



MELON DASH 5K & Fun Run

8•19•2017

ATHLETES MANUAL

#MELONDASH

**Towne Lake Park
1405 Wilson Creek Parkway
McKinney , TX 75069
7:45 AM Start**

TANNA WOOD
RACE DIRECTOR
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RUN PROJECT™
Run Local. Give Local.



#MELONDASH

WELCOME TO THE 2017 MELON DASH 5K AND FUN RUN!

We are proud that you have joined us in supporting your local non-profit organization League of Animal Protectors, which is the 2017 beneficiary for the Melon Dash 5K & Fun Run race in the Run Project Series. Run Project is all about keeping it local and allowing you to play a major role in supporting our local community. All of our non-profit partners are local or the money raised is marked for the local chapter. To Date, you have helped us raise over \$250,000! You guys are AWESOME!

Important things you need to know:

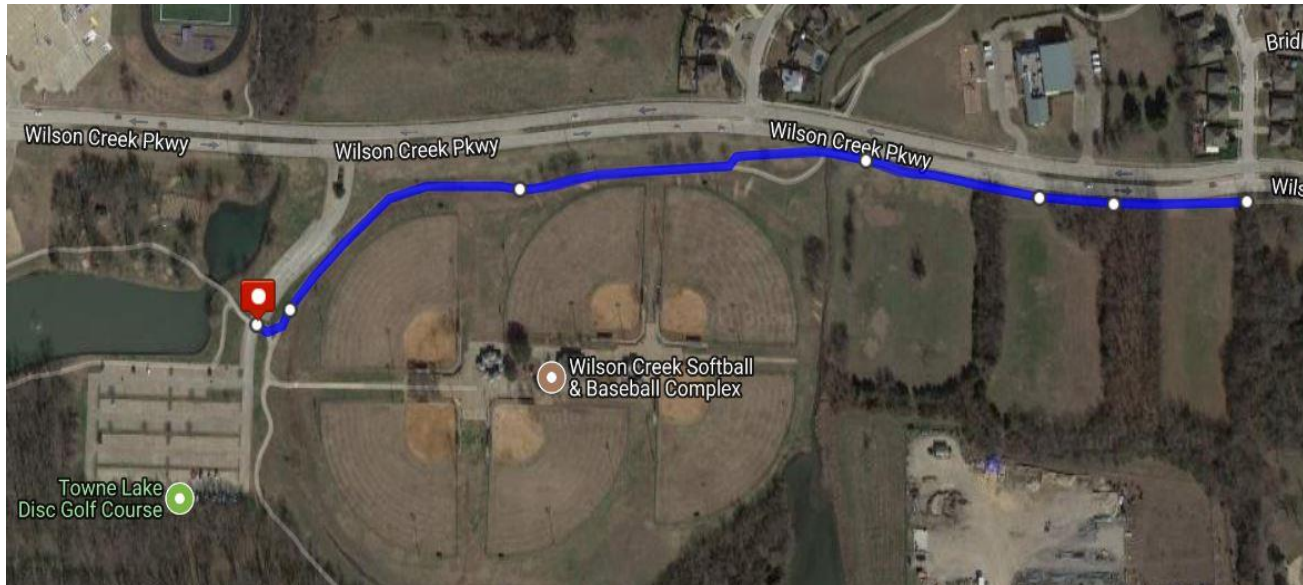
1. Two Men & A Truck will provide bag and bike check
4. Wear sunscreen and a hat!
5. Start hydrating several days before the race and get plenty of rest the night before.
6. We will have our famous ice towels at the finish line.
7. We will have fully loaded water stop on the 5K course.
8. We will be taking a lot of pictures but bring your supporters, so you can have instant gratification from a cell phone picture that you can post on Facebook.
9. This is your race...ENJOY! And thank YOU!

We are excited to unveil our new Swag Bag at this year's race!
The Swag Bag includes new custom shirts, sunglasses, bib, and temporary tattoo.





MELON DASH Fun Run



PARKING MAP

TOWNE LAKE PARK MCKINNEY
August 19, 2017

