

# PARTICIPANT GUIDE

GAZELLE FOUNDATION  
**RUN FOR THE WATER**  
PRESENTED BY KELLERWILLIAMS.



**NOVEMBER 3, 2019**

**10 MILE: 7am | 5K: 7am | KIDS K: 9:15am**

*Don't be too early or at the wrong place – remember daylight saving time. Start line is east of Lamar on Cesar Chavez.*

[runforthewater.com](http://runforthewater.com)



*Dear Fellow Runner,*

*On behalf of the Gazelle Foundation, we want to thank you for participating in the 2019 Run for the Water 10-Mile, 5K and Kid's K. Simply by registering to run, you are providing daily access to clean water for one Burundian for life. Since 2006, you and each of the over 34,000 runners have helped us provide daily access to clean water for an equal number of Burundians. This race is only part of the story. Combined with our other events and your generous donations, we have now transformed the daily lives of more than 100,000 people.*

*Thank you for being part of the Gazelle Foundation.  
Together, we are truly changing the world.*

*Gilbert Tuhabonye  
Chairman of the Board, Co-founder*

*Gilbert Tuhabonye*

*Peter Rauch  
President, Co-founder*

*Peter Rauch*

# RACE DAY INFORMATION

## START AND FINISH LOCATIONS AND TIMES

The 10 Mile and 5K start at 7 a.m.\* on Cesar Chavez east of Lamar Boulevard. Both races finish on the South First Street Bridge. The Kids K starts at 9:15 a.m. and finishes on the South First Street Bridge.

**\*DON'T FORGET: IT'S DAYLIGHT SAVING TIME — and TO SET YOUR CLOCKS BACK AN HOUR.**

## AWARDS

### OVERALL and TEAM AWARDS:

8:45 a.m. — November 3rd, 2019

### OVERALL:

10 Mile Overall and Master Winners

5K Overall and Masters Winners

*\*Overall awards are sponsored by **BRITA, Aftershokz, Picky Bars, The Loop and Nike***

10 Mile RRCA State Championship Awards: Overall, Masters, Grand Masters, Grand Senior Masters

### TEAM AWARDS:

There will be ONE award per team for the following categories: Largest Team / Fastest Team / Best Water Themed Team Name / Largest Team Fundraisers / Largest School Team

### AGE GROUP AWARDS WILL BE MAILED POST RACE:

Age group awards sponsored by **BRITA**.

If you are an age group top TWO finisher, your award will be mailed by the end of November.

## PARKING

Parking is available on the street and in several parking garages including:

One Texas Center (505 Barton Springs Rd)

Palmer Events Center, Long Center.

**PLEASE CHECK SIGNS, PARKING FEES ARE SUBJECT TO CHANGE.**

## OTHER TRANSPORTATION OPTIONS:

Go Green - the City of Austin encourages carpooling and use of mass transit when attending all events.

- Cap Metro Trip Planner
- Downtown Parking Map
- Hike or bike to the event on the Ann and Roy Butler Hike and Bike Trail
- Get information on biking in Austin

## AUSTIN DISTANCE CHALLENGE

The 2019 Run for the Water 10 Mile is race number two of the Austin Runners Club Distance Challenge — a series of races that culminates with the Austin Marathon in February 2020.

Run for the Water participants are not required to be part of the Distance Challenge to participate.

More information is available at

**[austinrunners.org/distance-challenge](http://austinrunners.org/distance-challenge)**

The Gazelle Foundation is part of the philanthropic program of the Austin Marathon called **Austin Gives Miles**. Choose the Gazelle Foundation as your charity to run with at the Austin Marathon!

## RRCA STATE 10-MILE CHAMPIONSHIP

Road Runners Club of America has named us the State 10-Mile State Championship for 2019. The Gazelle Foundation is proud of this nomination and all one has to do to participate is register for the race.

