

Saturday, February 13, 2016
McKinney, TX
Athlete Guide



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7951 COLLIN MCKINNEY PKWY, STE 1500, MCKINNEY, TX 75070

ROCKWALL CYCLING

939 EAST I-30, ROCKWALL, TX 75087

Event Schedule

Packet Pick Up and late registration:

February 8th—12th, 11:00 am—7:00 pm

Playtri Store McKinney—7951 Collin McKinney Pkwy, Ste 1500
McKinney, TX 75070-(469) 342-6776

Saturday, February 13th

Race Day! All activities at the Stonebridge Ranch Beach and Tennis Club. 6201 W Virginia Parkway, McKinney, TX

7:00-8:00 AM Race day packet pickup and late registration

8:25 AM Pre-race meeting at start line

8:30 AM Race Start for 10k

8:40 AM Race Start for the 5K

8:50 AM Race Start for the Sweet Treat 1k

9:30* AM 5K Awards Ceremony

10:00* AM 10k Awards ceremony

11:00 AM Course closes for all participants

**Time is approximate*

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Website

The advertisement is a colorful collage of sports gear. It features a triathlon suit with 'rapido' and 'WaterMarc' logos, a red triathlon singlet with 'VFE' branding, a cycling jersey with 'ATTITUDE!' and 'RACEWITH!' text, and a white running singlet with 'P+' branding. A hand is shown holding a pair of black shorts with 'ROCKETSCIENCE' branding. The background is divided into yellow, blue, and purple sections.

Directions



Stonebridge Ranch Beach and Tennis Club
6201 W Virginia Parkway, McKinney, TX

Directions (Parking Available On-site / Castle Montessori) :

From Dallas: Take I-75 North. Exit 40 A Virginia Parkway. Turn left/west on Virginia Parkway. Beach and Tennis Club is about 3.6 miles down the road on your left.

From Denton: Take 380 East. Turn right on N Stonebridge Drive. Turn left on Virginia Parkway. Beach and Tennis Club is about 0.5 down the road on your right.

From Fort Worth: Take 121 North. Exit onto Stacy Road. Turn left on West Stacy Road. Turn right on Ridge Road. Turn left on Virginia Parkway. Beach and Tennis Club will be on your left.

HOKA ONE ONE®

Race Number and Timing Chip

When you receive your race packet you will get a bib number and a timing chip. Be sure to wear your bib number and timing chip to get a race time.

PLAYTRI® RUN RACES 2016

FEB. 13	IT TAKES TWO 5K, 10K, & 1 K	MCKINNEY
MARCH 26	HEART OF HEATH 5K & FUN RUN	HEATH
APRIL 9	RUN FOR COVER 5K, 10K, & 1K	MCKINNEY
APRIL 9	DENTON COUNTY DASH 5K WALK/RUN	DENTON
APRIL 12	METROTEX TRINITY TREASURE RUN 5K	DALLAS
APRIL 23	NIGHT MOVES GLOW RUN 5K & KIDS K	MCKINNEY
APRIL 24	RUNNING FOR EDUCATION #INDIA 5K & 1 MILE	COPELL
MAY 1	NORTHAVEN COLOR RUN 5K	DALLAS
MAY 7	CINCO DE MAYO RUN, WALK, & ROLL 5K, 10K, & 1K	MCKINNEY
JULY 24	STONEBRIDGE RANCH COLOR RUN	MCKINNEY
AUG. 20	HOT HATCH CHILE RUN, WALK, & ROLL 5K & 1 MILE	SOUTHLAKE
SEPT. 3	COMPETE EVERYDAY - FIGHTING AUTOIMMUNITY 5K & 1 MILE	COPELL
OCT. 1	RIB RUB RUN 5K, 10K, AND 1 MILE	ROCKWALL
OCT. 16	U.S. OPEN 5K	ROCKWALL
OCT. 22	CITY OF LEWISVILLE SPOOKTACULAR 5K & MONSTER MILE	LEWISVILLE
NOV. 5	PUMPKIN MASH DASH 5K, 10K, & 1K	COLLEYVILLE
NOV. 12	AARON'S RACE & ROLL 5K & 1K	MCKINNEY
NOV. 26	BELIEVE MCKINNEY 5K, 10K, & 1 MILE	MCKINNEY

