

TEAM HSC NEWSLETTER

September 2019

Luke's Locker Runs

September 12th

Sign up [HERE](#)



Place: The Shops at Clearfork

Time: 6:30 PM

Luke's has a monthly social run every second Thursday of the month at 7:00PM with Luke's Locker: Join Luke's on Thursday, August 8th for the Roar & Pour Fun Run/Walk with City Works Eatery and Pour House. Start and Finish in The Plaza and the after-party will be hosted on the patio at City Works. Bar bites and tap beer or wine included with your registration.

Emmitt Smith gran Fondo

September 14th

Sign up [HERE](#)

Place: South Fork Ranch,
Parker, TX

The Emmitt Smith Gran Fondo offers 5-routes for cyclists of all skill levels. Ride with Emmitt Smith #22 on Sept. 14 and raise funds for Smith Charities!





Melt Ice Cream Fun Run 5k —

September 19th

Place: Melt, Fort Worth

Time: 6:30 PM

Melt is partnering with Brooks Running Shoes for a happy 5K fun run on September 19th at our Magnolia Ave scoop shop! To celebrate the pure joy of ice cream and running, we will be serving complimentary ice creams for all runners/walkers!

No pre-registration needed!

Cowtown CALF Race – October 5th

Sign up HERE

Place: The Coyote Drive-In Theatre

Time: 7:30 AM

On October 5th, The C.A.L.F. Race takes place at The Coyote Drive-In Theatre and will feature 1-mile, 5K or 10K. Proceeds go to benefit the C.A.L.F Program.



ULTRA ★ MARATHON ★ HALF MARATHON
★ 4 PERSON MARATHON RELAY ★
10K ★ ADULTS 5K ★ KIDS 5K

Cowtown Marathon

February 29– March 1st

Sign up HERE

Place: Will Rogers

Time: 7:00 AM

Cowtown Race Weekend takes place on February 28, 29, and March 1, 2020. The Cowtown is the largest multi-event race in North Texas. With distances for everyone, including both the Kids 5K and Adults 5K, 10K, Half Marathon, Marathon, Ultra Marathon and the *all-new* Marathon Relay.

Thank you
to all the
students &
employees
who
represent
the
university
by
promoting
and
living a
healthy
lifestyle!



Team HSC was created to promote wellness and increase UNTHSC's visibility at local runs, walks, and rides. Sign-up below to receive our monthly newsletter. Join the Office of Community and Alumni Relations on social media to receive updates on campus and community events. Together, we are creating solutions for a healthier community, starting with you!

- Membership is currently open to Full or Part-time HSC Staff, Faculty, & Students.
- Wear the HSC Team jersey or T-shirt with pride.
- Consistently showcase the values of the organization while participating in events.
- When appropriate, social media posts on personal pages with #teamhsc and @unthsc.

Opportunities exist for members to volunteer as team captains for authorized events.

For questions, concerns or more information on Team HSC events, please reach out to the Community and Alumni Relations office

Alumni@unthsc.edu or 817-735-2278