## FUNDRAISING

Fundraising is an easy way to make your Run for the Water race accomplishment even more meaningful. While training and preparing for race day, our dedicated fundraisers use the race as a platform to spread the word about the importance of clean water and to inspire others. We thank all the fundraisers who have helped us transform lives in Burundi by providing clean water to those who need it most. For more information about fundraising and how to you can get involved, check out the fundraising page at [runforthewater.com](http://runforthewater.com)

## KIDS CORNER

Stop by and have some fun in our Kids Corner before or after the Water Hero Kids K. We'll have face painters, interactive games, sidewalk chalk, and bubble fun. Kids of all ages will be sure to leave with a smile on their face!

## WEATHER

Sunrise on race day is 6:45 a.m. Average temperature at sunrise is 51 degrees.

## FOLLOW US

  [#gazellefoundation](https://www.instagram.com/gazellefoundation) [#runforthewater](https://www.instagram.com/runforthewater)

# PACKET PICK-UP

To support clean water, The Loop is generously offering 10% store-wide discount\* Nov 1 to Nov 2, with 5% of proceeds donated to Gazelle Foundation.

*\*excluding electronics (headphones and GPS watches)*



**FRIDAY, NOVEMBER 1**  
12:00 pm - 7:00 pm

**SATURDAY, NOVEMBER 2**  
9:00 am - 4:00 pm

The Loop Running Supply Co.

115 Sandra Muraida Way Ste. 105b Austin, Texas 78703\*

*\*One free hour parking with validation in the Gables Park Plaza and Gables Park Towers garage*

## 2019 ENTRY FEES

	OCT. 1 - OCT. 31	NOV. 1 - NOV. 2
5K	\$50.00	\$55.00
10 MILE	\$80.00	\$85.00
KIDS K	\$10.00	\$10.00

## PRE-RUN YOGA at SAND BEACH PARK

*free for all participants*

**Saturday November 2 / 9:00 am – 10:00 am\***

Come stretch, relax and set your mind for a great race on Sunday.

Bonus: pickup up your race packet after yoga!

**111 Sandra Muraida Way Austin, Texas**

*\* outdoor event / BYO yoga mat / check Gazelle Foundation social media in the event of inclement weather*

# GAZELLE FOUNDATION

## YOU RUN, WE DIG. CLEAN WATER TRANSFORMS LIVES.

Run for the Water 10-Miler, 5K and Kids K is one of Austin's most popular road races.

In addition to running a scenic race, participants help provide better health to an impoverished community. That means when you run, you ensure someone in Burundi gets access to clean drinking water for the rest of his or her life.

Each registration in the 10-Miler or 5K directly funds sustainable water system development in Burundi. Due to the unique nature of the Foundation's structure and in-country partners, the cost to build water systems is lower than average.

The Gazelle Foundation is a certified 501(c)3.



### TO DATE:

- Completed 52 water systems
- Provided 100,000+ people with access to clean water daily
- Added 157 miles of hand-trenched pipeline
- Made clean water available for free to all local people, regardless of tribe or religion

### EACH WATER SYSTEM:

- Improves health
- Builds community
- Increases school attendance
- Breaks the poverty cycle
- Stimulates local economy
- Transforms lives forever

### WITH YOUR RACE ENTRY YOU:

- Provided jobs in a country with one of the highest unemployment rates in the world
- Helped eliminate deadly waterborne illnesses
- Allowed children to attend school on a regular basis
- Created shorter, safer, walking distances for women and children fetching water
- Gave hope to a country mostly forgotten by the world

We are incredibly proud of our track record of success in Burundi. Working in a single, small country means it's easy to track the long-term impact of each water system. You make this work possible.

**GET INVOLVED: DONATE • VOLUNTEER • EDUCATE**

# RUN FOR THE WATER AMBASSADORS

This year an amazing team of people helped others learn about the race and our mission by becoming **Run for the Water Ambassadors**. They have made a direct impact by recruiting more runners and sponsors for the race, and most of all, by creating awareness for the urgent need of clean water in Burundi.

