



November 10, 2018

8 am

Welcome runners!

Please take a minute to review this participant guide for all the race information you need. Thank you for joining us to support, and we hope you have a great race!

The 2018 Longview Half Marathon, 10K and 5K will benefit the Grandview High School Athletic Department and the Let Me Run program.

Let Me Run is much more than a running program for boys.

Our trained coaches combine exercise with fun activities and lessons to help boys learn teamwork, build relationship skills, create friendships, grow emotionally, amplify their self-esteem, empower themselves and others, and live an active lifestyle. We nurture and celebrate every aspect of what it really means to be a boy, and we let them run.

After every season, family, friends, and teachers are astounded by the transformation each boy makes. Let Me Run boys leave the program with a sense of accomplishment, a deeper belief in self, and a greater appreciation for their peers.



Schedule

Thursday (November 8)

1-6 pm

Packet pick up at Leawood KC Running Company Store
4760 W 135th St, Leawood, KS

Friday (November 9)

1-6 pm

Packet pick up at Lee's Summit KC Running Company Store
1555 NE Douglas St, Lee's Summit, MO

Saturday (November 10) - RACE DAY

Location: Longview Lake (9035 Pittenger Rd, Grandview, MO)

6:30 am - 7:45 am Packet pick up

8:00 am - Half Marathon starts

8:10 am - 10k starts

8:15 am - 5k starts



Important details

About packet pick up -

Packets will be organized alphabetically by last name.

We will have a list of everyone who is registered, but it is helpful to bring a copy of your confirmation email on your phone or printed.

You are welcome to pick up packets for friends/family but please coordinate with the person(s) to reduce confusion.

Please check that your packet has your correct name, gender, and age. Please notify us at packet pick up if anything is incorrect.

If you wish to switch shirt sizes, you must wait until after the race on Saturday.

VIP registrants will receive a wrist band and parking pass at packet pickup. MUST bring both to the race.

About race day -

The timing chip must be on your shoe. Your time will not be captured if the chip is in your 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 forget your timing chip, you will NOT be issued a new chip.

You may not transfer your registration to another person, event, or year.

VIP registrants must show parking pass and arrive before 7:45am to be allowed into VIP parking lot. Must have wrist band to be admitted to VIP tent

Please line up according to pace.

More on race day

Pacers: We have recruited the SmartPacing Team managed by the Runners Edge Training Program for this year's race. Instead of running an even pace for each mile, they will use a SmartPace strategy that adjusts the pace based on the hills to help you run "even effort" and start out conservatively to help run more efficiently. Please note: you must maintain a 14-min/mile pace or faster.

There will be pacers for the following times. 1:35, 1:40, 1:45, 1:50, 1:55, 2:00, 2:05, 2:10, 2:15, 2:20, 2:25, 2:30, 2:40, 2:50, 3:00

Bag Drop: there will be a complimentary bag drop for all participants located near the start/finish area. For safety reasons, you cannot bring/leave your own bag. All items must be placed in one clear plastic bag provided at packet pickup and at the bag drop on race morning. Clothing discarded along the race course and not placed in the bag drop will be collected for donation.

Aid Stations: aid stations with water and Gatorade will be located approximately every two miles along the course

Restrooms: there will be restrooms located near the start/finish area as well as along the course

Post-race: as you cross the finish line, you will receive a medal. Mylar blankets, food, water, coffee, and more will be available to you after the race

Results and photos

Personalized results receipts will be printed on-site. Wear your bib number to receive a receipt that shows your chip time and place within your age group.

Full results will be posted at www.kcrunningcompany.com and the Longview Half Marathon website at the completion of the race.

Awards will be given out at the event to the overall male and female winners, the overall master male and female winners, and the top three males and females in each of the following age groups: 14 and 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+.

There will also be awards for the "Fastest Dam Runner" - there is section near the dam that will have timing mats at the start and finish of "Fastest Dam Runner" race within the race. The fastest male and female on this portion of the course will receive an award. The awards for the Fastest Dam Runner will be mailed out after the race.

