

THE *Sweetheart*

RUN WALK





Welcome Participants

SWEETHEART RUN 5K & 10K

This Valentine's weekend tradition is a great chance to get out and run with your loved ones! Individuals and two-person teams will compete for age group and team awards in the 5K and individual age group and overall awards in the 10K. In addition to the awards for the fastest teams and individuals everyone will receive a great finishers medal and long sleeve shirt! Kids ages 8 and under can participate in the kids fun run and will receive a kids medal! **Take a few minutes to review this guide for information on packet pickup and race day.**

The Sweetheart Run 5K & 10K is proud to partner with the Head for the Cure Foundation.

**Head for the Cure
Foundation™**



Head for the Cure Foundation is a nonprofit organization dedicated to raising awareness and funding to inspire hope for the community of brain cancer patients, their families, friends, caregivers and other supporters, while celebrating their courage, spirit and energy. Learn more about Head for the Cure Foundation at www.headforthecure.org.

Packet Pickup

SWEETHEART RUN 5K & 10K



Friday, February 14 from 2pm- 6pm

At both KC Running Company stores

Martin City: 200 E. 135th St., Kansas City, MO

Lee's Summit: 1555 NE Douglas St, Lee's Summit, MO

Saturday, February 15 from 7:30am-8:45am

At race site: Coach's Bar & Grill
9089 W 135th St, Overland Park, KS 66221

**We will have a list
of all registered participants.**

**You do not need to bring anything, but it is
helpful to have a copy of your confirmation
email on your phone or printed.**

**You are welcome to pick up packets for friends
and family members, but please coordinate
with them.**

**In your packet, you will find your bib, twist ties,
and timing chip to attach to your shoe.**

**You will receive a shirt in the size you ordered.
If you wish to exchange sizes, you can do so
after the race starts.**

Race Day

SWEETHEART RUN 5K & 10K

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Saturday, February 15

Start location: Coach's Bar & Grill

9089 W 135th St, Overland Park, KS 66221

8:45 am - Kid's Fun Run

9:00 am - 5K/10K start

Results will be available as you finish the race.

Pin your bib to the front of your shirt and attach your timing chip to your shoe with twist ties.

Your time will not be captured if the chip is anywhere other than your shoe.

Your official start time will be captured by the timing chip when you cross the starting mat; finish time, when you cross the finish mat.

The timing chips are reusable, and once you cross the finish line, someone will clip the chip off your shoe.

If you are unable to run or do not wish to be timed, please return your timing chip either at packet pick up, the race, or mail it to the address below.