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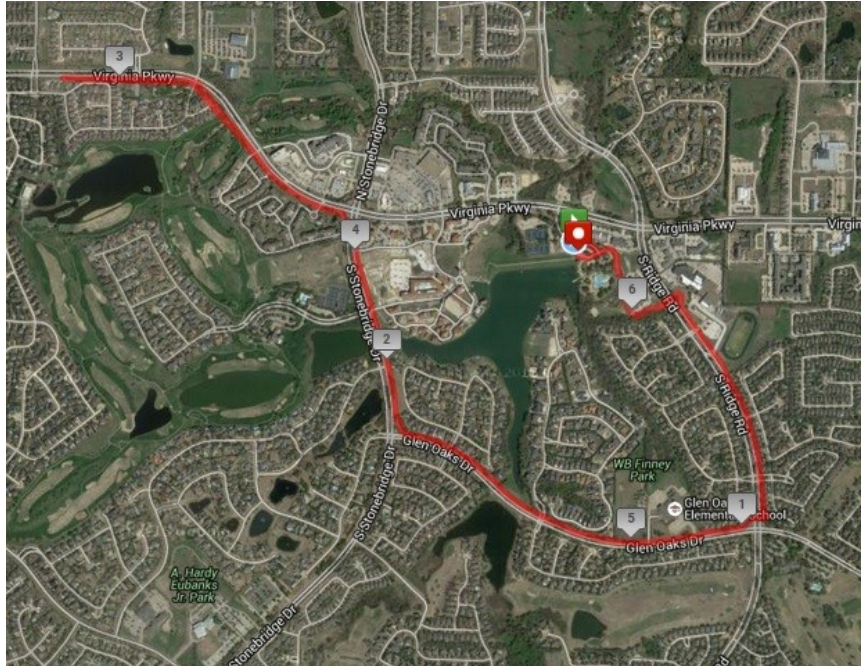
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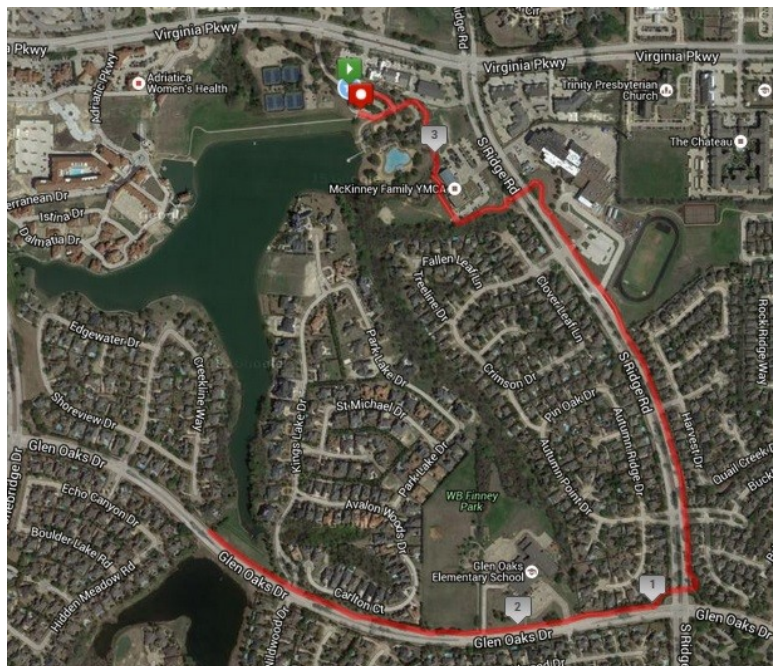
www.playtri.com/youth

Run Course Maps

10k Course Map:



5K Course Map:



Team Instructions

Teams of two will have their times combined for award consideration. You do not have to run or finish together, make sure you both are wearing the bib assigned to you in order for your race time to be recorded.

Divisions

Individual 5K and 10K

M/F 1-30, 31 -40, 41-50, 51-60, etc.

M/M 1-30, 31 -40, 41-50, 51-60, etc.

F/F 1-30, 31 -40, 41-50, 51-60, etc.

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\$699

**\$200
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FUJI FINEST 2.3 | TRI OR BIKE TOP | TRI OR BIKE SHORTS | CANNONDALE QUICK HELMET
PLAYTRI FLAT BAG | 2 TUBES | CO2 W/ADAPTER | PLAYTRI BOTTLE CAGE | PLAYTRI RACE BELT
PLAYTRI WATER BOTTLE | TIRE LEVERS



Race Day Checklist

Items in **red** are required to race! Items in **blue** are generally considered to be more necessary than items in black.

Race Number

Running shoes

Race belt/safety pins

Water bottle

**Nutrition and hydration:
(gels, sports drink, food, etc.)**

Race site directions

Sunscreen

Sunglasses

Body glide

Fuel belt/Camelbak

Post-race change of clothes

Sodium pills

Heart rate monitor



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Aid Stations

There will be two aid stations total along the 10k course. The course goes out and back so you will go by an aid station at miles 1, 3, and 5.

Along the 5k course, you will pass an aid station at mile 1 and 2.



Weather Contingency Plan

In the event of inclement weather, the start time of this event may be delayed by up to 1 hour. Past this time, the event course may be shortened or altered to protect the participants. If conditions are unsafe, the event may be cancelled. Event changes and cancellation are at the discretion of the Race Director.



