

Plaza 10K Participant Guide

SEPTEMBER 8, 2019 • COUNTRY CLUB PLAZA • KANSAS CITY, MO



Saint Luke's Home Care & Hospice

PLAZA 10K 2019



Thank you for joining us for the Ninth Annual Plaza 10K. Take a few minutes to review this guide for information on packet pickup and race day. The 2019 Plaza 10K benefits Saint Luke's Home Care & Hospice.

Saint Luke's Health System has more than 135 years of experience providing award-winning care for people in the Kansas City area and the surrounding region. Founded as a faith-based, not-for-profit organization, our mission includes a commitment to the highest levels of excellence in health care.

For more than 40 years, Saint Luke's Home Care & Hospice has set the standard for quality, compassionate services. We offer the most comprehensive set of post-acute care services in the region including:

- **Home health**
- **Telehealth**
- **Home infusion and specialty pharmacy services**
- **Palliative care at home and during a hospital stay**
- **Hospice care at home, care facilities, and Saint Luke's Hospice House**

Learn more about Saint Luke's Home Care & Hospice [here](#)

Packet Pickup

PLAZA 10K 2019



THURSDAY (9/5)

From 11 am to 6 pm

Lee's Summit KC Running Company store
1555 NE Douglas St, Lee's Summit, MO

FRIDAY (9/6)

From 11 am to 6 pm

Martin City KC Running Company store
200 E. 135th St., Kansas City, MO

SATURDAY (9/7)

From 11 am to 4 pm

Location Saint Luke's Hospice House
3516 Summit St., Kansas City, MO

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.

Safety pins will not be in your packet but will be available at packet pickup.

You will receive the shirt size you ordered. If your shirt does not fit, you will be allowed to exchange with the remaining sizes on Sunday morning only (at the KC Running Company tent located on Central St between Ward Pkwy & Nichols St.)

Please Note: There will be no race-day packet pick up.

Race Day

SUNDAY, SEPTEMBER 8, 2019



SUNDAY (9/8)

Start location: Ward Parkway & Central Street on the Country Club Plaza, Kansas City, MO (near Zoom Toy Store - 300 Ward Pkwy, Kansas City, MO 64112)

7:30 am - 10K starts

9:30 am - Kids Fun Run starts

Food, beverages, and results will be available beginning at 8 am.

Avoid the lines for race results after the Plaza 10K by utilizing the QR code in the bottom right corner of your bib number with your smart phone after the race. Simply open the camera on your phone and hover it over the QR code, a pop up will appear on your screen, tap the pop up and it will take you directly to your individual results. From there you can take a screenshot and share it with you family and friends!



Race Day

SUNDAY, SEPTEMBER 8, 2019



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

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, 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.

Please note: portable restrooms will be located at Ward Pkwy and JC Nichols Pkwy (near Jack Stack Barbecue).



Results and Awards

PLAZA 10K 2019



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

All 10K participants will receive a Plaza 10K finisher's medal as they cross the finish line.

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.

There is not an awards ceremony; awards will be given as results receipts are printed.

Cash prizes will be mailed within a few weeks following the race.

Age groups are 14 & under, 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+

The Kids Fun Run participants will receive an award at the finish line.

Final results will be posted online at www.kcrunningcompany.com as well as www.plaza10k.com following the completion of the 10K race.

Avoid the lines for race results after the Plaza 10K by utilizing the QR code in the bottom right corner of your bib number with your smart phone after the race. Simply open the camera on your phone and hover it over the QR code, a pop up will appear on your screen, tap the pop up and it will take you directly to your individual results. From there you can take a screenshot and share it with you family and friends!



Results and Awards

PLAZA 10K 2019



After the race, join us for food and beverages from KC area vendors.

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

Share the photos you take at the race with us on Facebook, Twitter, and Instagram #Plaza10K

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"



Event Map

PLAZA 10K 2019



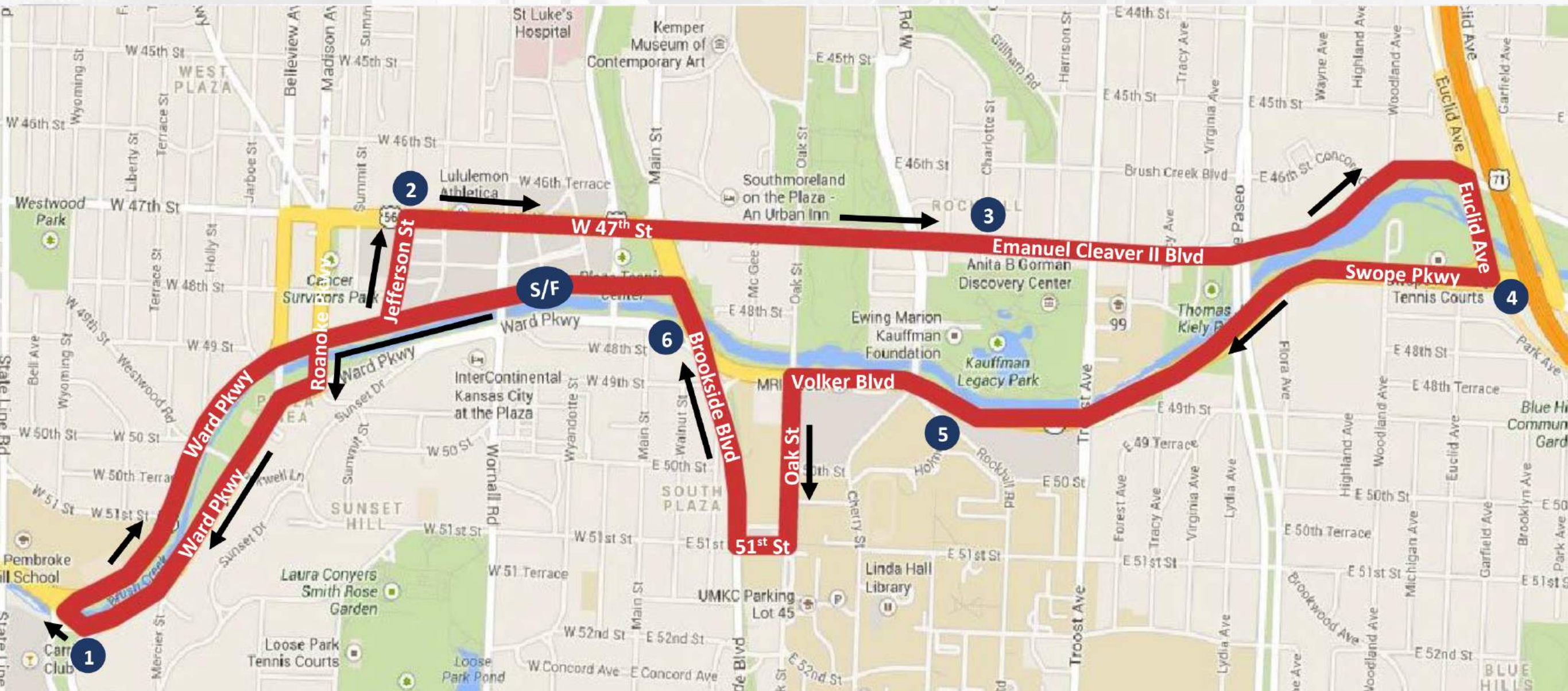
**Pre-race shirt exchange
Results and awards**

Start, Finish

Restrooms

Course Map

PLAZA 10K 2019



Parking Map

PLAZA 10K 2019



There will be plenty of parking near the start/finish area on surrounding streets and in several parking garages on the Plaza. Please obey all posted parking signs.



Thank you

PLAZA 10K 2019

Thank you for participating in the 2019 Plaza 10K and thanks to our sponsors:

Platinum Sponsors

Saint Luke's Auxiliary
Humana

Gold Sponsors

Commerce Bank
Blue Cross Blue Shield of Kansas City
Uvanta

Silver Sponsors

Citizens Band and Trust
McGilley Hodge Funeral Home
Husch Blackwell
Miller Haviland Ketter, PC
JE Dunn



Bronze Sponsors

BKD
PPC Flexible Packaging