**KC Running Company
200 E 135th St, Kansas City, MO 64145**

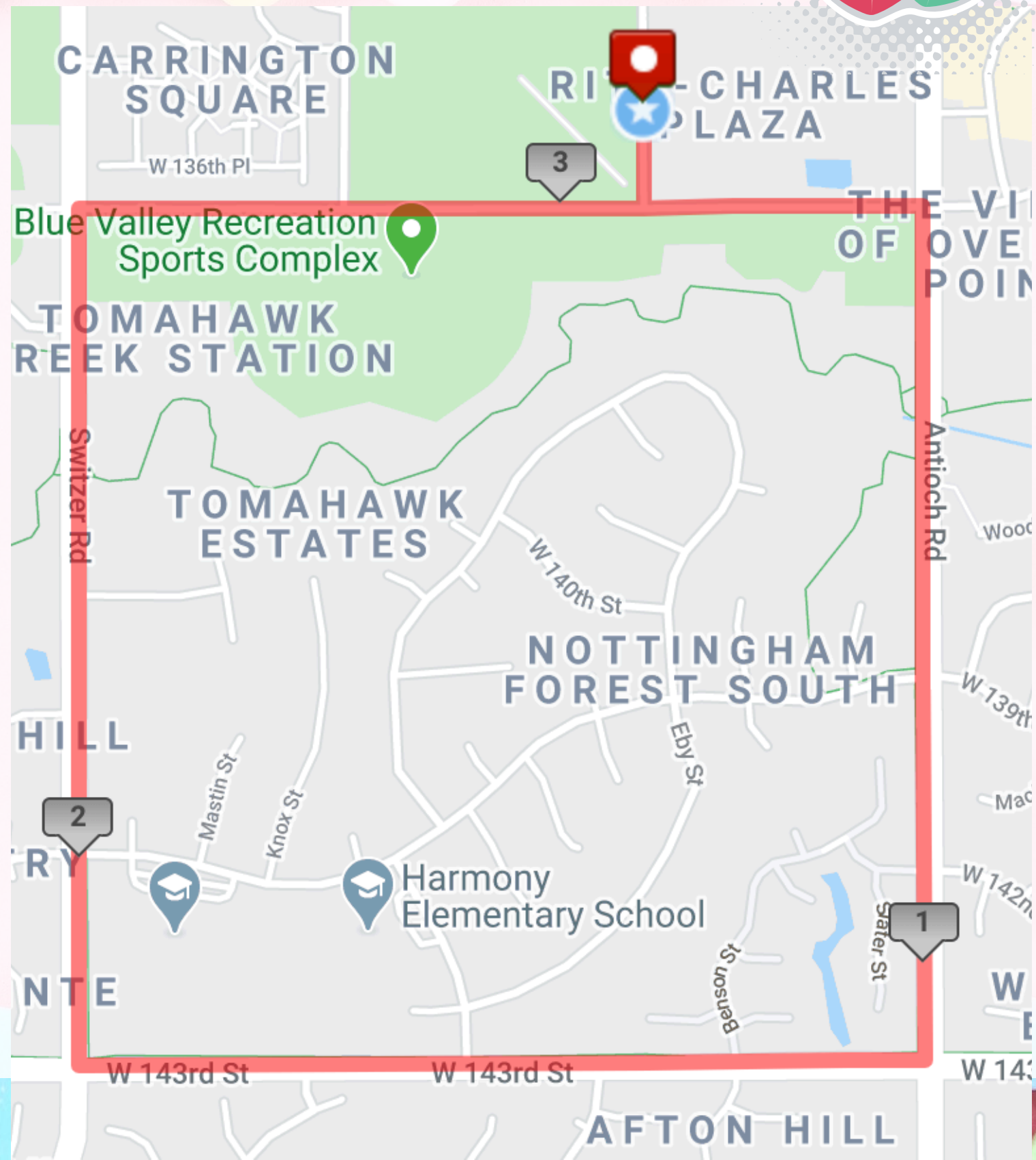
If it rains or snows, the event will still be held. However, if it is unsafe to run/walk, the race director reserves the right to cancel the race, and no refunds will be given.

Course Map



The 10K course will be a double loop of the 5K course.

There will be an added portion on your second lap to ensure the distance is correct for the 10K.



Results and Awards

SWEETHEART RUN 5K & 10K



Personalized results receipts will be printed in the post-race area.

5K team awards will be given to the top 5 two-person teams in each category: male, female and coed.

5K & 10K awards will be given out at the event to the top overall male and female, top overall masters male and female, and top three males and females in each age group. Awards will not be mailed.

Age groups are 10 & under, 11-14, 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+

Final results will be posted online at www.kcrunningcompany.com as well as www.sweetheartrun5k.com following the completion of the race.

Sign up to get a text or email notification of your results! If you want to receive a notification and did not sign up for this when you registered, click [here](#).

- Search for your name
- Click "Result Notifications" in the far right column
- Enter your phone number and/or email address and click "Set Up Notifications"

Photos

SWEETHEART RUN 5K & 10K

Photos will be taken during the event and will be available online within a few days following the race - free to download.

Share the photos you take at the race with us on Facebook, Twitter, and Instagram #kcrunningco



Finisher's Certificate

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After the race, to view or print your customized finisher's certificate, just scan the QR code on your bib and click certificate or [go to the results page](#), search for and click on your name, then click "certificate".





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Thank you for participating in the
Sweetheart Run 5K & 10K!
Enjoy the event!



KC
Running
COMPANY
ESTABLISHED 2008