



## Participant Guide

On March 10, 2018, the bagpipes will sound, glasses will rise, and a sea of green will flood Kansas City! Thank you for registering for the 40<sup>th</sup> running of the Kansas City Track Club's Westport St. Patrick's Day Run. Whether you hail from Missouri, Kansas, or the beloved hills of the homeland, you will see that this is the greatest Gaelic gathering this side of the Atlantic. May the luck o' the Irish be with you!

### Packet Pickup:

Friday, March 9th from 11am to 6pm  
Run 816  
304 Westport Rd, Kansas City, MO 64111

Saturday, March 10th Race Day, from 8 to 10am

Gambals Social Lounge

4116 Pennsylvania Ave, Kansas City, MO 64111, Kansas City, MO 64111

### 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 4050 Pennsylvania Avenue.

### Medical Tent:

Apex medical will have a tent in the Finish Line Festival area.



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**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 Shamrock 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 so there is no need to try 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 Shamrock 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 t-shirt when they pick up their packet! Upon finishing the fun run, each child will receive a gift bag and a



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finisher medal. The starting line will be near the Finish of the 4-Mile run. Distance is about 3 blocks.

**Finish Line Festival:**

Light snacks will be served after the race, including (but not limited to): Coffee, fruit, bagels, popcorn 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 festive 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. 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. You can sign up to receive results sent directly to your mobile phone, Facebook, Instagram and Twitter!

**Photographs:**

See KC Run photographers will capture all the great memories. Go to [www.seekcrun.com](http://www.seekcrun.com) to view and download free photos within about 24 hours of the race. Video that you can share on social media will be available with your results at [www.resultskc.com](http://www.resultskc.com)

**Awards:**

Run 816 and many Westport merchants are providing gift certificates for awards. KCTC 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 at 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 as beautiful as gold.

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!



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## 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. 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 Kansas City Track Clubhouse at 208 W 79th St, KC, MO 64114 beginning the Tuesday 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.

## Course:



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**Thank you to our many generous sponsors!**

Westport Regional Business League

Run 816

Gambal's Social Club

Kelly's Westport Inn

McCoys

Salon on Penn

Panera Bread Company

Apex Ortho

Einstein Brothers

Elite Chiropractic

Genesis Health Club

Orange Theory

Raising Cane's Chicken Fingers

Saucony

Team Fidelis

Top Golf

DZ Radio Tunes

Fountain City Roller Derby

Health and Wellmobile

Leah Smith Farmers Insurance

Picklemans

Quik Trip

Raising Canes

Renewal By Anderson

Simple Science Juices

**About Benefit Organization:**

The Kansas City Track Club (KCTC) 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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