

**Race Packet Pick Up:**

- Thursday and Friday at Cooper Fitness Center @ Craig Ranch between 6:00 pm and 8:30 pm.
- Day of race beginning at 7:00 am

**Parking:**

- We ask that all racers park in parking garage behind Cooper Clinic (building just to the East of the Cooper Fitness Center). Volunteers and signs will be visible!

**Directions:**

From Interstate 35 –

- Exit N Texas 121 (Portions Toll) 13.8 miles
- Left onto Alma Drive (0.8 miles)
- Left onto Collin McKinney Pkwy (0.5 miles)
- Look for Volunteers and Parking signs to direct you to the Cooper Clinic Parking Garage.

From Interstate 75 (North of Hwy 121) –

- TX-121 S (Exit 38A toward Airport / Ft. Worth) 4.1 miles
- Right on Alma Drive (0.8 miles)
- Left onto Collin McKinney Pkwy (0.5 miles)
- Look for Volunteers and Parking signs to direct you to the Cooper Clinic Parking Garage.

From Interstate 75 (South of Stacy Road) –

- Exit Stacy Rd (Sharp Left) (2.3 miles)
- Left on Hwy 121 (1.0 miles)
- Right on Alma Drive (0.8 miles)
- Left onto Collin McKinney Pkwy (0.5 miles)
- Look for Volunteers and Parking signs to direct you to the Cooper Clinic Parking Garage.

**Schedule of Events:****1 Mile**

7:00 am – Day of Registration opens.

8:15 am – Guest Speaker – Troy Grimes.

8:30 am – 1 Mile Fun Run/Walk/Roll begins

**5K**

9:00 am – 5K Warmup with Jennifer Sonnier

9:10 am – Last minute race instructions.

9:15 am – Dr. Kenneth Cooper will welcome all participants

9:25 am – National Anthem

9:28 am – Prayer Led by Pastor Tim Williams

9:30 am – Dr. Cooper will start the 5K

Awards / Raffles (After results for 5K have been published...no later than 10:45 am)

**Award Categories:**

Overall Male – 1 Trophy

Overall Female – 1 Trophy

(14 and Under) – Male and Female (1<sup>st</sup> and 2<sup>nd</sup> place)

(15 – 19) – Male and Female (1<sup>st</sup> and 2<sup>nd</sup> place)

(20 – 29) – Male and Female (1<sup>st</sup> and 2<sup>nd</sup> place)

(30 – 39) – Male and Female (1<sup>st</sup> and 2<sup>nd</sup> place)

(40 – 49) – Male and Female (1<sup>st</sup> and 2<sup>nd</sup> place)

(50 – 59) – Male and Female (1<sup>st</sup> and 2<sup>nd</sup> place)

(60 plus) – Male and Female (1<sup>st</sup> and 2<sup>nd</sup> place)

**Raffle and Silent Auction Winners** - We will accept Cash and Checks

Thank you for being a part of our 1<sup>st</sup> run. On behalf of RSDSA and Triumph Over Pain, thank you for your support. We are raising money for RSDSA to fund Education Awareness Initiatives and much needed Research.

I look forward to meeting you all on race day! ☺

Cordially,

Tricia Scott

Triumph Over Pain

Founder / Race Director

(214) 724-7572