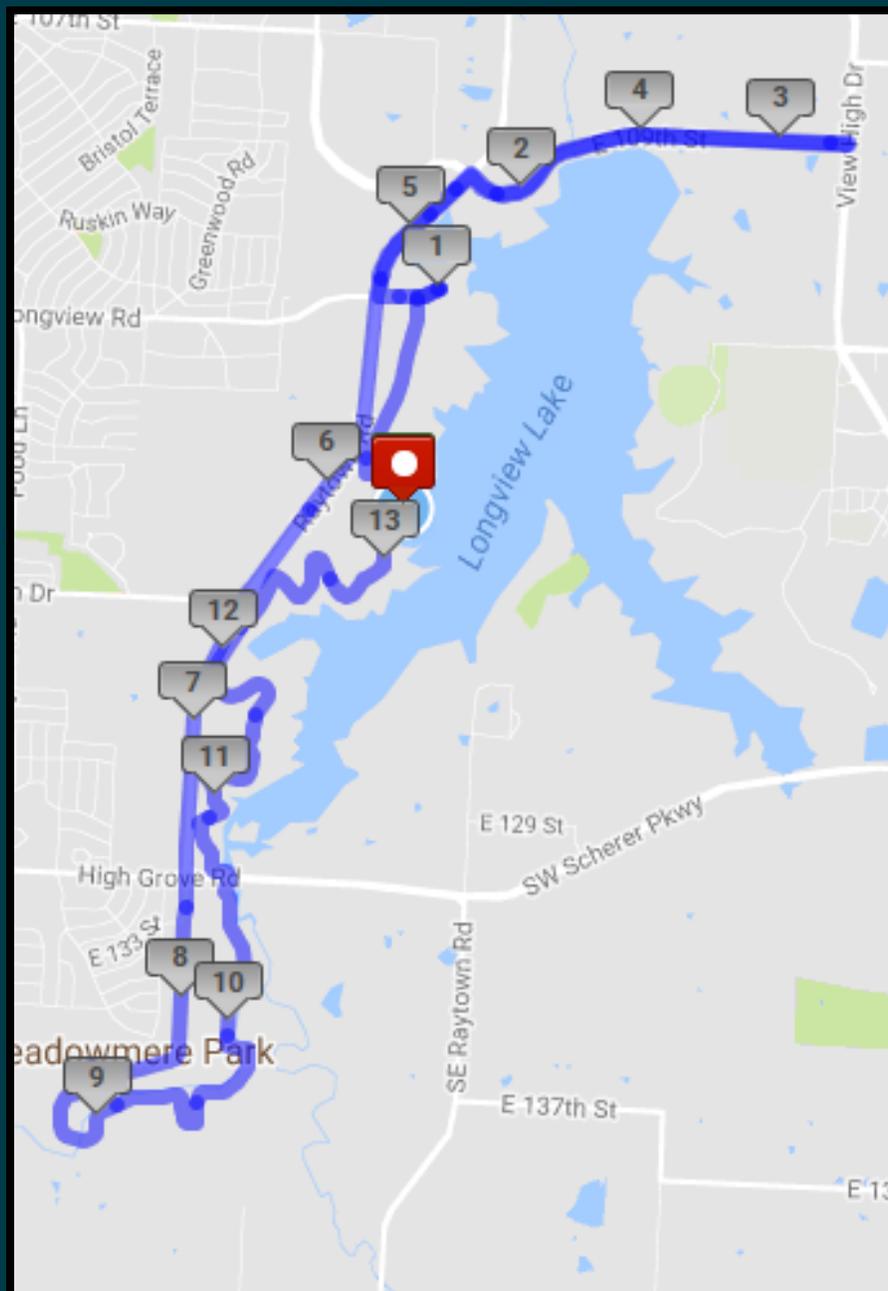
All other awards must be picked up at the race, and will not be mailed.

Photos will be taken at the race and will be available within 48 hours after the race at www.kcrunningcompany.com. Photos will be free to download.

