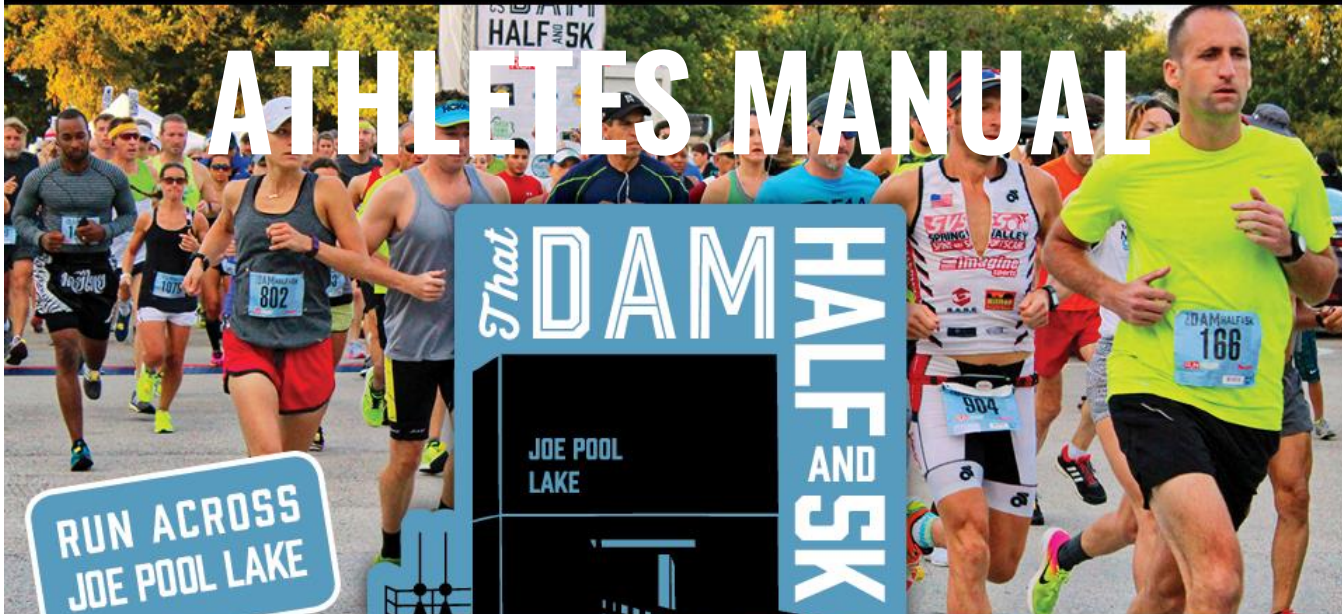


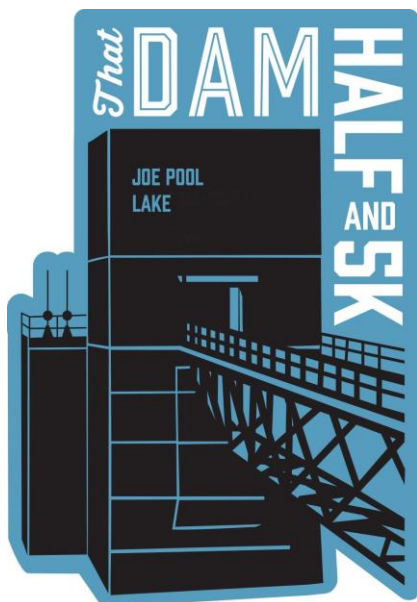
*Great Course!* GREAT LOCATION!

# ATHLETES MANUAL



*Sunday, October 22*





**October 22nd, 2017**  
**Lynn Creek Park**  
**5700 Lake Ridge Pkwy.**  
**GRAND PRARIE, TX 75052-8514**



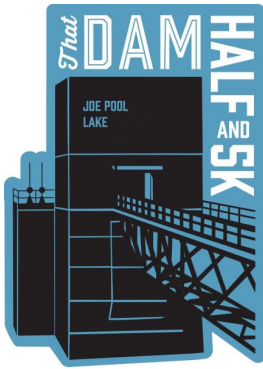
**BENEFITING:**

*PlayGrand*  
**ADVENTURES**

**RACE DAY SCHEDULE**

- 6:30 AM - Packet Pickup Opens**
- 7:30 AM - No Vehicle Entry into Park (Late arrivals park at Marina)**
- 8:00 AM - Half Marathon Starts (4 hour time limit)**
- 8:15 AM - 5K Starts**
- 8:45 AM - Race Party Begins!**
- 9:30 AM - 5K Awards**
- 11:00 AM - Half Marathon Awards**
- 12:00 PM - Course Closes**





# WELCOME/INFO



Welcome to the 4th annual That Dam Half & 5K. Run Project and the *PlayGrand* ADVENTURES couldn't be more excited to get this dam race underway!

