



2019 Participant Guide

Thank you for registering for the 41st running of the Kansas City Running Club's St. Patrick's Day Run. May the luck o' the Irish be with you!

Packet Pickup:

Friday, March 15th from 10:30 to 6pm
Garry Gribbles, Ward Parkway Center
[8600 Ward Parkway, Kansas City, MO 64114](https://www.google.com/maps/place/8600+Ward+Parkway,+Kansas+City,+MO+64114)

Saturday, March 16th race day, from 8 to 10am
Gambal's Social Club
[4116 Pennsylvania Ave, Kansas City, MO 64111](https://www.google.com/maps/place/4116+Pennsylvania+Ave,+Kansas+City,+MO+64111)

Concierge Service for groups:

Save time and have your shirts and bib numbers pulled before you arrive! Send us *your name* and the *first and last name of each runner* in your group. We will package them together for easy pick-up. Email your participant info to sarah@resultskc.com by March 13th, to take advantage of this great service. When you arrive at packet pickup, go to the Concierge area. Do not go to the computers.

Parking:

Park in the Manor Square Parking garage, in adjacent parking lots or on the street outside of the race staging area.

Restrooms:

Portable toilets are located in the parking lot across from Char Bar at 4050 Pennsylvania Avenue.

Medical Tent:

Look for the medical tent in the Finish Line Festival area.

Schedule:

9:45- Zumba warmup with Genesis Health Club
9:55am - When Irish Eyes are Smiling Sing Along, National Anthem and Present Colors
10:00am - Elite Runners Start- any runner at a 7:30 min or under pace
10:01am - Runners and Walkers Start- runners over 7:30 min pace and walkers
10:20am Post Race Festival starts (adjacent to the finish line)
11:15am – Little Leprechaun Run

Start/Finish:

Runners and Walkers will start just north of the intersection of Westport Rd. and Pennsylvania Ave. Look for the pace signs along the road and line up according to the pace you will run. Your time is recorded at the start line



#StPatricksDayRun

so there is no need to pass anyone until you get to the start line. Elite runners, running a 7:30 min pace or faster, will start a few minutes before the remaining runners to avoid congestion at the start. Strollers are welcome and we ask that you start behind the runners so everyone will be safe! No runners with earbuds, motorized vehicles, roller blades, bikes or dogs will be allowed on the course as our insurance policy does not cover these.

Little Leprechaun Run:

The wee ones will run at approximately 11:15am when the last of the 4 mile finishers are coming in. And, by wee ones, we mean children, not leprechauns (...although leprechauns are not discouraged from participating).

All kids will receive a short sleeve cotton t-shirt when they pick up their packet! Upon finishing the fun run, each child will receive a gift bag and a finisher medal. The starting line will be near the Finish of the 4-Mile run. Distance is about 1 block.

Finish Line Festival:

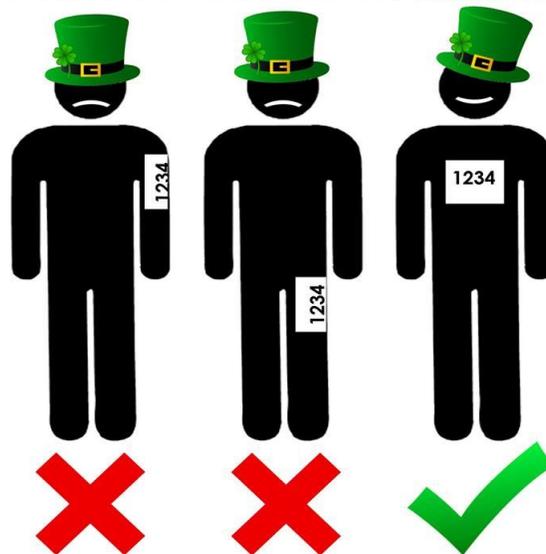
Light snacks will be served after the race, including (but not limited to): Coffee, fruit, bagels and cookies! Look for the canopies and visit the many vendor booths.

Festive attire is encouraged! Look for the photo op inflatables and backdrops for photographs with your friends and family.

Timing:

This event is timed using a **disposable chip on the back of your bib number**. Pin your bib number to the **FRONT** of your shirt as pictured. No need to return your chip when you are done!

WANT TO GET YOUR RESULTS?



WEAR YOUR BIB CORRECTLY!



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Results will be posted immediately upon crossing the finish line! Go to the results kiosk, in the vendor area and type in your bib number to find your finish time and placement. Results Link.

You can sign up to receive results sent directly to your mobile phone, Facebook, Instagram and Twitter! [Click here to sign up.](#)

Photographs:

Photographers will capture all the great memories. Go to <https://seekcrun.zenfolio.com/f358754820> to view and download free photos 24 hours after the race. Video that you can share on social media will be available with your results at www.resultskc.com

Awards:

The Kansas City Running Club is pulling some awesome awards out of their pot of gold for those lads and lassies that have an extra kick in their steps on race morning, including some from Garry Gribbles and many Westport merchants.

There will be awards for Top 3 overall male & female finishers, as well as the top 3 male & female finishers in the following age groups: 9 & under, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+. But the good news is that last place still means you get a finisher medal!

If you win overall or in your age group and want to receive your award without waiting for the awards ceremony, please come to the awards table adjacent to the finish line.

Team Competition: A Competitive Team consists of 3 or more runners. Prizes will be awarded to the three fastest teams, judged by the total cumulative time for the first 3 finishers on each team (a “cross country” scoring format).

Centipede Team Competition: A Centipede Team consists of 3 or more attached runners. The fastest centipede team wins!

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 do not pick up a bib number with a timing chip. Complete the distance whenever and wherever it is convenient for you. If you are unable to pick up your packet, it will be available at the Kansas City Running Club’s office at 208 W 79th St, KC, MO 64114 beginning the Tuesday after the race. Please email info@resultskc.com before you stop by.

If you did not originally sign up for the virtual race but need to switch to the virtual option, shoot us an email at info@resultskc.com as soon as possible or let us know at packet pickup.



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Thank you to our many generous sponsors!

Westport Regional Business League

Garry Gribbles Running Sports

Gambal's Social Club

Kelly's Westport Inn

Salon on Penn

Barley Bus Tours

Apex Ortho

Elite Chiropractic

Genesis Health Club

Renewal By Anderson

Sprouts

Fountain City Roller Derby

GEO Pressed Juice & Wellness

About Benefit Organization:

The Kansas City Running Club is excited to team up with [Big Brothers Big Sisters](#) of Greater Kansas City as our official charity partner. BBBS provides approximately 40 volunteers for our race so tell them thank you when you see them!



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