

July 29, 2018 @ 7:30 am

Overland Park, KS • Participant Guide







# Packet Pick Up

Friday, July 27th: 2pm-6pm Leawood KC Running Company Store 4760 W 135th St, Leawood, KS

Saturday, July 28th: 12PM – 4PM Lee's Summit KC Running Company Store 1555 NE Douglas St. Lee's Summit, MO

Sunday, July 29th: 6:15am-7:15am
Corporate Woods
9401 Indian Creek Pkwy, Overland Park, KS

- 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 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. Lil' Princess participants will receive a bib number, shirt and tiara.
- On-site registration will be available at packet pick up

# Race day information

#### Sunday, July 29, 2018

Corporate Woods (9401 Indian Creek Pkwy, Overland Park, KS)

6:15 am - Race day packet pick up starts

7:30 am - 5K race starts

**8:30 am -** Lil' Princess Girls Run starts after completion of 5K (look for the Lil' Princess flag for meeting location)

Rolling results will be available as participants finish the 5K and will be posted to <a href="https://www.kcrunningcompany.com">www.kcrunningcompany.com</a> immediately following the completion of the 5K.

- 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 (411 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.

### Sign up to get a text with your results!

- The Diva Dash 5K is offering text or email notifications of your results shortly after you cross the finish line!
- If you want to receive a notification and did not sign up for this when you registered, click the link below
  - 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"

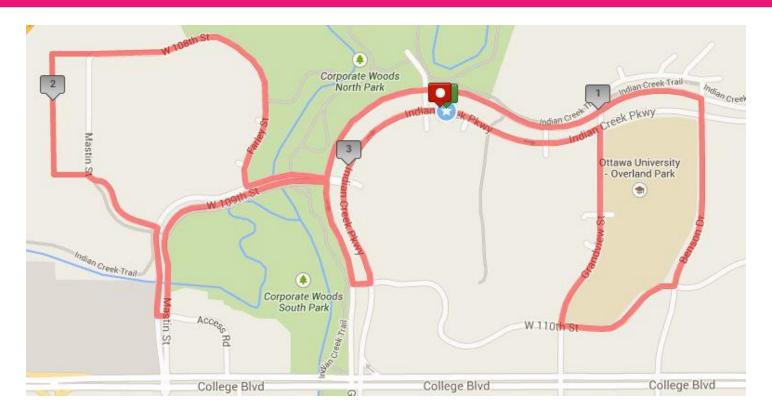
<u>Sign up for a text or email notification here.</u>

#### Awards and Photos

- 5K finishers will receive a finisher's medal at the finish line. Lil' Princesses will receive a Princess medal after the run
- Awards will be given out at the event for the top overall female finisher, top overall masters female finisher, and the top three 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 will not be mailed.
- Photos will be taken at the event and will be posted to the website and <u>www.kcrunningcompany.com</u> within a few days of the race. Share your photos from the event with us on <u>Facebook</u>, <u>Twitter</u>, and <u>Instagram</u> #DivaDash5K

## Course Map

Please note: parking is available throughout Corporate Woods.



#### Thanks

Thanks to our vendors and sponsors who are participating in today's event, including:

**Active Health Solutions** 

Cricket Wireless

Cycle Bar

Fight For Air Climb

Floor Coverings International

Go Ape Adventures

Girls On the Run KC

KC Running Company Store

LL Bean

Pickleman's

Renewal By Anderson

State Farm – Jennifer McGhee

Title Boxing

Top Golf

## Finisher's certificate

After the race, you can view or print a finisher's certificate like the one below!

View your results <u>here</u> or click "View finisher's certificate" on the results page of the Diva Dash 5K site.

Search for your name, click on it, and then click "View certificate".



# Charity partner



The Diva Dash 5K is proud to partner with Girls on the Run. Girls on the Run is a nonprofit after-school program for girls in grades 3rd-8th that addresses the healthy development of a girl's physical, emotional, mental, social, and spiritual well-being. Through interactive activities such as running, playing games, and discussing important issues, participants learn how to celebrate being girls. The program focuses on building self-esteem and improving emotional and physical health. Learn more here. Learn more here.

# Thank you for joining us at the Diva Dash 5K & Lil' Princess Girls Run!

