



**We're so excited to welcome you to the 2nd Annual UrbanICT
5K, 10K, 25K, 50K, and 50 Mile!**

In this booklet you'll find information about the event, course, aid stations and more.

If you have any further questions, please feel free to reach out:

info@timerguys.com

316.361.6050

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Check In / Staging Area / Packet Pickup

Race headquarters is located in downtown Wichita, KS at the [Mid-America All-Indian Center at 650 N Seneca St.](#)

The start and finish line for all events will be at the race headquarters (MAAIC).

Early Packet Pickup:

[Fleet Feet EAST Wichita](#)

Thursday, July 25th from 3-7pm

Race-day Packet Pickup:

[Race headquarters \(MAAIC\)](#)

Friday, July 26th, 7pm

In-person registration will be available during these times as well.

You are welcome to pick up any packets for your friends and family. Please be sure to let who you are picking up for know that you are getting their packet.

Start / Cutoff

The 5K and 10K will start at 9:30pm on Friday night July 26th.

The 25K, 50K & 50-Mile will start at 9:00pm on Friday night July 26th.

13 hours is the strict time limit for all distances (10:00am on Saturday, July 27th). A final loop cutoff for the 50-mile may also be imposed.

Course Description

Each race course will be along the Arkansas City River asphalt path from downtown Wichita (Mid-America All Indian Center).

The courses are new this year and will again be USATF Certified and record eligible.

Times will be sent to the Kansas Road Running Records after the race. Please note that on a certified course, a GPS watch will read long. This is due to the certification process and the procedures that are followed.

Pacers WILL BE allowed for any portion of the 25K, 50K, 50-Mile (starting from A1 or A5)

Pacer are NOT allowed in the 5K / 10K

SPECIAL NOTE on headlamps: Headlamp/flashlight/shoelights or some kind of light source will be REQUIRED for the 25K, 50K and 50-Mile and RECOMMENDED for 5K and 10K. While ambient city lights should suffice for most of the course there will be several sections with minimal light and a headlamp will be best for your safety.

There will be volunteers and security officers along the course.

COURSE MAPS

5K: [5K Course](#)

10K: 10K Course will be two loops of the [5K Course](#)

25K: [25K Course](#)

50K: 50K Course will be two loops of the [25K Course](#)

50M: 50 Mile Course will be three loops of the [25K Course](#), plus this [50M Extra Section](#)

Aid Stations / Crew / Pacers

Please find all aid station mileage for each distance on the last page of this booklet.

There are a few *water stations* on the course that are NOT crew accessible. These stations will have water, ice, GU drink, and a few other options.

There are two *fully-stocked* stations on the 25K loop with water, ice, GU drink, and standard ultra foods including snacks, soups and a few hot options.

For the 25K, 50K, and 50 Mile, these *fully-stocked* stations are crew accessible, and you may have drop bags here. You may also pick up or switch your pacer here.

Fully-stocked stations:

A1 is at the [MAAIC](#)

25K: Start, Finish

50K: Start, 15.55mi, Finish

50 Mile: Start, mi, mi, Finish

A5 is at the [Big Arkansas River Park](#)

25K: 7.9mi, 10.7mi

50K: 7.9mi, 10.7mi, 23.45mi, 26.25mi

50 Mile: 11.3mi, 14.1mi, 26.85mi, 29.65mi, 42.4mi, 45.2mi

Crew – Any individual who provides material/emotional support to a runner in the event.

Pacer – Any individual who accompanies a runner for any distance greater than 100 yards at one time. Pacers are required to wear an official pacer's bib and follow the same guidelines as the runner; however, they do not receive awards/recognition for participation in the race.

PACERS MAY ONLY JOIN THEIR RUNNER IN THE 25K / 50K / 50 MILE AT A1 OR A5 (this does include the start)
PACERS ARE NOT ALLOWED IN THE 5K / 10K

Crews and Pacers may NOT meet their runner anywhere besides A1 and A5 during the event.

Drop Bags

Runners in the 25K / 50K / 50 Mile may have a drop bag at A1 and A5.

Drop bags are not required. Drop bags are supplied by you and packed with your own supplies that you may want at these stations (change of shoes/socks, your favorite running products, race fuel, etc.)

Please have your drop bags ready and dropped off at the designated location at the MAAIC by **8:30pm**. (You may have a total of 2 drop bags, one for A1 and one for A5)

Please have your drop bag labeled with the following:

- Aid station (A1 / A5)
- Your name
- Race bib number
- Race distance

Results / Awards

Timer Guys is providing LIVE online results for the race! They will be available at timerguys.com/results
Paper results will also be posted at the MAAIC.

All finishers of the 50K or 50 Mile will each receive a finisher belt buckle.
All finishers of the 5K, 10K, or 25K will each receive a finisher medal.

There will be awards in each distance for the top 3 overall male and female champions, plus top 3 male and female in each age group:
19 and Under, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

Questions

If you have questions, please feel free to reach out to us by email at info@timerguys.com

HAVE FUN!!!

Aid Station Mileage

5K:

A1: 0mi (Start)
A2: 2.15mi (water station)
A1: 3.1mi (Finish)

10K:

A1: 0mi (Start)
A2: 2.15mi (water station)
A1: 3.1mi (fully stocked station*, loop s/f)
A2: 5.25mi (water station)
A1: 6.2mi (Finish)

25K:

A1: 0mi (Start)
A2: 2.65mi (water station)
A4: 5.8mi (water station)
A5: 7.9mi (fully stocked station*)
A5: 10.7mi (fully stocked station*)
A4: 12.83mi (water station)
A1: 15.53 mi (25K Finish)

50K:

A1: 0mi (Start)
A2: 2.65mi (water station)
A4: 5.8mi (water station)
A5: 7.9mi (fully stocked station*)
A5: 10.7mi (fully stocked station*)
A4: 12.83mi (water station)
A1: 15.55mi (fully stocked station*, loop s/f)
A2: 18.2mi (water station)
A4: 21.35mi (water station)
A5: 23.45mi (fully stocked station*)
A5: 26.25mi (fully stocked station*)
A4: 28.38mi (water station)
A1: 31.07mi (50K Finish)

50 Mile:

A1: 0mi (Start)
A3: 2.55mi (water station)
A3: 4.5mi (water station)
A2: 6.05mi (water station)
A4: 9.2mi (water station)
A5: 11.3mi (fully stocked station*)
A5: 14.1mi (fully stocked station*)
A4: 16.23mi (water station)
A1: 18.95mi (fully stocked station*, loop s/f)
A2: 21.6mi (water station)
A4: 24.75mi (water station)
A5: 26.85mi (fully stocked station*)
A5: 29.65mi (fully stocked station*)
A4: 31.78mi (water station)
A1: 34.5mi (fully stocked station*, loop s/f)
A2: 37.15mi (water station)
A4: 40.3mi (water station)
A5: 42.4mi (fully stocked station)
A5: 45.2mi (fully stocked station)
A4: 47.33mi (water station)
A1: 50mi (Finish)

*Fully stocked stations (A1 and A5), will have Drop Bags and Crew access

A1 is at the [MAAIC \(start/finish/loop\)](#)

A5 is at the [Big Arkansas River Park](#)