



# Final Information

April 27, 2024

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

## RACE WEEKEND AT A GLANCE

### PACKET PICK-UP

#### PACKET PICK-UP

Thursday April 25, 2024

5:00PM – 9:00PM

Friday April 26, 2024

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 27, 2024

#### Start/Finish Line

Tostitos Championship Plaza at The Star

9 Cowboys Way, Frisco TX 75034

6:30am: Race Day Packet Pick-up & Registration Opens

8:00am: **5K Race Begins**

09:10am: Awards Ceremony

09:30am: 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 6:30am but it is discouraged. Walk-up Registration is 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 9:30 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.

## OTHER IMPORTANT INFORMATION

### RESULTS

Results will be posted to CowboysRun.com immediately following the event. For any results corrections, please email [contact@easydaysports.com](mailto:contact@easydaysports.com).



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## AWARDS\*

All finishers will receive a medal! Awards will be presented to the top three runners overall and age group awards will be presented in each USATF recommended age group (14 & 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+). Overall winners will be excluded from age group awards.

\*Awards ceremony will be for overall top 3 winners. Winners must be present to claim an award, prizes will not be mailed. Age group awards will be available for pick-up at the results booth once results are finalized.

## RACE PHOTOGRAPHY

All participants will have the opportunity to purchase digital race photos from [FinisherPix](#). We recommend that you wear your race bib on the outermost layer of clothing and keep it fully visible throughout the event. 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.

## SPECTATORS

Spectators may watch the start and finish on Cowboys Way and enjoy participant offers in The Star District after the race (see last page for details)! 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.

## SOCIAL MEDIA

Don't forget to have fun! Please be sure to share your favorites on your **Facebook** [@Cowboys5K](#), **Instagram** [@CowboysRun](#), or **Twitter** [#CowboysRun5K](#)





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## PARTICIPANT OFFERS

Runners, enjoy these exclusive offers in The Star District, race day only!

Ascension Coffee - 10% OFF

Cards In A Box - 10% OFF

Cowboys Fit - \$10 Recovery Lounge Access + \$10 Day Passes + 25% OFF Smoothies

Flea Style + Heirloom Haul - 10% OFF

Luxe Eyewear - 15% OFF

The Glen - 10% OFF

The Common Table - 20% OFF

Tupelo Honey - 10% OFF

Sidecar Social - 10% OFF

Snowbird - 10% OFF

Tricky Fish - 10% OFF

*Exclusions apply. Offers valid 4/27/2024 only. Offers valid in-store at The Star locations only and are not guaranteed. Offers are valid only for Dallas Cowboys Draft Day 5K participants and are non-transferrable. Limit one discount per visit.*

