



Participant Guide

October 15–17 | Austin, TX

We're fired up to have you in Austin. This weekend is pretty simple: move a little, sweat a little, eat some good food, hear from interesting people, and hang with dads who are in a similar stage of life.

Nothing too buttoned up. No conference vibes. Just a solid reset with good people.

This guide covers the current schedule, key locations, what to pack, where to stay, and a few things to know before you get here.

Final timing and any small location updates will be shared the week of the event.

Key Locations

We'll be moving around Austin a bit throughout the weekend. There won't be one single event hub, so plan to use Uber/Lyft when needed.



Thursday Kickoff

Cosmic Saltillo

1300 E. 4th Street
Austin, TX 78702

This will be a casual meet-and-greet to kick off the weekend. Grab a drink, meet the crew, and settle in.

Friday Recovery + Breakfast

Mantle Haus

2204 Curtis Ave
Austin, TX 78722

After the morning ruck, we'll head to Mantle Haus for cold plunge, sauna, breakfast, and a conversation with owners **Aaron Ross and Justin Burrow**.

Friday Speaker Sessions

Harthan House Studio

600 Harthan Street
Austin, TX 78703

This is where we'll post up for speaker sessions, coffee, drinks, and some time to hang.



Friday Dinner

Licha's Cantina

1306 E. 6th Street

Austin, TX 78702

Dinner is at **5:30pm** sharp.

Saturday Morning

ATX Tactics

Austin, TX

Theme: How to kick someone's ass, if you need to.

Itinerary

Exact timing may shift a little, but this is the general flow.

Thursday, October 15

5:00pm – 7:00pm-ish

Welcome Hang / Kickoff

We'll kick things off with a casual meet-and-greet at Cosmic Saltillo.



Expect:

- Food and drinks
- Quick welcome
- Casual hang
- A simple overview of the weekend
- Meeting the guys you'll be hanging with for the next couple days

Nothing weird. No awkward icebreakers. Just an easy way to get the weekend started.

Friday, October 16

Morning Ruck + Barton Springs Dip

We'll start Friday with a morning ruck around the Zilker / Lady Bird Lake area and finish with a dip at Barton Springs.

Meet time: 7:00am

Step off: 7:15am

Distance: Roughly 5-6 miles

Meetup spot: Barton Springs Pool / Zilker area

Address: 2201 William Barton Dr, Austin, TX 78746

This is not a race. We'll move at a steady group pace, get some miles in, talk a little, sweat a little, then jump in Barton Springs after.

Bring a small backpack with a swimsuit, towel, water bottle, and a change of clothes. Don't overpack. You'll be carrying it.



After Barton Springs, everyone will Uber over to Mantle Haus for sauna, cold plunge, breakfast, and a conversation with Aaron Ross and Justin Burrow.

We'll coordinate rides so guys can split Ubers.

Late Morning

Mantle Haus: Recovery + Breakfast

After the ruck and Barton Springs dip, we'll head to Mantle Haus.

Plan on:

- Cold plunge
- Sauna
- Breakfast
- Coffee
- Time to shower/change
- Conversation with Aaron Ross and Justin Burrow

Bring a change of clothes. You'll have time to clean up before we head into the rest of the day.

Afternoon

Speaker Sessions at Harthan House Studio



We'll spend the afternoon at Harthan House for a few speaker sessions, conversation, drinks, coffee, and time to hang.

The goal is to bring in interesting people with real stories. Not gurus. Not life coaches. Just guys who have built things, taken some swings, learned some stuff, and have something worth sharing.

Topics:

- Building a business without losing yourself
- Style and showing up well
- Fitness and discipline
- Creativity
- Risk

5:30pm Sharp

Dinner at Licha's Cantina

We'll wrap Friday with dinner at Licha's Cantina. Please plan to be there on time.

Saturday, October 17

Morning

Self-Defense Session



Self-defense class at ATX Tactics. This will be active, practical, and a little different from your standard Saturday workout.

Theme: How to kick someone's ass, *if you need to*.

