



Final Information

April 30, 2022

BE PREPARED FOR YOUR RACE - PLEASE READ EVERYTHING IN THIS DOCUMENT

RACE WEEKEND AT A GLANCE

PACKET PICK-UP

PACKET PICK-UP

Thursday April 28th, 2022

5:00PM – 9:00PM

Friday April 29th, 2022

4:00PM – 7:00PM

PACKET PICK UP LOCATION

Tostitos Championship Plaza at the Star

9 Cowboys Way, Frisco TX 75034

RACE DAY SCHEDULE

Saturday, April 30, 2022

Start/Finish Line

Tostitos Championship Plaza at the Star

9 Cowboys Way, Frisco TX 75034

7:30am: Race Day Packet Pick-up & Registration Opens

9:00am: 5K Race Begins

10:10am: Awards Ceremony

10:30am: Kids Fun Run Begins. *Toddler Dash to follow*

NOTES FOR PACKET PICK-UP

IMPORTANT: Look up your [bib number](#) before arriving for packet pick-up. Photo IDs are required. You may pick up for a friend if you have a copy of *their* photo ID. NO EXCEPTIONS! Please plan on attending one of the pre-race packet pick-ups; out of towners may pick up on race morning beginning at 7:30am but it is discouraged. Walk-up Registration available at Packet Pick-Up if the event is not sold out.



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PARKING

Parking will be available to participants in three locations. All lots are accessible via Gaylord Parkway. We strongly recommend carpooling or using ride share services, as the Star will be congested with Draft Day visitors.

Parking Lots

[Silver Parking Garage](#) (Opens at 6am)

[Gaylord Lot](#)

[Baylor Scott & White Garage](#)





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5K COURSE





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COURSE INFORMATION

WATER AND AID STATIONS

One water station will be available along the 5K course. Water will also be available at the finish line. Please stay hydrated!

TIMING

All runners' bibs will have an official timing tag attached to the back. Please do not remove this tag from your bib. Your timing tag will activate and start once you cross the start line timing mats.

TIME LIMIT

The 5K has a course limit of 90 minutes. Any participant who has not reached the finish line by 10:30 am will be asked to utilize sidewalks in order to comply with road re-opening timelines.

5K WAVE START

We will be utilizing a wave start for the start to accommodate the number of participants and limit congestion at the start and on the course. Your timing tag will activate and start once you cross the start line timing mats. Please line up at the start line in the pace accurate to your half marathon or 5K running pace – fastest to slowest.

"Fast" Pace: 6-8 min. per mile

"Fit" Pace: 8-11 min. per mile

"Fun" Pace: 11-15 min. per mile

Walkers and Strollers

Please be courteous and yield to faster runners on the course.



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OTHER IMPORTANT INFORMATION

RACE PHOTOGRAPHY

All participants will have the opportunity to purchase digital race photos from [Marathon Photos Live](#). Wear bibs on the outermost layer of clothing and smile as you cross the finish line. Bibs should be fully visible throughout the event. Marathon Photos Live will be there to capture the fun throughout race day! You will receive the download/purchase link for your pictures within 24 hours of completing your run. Please be sure to share your favorites on Facebook or Instagram and tag @CowboysRun.

RESULTS

Results will be posted to CowboysRun.com immediately following the event. For any results corrections, please email contact@easydaysports.com.

AWARDS

All finishers will receive a medal! Awards will be presented to the top three runners overall in each USATF recommended age group (14 and Under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, & 90+). Overall winners will be excluded from age group awards.

SPECTATORS

Spectators may watch the start and finish on Cowboys Way, and enjoy Draft activities in Tostitos Championship Plaza. Parking will be limited as runners will park early for race day. Carpooling is strongly encouraged!

RAIN OR SHINE

We plan to hold the event as scheduled rain or shine. In the event of lightning or dangerous weather conditions, race organizers and local safety officials may make decisions that could delay the start of the race. If we expect weather to impact the event more seriously, we will send an email to all participants and post a notice on the website advising you of our plans. Every effort will be made to conduct the race as scheduled.

SECURITY AND BAG CHECK

There will be NO bag check for this event. We recommend that you leave personal items in your car. All [approved bags](#) are subject to inspection upon entry and are subject to additional inspections within the Ford Center.