



**NEWS RELEASE**

For media inquiries, contact: Nick Wolda  
nwolda@thewoodlandstowship-tx.gov

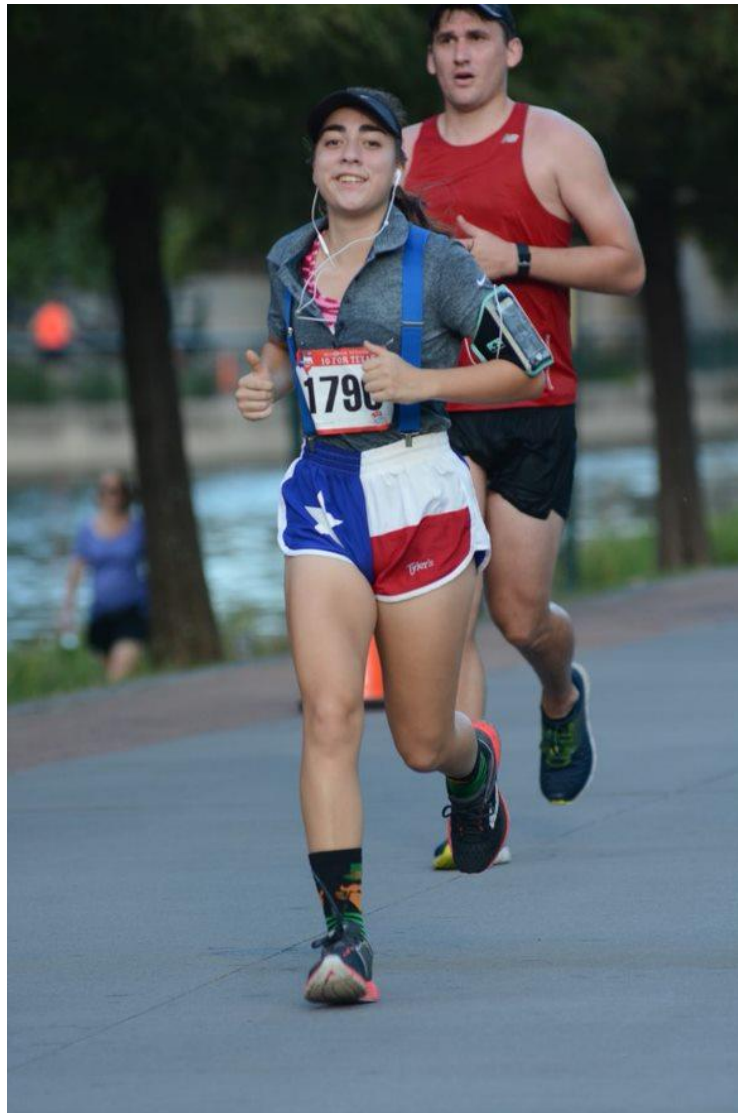
**Registration is open for 2019 Memorial Hermann 10 for Texas**

THE WOODLANDS, TEXAS (September 3, 2019) –The 14th annual Memorial Hermann 10 for Texas event, produced by The Woodlands Township, will be held at Northshore Park, 2505 Lake Woodlands Drive on Saturday, October 12, 2019. Registration is now open for the 10 for Texas 10-mile event, 3.1 Armadillo Run 5K and One 4 Texas Kids' Fun Run.

The course for 10-mile and 5K participants will be the same as in 2018, incorporating The Woodlands Waterway. The One 4 Texas Kids' Fun Run route will remain the same as last year's route as well. All three course maps are posted online on the Township website at [www.thewoodlandstowship-tx.gov/10forTexas](http://www.thewoodlandstowship-tx.gov/10forTexas). Additionally, minor changes will be made to race start times to ensure participant safety along the courses:

- One 4 Texas Kids' Fun Run - 7 a.m. (no change)
- 3.1 Armadillo Run 5K - 7:30 a.m.
- 10-Mile Wheelchair Division - 7:35 a.m.
- Memorial Hermann 10 for Texas 10-Mile Race - 7:40 a.m.

Limited spots are available for all three races, as all races are capped to ensure runner safety and comfort. After the race, participants will enjoy a Texas-size post-race party with food, music and fun for the whole family. Register online and find the most up-to-date information at [www.thewoodlandstowship-tx.gov/10forTexas](http://www.thewoodlandstowship-tx.gov/10forTexas). Participants can also email [racess@thewoodlandstowship-tx.gov](mailto:racess@thewoodlandstowship-tx.gov) with questions.



*The 14th annual Memorial Hermann 10 for Texas will be held at Northshore Park, 2505 Lake Woodlands Dr., on Saturday, October 12, 2019. Limited spots remain; runners are encouraged to register soon at [www.thewoodlandstowship-tx.gov/10forTexas](http://www.thewoodlandstowship-tx.gov/10forTexas).*