



AUSTIN, TX

# MARATHONS & RACES



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» Are you a running enthusiast? An active individual looking to get your blood pumping? Or maybe you just want to get out of the house and enjoy the fresh air. Then, lace up your running shoes and hit the pavement! Austin has a wide variety of marathons, races and fun runs!

Got a bike? No Problem! Some of these events involve cycling. Quick or steady, on foot or on wheels, there's an event just for you here in Austin! So turn off the TV, throw on your shoes and get moving!



**5k9** The Petco 5K9 Walk / Run will benefit Austin Pets Alive! Come out and make a difference for your community's animal welfare lifeline.  
[www.5k9walkrun.com/austin](http://www.5k9walkrun.com/austin)

**10/20** 10 mile run with 20 stages lining the course followed by free beer for the runners!  
[www.austin1020.com](http://www.austin1020.com)

**AFM Fittest Challenge** AFM Fittest will feature tougher competition, harder challenges, and more ways to test how your fitness measures up against Austin's finest. [www.afmfittest.com](http://www.afmfittest.com)

**AGAPE 5k Run for Life** Round Rock: Bring your entire family (even your dog!) to this event benefiting AGAPE Pregnancy Resource Center. Strollers and bikes are welcome!  
[www.agapeprc.org](http://www.agapeprc.org)

**ALA Fight for Air Climb** Hundreds of people will take on the challenge of climbing up 31 flights of stairs in this event benefiting the American Lung Association! [www.lung.org](http://www.lung.org)

### **Athleta Iron Girl Austin**

½ mile swim/ 12 mile bike/ 3 mile run. The Iron Girl event provides women with the perfect platform for first timers and experienced athletes to reach their personal best. [www.irongirl.com/events/austin](http://www.irongirl.com/events/austin)

### **Austin Marathon & ½ Marathon**

Austin's Annual Marathon and Half Marathon.  
[www.youraustinmarathon.com](http://www.youraustinmarathon.com)

**Autism Speaks 8K Race & Fun Run** 8k Race and 1-mile fun run benefiting the Austin chapter of Autism Speaks.  
[www.autism8k.com](http://www.autism8k.com)

**Black Star 10k** A 10k guided running tour through some of Austin's most historic neighborhoods, ending at the Black Star Co-op for complimentary beers and appetizers!  
[www.cityrunningtours.com/austin](http://www.cityrunningtours.com/austin)

**Capital 10k** This 10k is the 5th largest in the US and benefits Dell Children's Medical Center of Central Texas. [www.statesman.com/s/cap10k](http://www.statesman.com/s/cap10k)



**Capital of Tx Triathlon** This is Austin's premier triathlon. This exciting and spectator friendly race takes place downtown. [www.captextri.com](http://www.captextri.com)

**Chase the Chief 5k Georgetown:** The GISD council of PTA and the Georgetown Police Department have joined forces to raise awareness of the importance of physical activity and good nutrition, and to take on childhood obesity. [www.georgetowncouncilpta.org](http://www.georgetowncouncilpta.org)

**Chuy's Hot to Trot 5k** Join us for the annual 5k and Kid K, benefiting Special Olympics Texas. The Hot to Trot is one of Austin's oldest and most popular races. [www.chuys.com](http://www.chuys.com)

**City Solve Urban Race** This event is a unique urban adventure game where teams solve clever clues and face fun challenges!  
[www.citysolveurbanrace.com](http://www.citysolveurbanrace.com)

**Congress Avenue Mile** This race brings together the top high school milers and two-milers from around Texas for one last race before summer hits!  
[www.congressavenuemile.com](http://www.congressavenuemile.com)

**Cupid's Undie Run** Cupid's Undie Run is a 1-ish mile run in your bedroom best on Valentine's weekend, raising money for The Children's Tumor Foundation. [www.cupidsundierun.com/austin](http://www.cupidsundierun.com/austin)

**Dash for Dad** Join Urology Austin for the DASH FOR DAD 5k and 1 Mile Fun Walk with Boot Camp Warm Up to support ZERO The Project to End Prostate Cancer. [www.dashfordad.com](http://www.dashfordad.com)

**Diva Dash** A 5k course dotted with fun obstacles sure to challenge your agility, balance, strength, and speed. There will be copious amounts of tutus, boas, and bling, plus enthusiastic camaraderie.  
[www.divadash.com](http://www.divadash.com)

**EGA Boo Run** The Exceptional Georgetown Alliance (EGA) Boo Run takes place in beautiful San Gabriel Park in the heart of Georgetown, Texas.  
[www.exceptionalgeorgetown.org](http://www.exceptionalgeorgetown.org)

**Electric Run** The Electric Run features several lighting zones and worlds that will take your breath away! This event is proud to benefit Leukemia Texas.  
[www.electricrun.com/austin-tx](http://www.electricrun.com/austin-tx)

**Five55 Pflugerville:** Said to be the best "stroke and stride" event series in the Austin area! There are two different swimming distances to allow for athletes of any level! [www.five55series.com](http://www.five55series.com)

**Freedom 5000** This annual racing event now hosts a Kid's K so your whole family can participate together in this patriotic event! Strollers and pets are allowed. [www.runtex.com](http://www.runtex.com)

**Gems Glam Jam** This event series honors our sisters currently fighting breast cancer, those who have been victorious and the angels we have lost. Funds raised will benefit Heal in Comfort 4 a Change.  
[www.gemsglamjam.com](http://www.gemsglamjam.com)

**Glow Run** The Glow Run combines Austin's love for the outdoors with its love for Electric Dance Music to create a fun, illuminated nighttime experience with this 5k. [www.glowrun.com](http://www.glowrun.com)

**Go Ruck Challenge** 15-20 miles carrying 20 lbs. of bricks in your GORUCK bag.  
[www.goruckchallenge.com](http://www.goruckchallenge.com)

**Gorilla Run** Anyone who takes part in this charity fun run wears a full gorilla suit to raise funds for the Mountain Gorilla Conservation Fund.  
[www.austingorillarun.com](http://www.austingorillarun.com)

**Gut Check Challenge** A grueling, make-your-muscles-burn, test of skills wrapped in beer and barbeque! [www.gutcheckchallenge.com](http://www.gutcheckchallenge.com)

**Historic Downtown Running Tour** Come run with us as we explore the landmarks and historical markers that make up Texas' Capital City!  
[www.cityrunningtours.com](http://www.cityrunningtours.com)

**IM OK 5k Round Rock:** Join us for a full morning of fun for competitive runners, families, strollers and wagons. Dogs are allowed too! This event benefits the Epilepsy Foundation. [www.efcst.org](http://www.efcst.org)

**Lights of Love** Get in the holiday spirit with the Lights of Love 5k and Family Fun Run benefiting Ronald McDonald House Charities of Austin and Central Texas!  
[www.rmhc-austin.kintera.org/lightsoflove](http://www.rmhc-austin.kintera.org/lightsoflove)

**March For Babies** Join us in this family friendly 5k to raise awareness and funds for preventing premature births and birth defects and supporting families going through these challenges. There will be music, activities and entertainment for people of all ages! [www.marchofdimes.com/texas](http://www.marchofdimes.com/texas)

**Moonlight Margarita Run** The Moonlight Margarita 5k and Party are sponsored by Maudie's Tex-Mex and support The Trail Foundation to keep the Ann and Roy Butler Hike and Bike Trail in great shape! [www.thetrailfoundation.org](http://www.thetrailfoundation.org)

**Purple Stride** Walk or run a 5k course to benefit The Pancreatic Cancer Action Network! Enjoy music, food, kids activities, and much more while raising awareness of pancreatic cancer.  
[www.purplestride.org](http://www.purplestride.org)

**Rainbow Run 5k** Austin Pride kicks off with the Rainbow Run 5k, a fun run through the streets of downtown Austin, ending at the finish line with a rainbow explosion! [www.austinpride.org](http://www.austinpride.org)

**Rebel Race** Unleash your inner rebel in this 5k or 15k challenge featuring military style obstacles, camping, beer and barbecue, live entertainment and more. It's a weekend long party! [www.rebelrace.com](http://www.rebelrace.com)

**Retro Run 5k** The Retro Run 5k is a unique experience focused less on speed and more on crazy Retro fun with friends and family, ending with an 80's dance party! [www.theretro5k.com](http://www.theretro5k.com)

**Rogue Trail Series** Three separate trail races, three separate parks, each with its own unique atmosphere. This event provides a trail running opportunity here in Austin with a format that doesn't require a map! [www.roguerunning.com](http://www.roguerunning.com)

