



NOVEMBER 4TH & 5TH

KC
Running
COMPANY
ESTABLISHED 2008

WELCOME

WE ARE EXCITED TO WELCOME YOU TO 2023 YETI ENDURANCE WEEKEND, PRESENTED BY KC RUNNING COMPANY.

WE HOPE YOU WILL TAKE A FEW MOMENTS TO REVIEW THIS PARTICIPANT GUIDE. INSIDE YOU WILL FIND ALL THE EVENT DETAILS, COURSE MAPS, PACKET PICKUP INFORMATION AND MORE.

THANKS AGAIN FOR JOINING US AND HAVE A GREAT RACE!



CHARITY PARTNER

THIS EVENT WILL BENEFIT THE BELTON HIGH SCHOOL ATHLETICS DEPARTMENT AND HELP SPONSOR THEIR ATHLETIC TEAMS.

PACKET PICKUP

FRIDAY NOVEMBER 3RD

The packet pickup will be a one-day event this year from 2PM - 6PM at the Running Well Store in Martin City.

**The Running Well Store
200 E. 135th Street
Kansas City, MO 64145**

Those who are not able to attend packet pickup can pick up their race packet on the race mornings beginning at 6:30 a.m. at the packet pickup near the starting line of the race at Longview Lake Beach.



THINGS TO KNOW ABOUT PACKET PICKUP

- 1. We will have packets for everyone who is registered.**
- 2. You are able to pickup packets for friends and family, make sure you know what event they are running to make pickup easier.**
- 3. If you purchased a shirt or hoodie you will be able to pickup those items at packet pickup**
- 4. Please make sure your age is correct and your name is spelled correctly on your packet.**
- 5. If you need to switch your event distance, you can go into your registraion on your runsignup account and change your registration.**

SCHEDULE

SATURDAY NOVEMBER 4TH - 5K & 10K

6:30 AM - 7:45 AM - Packet Pickup at Race Site

7:55 AM - National Anthem & Pre Race Announcements

8:00 AM - Start of the 10K, the 5K will start shortly after the 10K

SUNDAY NOVEMBER 5TH - HALF & FULL MARATHON

6:30 AM - 7:45 AM - Packet Pickup at Race Site

7:55 AM - National Anthem & Pre Race Announcements

8:00 AM - Start of the Half Marathon & Full Marathon



PARKING

You can access the parking lot and grass parking area off of Raytown Road using the entrance on Pittenger Rd. Park Rangers will assist you to the parking once you enter onto Pittenger Rd. Please give yourself plenty of time to arrive and park in order to get to the starting line on time.



