



***Rock the
Stockyards 5K***

Saturday, August 10 at 7:30 pm

Participant guide

Welcome participants!

Thanks for being a part of Rock the Stockyards 5K. Please take a moment to review this participant guide. Inside you will find details to prepare you for race day. We are excited to have the Police Athletic League as our charity partner for the event. Have a great time at the event!



Police Athletic League



The Police Athletic League (PAL) is a place where kids can go to play sports, do homework and enjoy other activities. The PAL Center, located in the heart of the city, is staffed by eight fulltime KCMO Police officers and community volunteers. PAL provides free activities and programs that nurture character development through physical fitness and academic advancement for young people (ages 8-18), many of whom come from disadvantaged home settings. To learn more, please visit: www.kcpal.org

Packet pick up

Friday, August 9: 2-6 pm

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

*There is no packet pick up at the Lee's Summit store.

Saturday, August 10: 5:30-7:15 pm

At the Race Site:

West Bottoms - Intersection of American Royal Dr. & Wyoming Street
Just north of the new Hy-Vee Arena (Formally Kemper Arena)

About packet pick up:

- We will have a list of everyone registered, but it is helpful to bring a copy of your confirmation email (printed or on your phone).
- You are welcome to pick up packets for friends and family.
- Your packet will contain your bib, timing chip, and twist ties to attach the chip to your shoe.
- You will receive the shirt in the size you ordered. Exchanges can be made after the race starts
- If you decide not to run or walk or do not wish to be timed, please turn your timing chip in at packet pick up or mail to KC Running Company (200 E 135th St., Kansas City, MO 64145)



Race details - Sat. August 10

5K Start time: 7:30 pm

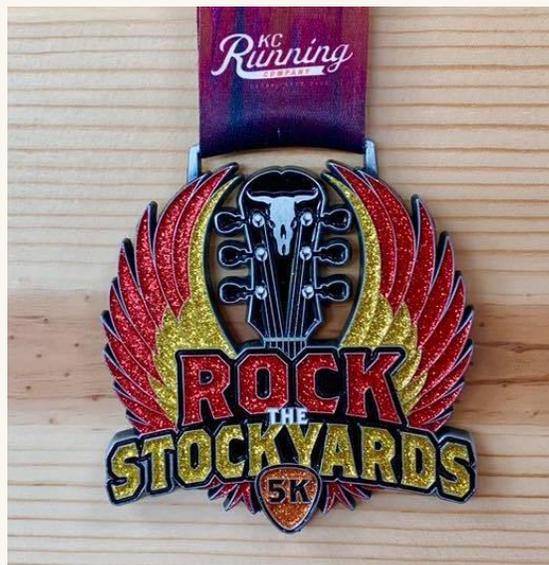
Start location:

WEST BOTTOMS - INTERSECTION OF AMERICAN ROYAL DR. & WYOMING ST
JUST NORTH OF THE NEW HY-VEE ARENA (FORMALLY KEMPER ARENA)

