



Participant Guide

Saturday October 22th, 5K, 10K and 1 Mile Walk will start at 9AM

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

Packet Pickup:

Friday October 21st 12PM to 5PM

Garry Gribble Running Sports, 8600 Ward Parkway, KCMO 64114.

Garry Gribbles gives a 20% discount to all runners who have their bib at packet pick up!

If you cannot pick up by the close of packet pickup, email info@resultskc.com by 4pm Friday. Your packet can be left at the store to pick up any time before the store closes at 8pm. We will **not** be able to retrieve your packets for race morning so you **must** pick up if you choose this option!

Packet Pickup on Race Morning:

Saturday October 24th 7:30AM to 8:55AM

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

Runners may pick up another runner's packet(s) by providing their name. Let your friends know you are picking up their packet before you do so.

Concierge Pick-Up for Groups:

Save time and have your shirts and bib numbers pulled before you arrive! Email each group members first and last name to info@resultskc.com by midnight the day before packet pickup and we will package them together for easy pick-up. When you arrive at packet pickup, DO NOT GO TO THE COMPUTERS! Look for the Concierge sign and go directly to that area.

Virtual Race:

If you are participating in the race as a virtual participant, you or a friend can pick up your packet, shirt and finisher medal at packet pickup. Tell the volunteers you are a virtual runner and look for the Virtual Runner sign. DO NOT GO TO A COMPUTER to have a bib number assigned to you! Complete the distance whenever and wherever is convenient.



#CliffHangerRun

If you are unable to pick up your packet before the race, email info@resultskc.com to let us know you want your packet. The RaceDay Events office is a house converted to office space at 208 W 79th St, KC, MO 64114. You can pick up anytime beginning the Tuesday after the race. Your packet will be in a pickup bin in the basement stairwell in the back of the house off the circle driveway. The pickup bins are outside and available to you 24/7 so you can stop by when it is convenient for you with no need to check in with us again. If you did not originally sign up for the virtual race but need to switch to the virtual option, email info@resultskc.com as soon as possible or let us know at packet pickup.

Apparel:

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. KC Running Club will have club apparel for sale at packet pickup and on race morning.

Restrooms:

Portable Toilets will be at the start/finish area.

Schedule:

8:45 AM - Kids Fun Run

9 a.m. – 5K, 10K & 1 Mile Walk Start

For your safety we do not allow dogs, skateboards, inline skates, or bicycles. If you wear earbuds, please use only one ear bud so you can hear instructions from police and volunteers. Participants with baby strollers must remain behind the runners.

Timing:

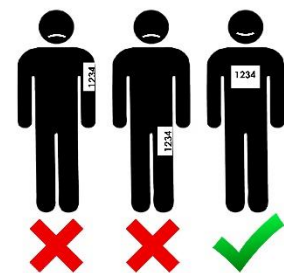
To be timed correctly, you MUST put your bib on the FRONT of your shirt. This event is timed using a disposable chip on the back of your bib number. No need to return your bib/chip when you are done! The chip must be positioned vertically and will not be reliable if you turn your bib number so the chip is horizontal on your leg.

Results and Awards:

Awards will be given in each distance to the top three male and female finishers overall, as well as to the top three finishers in the following age groups: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-80, 80+

The Awards Tent will be located within the Finish Line Festival area close to the DJ and Results Tent. First check your results at the Results Kiosk. If you placed in the top 3 overall or in your age group come to the Awards Tent to claim your award. If you need to leave before awards are announced, we are happy to give you the award early. Don't even have time for that? Friends can pick up awards for you. If you are unable to pick up your award at the race, email info@resultskc.com to let us know you want your award. The RaceDay Events office is a house converted to office space at 208 W 79th St, KC, MO 64114. You can pick up anytime beginning the Tuesday after the race. Your award will be in a pickup bin in the basement stairwell in the back of the house off the circle driveway. The pickup bins are

WANT TO GET YOUR RESULTS?



WEAR YOUR BIB CORRECTLY!



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outside and available to you 24/7 so you can stop by when it is convenient for you with no need to check in with us again.

Results will be posted immediately upon crossing the finish line! [RESULTS](#) Sign up to receive results sent to your mobile phone [HERE](#), or sign up through you registration email.

Post Race:

Join us for cinnamon rolls after the race for all registered runners! Show your bib number to receive your treats.

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 across from the Colonnade before the race start.



Refund and Cancellation Policy:

Registration fees are not refundable under any circumstance. Race registrations can be transferred to another participant or to another distance. Save your login so you can do this yourself. Registrations cannot be transferred to another year or another race.

If this race is cancelled for any reason, all registered participants will automatically become virtual runners. If the race is postponed, all participants will be registered for the new date. Shirts, medals and swag will be available for pick up.

The Race Director reserves the right to modify or cancel the race or course for safety concerns, road condition, permit concerns or natural disaster. Each athlete must accept this risk of their entry fee paid. Registration fees collected are used to develop and produce the event, starting in advance of the race date, including course preparation, race supplies, permits and administration. Every effort will be made to produce a fair and safe event for all participants. Any decision made that impacts the race date or potential cancellation is carefully considered and based on the overall event safety, sustainability and manageability.

If you want to be guaranteed a refund, purchase race insurance for yourself. Travel insurance companies will cover your race registration and any travel costs you might have.

Weather: The event will not be cancelled because of rain, snow or extreme temperature.

If there is lightning, the event will be postponed for a minimum of 10 minutes until no signs of the storm are present. Participants should seek shelter in their vehicles or a nearby building if available. If lightning continues 30 minutes after the scheduled event start, the race will be subject to cancellation.

The race will be canceled in the event of a tornado warning.



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Course:

The course is a 5k and 10k measured course. It is not USATF certified.



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