Beneficiary: *PlayGrand* ADVENTURES

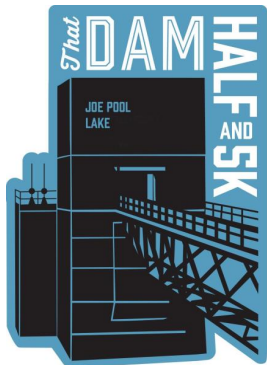
*At Play Grand Adventures all children, teens and adults will have the opportunity to be physically active through play. It is important to create and provide play environments that everyone wants to come and enjoy. Play Grand Adventures will provide challenges for children of all abilities, offer healthy risks and a variety of developmentally appropriate activities for all who play.*

**This guide contains all the information you will need to know prior to, during, and after the That Dam Half & 5K post race festivities and more. Hang on to this guide - it's your resource for all of the race activities and information.**

**This year each runner will get a hamburger, chips and drink from our friends**



**Good Luck,  
Race Director**



# PRE-RACE PACKET PICKUP

**Tuesday, October 17, through Thursday, October 19 from 10AM to 7PM at the following locations:**

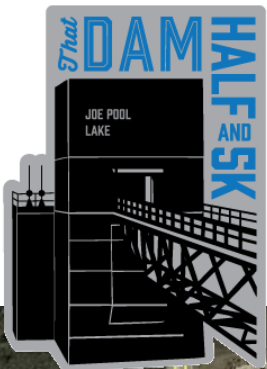
Run On! Mockingbird – 5400 East Mockingbird Lane, Dallas, TX 75206

Run On! Richardson – 1465 West Campbell Road, Richardson, TX 75080

Run On! Frisco – 8300 Gaylord Pkwy #21, Frisco, TX 75034

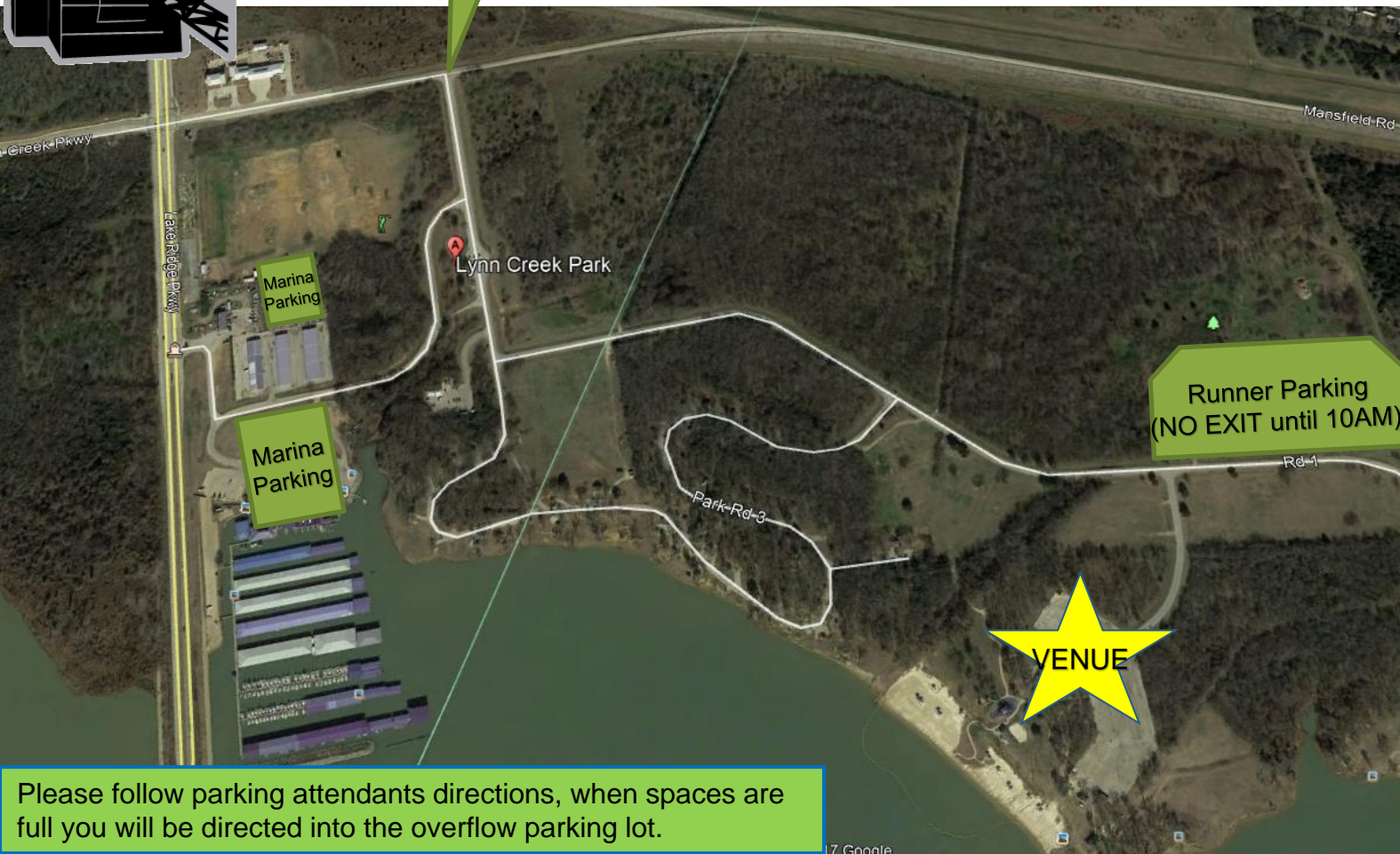
Orange Theory Fitness Lewisville – 6201 N. Josey Ln. #200, Lewisville, TX 75056

