2019 RACE GUIDE
HALF MARATHON, 5K & 1 MILE RUN

SATURDAY, APRIL 13, 2019
COLLIN COLLEGE - PRESTON RIDGE CAMPUS
9700 WADE BLVD, FRISCO, TX 75035

PRESENTED BY
BaylorScott&White
SPORTS PERFORMANCE CENTER
AT THE STAR

#RUNBIGSTAR
Based on runner feedback and course evaluation with the City of Frisco, we are excited to announce the start and finish of the Texas Big Star Half Marathon and 5K will continue at Collin College Preston Ridge Campus (9700 Wade Blvd., Frisco, Texas 75035). All races will remain the same as 2018.

To ensure the safety of all runners, both USATF-certified courses (the Half Marathon and the Cougar Run 5K) will be closed to traffic. The Half Marathon course will be closed for four hours, from 7:00 am until 11:00 am.

**ACCOMMODATIONS**

As a courtesy to our out-of-town participants, we have arranged for a discounted room rate at the Omni Frisco Hotel at The Star (15% off the best available rate). The discounted room rates are available for April 12 and April 13.

Room block reservations at the Omni Frisco Hotel at The Star may be made by contacting one of the following individuals directly:

- Chelsea McMullen
  Chelsea.McMullen@omnihotels.com

- Lacy Whitson
  Lacy.Whitson@omnihotels.com

- or by calling one of them at (469) 287-0313

**PARKING**

Free parking is available on the Collin College campus in certain surface lots as identified on the following layout. Parking attendees will be directing parking beginning at 5:30 am and will direct you where to park the morning of the race if you choose to park on campus. Entry for this parking will be off of Wade Boulevard or Ohio Drive.

Overflow parking is available across Wade Boulevard at the Frisco ISD Career and Technical Education Center.
Directions
Start at Collin College
Left on College Parkway
Left on Hillcrest Rd.
Right on Main (FM3537)
Right on Custer
Right on Rolater

Left on Coit Rd.
Right on Lebanon Rd.
Right on Ohio
Left just North of Wade Blvd. into Collin College
Finish at Collin College near flagpoles

★ Map not to scale ★ Restrictions apply ★ All side streets not listed
COUGAR RUN 5K

TEXAS BIG STAR HALF MARATHON & 5K

Elevation (ft)

Start Elevation: 757 ft
Max Elevation: 771 ft
Gain: 49 ft
Climbs On Route: None

Directions
- Start at Collin College
- Right on College Parkway
- Right on Wade Blvd.
- Turn around at College Entrance
- Proceed back on Wade Blvd.
- Turn Right on Ohio Dr.
- Turn around at Wagner

Proceed back on Ohio Dr.
- Turn Left into Collin College
- Turn Left on Outer Dr.
- Turn Right near Baseball Field
- Proceed on Inner Dr.
- Finish at Collin College near flagpoles

Map not to Scale  Restrictions apply  All side streets not listed

Texas Big Star 5K 2018 #2
5 km - USATF Certification TX18029LAB - Frisco, TX
Effective March 14, 2018 to December 31, 2028
Measured by Patrick Cheshier on March 6, 2018
Map not to Scale - Restrictions as noted
PACKET PICKUP
Packet pickup will be on the following dates and locations from 10:00am – 6:00pm, except Friday. Runners may have friends or family pickup their packet.

TUESDAY, APRIL 9TH – Sewell Audi McKinney (6650 Texas State Hwy 121, McKinney, Texas)

WEDNESDAY, APRIL 10TH and THURSDAY, APRIL 11TH – Baylor Scott & White at the Star (3800 Gaylord Parkway, Frisco, Texas)

FRIDAY, APRIL 12TH – 11:00am – 7:00pm Body Machine Fitness (6153 Windhaven Pkwy., #130, Plano, Texas)

LIMITED PACKET PICKUP WILL BE AVAILABLE RACE MORNING at Collin College starting at 5:45am. Shirt sizes will be limited.

COURSE SAFETY
The Texas Big Star Half and 5K takes runners’ safety very seriously. The course will be blocked from outside traffic with barricades, cones, and Frisco police officers and vehicles monitoring intersections. There will be hydration stations every 2-3 miles, and Frisco Fire and Safety will be monitoring runners throughout the course and at the finish line.

