



Participant Guide

Packet Pickup:

Saturday, October 31st: 10:30 AM to 4 PM

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

[Map to Garry Gribble Running Sports](#) Garry Gribbles gives a 20% discount to all runners with a bib number at packet pick up!

If you cannot pick up by the close of packet pickup, email info@resultskc.com or call Gribbles at [\(816\) 363-4800](tel:(816)363-4800). We can leave your packet at the store to pick up any time before 8pm. We will **not** be able to retrieve your packets for race morning so you **must** pick up if you choose this option!

DAYLIGHT SAVINGS TIME ENDS ON OCT 31st. ADJUST CLOCKS FOR RACE MORNING!

Sunday, November 1st: 6:30am to 8:20am before race start. **There will be no new race registrations on race morning.**

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.

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.

Gear Check:

On race morning, participants may check gear at the shirt table 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 shirt table 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 79th St, Kansas City, MO 64114.

Race Day Schedule of Events:



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6:30am - 8:20am Packet pick-up. No race day new registrations
7:30am - Marathon Start
7:45am - Half Marathon Start
8:15am - 10K Start
8:30am - 5K Start
8:45am - Post race festivities begin
9:00am - Awards will be handed out as runners come across the finish line
1:00pm - Half Marathon cut off
2:00pm - Marathon cut off

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](#)

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

Note: No runners with motorized vehicles, roller blades, bikes or dogs will be allowed on the course as our insurance policy does not cover these. If you choose to wear earbuds, please use in only one ear so you can hear traffic and directions from police and course monitors.

COVID Precautions:

- Runners and volunteers should prescreen on race morning. * see prescreen notes below
- Spectators are discouraged. If you need to have someone with you, they can watch the race by walking up the trail from the finish line area for a good spot. No spectators will be allowed at the start line, finish line or finish line festival area.
- Runners should maintain a 6 foot distance from others at all times.
- Runners should wear a mask in the race staging area, at the start line and finish line. Masks can be removed when you start running.
- Runners will be sent out in waves and will line up according to pace. Marathon and Half Marathon runners look for the Smart Pacers with pacer sticks in the start line area and assemble there until it is time to move up to the start line. Find your appropriate pacer to assemble even if you do not intend to stay with them throughout the race. 10K and 5K runners look for the pace flags and line up accordingly.
- The marathon starts at 7:30am, half at 7:45, 10K at 8:15, 5K at 8:30am. Half Marathon, 10K and 5K runners should stay away from the start area until the previous distance runners have left.
- Hand sanitizer and disinfectant wipes will be available at packet pickup, portable toilets, aid stations, finish line and all areas where there will be touch points.
- Finisher medals will be distributed at packet pickup.
- Marathon finisher shirts will be distributed at packet pickup
- Runners are encouraged to carry their own hydration to reduce the number of stops at aid stations
- Aid stations will have water and Gatorade. Volunteers will fill cups and space them so runners can pick up their own cups without contaminating other cups. GU will be handed out at packet pickup for Marathon runners to carry on them.



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- The finish line will have bottled water and pre-packaged food for runners to pick up.
- Runners should save their masks during the race and put their mask back on right before crossing the finish line.
- The finish line festival will be smaller than usual this year. We wish we could do more to celebrate your accomplishment!

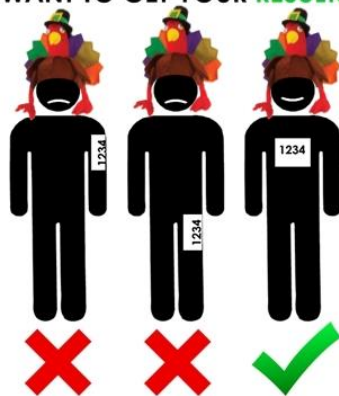
***Prescreening Notes:**

- Participants, staff, volunteers, attendees, and spectators must stay home if they are feeling ill or experiencing the following symptoms.
- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

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. The chip does not detect well if it is not in the correct position. No need to return your chip when you are done! Your race time will start when you cross the start line. Since runners are going out in waves, there will not be a finish line clock showing your finish time. The timing equipment will calculate that from your crossing the start line to the finish line.

WANT TO GET YOUR RESULTS?



WEAR YOUR BIB CORRECTLY!



Results:

Results will be posted immediately upon crossing the finish line! **There will be no results kiosk as part of Covid precautions. Get your results emailed or texted to**



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you so you know whether you won an award. Participants can opt-in to receive live tracking updates posted to Facebook, Twitter, or SMS Text Message when they sign up for the race. [Sign up for live tracking.](#)

Live results featuring video and photos will be posted **HERE** within 24 hours after the race.

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. Because of Covid precautions, there will not be a results kiosk. **Sign up for instant results texted or emailed to your phone when you register.** If you placed in the top 3 overall or in your age group go to the Awards Tent immediately to claim your award. Don't even have time for that? Friends can pick up awards for you. **Awards will not be mailed.**

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 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.

Photos and Video:

Pictures will be posted to www.resultskc.com by Tuesday! A video clip of you crossing the finish line will be included with your results approximately 24 hours after the race!
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. **DO NOT GO TO A COMPUTER** to have a bib number assigned to you! Complete the distance whenever and wherever is convenient.

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.

Parking:



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Parking is available in the adjacent parking lots at Corporate Woods. The closest parking lot to the start/ finish is building 40. If you are running the marathon or half, you can enter Corporate Woods from College Boulevard or Antioch Rd. If you are in the 10K or 5K and arrive after 7:20am, enter Corporate Woods off of Antioch Rd. College Blvd entrance will be blocked off for the marathon and half runners at 7:20am.

Restrooms:

Portable Toilets are located in the parking lot North of Building 40. There will be NO indoor toilets. Do not attempt to enter the office buildings as our permit does not include this. 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 for the Marathon, Half Marathon at the 5K and 10 mile marks. For the 10K, there will be a timing split at 4.5 miles.

Aid Stations:

Will be located approximately every 2-3 miles along the route and will have water and sports drink at each location. There will be a toilet at every aid station.

Pace Groups:

We are happy to provide Smart Pacing 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)! **This year we need for you to line up with the Smart Pacers whether you want to stay with them or not so they can help you line up for a safe distancing start.** [CLICK HERE](#) to meet your pacers! Pacers are not available for the 5K and 10K.

Time Limit:

There is a 6.5-hour marathon time limit and, 4-hour half 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 meet 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. Do not walk back on a route other than the race course.

Finish Line Festival:

The Finisher Zone will be smaller this year. Food and drink will be pre packaged for you to pick up at the finish line. Be sure to go to the chocolate milk truck! Spectators will not be allowed in this area.



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The rest of the finish line festival will be adjacent to the Finisher Zone. This area is for runners only and will contain vendor and sponsor booths, medical tent, awards and our merchandise tent! Gobble it up!

Spectators:

Spectators should stay away from the finish line area and the finish line festival. 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!

Charity Partner: Team Fidelis is our charity partners. The team members will be volunteering in all aspects of the race. Look for them at packet pickup, the start/finish, as course monitors, at aid stations and in other locations.

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.

If you have any questions visit www.gobblergrindrun.com or email info@resultskc.com.



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