COURSE MAPS

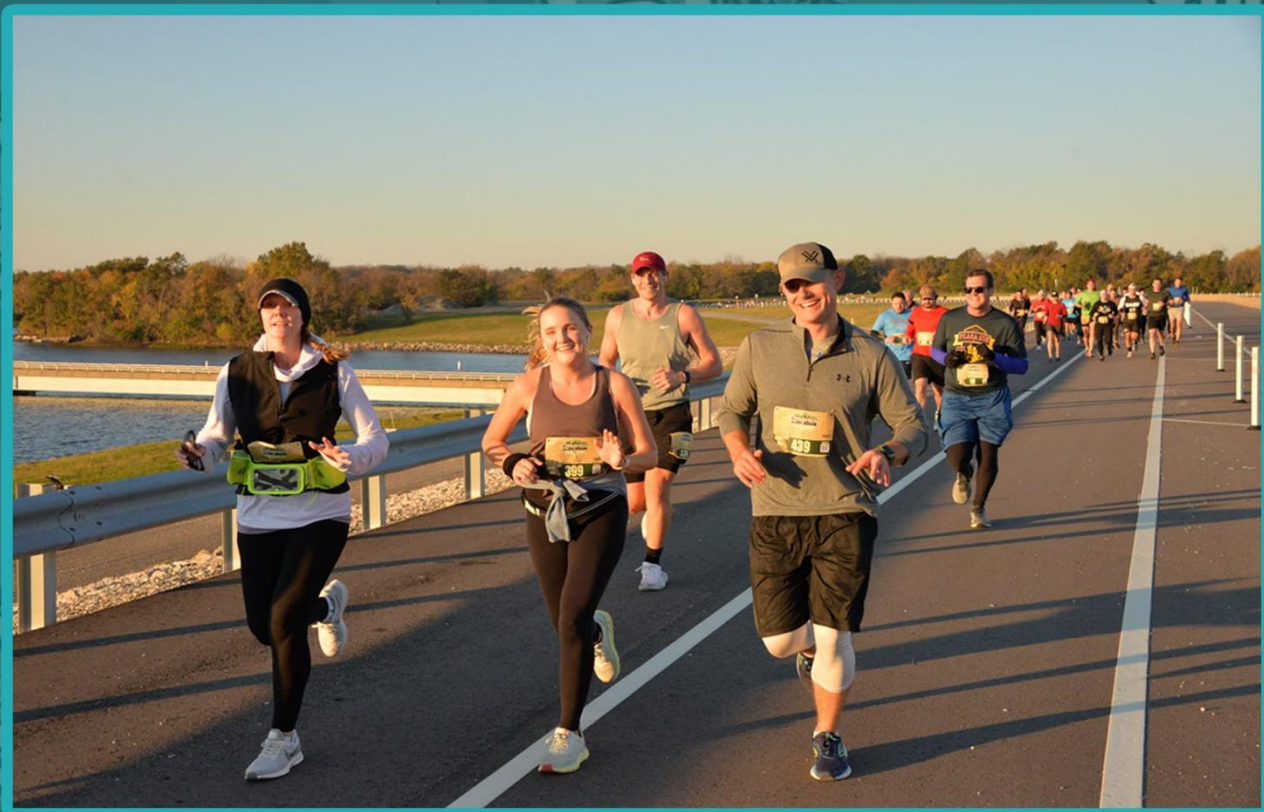
The courses all feature some portion of roads and trails. The trail portions are mostly crushed gravel with some concrete. The courses will be closed to traffic. The courses will be clearly marked with cones, turn arrows, chalk and mile markers. Aid stations will be available on all courses. The 5k will have one aid station, the 10k will have two aid stations. The Half Marathon will have six aid stations with water and gatorade and the Full Marathon will have twelve aid stations with water and gatorade. Portable restrooms will be available along the course for 10k, Half and Full Marathon participants.

5K Course - <https://www.mapmyrun.com/routes/view/2311414489>

10K Course - <https://www.mapmyrun.com/routes/view/5732727802>

Half Course - <https://www.mapmyrun.com/routes/view/2027033200>

Full Course - <https://www.mapmyrun.com/routes/view/5660156455>



PHOTOS

Free event photos will be available for you to download after the event at <https://kcruncophotos.smugmug.com/>

RESULTS

The Yeti Endurance Weekend is using electronic bib chip timing, The timing chip is located on the back of your race bib, please have your race bib visual and on the outer most layer of your clothing.

Results will be posting live for the events, once you cross the finish line you can check your results at <https://runsignup.com/Race/Results/143351>

FINISHER CERTIFICATE

After the event be sure to print off your finishers certificate! You can download and print your certificate at <https://runsignup.com/Race/Results/143351> just click on your name in the results and then click the finisher certificate button.



AWARDS

Awards will be given to first, second and third males and females in each age group in the 5k, 10k and Half Marathon: 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+.

Awards will be given to first, second and third males and females in each age group for the Full Marathon 19 & Under, 20 - 29, 30 - 39, 40 - 49, 50 - 59, 60 - 69 and 70+.

PACERS

Pacers will be available for the Half Marathon in the following times
1:30, 1:35, 1:40, 1:45, 1:50, 1:55, 2:00, 2:05, 2:10, 2:15, 2:20, 2:25, 2:30,
2:35, 2:40, 2:45, 2:50, 2:55, 3:00.





Thank You for Participating in the 2023 Yeti Endurance Weekend



For All Your Running Needs Visit The Running Well Store

The Running Well Store is so much more than just a retail running store. Our friendly, experienced staff is here to help you, whether you're a novice runner, competitive athlete, or someone who simply needs a good pair of shoes—we are open to all experience levels. It doesn't matter if you are walking your dog through the neighborhood or qualifying for Boston. We have resources to keep you on your feet and moving forward. Our running store is a place to explore, plan adventures, make new friends, and get expert advice on running gear.

