



## Participant Guide

### Gobbler Grind APP:

Download "Athlinks Race Day" onto your phone. Open the app then tap "Events" and search for Gobbler Grind. You'll have all the info you need before, during and after the race.

To sign up for Athlete Updates, click on "Manage Updates" at the bottom of your registration confirmation email or follow this link.

<https://register.chronotrack.com/event/tracking/eventID/25348>

You'll be able to sign up to 3 people up to receive updates on not only your finish time, but your 5K, 10K, 12.5M and 22.2M splits.

### Packet Pickup:

Saturday, November 11, 2017: 10:30 AM to 5 PM

Garry Gribble Running Sports, 11908 West 119<sup>th</sup> St, Overland Park, KS 66213

2.6 miles from the Doubletree Hotel

[MAP to Garry Gribble Running Sports](#)

Sunday, November 12, 2017: 7:00 to 8:30 AM before the start of the race.

Founders Park shelter at Corporate Woods

[9401 Indian Creek Parkway Overland Park, KS 66210](#)

Runners may pick up another runner's packet; just make sure your friends know you are picking up their packets ...otherwise you may lose a friend.

### Gear Check:

On race morning, participants may check gear at the gear check inside the packet pickup area between 7 and 8:30am. Gear check bags must be clear plastic and be labeled with your bib number, name and contact information. Bags that are not see-through will not be accepted. Do not check any valuables. We are not responsible for lost items and/or gear check bags. Bags can be claimed after you cross the finish line at the Retail sales booth inside the finish line festival.

Gear check bags not claimed by 3pm on race day can be picked up starting the Tuesday after the race at the Race Day Events office at 208 West 79<sup>th</sup> St, Kansas City, MO 64114.

### Race Day Schedule of Events:

7 – 8:30 AM Packet pick-up and race day registration

8:30 AM – Marathon and Half Marathon starts

8:55 AM – 5K Start

9:15 AM – Post race festivities begin

9:30 AM – Awards Ceremony for the 5K

11:00 AM - Awards Ceremony for Half Marathon



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3:00 PM – Marathon ends

**Start and Finish:**

All races start and finish at Founder’s Park in Corporate Woods, across from Building 40, [9401 Indian Creek Trail, Overland Park, KS 66210](http://www.ks.gov/overland-park/9401-Indian-Creek-Trail)

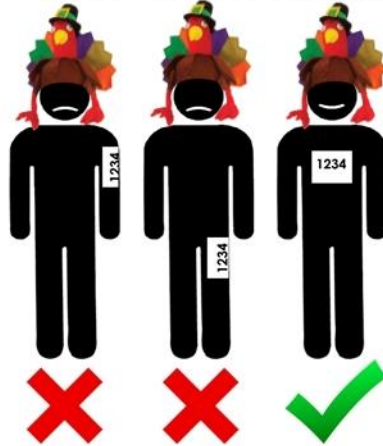
Strollers Welcome in the 5K! We ask that walkers with strollers start behind the runners so everyone will be safe!

Note: No runners with headsets, motorized vehicles, roller blades, bikes or dogs will be allowed on the course as our insurance policy does not cover these

**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 outfit. 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 at the finish line festival and type in your bib number to find your finish time and placement. You can also [sign up here](#) to receive results sent directly to your mobile phone, Facebook and Twitter page!

**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 in the Finish Line Festival area next to the Results Tent. 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. Any awards not claimed at the race can be picked up starting the Tuesday after the race at the RaceDay Events office, 208 W 79<sup>th</sup> St, KCMO, 64114. Email us at [info@resultskc.com](mailto:info@resultskc.com) before you stop by.

**Photos and Video:**



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SeeKCRun will be present to capture great memories and pictures will be posted to [www.seekcrun.com](http://www.seekcrun.com) by Monday! A video clip of you crossing the finish line will be included with your results approximately 24 hours after the race! [www.resultskc.com](http://www.resultskc.com)

### **Virtual Run:**

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. We will have your packet pulled ahead of time. No need to go to a computer to have a bib number assigned to you! Complete the distance whenever and wherever is convenient and email [info@resultskc.com](mailto:info@resultskc.com) the time it took to complete your run. If you are unable to pick up your packet, it will be available at the RaceDay Events office at 208 W 79th St, KC, MO 64114 beginning the Monday after the race. Please email us 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](mailto:info@resultskc.com) as soon as possible or let us know at packet pickup.