Help us thank this year's Ambassadors for their dedication to clean water:



Allie Garcia



Amish Gidda



Mariana Hernandez



Jennifer Hickey



LaRae Humes



Coleman Jackson



Courtney Johnson



Maribel Ledesma



Erin McGann



Patrick Montgomery



Deborah Olson



Jama Pantel



Linda Steinhardt



Mark Teffeteller



Kayleigh Williamson

# RUN FOR THE WATER



## SECOND-LARGEST CHARITY ROAD RUNNING EVENT IN AUSTIN



**5-TIME  
AUSTIN FIT MAGAZINE  
“BEST OF” WINNER**



**8-TIME  
RRCA CHAMPIONSHIP  
SELECTION**



**PROVIDED  
CLEAN WATER TO OVER  
100,000 BURUNDIANS**

### PAST WINNERS

	<b>MALE</b>	<b>FEMALE</b>	<b>MASTER MALE</b>	<b>MASTER FEMALE</b>
<b>10 MILE</b>				
2009	Keith Pierce – 51:33	Shawneen Garrahan – 61:02	Jeff Shelton – 56:58	Carmen Ayala-Tronsosco – 62:08
2010	Alex Ruiz – 52:49	Liz Shelton – 61:46	Lon Breitenbach – 57:37	Cassandra Henkiel – 64:56
2011	Scott MacPherson – 48:49	Betzy Jimenez – 59:05	Jeff Shelton – 55:56	Chris Kimbrough – 59:44
2012	David Fuentes – 50:22	Betzy Jimenez – 58:48	Michael Budde – 60:20	Shannon Presley – 64:33
2013	David Fuentes – 49:07	Tia Martinez – 55:30	Derek Wood – 61:54	Chris Kimbrough – 63:46
2014	David Fuentes – 49:39	Tia Martinez – 57:39	Gerard Martinez – 59:06	Chris Kimbrough – 59:54
2015	Austin Bussing – 50:53	Cate Barrett – 60:41	Kevin Kimbell – 58:39	Jamie Hillin – 60:04
2016	Mark Pinales 51:56	Kaitlyn Johnson 1:02:35	Kevin Kimbell 57:41	Cindy Saiter 1:10:34
2017	Mark Pinales 51:07	Allison Mendez-Cleaver 1:01:47	Kevin Kimbell 1:00:36	Chris Kimbrough 1:04:53
2018	David Fuentes 50:52	Jessica Harper 57:22	Tomek Baginski 57:50	Chris Kimbrough 1:04:26
<b>5K</b>				
2010	Phil Sneller – 17:20	Karen Saenz – 18:51	Michael Woo – 18:10	Cabrina Seuthe – 19:54
2011	Ryan Hess – 16:41	Laura Mitchell – 20:38	Mark Hernandez – 16:52	Alicia Sankar – 21:29
2012	Lorin Wilson – 15:27	Kaleigh Ervin – 19:08	David Schwalm – 18:08	Alicia Sankar – 21:20
2013	Ben Treweek – 16:26	Karen Saenz – 18:48	Lou Kokernak – 19:36	Alicia Sankar – 20:45
2014	JT Sullivan – 15:16	Lauren Davis – 18:09	Todd Reed – 18:37	Carmen Ayala-Tronsosco – 19:28
2015	Ben Treweek – 16:10	Lauren Davis – 17:32	Michael Budde – 18:20	Carmen Ayala-Tronsosco – 19:41
2016	Jason Stewart 16:08	Katie Burford 17:52	Chann McRae 18:24	Laura Mitchell 20:20
2017	Allen Sumrall 15:12	Lauren Davis 18:15	Chann McRae 18:17	Cassandra Henkiel 19:00
2018	Jt Sullivan 15:33	Megan Wagenaar 18:26	Chann McRae 18:17	Devon Bijansky 21:49

### COURSE RECORDS

	<b>MALE</b>	<b>FEMALE</b>	<b>MASTER MALE</b>	<b>MASTER FEMALE</b>
<b>10 MILE</b>	David Fuentes 50:52 (2018)	Jessica Harper 57:22 (2018)	Tomek Baginski 57:50 (2017)	Chris Kimbrough 1:04:26 (2018)
<b>5K</b>	<b>MALE</b> Allen Sumrall 15:12 (2017)	<b>FEMALE</b> Katie Burford 17:52 (2016)	<b>MASTER MALE</b> Chann McRae 18:17 (2018)	<b>MASTER FEMALE</b> Cassandra Henkiel 19:00 (2017)

**YOU RUN, WE DIG. CLEAN WATER TRANSFORMS LIVES.**



## LIBBIE'S FUNTIME FOOD TRUCK

Libbie's Funtime Foodtruck is the first food truck of its kind in Central Texas that raises funds to directly support our Comfort Through Food Program.