Late Morning

Breakfast / Brunch + Closing Hang

After the self-defense session, we'll head somewhere nearby for breakfast or brunch and a short wrap-up.

Around 12:00pm

Event Wrap

We expect to wrap around noon.

Getting Around

Built For More Austin will not include group transportation.

Austin is spread out, and we'll be bouncing between a few different neighborhoods, so plan to use Uber/Lyft or coordinate rides with other attendees.



We'll make this easier by:

- Sharing all addresses in advance
- Building in transition time where we can
- Creating a dedicated Slack channel for the group
- Helping guys coordinate rideshares

Basically: you won't be stranded, but you'll need to handle your own rides.

Slack Group

Before the event, we'll create a dedicated Built For More Austin Slack channel.

Use it to:

- Coordinate Ubers
- Find guys arriving around the same time
- Split Airbnbs if you want
- Ask questions
- Connect before the weekend starts

This was one of the best parts of the first event. Guys started connecting before they even showed up.



Where to Stay

There is not one official host hotel for this event. We recommend staying somewhere central so Uber rides are easy. **Good areas to look:**

East Austin

Great food, coffee, bars, and close to a few parts of the weekend.

Downtown / Lady Bird Lake

Central and easy for getting around.

South Congress / Bouldin / Zilker

Classic Austin feel. Good restaurants, shops, trails, and access to Barton Springs.

Clarksville / West 6th

Convenient for Harthan House.

Airbnb

Airbnb could be a great move for this weekend, especially if a few guys want to split a house.



We'll use the Slack channel to help guys coordinate if anyone wants to go that route.

Hotel Ideas

Higher-End / Boutique

- The LINE Austin
- Hotel Saint Cecilia
- Austin Proper
- Hotel Magdalena

Mid-Range / Good Location

- The Carpenter Hotel
- ARRIVE Austin
- East Austin Hotel
- Hyatt Centric Congress Avenue
- Canopy by Hilton Austin Downtown

Practical / Points-Friendly

- Hyatt Place Austin Downtown
- Hilton Garden Inn Austin Downtown
- Hampton Inn & Suites Austin Downtown
- Holiday Inn Express Austin Downtown



If you want to keep it simple, stay central and plan to Uber.

Packing List

This is an active weekend. You don't need to overthink it. Pack stuff you can move in, recover in, and grab dinner in.

Workout / Ruck Gear

- 2-3 workout outfits
- Comfortable running/walking shoes
- Small backpack or ruck
- Hat
- Sunglasses
- Socks you trust for a longer walk
- Lightweight layer

Recovery

- Swimsuit
- Slides or flip flops
- Change of clothes for after Mantle Haus
- Small toiletry kit
- Towel, if you prefer your own

Saturday Self-Defense



- Comfortable workout clothes
- Athletic shoes
- Clothes you can move in
- Nothing too precious

Evening / Hang

- Casual dinner outfit
- Light jacket or overshirt
- Nothing fancy required

Other

- Refillable water bottle
- Phone charger
- Any personal supplements
- ID / credit card

Pack light. Pack versatile. You'll be fine.



What's Included

Your ticket includes the core Built For More Austin programming:

- Thursday kickoff
- Friday ruck / movement
- Mantle Haus recovery session
- Breakfast at Mantle Haus
- Friday speaker sessions
- Friday dinner at Licha's Cantina
- Saturday self-defense session
- Closing breakfast/brunch
- Event swag / gear

Not included:

- Flights
- Lodging
- Transportation between locations
- Extra food/drinks outside scheduled programming
- Alcohol

A Few Notes

- You do not need to be in elite shape.



- Everything will be scalable.
 - Bring a change of clothes on Friday.
 - Plan to use Uber/Lyft between locations.
 - Be on time for Friday dinner.
 - Come ready to move and hang.
 - No ego.
 - No weird stuff.
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Questions?

Reply to the email you received or reach out to the Dad Day team directly. We'll share final timing, Slack access, and any last location updates closer to the event.

See you in Austin.