



## Participant Guide

Saturday November 2<sup>nd</sup>, 5K & 10K will start at 9AM

Start and Finish: The Colonnade @ Concourse Park, 200 Benton Blvd, Kansas City, MO 64123

### Packet Pickup:

Friday November 1, 2019 12PM to 6PM

Garry Gribble Running Sports, 8600 Ward Parkway, KCMO 64114

Saturday November 2, 2018 7:30AM to 8:55AM

The Colonnade @ Concourse Park, 200 Benton Blvd, Kansas City, MO 64123

Packet Pick Up will close 5 minutes before the start of the race to give runners ample time to get to the start line. Please plan accordingly!

If you cannot run the 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 finishers medal. A virtual race is one you run yourself, where you want, and when you want. To run the virtual race, Email [kctcrunner@gmail.com](mailto:kctcrunner@gmail.com) to let us know you need the virtual option.

### Apparel:

We are proud to offer long sleeve, cotton/poly running shirts. Extra shirts can be purchased after the race for \$10 while supplies last. If you want to trade your shirt for another size, you can do so after the start of the race in the packet pickup area, choosing from sizes that are left.

### Restrooms:

Portable Toilets will be at the start/finish area.

### Schedule:

9 a.m. – 5K & 10K start

For your safety we do not allow dogs, skateboards, inline skates or bicycles. If you wear earbuds, please use only one ear bud. Participants with baby strollers must walk the 5K and remain behind the runners.

### Results and Awards:

Both the 5K and 10K will be bib chip timed. Races will be timed separately and awards will be presented at the Post Race breakfast. The 5K and 10K are a part of the Race KC Series and Kansas City Running Club members can earn double points. 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+.

The top three teams will receive awards.

## Post Race:

Join us for breakfast after the race for all registered runners! Show your bib number to receive breakfast. Additional breakfast tickets may be purchased for \$6. during registration, at packet pickup or after the race!

## Parking:

Parking is available on the streets and in adjacent parking lots.

## Kids Fun Run:

The kids fun run will take place in the park, after the 5K.



## Course:

The course will be a 5k and 10k USATF certified course.