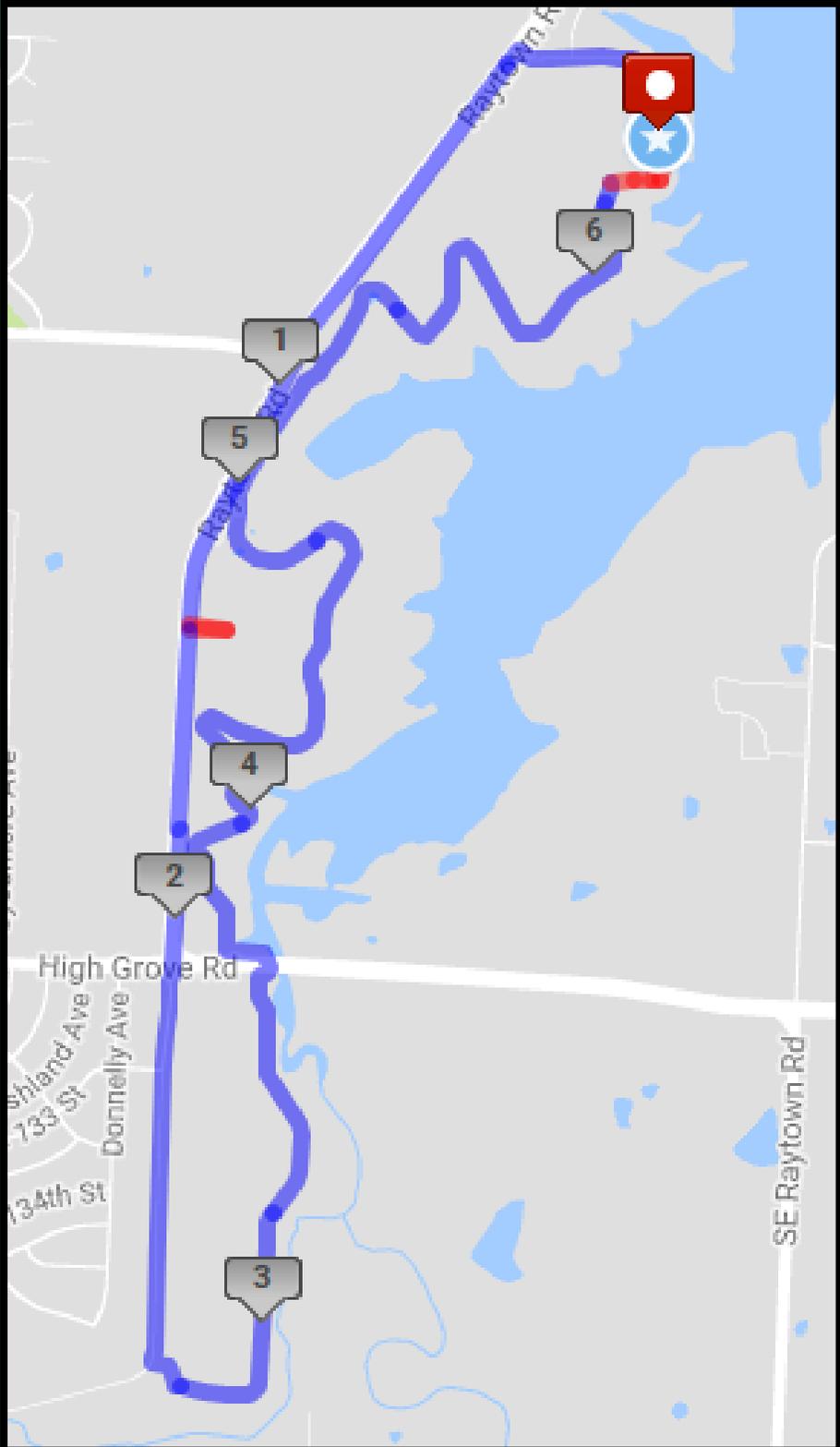
Follow us on Facebook, Twitter, and Instagram @kcrunningco and share your race day photos with us using #LongviewHalf