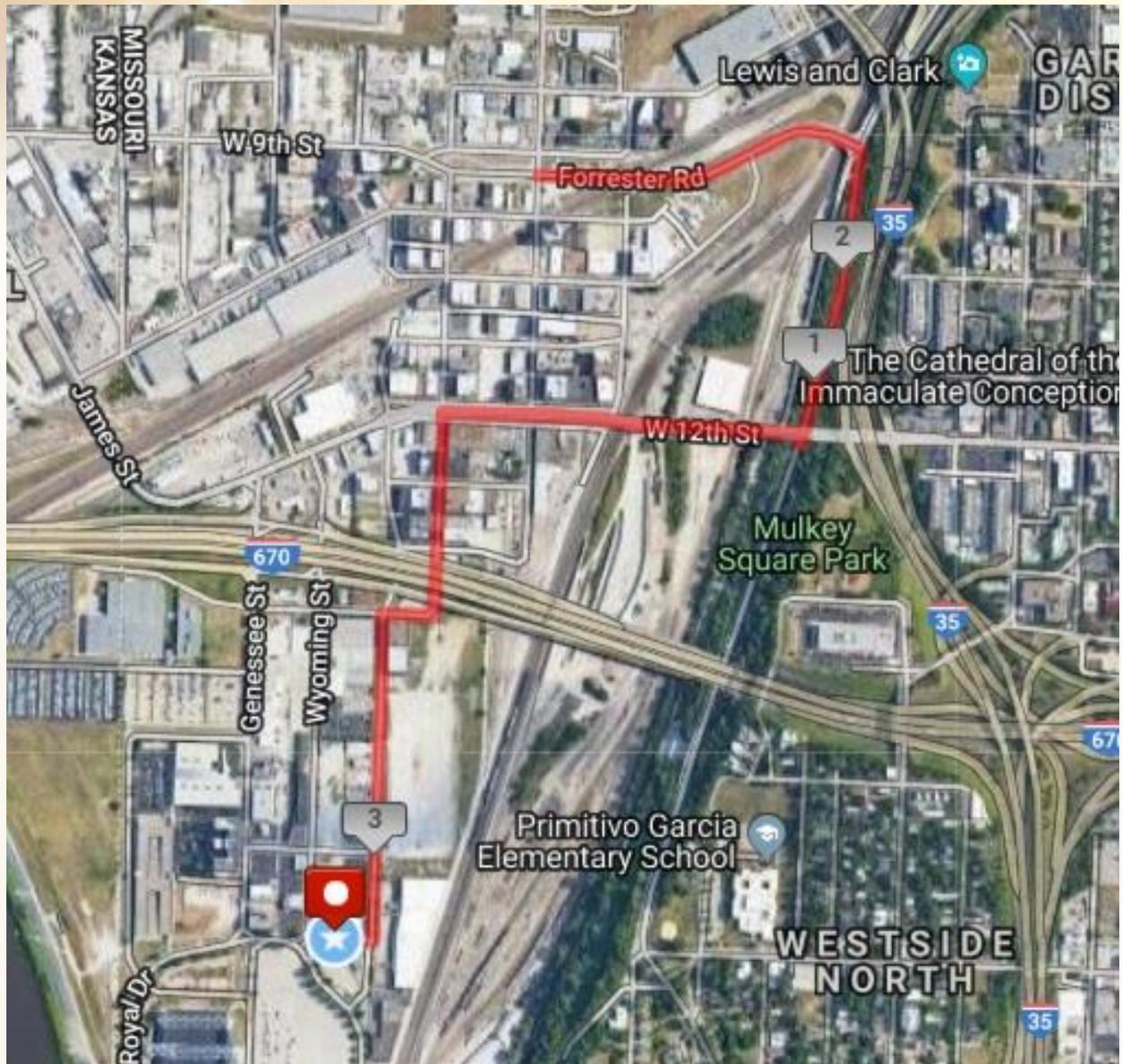
Concert follows the 5K

About race day

- The race will be bib chip timed - your start time will be when you cross the starting mats; finish time, when you cross the finish mats.
- The timing chip is attached to your bib, you must wear your bib if you want to receive a time.
- If it rains the race will still be held, but if it is unsafe to run or walk the race director reserves the right to cancel the event and no refunds will be given.
- Please line up according to your pace - faster runners in front, walkers and strollers in the back.



Course Map



Parking is available on streets and in lots throughout the Stockyards District, including the parking lot on the east side of HyVee Arena.

Awards

All awards will be given out at the event, awards will not be mailed. Participants will be given a finisher's medal as they finish the race.

There will be an awards ceremony on stage at 8:40 pm for the top overall male and female and top overall masters male and female only.

Age group awards will be given out at the results and awards tent as participants finish the race. The top three males and females in each age group will receive an award.

10 and under	30-34	55-59	80+
11-14	35-39	60-64	
15-19	40-44	65-69	
20-24	45-49	70-74	
25-29	50-54	75-79	

Results receipts will be printed onsite, results will be posted at www.kcrunningcompany.com shortly after the completion of the race.

Photos

Photos will be taken at the event and will be posted at www.kcrunningcompany.com and www.rockthestockyards.com within a day or two after the event.

Post-race concert

Stick around after the race for the concert by Minor Rewind near the finish line!



@kcrunningco

#rockthestockyards