Orange Theory Fitness Arlington – 40005 Points Blvd. #155 Arlington, TX 76018



**NO ENTRY  
After 7:30AM**

# PARKING



## Important Parking info

Please be aware that parking can be a little challenging as there is only one way in and one way out.

Please arrive early as access to the park will be closed at 7:30AM and stay closed for the duration of the half marathon for the safety of all runners.

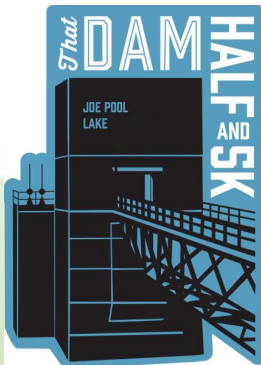
If you need to leave early please park outside the park (Marina Parking) and walk in.

Runner Parking in the park will NOT be allowed to leave until after 10AM and those drivers will need to be aware of possible delays.

Vehicle traffic will be limited and enforced by Park Personal and PD. Please follow all instructions.

**THANK YOU!**

Please follow parking attendants directions, when spaces are full you will be directed into the overflow parking lot.



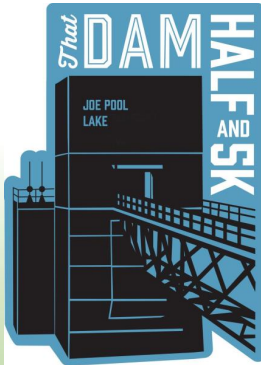
5 km - USATF Certification TX16053LAB - Grand Prairie, TX  
 Effective 08.30.2016 to 12.31.2026  
 Measured by Logan Burgess on 08.11.2016  
 Map not to Scale - No Restrictions



