 817-207-0224 or email volunteers@cowtownmarathon.org.

Adopt-A-Mile Support your friends, family members, colleagues, or just cheer all of the runners to personal victory. For more information on how to “Adopt” your mile call 817-207-0224 or visit www.cowtownmarathon.org.

PLAZA MEDICAL CENTER
HCA
NORTH HILLS HOSPITAL



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ULTRA | MARATHON | UNTHSC HALF MARATHON | 10K | ADULTS 5K | COOK CHILDRENS 5K



JOIN US FEBRUARY 24 – 26, 2012
February 24th – 25th Health and Fitness Expo
February 25th – 10K, Adults 5K and Cook Children's 5K
February 26th – Ultra Marathon, Marathon and UNTHSC Half Marathon
At Will Rogers Memorial Center, Fort Worth, Texas

Cowtown Marathon
P.O. Box 11565
Fort Worth, TX 76110

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