We encourage all runners to consult your individual physician, who can advise whether you are fit to run a half marathon or 5K and whether you should follow certain precautions and preparation.

HALF MARATHON
The Texas Big Star Half Marathon will begin promptly at 7:00 AM, with participants as follows:
- Wheelchair, hand cycle and adaptive participants
- Elite runners
- All other Half Marathon entrants

To ensure a smooth start to the half marathon, it is recommended that each participant line up according to their projected finishing time. Even if you don’t plan to utilize a pace team, please look for your expected finishing time by finding the right pacing group, led by one of our Craig Ranch Running Club Pacers, and take your spot. This year we will have two pacers at each of the following times: 1:35, 1:40, 1:45, 1:50, 1:52:30, 1:55, 1:57:30, 2:00, 2:02:30, 2:05, 2:07:30, 2:10, 2:15, 2:20, 2:25, 2:30, 2:35, 2:40, 2:45, 2:50, 2:55, 3:00. You can check out who your pacers is and learn a little more about them using this link:
https://www.runTexasBigStar.com/pacers

This year we’re also launching the BigStarSub2, an initiative to help runners break the 2 hour barrier. We will have additional pacers every 2.5 minutes from 1:50 to 2:10.

If you do plan to take advantage and run with one of our pace teams, please get to know your pacers before the start of the race to learn the pacers’ pace strategy. For the pace groups 2:30 and slower, participants should expect some sort of interval of run and walk. Again, please talk with your pacers to determine their specific strategy. Each pace team has the goal of running or run/walking at an even pace throughout the race. And, each pace team is expected to finish no more than a minute early or 30 seconds late. For example, the 2:00 hour pace team is expected to finish the race between 1:59:00 and 2:00:30.

WALKERS AND SLOWER RUNNERS are encouraged to start in the back of the group to avoid start-stop collisions and to keep an even flow at the race start ... and to avoid congestion within the first mile!
COUGAR RUN 5K
The Cougar Run 5K will begin approximately at 7:15 AM. All runners should line up in front, again with the fastest projected finishing times starting at the front and slower runners and walkers behind.

1-MILE FUN RUN
The 1-Mile Fun Run will begin approximately at 7:20 AM. The 1-Mile course will go the opposite direction of the Half Marathon and 5K utilizing the same start line. Participants are encouraged to watch the 5K start and then you will be instructed to begin lining up. This is an untimed race.

TIMING
The Texas Big Star Half Marathon & 5K is a chip-timed race, with timing provided by Compton Time & Measure.

• Split times will be taken at the 5K and 10K mark for the Half Marathon.
• Split times will not be available for the 5K.
• Official times will be taken from chip time, not gun time.

You will not get an official time unless you are wearing your chip for the entire race. Be sure to pick up your chip at packet pick-up before the race. Timing chips are sensitive to angle and proximity with the timing mat so please follow all directions to ensure that the mat reads your chip.

ON-COURSE HYDRATION AND RESTROOMS
Water and Gatorade stations and portable restrooms will be available throughout the course. Hydration stations are indicated on our course maps.

MEDICAL/FIRST AID
In addition to on-course monitoring by Frisco Police and Fire & Safety, a First Aid tent will be located in the Finishers Fest area at the end of the race. Frisco EMS will be on-site at the race start and finish for any emergencies.

BAG DROP
This year runners will have the opportunity to drop off belongings in a safe and secure location at the Bag Drop located near the registration table. Bag Drop will be available starting at 5:45am on race morning.

IMPORTANT
The Texas Big Star Half & 5K will take place rain or shine. In the event of extreme or unsafe conditions on race day, the Texas Big Star Half & 5K may be altered or canceled to ensure the safety of all participants and the Frisco community. Changes to the status of the race will be communicated to the runners as soon possible!

Absolutely no early starters are allowed on the racecourse. Individuals who violate this rule will be disqualified and will be asked to leave the course. No automobiles, bicycles, inline skates, pets or unofficial participants are allowed on the racecourse.