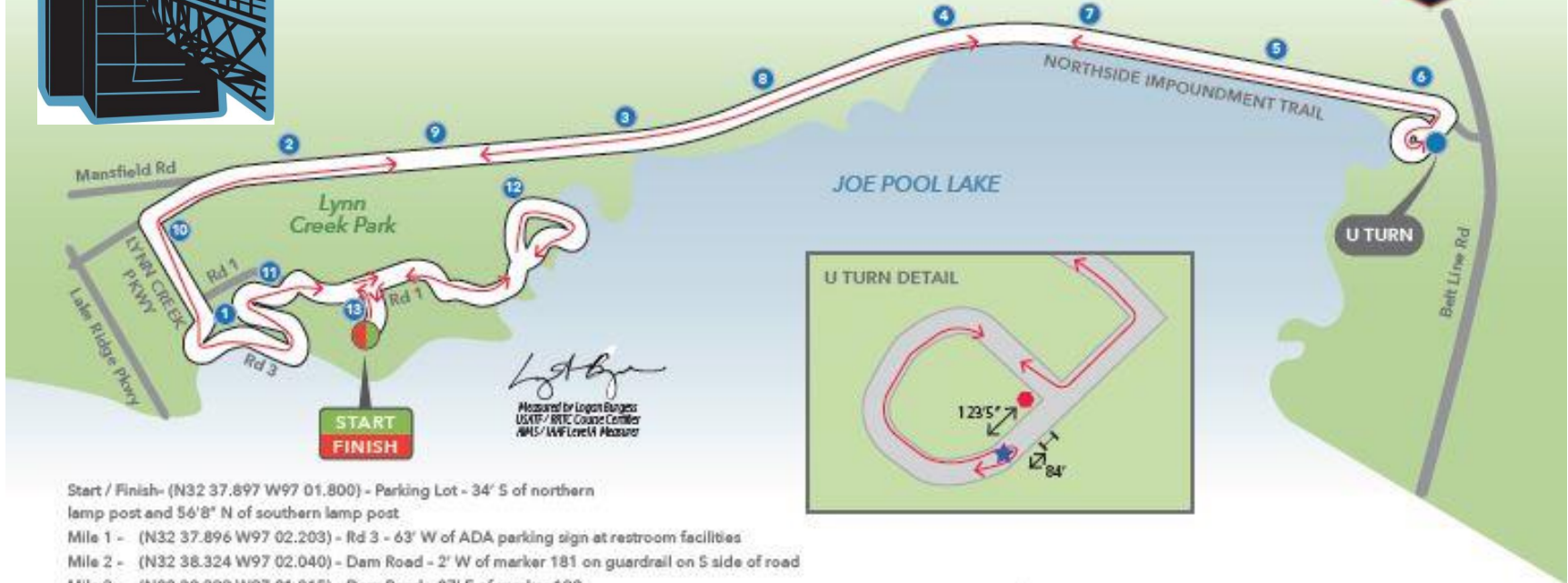
- Start / Finish - (N32 37.897 W97 01.800) - Parking Lot - 34' S of northern lamp post and 56'8" N of southern lamp post
- U Turn - (N32 37.982 W97 02.315) - 44' W of STOP sign at N corner of Rd 1 and Lynn Creek Pkwy
- Mile 1 - (N32 38.048 W97 02.057) - Rd 1 - 24' E of 30 MPH sign closest to intersection with Rd 3
- Mile 2 - (N32 38.228 W97 01.296) - 111' W of gazebo post with sign #80 attached
- Mile 3 - (N32 37.982 W97 01.770) - 12' N of NO VEHICLES ON GRASS / NO GLASS / NO LITTERING Sign

*Logan Burgess*

Measured by Logan Burgess  
 USATF / RRTC Course Certifier  
 AIMS / IAAF Level A Measurer



21.0975 km - USATF Certification TX16052LAB - Grand Prairie, TX  
 Effective 08.31.2016 to 12.31.2026  
 Measured by Logan Burgess on 08.11.2016  
 Map not to Scale - No Restrictions



Start / Finish - (N32 37.897 W97 01.800) - Parking Lot - 34' S of northern lamp post and 56'8" N of southern lamp post

- Mile 1 - (N32 37.896 W97 02.203) - Rd 3 - 63' W of ADA parking sign at restroom facilities
- Mile 2 - (N32 38.324 W97 02.040) - Dam Road - 2' W of marker 181 on guardrail on S side of road
- Mile 3 - (N32 38.398 W97 01.015) - Dam Road - 27' E of marker 128
- SK - (N32 38.408 W97 00.904) - Dam Road - 39' W of marker 123
- Mile 4 - (N32 38.659 W97 00.036) - Dam Road - 38' E of marker 75
- Mile 5 - (N32 38.573 W96 59.020) - Dam Road - 38' E of marker 23
- U Turn - (N32 38.425 W96 58.531) - Circle Drive - 123'5" SW of STOP sign and 84' SW of metal post on E side of road
- Mile 6 - (N32 38.503 W96 58.584) - Dam Road - 3' W of end of guardrail on lake side
- Mile 7 - (N32 38.666 W96 59.596) - Dam Road - 31' E of marker 53
- Mile 8 - (N32 38.489 W97 00.586) - Dam Road - 41' W of marker 106
- Mile 9 - (N32 38.357 W97 01.598) - Dam Road - 31' E of marker 158
- Mile 10 - (N32 38.101 W97 02.399) - Lynn Creek Pkwy - 46' NW of STOP sign at exit of maintenance road
- Mile 11 - (N32 37.982 W97 02.036) - Rd 3 - at N edge of guard rail on W side of road just S of intersection with Rd 1
- Mile 12 - (N32 38.227 W97 01.300) - 126' W of gazebo post with sign #80 attached
- Mile 13 - (N32 37.984 W97 01.769) - 27' N of NO VEHICLES ON GRASS / NO GLASS / NO LITTERING Sign

Map Not To Scale  
 WGS84 GPS Datum

