

# CLIFF HANGER RUN

## 5K | 8K



## Participant Guide

Cliff Hanger Run will start & finish just off of KCU campus (see location below). Closed to traffic on race day, nearby Cliff Drive offers a beautiful wooded route for runners & walkers in distances of both 5K and 8K. After the race, join us at KCU for pancakes & scrambled eggs.

### Who Benefits From This Event:

Northeast Neighbor to Neighbor (NNN) is a non-profit organization that provides financial and other support services to the medically underserved residents of the Historic Northeast neighborhoods of Kansas City, Missouri. NNN identifies and creates access to health care services, coordinates referrals and provides funding for the services, educates clients regarding their medical needs and available medical services, and assists clients in navigating the healthcare system. In previous years, Cliff Hanger has generated \$9,200 in donations to NNN.

### Packet Pickup:

Friday, October 27, 2017: 12 p.m. – 7 p.m.

Kansas City Track Club office, 208 West 79th Street, KCMO 64114 (one block east of Wornall)

[Map to packet pickup](#)

Saturday, October 28, 2017: 7 a.m. - 8:30 a.m.

Kansas City University of Medicine & Biosciences Strickland Education Pavilion

1750 Independence Avenue, Kansas City, MO 64106 [Map](#) [KCU Campus Map](#)

If you cannot run Cliff Hanger because of a family emergency, a change in work schedule, or a stuffy nose, you don't have to worry about forfeiting your registration fee, shirt and finisher's medal! A virtual race is one you run yourself, where you want, and when you want.

To run the virtual race, follow these steps:

- Email [kctcrunner@gmail.com](mailto:kctcrunner@gmail.com) to let us know you need the virtual option.
- You will receive a confirmation email.
- Run your 5K or 8K any time between your registration date and Nov 4, 2017.
- We will have your medal and shirt at packet pickup or at the KCTC club house.

### Apparel:

We will be offering unisex adult shirts this year, as well as youth shirts. Extra shirts can be purchased after the race for \$10 while supplies last. KCTC logo hats and arm warmers will be for sale at packet pickup.

### Restrooms:

There are restrooms available adjacent to packet pickup in the [Strickland Education Pavilion](#) and there will be porta potties adjacent to the start/finish line.

### About The Cliff Hanger:

Cliff Drive in the Historic Northeast is one of America's designated "Scenic Byways" and was featured in the KC Star as one of 25 Reasons to Love Kansas City. Experience the Historic Northeast with its rich mix of cultures, stately mansions along Gladstone Boulevard including the Kansas City Museum, and its historic neighborhoods.

Each autumn for nearly 29 years, Kansas City runners look forward to a special race on Cliff Drive in the Historic Northeast. The first Cliff Hanger took place in 1985, starting at the Concourse on Gladstone Boulevard. Over the years, the 5K and an 8K race have been staged on several courses in the Northeast area including the streets near the Concourse and Cliff Drive. In early years the race ended with a tough uphill at the Kansas City Museum.

The race has always drawn runners, their friends and families from all over the KC metro area, making it a great way to showcase the Museum District and Cliff Drive. The 2008 race was the first in many years to attract more than 700 runners and was a great introduction to the new renovations on Cliff Drive that made the route even more scenic.

Over the years the race has focused on giving back to the Northeast. The race was started as a fundraiser for the Assumption Church pre-school and the UMKC School for the handicapped. Organizations that have benefited from the run include a preschool, food pantries, and the Gladstone Elementary School, where a post race pancake breakfast was served during the awards ceremony.

In 2008, Northeast Neighbor to Neighbor (NNN) became the beneficiary.

Jerry Morrison, a long time presence in the KC running community was the first race director, and continued until 1996. There was no race in 1997 and then the Kansas City Track Club (KCTC) assumed management of the race with Lou Joline, another well-known Kansas City runner and race director, managing the first KCTC race. For the past 18 years KCTC has continued to sponsor the Cliff Hanger Run.

### **Schedule:**

9 a.m. – 5K and 8K Start

For your safety we do not allow dogs, headphones, skateboards, inline skates or bicycles. If you do wear headphones, please use only one ear bud.

Participants with baby strollers must walk the 5K and remain behind the runners.

### **Results and Awards:**

Both the 8K and 5K will be bib chip timed.

Awards will be given for both races. The race will be timed and awarded separately at the Post Race Breakfast at KCU. The 8K is a part of The Kansas City Track Club Race KC Series and you can earn points by placing in your age group! In both races, awards will go to the top three male and female finishers and to top three in age groups 14 – 19, through 80+. All kids under age 14 will receive a finisher's medal and a goodie bag.

Get your friends together and form a team. Teams can be as large as you like and the three fastest times per team will be counted.

### **Post Race:**

The Post Race FREE Pancake Breakfast is in KCU cafeteria located in Strickland Education Pavilion (SEP). [MAP](#)

### **How To Get There:**

[Driving Directions](#) to KCU Campus

From the North: I-29/I-35 South over the Christopher Bond Bridge. Take first left exit to the Paseo Blvd. Turn right onto Missouri.

