



Texas Memorial Hermann 10 for Texas 10-mile race, 3.1 Armadillo Run 5K and One 4 Texas Kids' Fun Run

Course Maps

- [One 4 Texas Course Map](#)
- [5K Course Map](#)
- [10-Mile Course Map](#)

View Parking Map

- [Parking Map](#)
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Race Course Information

- **Hydration Stations:** There will be five hydration stations with sports drink and/or water located along the race courses.
- **Medical Support:** Staff members from Memorial Hermann Sports Medicine will be on the course and at the finish line to provide first-aid assistance. There will also be a red Memorial Hermann Medical Tent in the Post-Race area for those needing assistance.
- **Traffic Control Officers** will be stationed along the route to ensure cars stay out of the running area.