While USATF allows the use of headphones or other similar devices, we ask that you do so at your own risk. Runner safety is a top priority for us. Please be mindful of the other participants around you to ensure a safe and enjoyable race for everyone.

Anyone who intentionally cuts the course will be disqualified.

RACE DAY SCHEDULE
6:35am Warmup
6:40am Opening Ceremonies
6:55am Wheelchair, Hand Cycle and Adaptive Half Marathon Start
7:00am Half Marathon Start
7:15am Cougar Run 5K Start
7:20am 1-Mile Fun Run Start
7:00am – 12:00 Finisher’s Fest with live music from Party Machine
8:30am 5K Awards Ceremony (approximate)
9:45am Half Marathon Awards Ceremony (approximate)
11:00am Half Marathon Course Closes

Times subject to change.
SPECTATORS

We encourage spectators to watch and support the runners at the Start/Finish and throughout the course. The Start/Finish will be at Collin College - Preston Ridge Campus, right in the heart of our Finisher’s Fest so spectators will have plenty of entertainment while they cheer on runners. On the course, there are a lot of great options for spectators that will be easily accessible. Along Hillcrest just after Mile 1 on the Half Marathon, spectators can gather on the outskirts of several neighborhoods to encourage the runners as they start their race. Shortly after Mile 3, the runners will go right past Bacchus Park, which is a great location for family spectators to gather and cheer on the runners as they finish about a quarter of their 13.1 mile run! At the halfway point of the Half Marathon, spectators can gather at Liberty High School on Rolater Road to keep pushing our runners for the final half! There are several other spots along Rolater as well. Once our runners turn on to Coit Road at Mile 8, we would love to have spectators gathered at Centennial High School to yell and cheer as loud as possible! Spectators can continue to gather all along Coit and then on Lebanon for the homestretch of the race! Wherever you choose to be, we hope you’ll come out and cheer on our runners!

RACE RESULTS AND AWARDS

Race results will be available on tablets in the Finishers Fest area shortly after participants cross the finish line. There will be no medals for the 1-Mile Fun Run/Walk, but finishers under the age of 12 will receive a Finisher’s Ribbon. The Texas Big Star Half Marathon & Cougar Run 5K features a number of exciting awards:

FINISHERS

Our Texas-sized medals are back! Finishers will receive separate medals for the Half Marathon and 5K. Both medals will continue the Texas Big Star Half Marathon & 5K tradition of top-notch finisher medals! There will be no medals for the 1-Mile Fun Run/Walk but participants under the age of 12 will receive a Finisher’s Ribbon.

HALF MARATHON

- The top five overall female and male winners will be awarded cash prizes
- The top overall female and male and top masters female and male will receive a prize bag that will include a pair of running shoes, sunglasses, gift cards, as well as other great running items!
- Masters (40+) Male and Female will receive Texas Big Star trophies
- 1st, 2nd and 3rd place finishers in each age group, both male and female, will receive Texas Big Star trophies

COUGAR RUN 5K

- The top three overall male and female Cougar Run 5K finishers will receive a Texas Big Star Trophy.
- Masters (40+) Male and Female winner will receive Texas Big Star Trophies.
- 1st, 2nd and 3rd place finishers in each age group, both male and female, will also receive Texas Big Star Trophies.

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<thead>
<tr>
<th>Age Group</th>
<th>Half Marathon Finishers</th>
<th>Cougar Run 5K Finishers</th>
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<tbody>
<tr>
<td>15-19</td>
<td>40-44 65-64</td>
<td>15-19 40-44 65-64</td>
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<tr>
<td>20-24</td>
<td>45-49 70-74</td>
<td>20-24 45-49 70-74</td>
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<td>25-29</td>
<td>50-54 75-80</td>
<td>25-29 50-54 75-80</td>
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<td>30-34</td>
<td>55-59 Masters</td>
<td>30-34 55-5</td>
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ENGRAVE MY MEDAL will be onsite to engrave your finisher’s medals. If you want to save, you can prepay $12 for 2 lines of engraving. Day of the race engraving is $15 for 2 lines. For more details or to prepay and save go to www.engravemymedal.com.