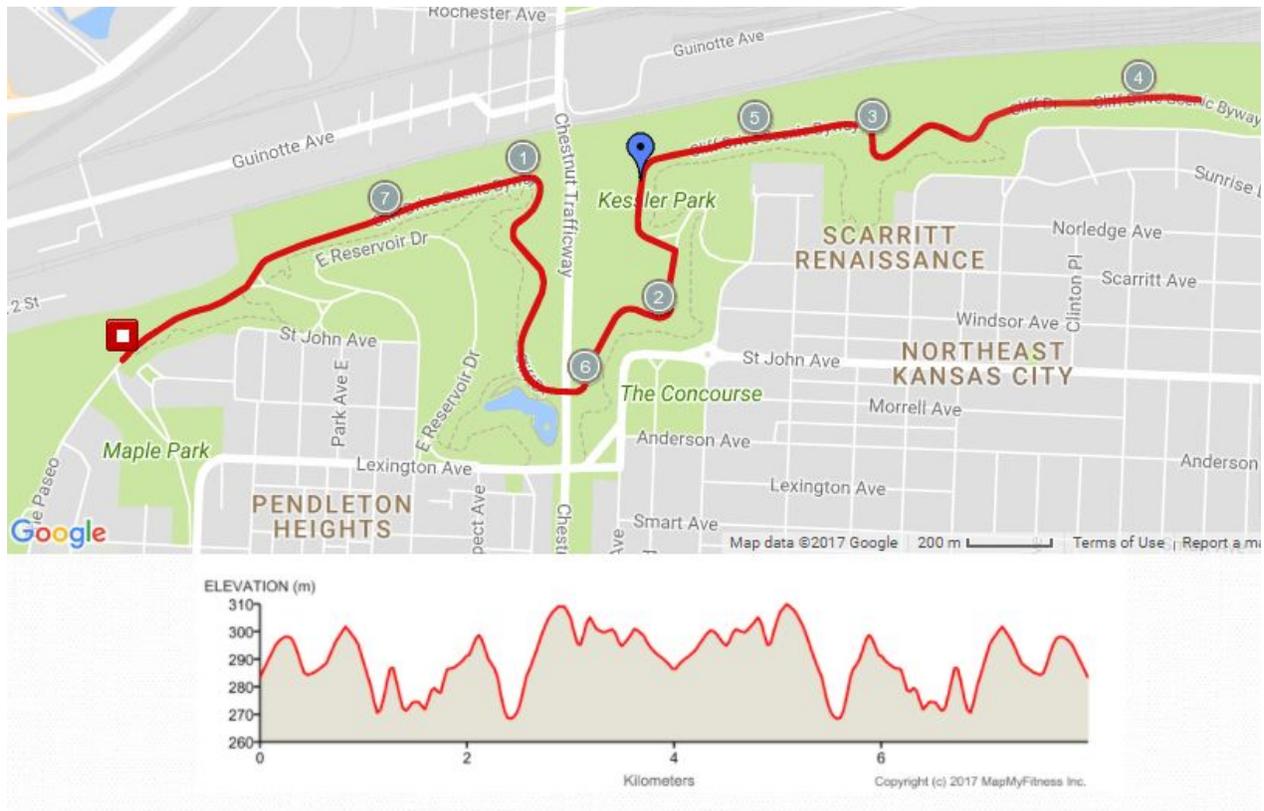
From the East: I-70 West, take Exit 3A (the Paseo exit—north). Turn right and go eight blocks (to the 7<sup>th</sup> stop light). Turn right onto Missouri.

From the West: I-70 East, take Exit 2H (24 Hwy East). Turn right onto Independence Avenue (24 Hwy.). Turn left onto Paseo. Turn right onto Missouri.

From the Southwest: I-35 North or I-670 East, take I-70 East. Move to the left lane immediately. Take Exit 2N, I-35 North. Then, take Exit 2H, Admiral Blvd. Turn right onto Admiral Blvd. Turn left onto Paseo. Turn right onto Missouri.

**Course:**

The start/finish will be on Cliff Drive just inside the park west gate at Paseo Ave. The entire course is on pavement.



USATF Certified Courses 5K - MO09078BG 8K - MO09079BG Valid 10/31/09 - 12/31/19 Kansas City, MO 5K Turn around is marked with a blue "5" block symbol 8K turn around is marked with the 4K distance marker Runners have use of entire road - No cones are used except end point

**Parking:**

Parking is available at Kansas City University of Medicine & Biosciences, 1750 Independence Avenue, Kansas City, MO 64106. Participants may park in parking lots 2 and 3. Please enter the parking lots from Missouri Avenue. [MAP](#)

**Naming Sponsor:**

[Kansas City University of Medicine and Biosciences](#) is a fully accredited, private university, with colleges of biosciences and osteopathic medicine. Founded in 1916, its College of Osteopathic Medicine is the oldest medical school in Kansas City, Missouri, and the largest in the state. KCU is the second-largest provider of physicians in Missouri and Kansas and is filling critical needs nationally, with 72 percent of its graduates practicing in primary care specialties.

# CAMPUS PARKING MAP



- 1. Administration Building  
*(Closed for Renovations)*
- 2. Classroom Annex
- 3. Smith Hall
- 4. D'Angelo Library

- 5. Academic Center
- 6. Student Activities Center
- 7. Dybedal Center for Research  
*(Visitors' Reception Desk)*
- 8. Strickland Education Pavilion

- 9. Kesselheim Center for Clinical Competence
- 10. Butterworth Alumni Center
- 11. Power House
- 12. Community Garden and Park
- 13. Basketball Courts

- Student Parking
- Faculty/Staff Parking
- P Visitor Parking
- ♿ Handicap Parking
- ⚠ Pedestrian Crossing
- X Highland Ave. closed to thru traffic