

WESTPORT ST. PATRICK'S DAY RUN

SATURDAY | MARCH 9, 2024 | 9AM

2024 Participant Guide

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

Packet Pickup: *NEW LOCATION FOR 2024*****

Friday, March 8th from Noon to 6:00 PM

[Athletico Physical Therapy Westport!](#) - 4029 Mill St (in the Sunfresh Parking Lot,) KCMO 64111

Runners may pick up another runner's packet by providing the runner's name. Be sure to let them know you are picking up for them.

Saturday, March 9th (race day) from 8:30 to 9:45 AM

[Athletico Physical Therapy Westport!](#) - 4029 Mill St (in the Sunfresh Parking Lot,) KCMO 64111

Be sure to give yourself time to walk to the start line if you choose to pick up on race day.

Parking:

Free parking in the Manor Square Parking garage, in adjacent parking lots or on the street outside of the race staging area. Please arrive early enough to find a parking spot and get yourself to the start line on time.

Restrooms:

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

Water Stop: There is one water stop at approximately the 1.75-mile mark and you will be able to get water again from that same spot on the way back up the hill at approximately the 2.25-mile mark. If you need more water, please carry a water bottle.



Schedule:

9:45 - Little Leprechaun Run

9:45 - Warmup

9:55am - 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)

Start/Finish:

Runners and walkers will start just south of the intersection of Westport Rd. and Pennsylvania Ave. Your time is recorded when you cross the start line so there is no need to pass anyone until you get to the start line. Elite runners, running 7:30/min pace or faster, will start one minute before the remaining runners to avoid congestion at the start. One-mile walkers line up behind the runners. 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 9:45 am before the 4-mile race begins. 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, a gift bag, and a finisher medal when they pick up their packet! The starting line will be near the Finish of the 4-mile run; distance is about 1 block.

Medical Tent:

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

Finish Line Festival:

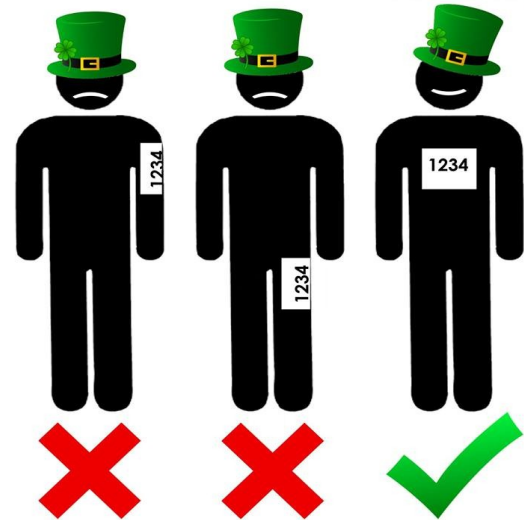
Light snacks will be served after the race. Look for the canopies and visit the many vendor booths. Take advantage of the many Westport area race day food and drink specials.

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!**



Results:

Results will be posted immediately upon crossing the finish line! Go to the results kiosk, in the vendor area and type or scan 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.

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!

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 before you leave.

Team Competition: A Competitive Team consists of 4 or more runners. Prizes will be awarded to the three fastest teams, judged by the total cumulative time for the first 4 finishers on each team (a "cross country" scoring format).

Virtual Run: A Virtual run is a race you can run at any location, at your pace, outside or on a treadmill, alone or with a group of friends. Virtual runners receive a shirt, medal, and bib just like if you are there on race day. If you cannot run the race because of a family emergency, a change in work schedule, or a stuffy nose, email us at KCRRunningClub@gmail.com to become a virtual runner. If you are 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. Complete the distance whenever and wherever is convenient.

If you are unable to pick up your packet before the race, email KCRRunningClub@gmail.com. We will reply to let you know when your packet is ready. You will pick up your packet at the KCRC office. It is a house converted to office space at 208 W 79th St, KC, MO 64114. Your packet will be in a pickup bin in the basement stairwell at the back of the house off the circle driveway. The bin is outside and available to you 24/7 so you can stop by when it is convenient for you.



Sponsors:

Thank you to our many generous sponsors!

Westport Regional Business League, Gambal's Social Club, Elite Chiro Care , Denver Biscuit Co, Fat Sully's, and Atomic Cowboy

Course:

