



PARTICIPANT GUIDE
MARCH 24, 2019

WELCOME!

Thank you for joining us for the Whiskey Run 5K. Please take a moment to review this participant guide as it contains important race information.

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PACKET PICKUP

**SATURDAY MARCH 23rd 2-5PM
KC RUNNING COMPANY STORE
200 E. 135th St. KC, MO 64145**

**RACE MORNING MARCH 24th 7AM - 8:15AM
AT RACE SITE (200 E. 135th St., KC, MO)**

We will have a list of everyone who is registered, and packets will be sorted alphabetically by last name.

- ☐ **You are welcome to pick up packets for friends, family, team members but please coordinate with them to avoid confusion**
- ☐ **If you are picking up for your team, please bring a list of first and last names of everyone on the team**
- ☐ **5K participants will receive a shirt and envelope containing your bib number and timing chip with twist ties that must be attached to your shoe.**
- ☐ **Late registration will be available at packet pick up and online during packet pickup.**
- ☐ **We suggest going to packet pickup on Saturday to avoid long lines on race morning.**



RACE DAY SCHEDULE

Sunday, March 24, 2019 Martin City (135th & Oak, Kansas City, MO)

7:00 am - Race day packet pick up starts

8:30 am - 5K race starts

**9:30 am - Kids fun run starts after completion of 5K
(at same start/finish as the 5K)**

Rolling results will be available as participants finish the 5K and will be posted to www.kcrunningcompany.com immediately following the completion of the 5K.

About Race Day

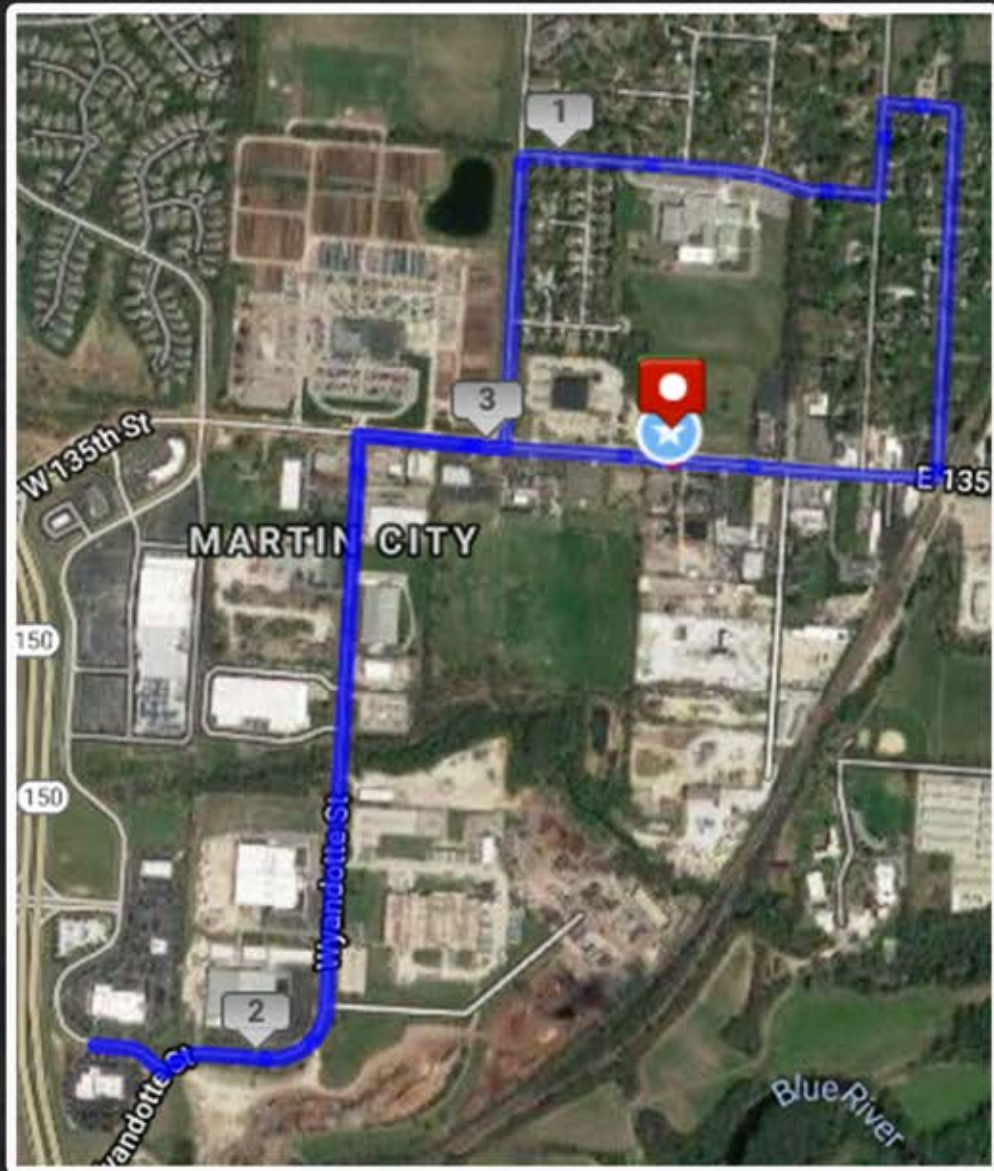
- ☐ **The race will be chip timed - your official time will start when you cross the starting mat; finish time, when you cross the finish line mat.**
- ☐ **Your timing chip MUST be attached to your shoe and cannot be in your hand, pocket, or anywhere other than your shoe.**
- ☐ **The timing chips are reusable and will be clipped off your shoe at the finish line.**
- ☐ **If you are unable to run, please return the timing chip at packet pick up or to KC Running Company (200 E 135th St, Kansas City, MO 64145).**
- ☐ **The race will be held unless weather conditions make it unsafe to run/walk. The race director reserves the right to cancel the race, and no refunds will be given**

POST RACE BREAKFAST

All participants will receive a breakfast voucher at packet pickup for one of the following options. Breakfast buffet at RC's, Breakfast menu item from Martin City Brewery or Breakfast item at Martin City Coffee. Guest of participants will be able to purchase the buffet or breakfast items at the restaurants.



COURSE MAP



The course will start and finish in front of KC Running Company (200 E. 135th St., Kansas City, MO) the course is an out and back course that features a fast downhill finish!

AWARDS & PHOTOS

□ Awards will be given out at the event for the top overall male and female finisher, top overall masters male and female finisher, and the top three males and females in each age group

(10 and 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+)

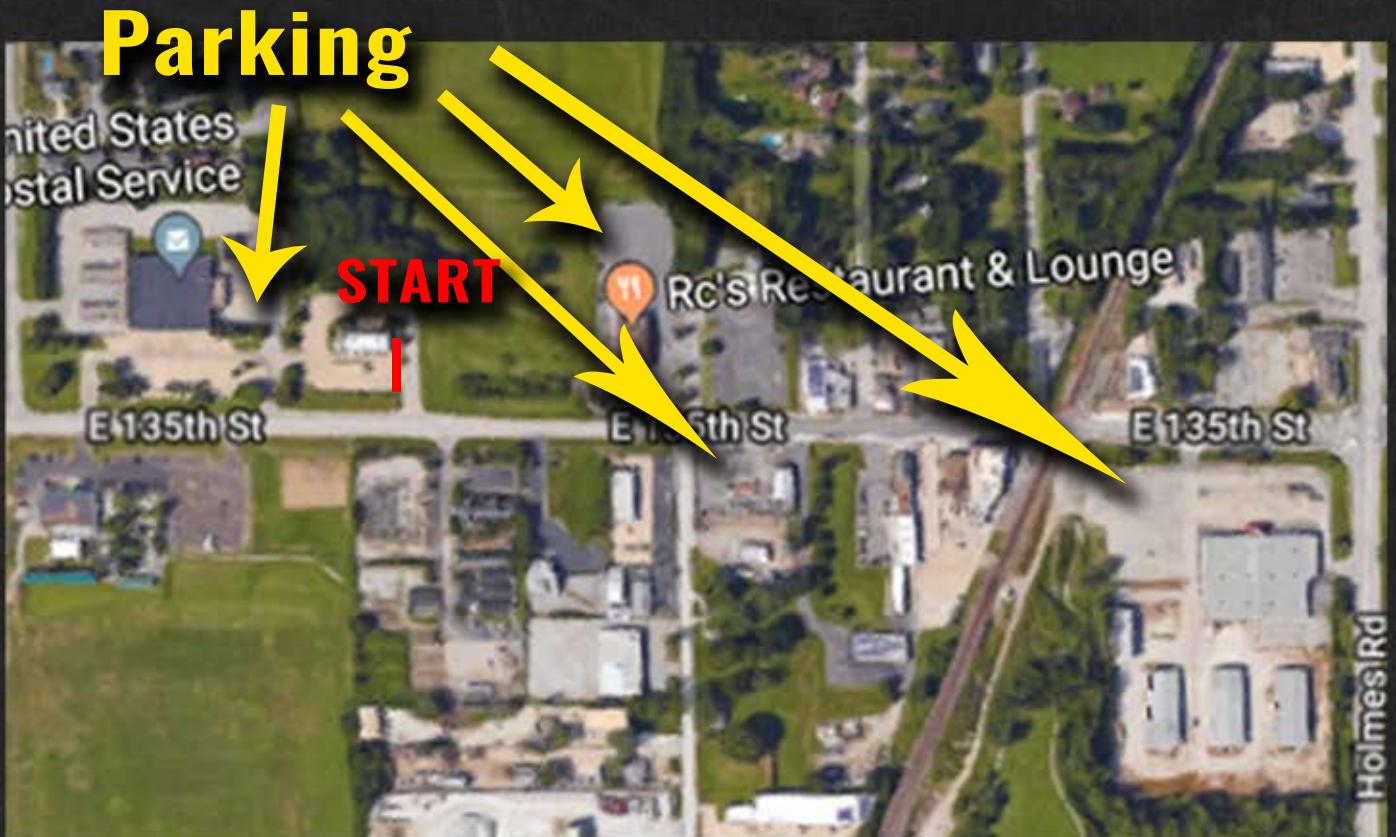
Awards not picked up at the race will be available at the KC Running Company Store (200 E. 135th St, Kansas City, MO)

□ Photos will be taken at the event and will be posted to www.whiskeyrun5k.com the day following the race.

□ Please share your photos from the event with us on Facebook, Twitter, and Instagram! #whiskeyrun5k



PARKING MAP



The Sutherland's parking lot (southwest corner of Holmes and 135th Street) will be available for parking. It will be open as early as 7:00 a.m. Parking is also available in the back parking lot at RC's Restaurant, Martin City Brewery parking lots, Post Office parking lots.

SPECIAL THANKS TO



Thanks to Rieger's Whiskey for providing whiskey for the run!

Thank you for participating in the event we hope you have a great time and will join us again in 2020!