



Welcome to the Dallas Cowboys Draft Day 5K!

PACKET PICK-UP

Thursday, April 25th, 2019 – 4:00pm-8:00pm

Friday, April 26th, 2019 – 4:00pm-8:00pm

Nike at The Star
5 Cowboys Way, Suite 125
Frisco, TX 75034



Participants will receive a 20% discount on select Nike apparel *exclusively* at The Star location. This is a limited time offer valid April 25th-28th. The coupon received at packet pickup must be present at time of purchase. This offer cannot be combined with any other promotions/discounts. A gift with purchase will be available while supplies last!

Saturday (Race Day) April 27th, 2019 – 7:30am-10:30am

Tostitos Championship Plaza **outside of Nike at The Star*
9 Cowboys Way
Frisco, TX 75034

**5K participants should plan to pick up bibs prior to 9:00AM race start time, if picking up on 4/27. Packet pickup will remain open until Kids Run 10:30AM start time.*

Bib Look-Up: [Look up your bib here](#) to be ahead of the curve at packet pickup!

Notes for Packet Pick-Up

Please have your photo ID to pick up your race bib and shirt. You may pick-up for a friend if you have a copy of their photo ID. NO EXCEPTIONS! Photos of ID shown on mobile devices are accepted.

5K bibs will have a 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. Registered runners 21+ may pick up a Beer Voucher at packet pickup, which is good for (1) complimentary Miller Lite on race day. Participants will need to show ID to bartenders on-site.

Walk-up registration is available at packet pick-up and on race morning, if the event is not sold out. Prices increase 4/26/19 at 11:59PM.

RACE DAY SCHEDULE

Saturday, April 27th, 2019

7:30am – Race Day Registration Opens

9:00am – **5K Race Begins**

10:00am – Awards Ceremony

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





RACE INFO

Locations

Race Day Registration – Nike at The Star

Start and Finish Line – Cowboys Way, near Tostitos Championship Plaza

Parking – Silver Parking Garage, Gaylord Lot or Baylor Scott & White Garage

Water Stations

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

Runner Tracking

You may share this link with friends and family who would like to track your progress and receive a text message when you finish! [Track Yourself Here](#)

Timing

All 5K bibs will have a 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.

Please line up by your expected finish time – fastest to slowest. For the safety of others, all strollers and walkers please line up in the back. No pets please! Order of start is as follows:

- *“Fast” Pace: 6-7 min. per mile*
- *“Fit” Pace: 8-11 min. per mile*
- *“Fun” Pace: 12-15+ min. per mile*
- *Walkers & Strollers*

