



ATHLETES MANUAL

#MELONDASH

MELON DASH 5K & Fun Run

8•3•2019

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





#MELONDASH

WELCOME TO THE 2019 MELON DASH 5K AND FUN RUN!

We are proud that you have joined us in supporting your local non-profit organization called the Animal Rescue Crusaders (ARC) of Texas, which is the 2019 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 \$260,000! You guys are AWESOME!

Important things you need to know:

- 1. We will provide bag check inside the venue*
- 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 one fully loaded water stops on the 5K course that will be hit twice.*
- 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!*





PACKET PICK UP

Wednesday & Thursday (7/31/19 – 8/1/19)

10AM – 6:30PM

Get 25% off select running styles at lululemon during packet pickup for all Run Project Participants!

[lululemon Dallas](#)
[3201 Knox St.](#)
[Dallas, TX 75025](#)

[lululemon Southlake](#)
[207 Grand Ave.](#)
[Southlake TX 76092](#)

[lululemon Legacy](#)
[7500 Windrose Ave. Unit B190](#)
[Plano, TX 75024](#)

Wednesday & Thursday (7/31/19 – 8/1/19)

9AM – 7PM

[Orangetheory Fitness Camp Bowie](#)
[6201 Sunset Dr. Suite 670](#)
[Fort Worth, TX 76116](#)

Race Day at Race Site- Saturday (8/3/2019)

Race Site - Towne Lake Park Recreation Area 1405 Wilson Creek Pkwy, McKinney, TX



5K COURSE MAP

EVENT TIMELINE

6:30AM – Packet Pick Up Opens

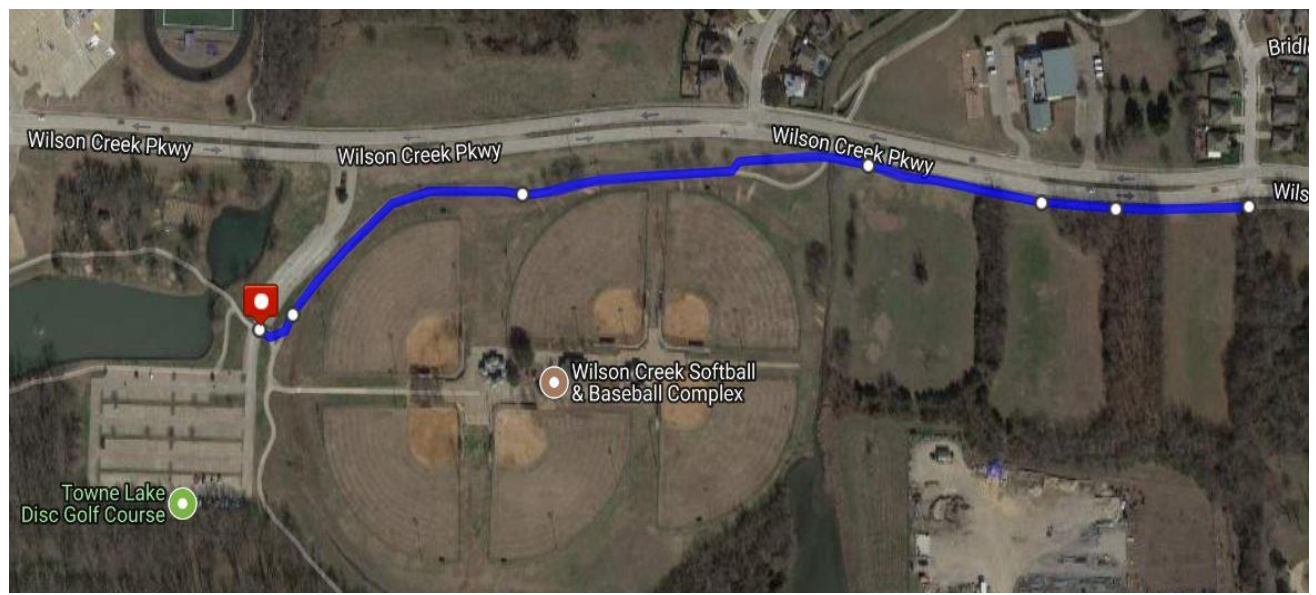
7:45AM – Kid's Run Starts

8:00AM – 5K Starts

9:15AM – 5K Awards



MELON DASH Fun Run



PARKING MAP

TOWNE LAKE PARK MCKINNEY



PARKING

PARKING

PARKING

PARKING

PARKING

START/
FINISH

VENUE

Google Earth