### **Parking:**

Parking is available in the adjacent parking lots at Corporate Woods. See the map below for parking locations.

### **Restrooms:**

Toilets will be located in the parking lot North of Building 40. There will be NO indoor toilets. Do not attempt to enter the office buildings. See the map below for toilet locations.

### **Course:**

[CLICK HERE](#) to see where you're running! There will be plenty of arrows, directional signs and markings along the ground and volunteers along the course to point you in the right direction. Additionally, each mile will be marked and we'll have timing splits at the 5K, 15K, 15.2 Mile (Turnaround 1 for Marathon), and 20 Mile (Turnaround 2 for Marathon)!

### **Half Marathon and Marathon Aid Stations:**

Will be located approximately every 2-3 miles along the route and will have water and sports drink at each location. GU and snacks (bananas, pickles, candy, cookies, pretzels, honey, Sprite) will be provided for marathon runners. Marathon aid stations will also have salt tablets, Tums, Vaseline, baby wipes and first aid kits. There will be a toilet at every aid station.

### **Pace Groups:**

We are happy to provide SmartPacing pace groups! Be sure to join the right pace group to increase the likelihood of you achieving your time goal (or at least to enjoy some companionship)! [CLICK HERE](#) to meet your pacers! Pace groups are not available for the 5K.

### **Time Limit:**

There is a 6.5 hour marathon time limit. During that time the course is closed to traffic and the aid stations are available. The police may open sections of the course to let vehicles cross when there are large gaps in the race. Participants must maintain at least a 14 minute per mile pace to make the course deadline. Participants in the marathon that do not maintain the 14-minute pace per mile will be asked to turn onto the ½ marathon course at the course split.

If you are unable to finish due to time and/or injury, please stop at the nearest aid station and we will arrange transportation back to the finish for you.



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**Finish Line Festival:**

The Gobbler Grind will be serving up great food and fun after the race! All finisher medals, marathon finisher blankets, food and drinks will be located in the fenced in Finisher Zone adjacent to the finish line. Marathon finishers will receive a fleece blanket in addition to their finisher medal. Friends and family will not be allowed in this area.

The rest of the finish line festival will be adjacent to the Finisher Zone. This area is for runners and non-runners alike and will contain vendor and sponsor booths, food and drinks for purchase, massage tables, chiropractors, results, awards and our merchandise tent! Gobble it up!

**Spectators:**

Spectators are welcome anywhere along the course! Much of the route is difficult to drive to (being on a paved trail) so we suggest having a game plan before arriving. [CLICK HERE](#) to see suggested viewing/cheering locations!

Spectators will not be allowed inside the fenced in Finisher Zone but will have access to the Finish Line Festival adjacent to the finish line where they can find water coolers and food for purchase with some great drink and food options!

**About Benefit Organization:**

The Gobbler Grind benefits Big Brothers Big Sisters of Greater Kansas City, providing children facing adversity with strong, enduring and professionally supported one-to-one relationships that change their lives for the better, forever. BBBSKC believes that youth who have a positive adult influence in his or her life are better able to reach their full potential. Find out more at [www.bbbskc.org](http://www.bbbskc.org)

The BIGS will be helping us on race day so be sure to thank them!

**History:**

The Gobbler Grind is celebrating its 21st year! The race was started by Mike English and another employee from Garry Gribbles Running Sports who thought it would be fun to plan a race between two of their stores. Paved running trails almost connected the Ward Parkway store and the Overland Park store at Stoll Park. The trails were measured and it was approximately a marathon distance. The name Gobbler Grind was chosen to differentiate from all the other "turkey" races in the fall. The first race was won by Eric Peters. As time went on the location was moved, but the race remains a pre-holiday tradition for runners in the Kansas City area.

For further info, visit our website – [www.gobblergrindrun.com](http://www.gobblergrindrun.com)

Questions: E-mail us at [info@resultskc.com](mailto:info@resultskc.com)

We'll see you this weekend!



# #GobblerGrind