All of the proceeds go to the Loving Libbie Memorial Foundation (501 (c) 3) to help fund comfort foods and fun interactive food activities for children in Central Texas undergoing treatment for cancer and other life threatening illnesses.

Visit us in the **Finish Line Festival**. We'll have coffee and tacos available for purchase.



## CARRY THE WATER TEAM!

## The average Burundian walks 3 miles for clean water. Ready to give it a try?

To simulate the daily journey of many Burundians, three teams are invited to walk the race's 5K route trading off the carrying duty of water jugs that weigh 30-40lbs.

Gilbert Tuhabonye, Foundation co-founder tells the story often: As a boy growing up in Burundi, he walked 3 miles at least once every day to fill a plastic jug at a river with drinking water for his family. So did his neighbors and classmates and friends. All that walking and hauling took its toll - exhausted kids at school, disease spread by people drinking unsanitary water - time that could have been spent more productively was consumed by filling and carrying jugs.

A Gazelle Foundation water system reduces the distance to clean, safe water from 3 miles to 400 meters.

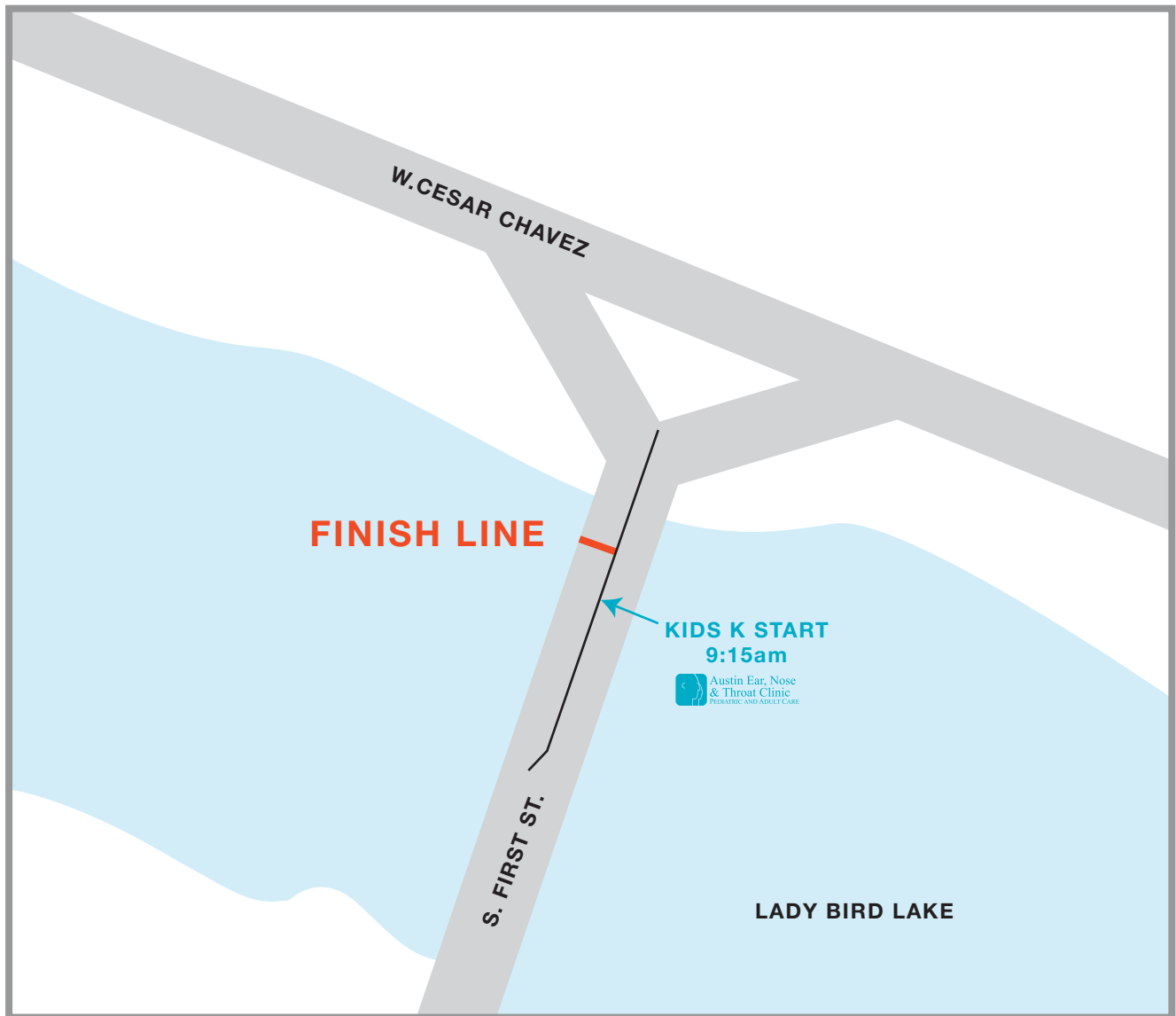
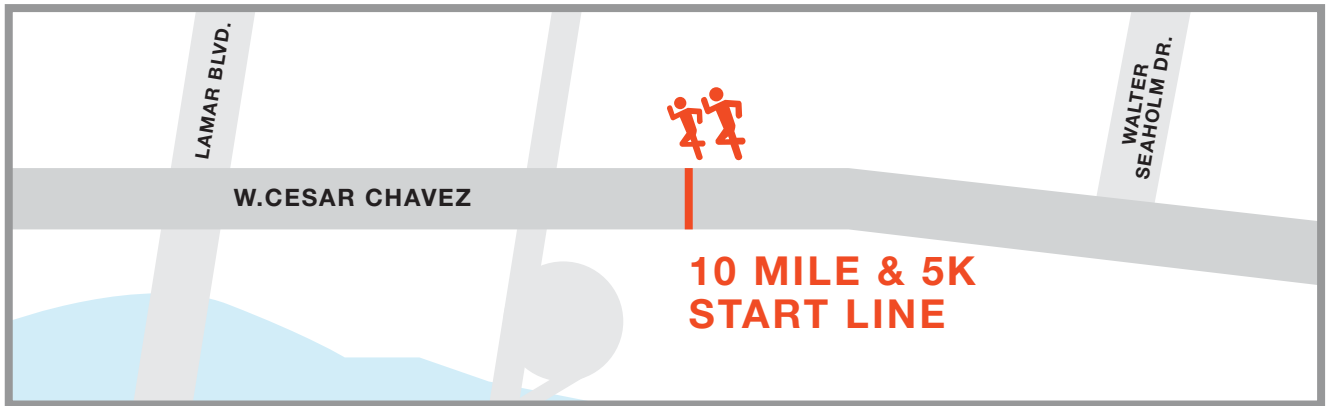
*"Walking with the water reminded me how easy we have it here in Austin. Most of us walk only a few steps to the nearest sink or spigot, where a flick of the handle delivers clean, fresh water. It's hard to imagine anything else."*

- Pam LeBlanc, Carry The Water Team Member, 2017 & 2018

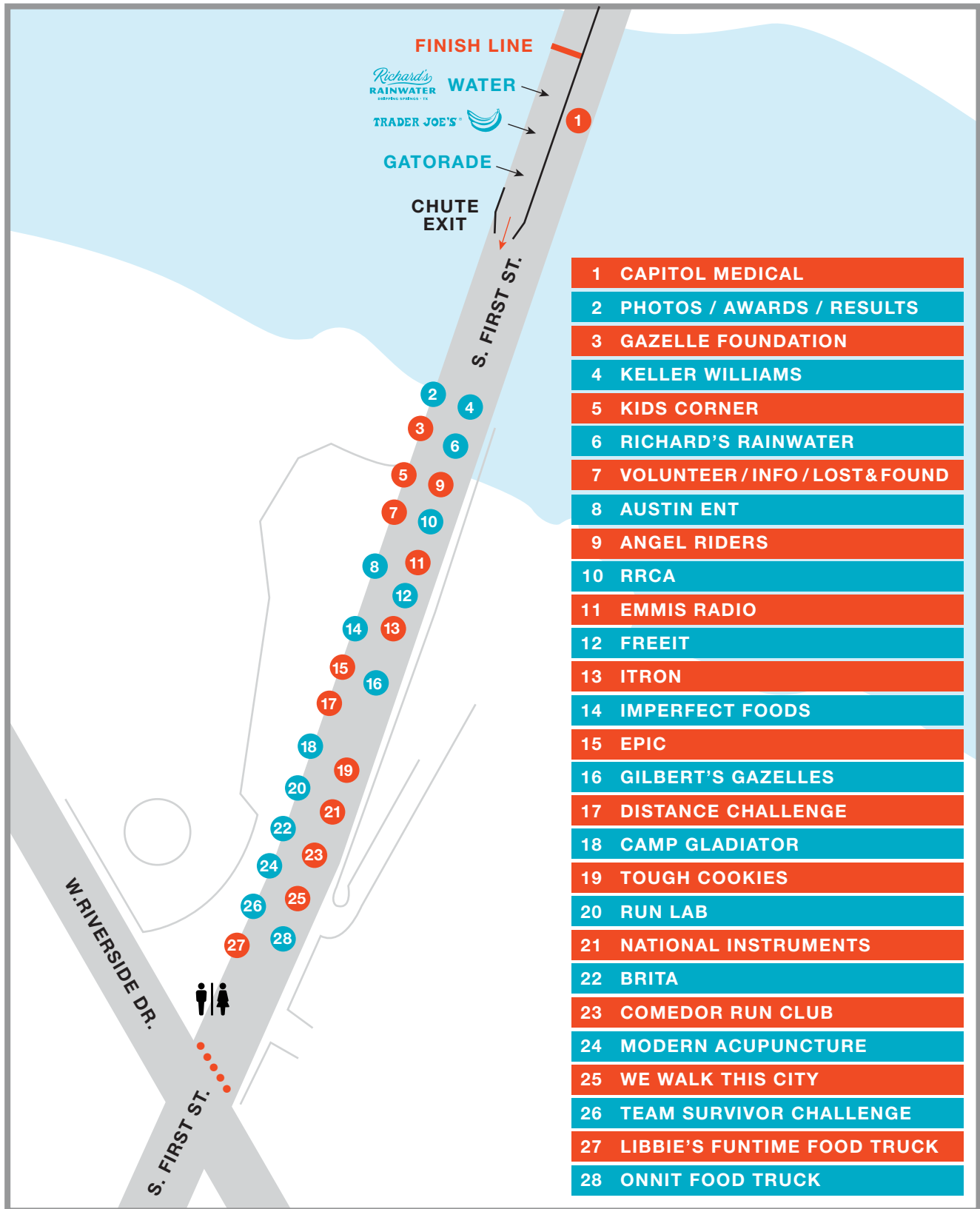




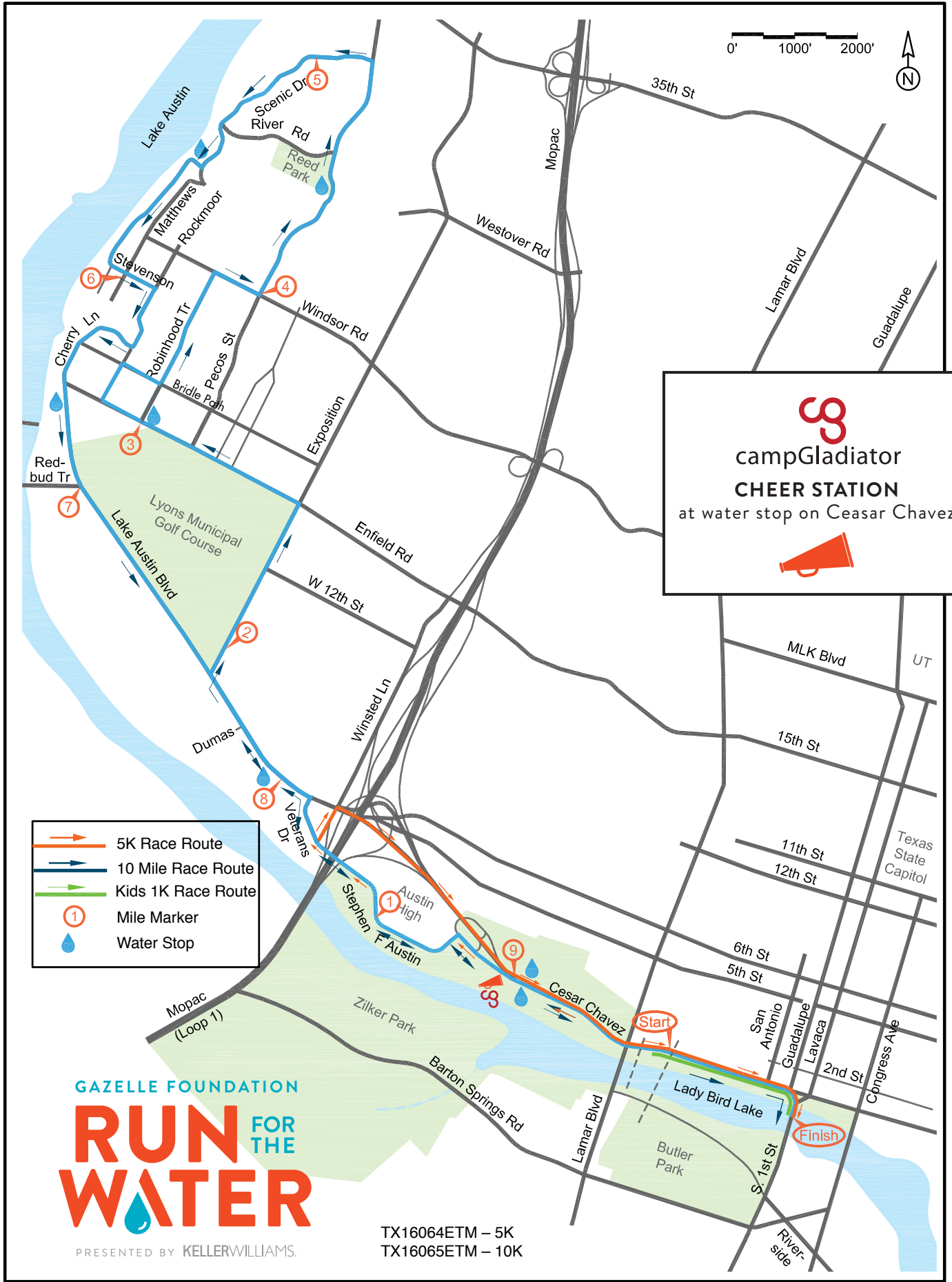
# START & FINISH LINE



# FINISH LINE FESTIVAL



# 5K AND 10 MILE ROUTE / KIDS K 1K ROUTE



GAZELLE FOUNDATION

# RUN FOR THE WATER

PRESENTED BY KELLERWILLIAMS.

MAKING  
MAKING  
MILES  
MEANINGFUL  
FOR  
13 YEARS  
13 YEARS

KELLER WILLIAMS BELIEVES IN BUILDING LEGACIES WORTH LEAVING. THAT'S WHY WE ARE PROUD TO SUPPORT GILBERT TUHABOYNE AND RUN FOR THE WATER IN THEIR QUEST TO TRANSFORM LIVES IN BURUNDI, AFRICA

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# CONGRATS, RUNNERS!