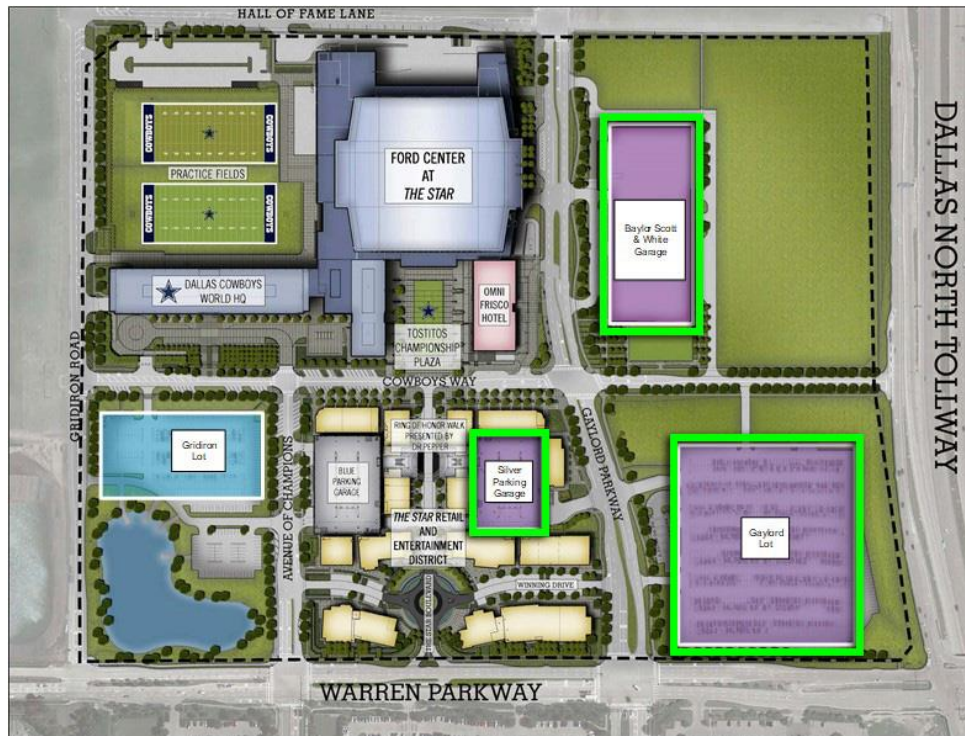
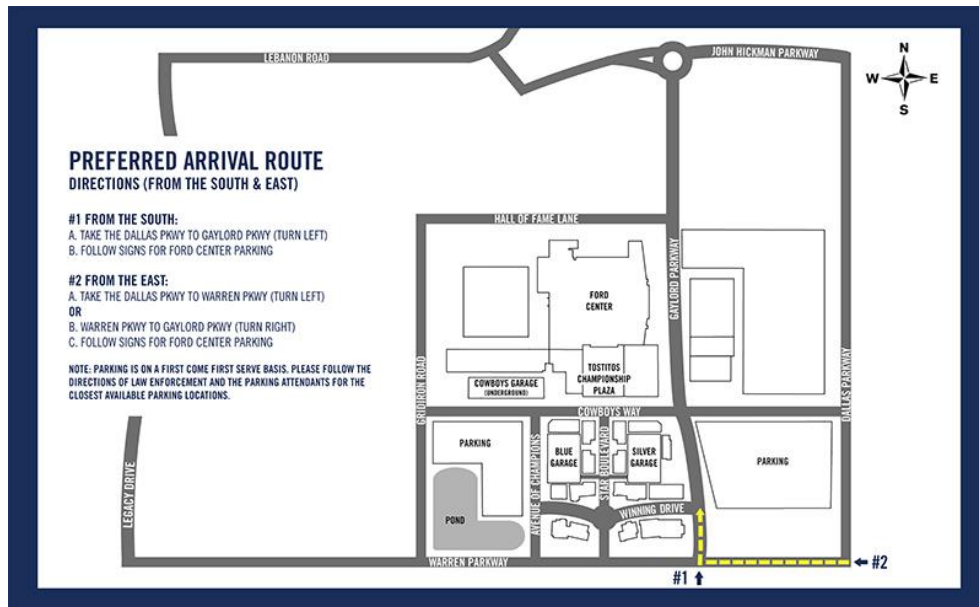
Results

Results will be posted to <https://www.dallascowboys.com/fans/draft-day-5k/2019/results> immediately following the event. For any results corrections please email timemanagement@roadrunner.com.



PARKING

Free parking will be available in Ford Center parking lots.





COURSE MAP



ADDITIONAL INFORMATION

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.





Spectators

Spectators can watch the start and finish on Cowboys Way, and enjoy Draft activities in Tostitos Championship Plaza. For details on all the Draft Events on Saturday, visit www.dallascowboys.com/draftday.

Awards

All finishers will receive a medal! Awards ceremony will be for overall winners: Top 3 male and female. Age group awards will be available for pick-up inside the concourse.

Awards will be presented to the top three runners overall in each USATF recommended age group. Age groups are as follows: 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+ Overall winners will be excluded from age group awards.

Post-Race Beer

You MUST have an ID. Beer will be available at the post-race Miller Lite Beer Garden. Race participants who are 21+ may present a Beer Voucher, provided at packet pickup, to receive one FREE beer.

Security and Bag Check

All [approved bags](#) are subject to inspection upon entry and are subject to additional inspections within Ford Center.

Race Photography

All participants will receive access to complimentary digital race photos from SportsPhotos. Wear bibs on the outermost layer of clothing so numbers are fully visible. Photos will be available to download in the week following the race. Please share your favorites on Facebook or Instagram and tag #CowboysDraftDay5K and #RunTheStar

Volunteer

Encourage your friends and family to support you and your fellow runners on race day by becoming a volunteer. [Register here to volunteer](#).

CONTACT INFORMATION

Email: contact@easydaysports.com

Website: <https://dallascowboys.com/draftday5k>

Race Results: <https://www.dallascowboys.com/fans/draft-day-5k/2019/results>

