



STARS & STRIPES 5K

JULY 4TH @ 7:30AM

UNITY VILLAGE, MO

A KC RUNNING COMPANY EVENT

KC
Running
COMPANY
ESTABLISHED 2004

Dear Participants,

Thanks for being a part of the Stars & Stripes 5K and Lil' Firecracker Fun Run. Please take a moment to review this participant guide. Inside you will find important event details and information.

Charity Partner - ProDeo Youth Center

Pro Deo Youth Center is a relational organization geared toward teenagers in grades 9th-12th. At its core, Pro Deo is a people group, a family, a home away from home. We provide after school and Friday night programming to help teens grow into productive adults, all the while, enjoying their teen years in a safe and fun environment. We give teens opportunities to set goals while providing the support and accountability they need to be successful. We are building a legacy of excellence in loving teens and empowering them to dream & achieve. Learn more at www.prodeoyouthcenter.org



Schedule

Packet Pickup - Wednesday, July 3rd 2 - 6PM

KC Running Company Store - Lee's Summit

1555 NE. Douglas Street, Lee's Summit, MO

Race Day - Sunday, July 4th

Unity Village, MO - 1901 NW Blue Parkway, Unity Village, MO

6:45AM - 7:30AM - Packet Pickup

7:30AM - Start of the 5k Run/Walk

8:30AM - Start of the Lil Firecracker Kids Fun Run

Finishers medals will be handed out at the finish line. Personalized results receipts will be printed on site and overall and age group awards will be given out at the event. Shortly after the race, results and free downloadable photos will be posted at www.kcrunningcompany.com

Awards are given to the top overall male and female, top overall masters male and female and the top three male and female finishers in the following age groups:

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 and 80+



Race Day Information

The race is a chip timed event so your official time will start when you cross the starting mat.

Packet Pickup

We will have a list of all registered participants; you are welcome to pick up packets for friends or family as well. Inside your packet, you will find your bib number, IPICO timing chip and twist ties to securely fasten your timing chip to your shoe (as pictured below at right). On race day, please wear this on your shoe and attach your bib number to the front of your shirt. Your time will not be captured if your chip is anywhere other than your shoe.

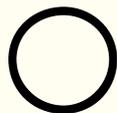
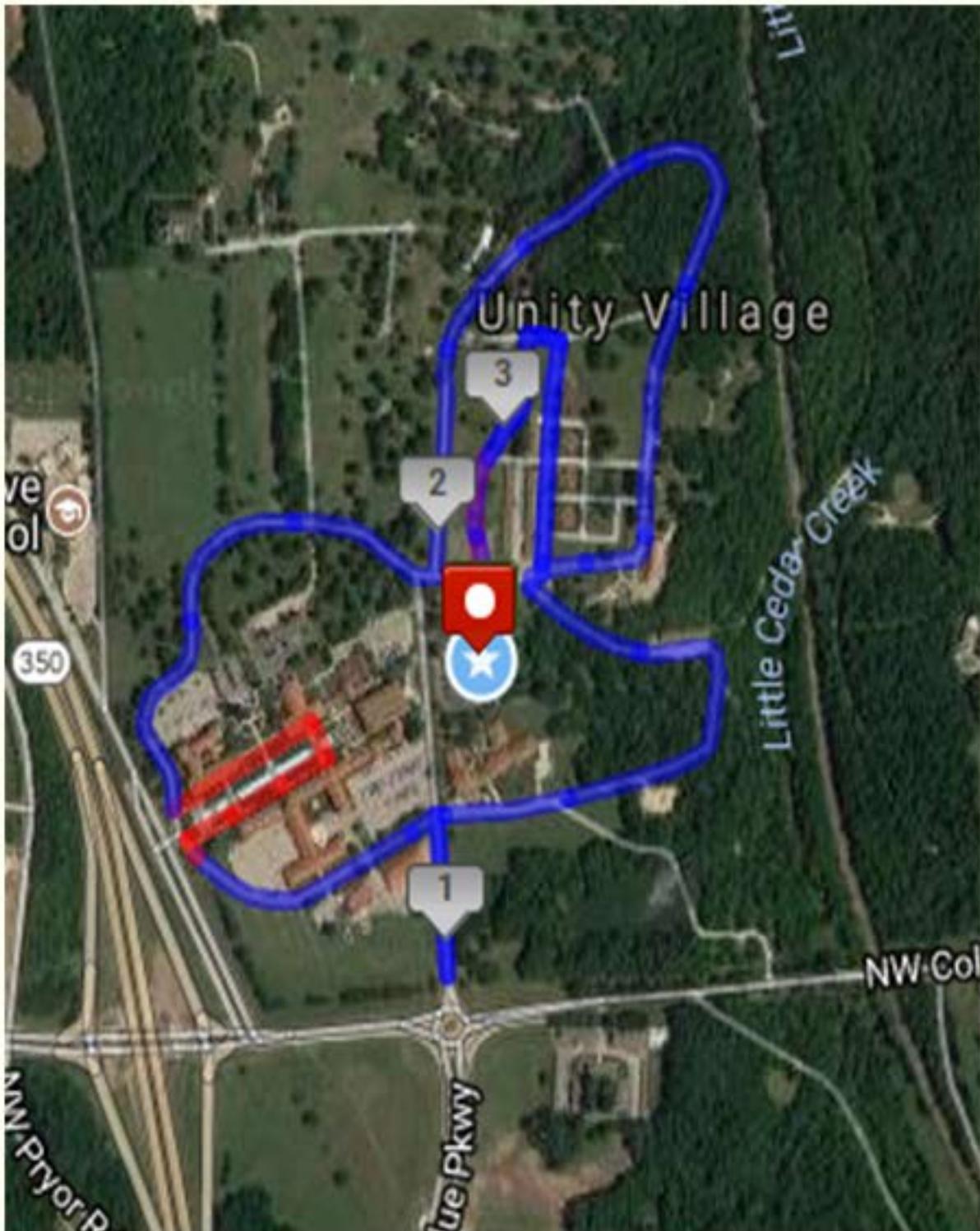
Timing Chips

The timing chips are reusable, and we will retrieve them at the end of the race. If you decide not to run or walk please return the chip in the envelope it came in and mail or return it to the address below.

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



COURSE MAP



PARKING MAP

Parking will be available at several lots around the Unity Village grounds.



RESULTS

Find your results after the race at starsandstripes5k.com or by scanning the QR code on your bib.





Thank you for participating in the 2019
Stars and Stripes 5k