**Rookie Triathlon** Whether it's your first tri ever or your first event of the season, the Rookie Triathlon is the perfect way to start off strong! This shortened course is ideal for both beginners and experienced athletes. [www.therookietri.com](http://www.therookietri.com)

**Run for Your Lives-Zombie Fun Run** Anyone can run... but everything changes when you're running for your life. Test your speed strength and endurance through the miles of man-made and natural obstacles, all while being chased by hungry, merciless zombies. [www.runforyourlives.com](http://www.runforyourlives.com)

**Run to the Sun Relay** Run to the Sun Relay is an overnight, long-distance relay benefiting Beyond Batten Disease Foundation. Join hundreds of advocates as they run from Enchanted Rock State Park to Austin. [www.runtothesunrelay.com](http://www.runtothesunrelay.com)

**Schlotsky's Bun Run** Lace up those running shoes and get those buns in gear for the Schlotsky's Bun Run! Bring your kids and pets for this race benefiting the Austin Sunshine Camps. [www.bunrun.com](http://www.bunrun.com)

**Shiner GASP** Cyclists will depart from Austin and ride 100 miles through small towns and scenic byways on the way to the historic Spoetzl Brewery in Shiner, TX to benefit Boot Campaign. [www.shiner.com/shinergasp](http://www.shiner.com/shinergasp)

**Spartan Race** With 3 levels of courses there is sure to be one event to wear you out! This international obstacle racing series claims to be the toughest race series around. Get off your couch and start living! [www.spartanrace.com](http://www.spartanrace.com)

**Susan G. Komen Race For The Cure** Support breast cancer survivors and research by participating in this 5k or family mile. [www.komenaustin.org](http://www.komenaustin.org)

**Spirit of Sharing** This 5k adventure fun run/walk will benefit local non-profits supporting children, veterans and elderly with the option of a 1 mile loop. Family friendly! [www.spiritofsharing.weebly.com](http://www.spiritofsharing.weebly.com)

**Team LIVESTRONG Challenge** Survivors, caregivers, advocates, friends families, and neighbors show up not only to ride their bikes through Austin and the Texas Hill Country, but to raise awareness for a disease that impacts all of us. [www.livestrong.org](http://www.livestrong.org)

**Texas 5k Beer Running Tour** Join us on a 3-mile run and learn about some of Austin's best bars, restaurants and historical markers! Plus, sample Austin's finest brews along the route! [www.cityrunningtours.com](http://www.cityrunningtours.com)

**Texas Round-Up 5k** A partner 5k, individual 5k and a family mile all in one great event aimed at inspiring Texans to take control of their health and build a lifestyle that includes fitness! [www.texasroundup.org](http://www.texasroundup.org)

**The Color Run** The Color Run is more focused on crazy color fun with friends and family than it is on speed. Everyone has a blast! [www.thecolorrun.com](http://www.thecolorrun.com)

**Tough Mudder** A hardcore 10-12 mile obstacle course designed by British Special Forces to test your all around strength, stamina, mental grit, and camaraderie. [www.toughmudder.com](http://www.toughmudder.com)

**Trail of Lights 5k** This festive 5k will take participants past the Zilker Tree, through the Austin Nature and Science Center, and into the Trail of lights the night before the park opens to the public. [www.austintrailoflights.org](http://www.austintrailoflights.org)

**Turkey Trot** Burn some calories before that Thanksgiving feast! There is a 5 mile run, a 1 mile walk and a Kid's K, making it fun for the whole family! Benefits Caritas. [www.thundercloud.com](http://www.thundercloud.com)

**Vern's No-Frills 5k** Georgetown: Vern's No-Frills 5k is just what it sounds like... a 5k with no frills and a price to match! [www.noexcusesrunning.com](http://www.noexcusesrunning.com)

**Water Trotter Urban Challenge** A 3-mile urban scavenger hunt! Answer clues that highlight the importance of clean water for developing countries and test your local knowledge of Austin. Proceeds benefit programs in Panama and Peru! [www.ewbgreataustin.org](http://www.ewbgreataustin.org)

**Wurst Ride in Texas** Bike 22 or 45 miles through the Comal River area and celebrate with bikes, sausage, and beer! [www.wurstride.com](http://www.wurstride.com)



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