Course Maps

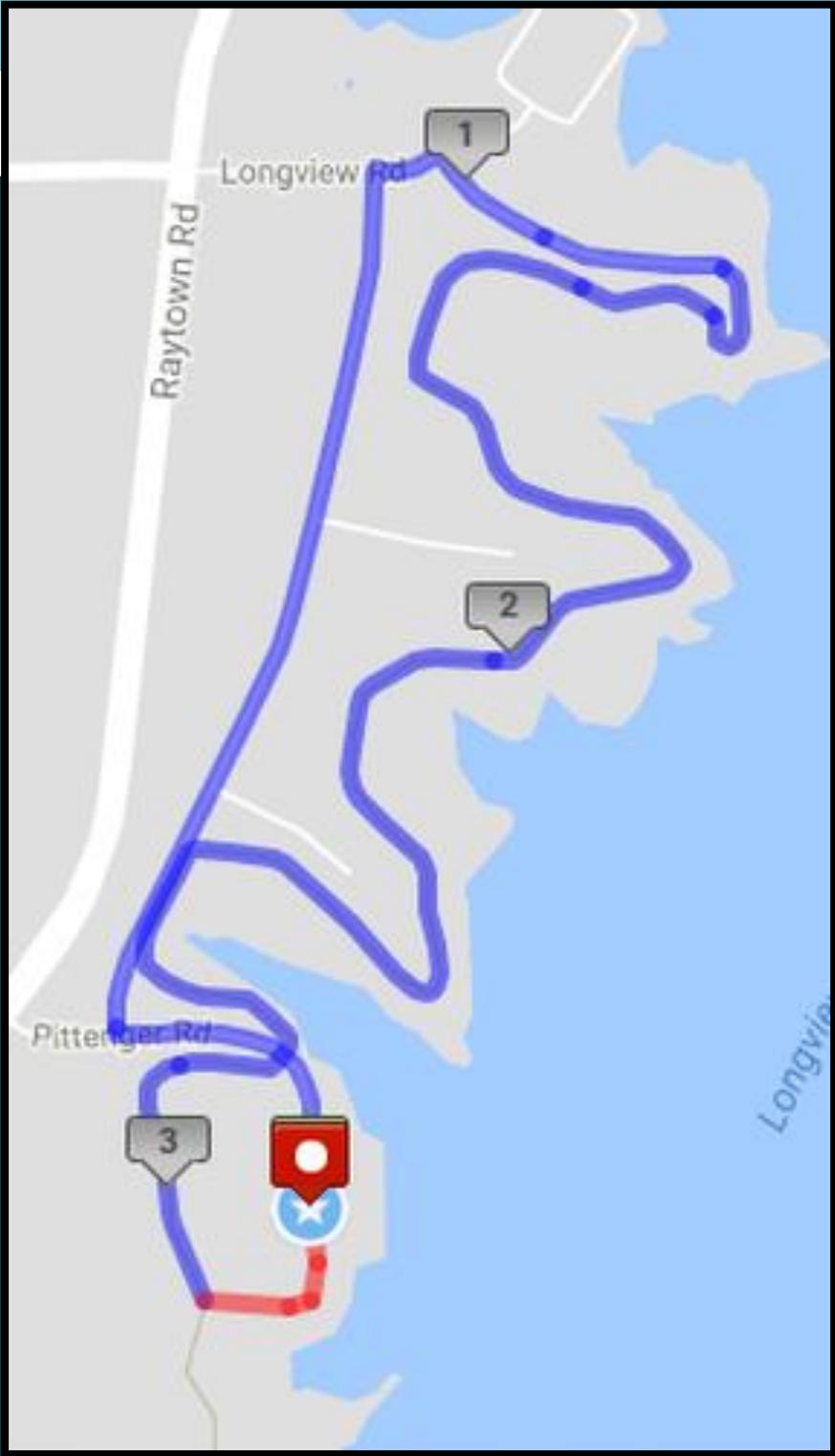
Half Marathon



10K Course



5K Course



PARKING MAP



Please note: there are several routes to get to the Raytown Road parking areas. Main routes will be busier than alternative routes. The following is meant to give ideas of possible routes and not exact directions.

From Kansas:

Main route - 470 to Raytown Road/ south on Raytown road to beach entrance

Alternative routes:

- Hwy 71 to Longview Road go East on longview road / South on Food Lane / east on Harry S. Truman Drive/ North on Raytown road to beach entrance
- Hwy 71 to Main st (in Grandview, MO) / east on Main st / Main St turns into High Grove/ North on Raytown road to Pittenger Road beach entrance

Coming from the East:

Main route - 470 to Raytown road/ south on Raytown road to Pittenger Road beach entrance

Alternative Route: South on View High Dr. / West on 109th / South on Raytown Road to Pittenger road beach entrance

Thank You for Participating!

