

Run Race FAQ's

Q: What do I need to pick up my packet?

A: All you need to bring to packet pick up is yourself!

Q: What is packet pick up?

A: Packet pick up is where you will receive your race number, T- shirt and any other important race information.

Q: Can someone else pick up my packet for me?

A: Yes, you can have friends and family pick up your packet for you as you have signed the race waiver. If the race waiver has not been signed, the packet cannot be picked up.

Q: What should I eat before my race?

A: This varies from person to person. We recommend you eat what you would normally eat before training sessions. If you are going to experiment with new nutrition or gear plan to do so during training, not on race day.

Q: What time should I arrive race morning?

A: We recommend you arrive an hour before your race starts. This will give you plenty of time find parking, warm up, and take care of any last minute issues.

Q: What should I wear?

A: You should wear clothing appropriate for the weather conditions as all races are held rain or shine. We recommend synthetic materials as they wick sweat much better than cotton.

Q: Where do I park race morning?

A: There are numerous downtown lots available north and south of McKinney's Downtown Square. **Please note that Louisiana and Virginia from Graves to **McDonald St (HWY 5)** will be closed fairly early in the morning. Since this is the most common way people get to downtown, please plan to have an alternate route. Often you can go one block north of these streets and take Lamar, Hunt or another street to downtown.

Q: Where do I go once I arrive at the race site?

A: After you park it is a good idea to walk to the race start area. You will want to stay close to listen for when your race starts and any last minute announcements. All races will start at Mitchell Park.

Q: Can I wear Headphones?

A: You may wear headphones during the race but we discourage it because of safety announcements that may be made during the race by race staff or officials.

Q: Can I run with my dog?

A: Due to participant safety issues we do not allow dogs to run in our races.

Q: Can I run with a stroller?

A: Yes. Please use caution with the stroller and cede yourself appropriately so as not to impede other racers.

These tips come to you from Playtri Coach Wes Dede. If you have more questions, contact Coach Wes at wes@playtri.com