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General Advice

Distance running races can be strenuous events mentally and physically, but they should also be fun, and the best way for that to happen is for you the athlete to be prepared. Along with the training that leads up to an event of this nature, there are also some general tips for race day that can make your experience more enjoyable.

- Have everything you need for race day ready the night before - use the checklist provided in this guide to make sure you have everything.
- The earlier you show up, the better. The last thing you want to be worrying about is whether or not you're going to make it in time! This will give you plenty of time to park, use the restroom, and find the start line before the race begins.
- Mentally prepare yourself. Use techniques like positive self-talk and visualization to remind yourself of the positive experience that you are going to have. Remember that while running events can be difficult, Playtri will do all that we can to support you. Remember the preparation that you have done for this event, and be confident in your abilities as an athlete!
- If you are having friends and/or family attend, have them read the Spectator Guide included, and go over the plan for the morning with them ahead of time. If you are going to want to be alone pre-race, let them know. If you are going to want help with your belongings, let them know. Also make plans to meet up again after the event - the finish line can often be crowded, so it's a good idea to have a back-up location, just in case.
- Last, remember to have fun! This event should be a positive experience for both you and everyone who helped you to get here. A positive attitude will go a long way!

Photos & Results

All event photos will be available from Sugar & Spice Photography a few days after your race. All event results will be available online after the race.



www.sugarnspicephotos.com

www.playtri.com/takestwo

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*Dr. Camille Reagan DC, DACBSP, CCEP
Dr. Adam Rogers DC, CCSP
Dr. Logan Sherman DC, CCN, ART
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*Some Restrictions apply.

Dallas | 972.503.7272

McKinney | 972.398.6419

Playtri Upcoming Race Schedule 2016

March, 2016

- **Luck of the Irish Sprint Triathlon** – March 13th, The Colony, TX
- **Heart of Heath 5k and Fun Run** — March 26th, Heath, TX

April, 2016

- **Historic McKinney Kiwanis Sprint Triathlon**— April 3rd, McKinney, TX
- **Historic McKinney Kiwanis Kids Triathlon**—April 3rd, McKinney, TX
- **Run for Cover 5K, 10K & 1K**—April 9th, McKinney, TX
- **Denton Co Dash 5k**—April 9th, Lewisville, TX
- **MetroTex Trinity Treasure 5K**—April 12th, Dallas, TX
- **King Tut Sprint and Super Sprint**—April 17th, McKinney, TX
- **The Night Moves Glow Run** —April 23rd, McKinney, TX
- **Running For Education #India** —April 24th, Dallas, TX

May, 2016

- **Playtri Festival Olympic, Sprint & Super Sprint Triathlon**—May 1st, Irving, TX
- **Northaven Family Color Run**—May 1st, Dallas, TX
- **Cinco De Mayo 5K, & 10K Run, Walk, and Roll**—May 7th, McKinney, TX
- **North Texas Kids Triathlon**—May 14th & 15th, Arlington, TX
- **Wiki Wiki Man Triathlon**—May 15th, Lake Tawakoni State Park, TX
- **Water Works Sprint Triathlon**—May 22nd, Denton, TX
- **Water Works Youth Splash and Dash** —May 22nd, Denton, TX

June, 2016

- **Swim Across America Open Water Swim** —June 11th, Rockwall, TX
- **Swim Across America Pool Swim** —June 12th, Dallas, TX
- **Tri-It for CASA Triathlon STATE CHAMPIONSHIP**—June 12th, Lewisville, TX
- **Dirty Rock Off-Road Triathlon**—June 26th, Rockwall, TX

July, 2016

- **Mayor's Triathlon**—July 10th, Fort Worth, TX
- **JCC Kids Triathlon**—July 14th, Dallas, TX
- **Take on the Heat Triathlon**—July 24th, Frisco, TX
- **Stonebridge Ranch Color Run** —July 24th, McKinney, TX

August, 2016

- **Rockwall Kiwanis Tri-Rock Triathlon**—August 7th, Rockwall, TX
- **Hot Hatch Chile Run, Walk, & Roll 5k / 10k / 1 Mile** —August 20th, Southlake, TX

September, 2016

- **Compete Every Day—Fighting Autoimmunity 5k / 1 Mile** —September 3rd, Coppell, TX
- **Stonebridge Ranch Kids Tri**—September 24th, McKinney, TX
- **Stonebridge Ranch Triathlon**—September 25th, McKinney, TX

October, 2016

- **Rib Rub Run 5k / 10k / 1 Mile** —October 1st, Rockwall, TX
- **U.S. Open Triathlon / 5k / Youth Splash and Dash** —October 16th, Rockwall, TX
- **City of Lewisville Spooktacular 5k & Monster Mile** —October 18th, Lewisville, TX

November, 2016

- **Aaron's Race and Roll**—November 12th, McKinney, TX
- **Believe McKinney-5K, 10K, 1 mile**—November 26th, McKinney, TX

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