Because of your participation,  
the **GAZELLE FOUNDATION**  
can provide one Burundian with  
**CLEAN DRINKING  
WATER for LIFE!**



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The **Gazelle Foundation Run for the Water** was awarded the 2019 **10 Mile State Championship**.

*The RRCA Championship Event Series is the largest grassroots organized running series in the US.*

*The goal of the Series is to shine a spotlight on well-run events and to award top performing runners in the open, masters (40+), grand masters (50+), and senior grand masters (60+) categories for both men and women.*





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Join us for the **WATER HERO KIDS K**  
*presented by Austin Ear Nose and Throat Clinic.*

WATER HERO CAPE with KIDS K ENTRY  
KIDS CORNER TENT with GAMES AND FACE PAINTING  
WATER-AWARENESS EDUCATION  
FITNESS AND FUN with GLOBAL IMPACT

NOVEMBER 3 2019  
[runforthewater.com](http://runforthewater.com)



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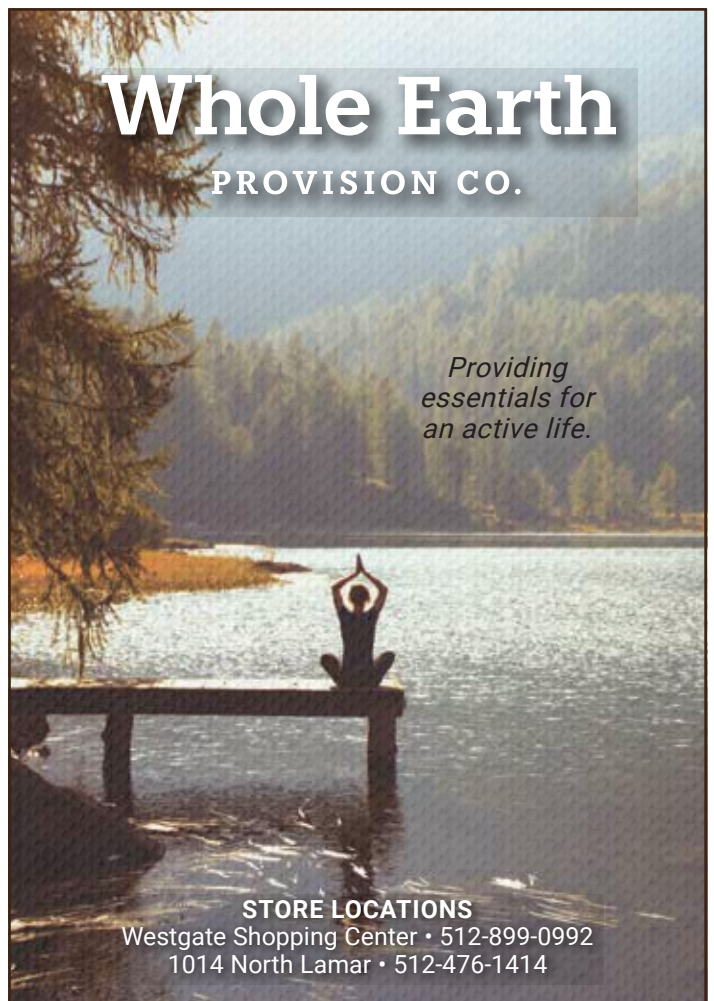
**WWW.RUNLAB.US**

Offer ends 11/3/19 | Self-pay only

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about  
clean water.

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*thank you*

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Imperfect Foods delivers groceries on a mission to reduce food waste and build a more sustainable food system. Stop by our tent in the Finish Line Festival to learn how you can live sustainably, save some money, and support the Gazelle Foundation through our donation partnership!



**Fixe** and **Comedor** will be at packet pickup on Saturday November 2, 9-12 offering delicious bites to fuel your run.

Stop by their finish line booth on race day to learn more about **Comedor Run Club**.



Stop by our booth at the finish line festival to learn how to redeem a complimentary acupuncture session.