

INDEPENDENCE *Half* MARATHON

PARTICIPANT GUIDE

SUNDAY, MAY 7 2017

7:00 AM

HILTON GARDEN INN

19677 E JACKSON DR.

INDEPENDENCE, MO

Dear Registrant,

Thanks for taking part in the 2nd Annual Independence Half Marathon & 5k. Please take a moment to review this participant guide. Inside you will find race details to help you be informed on race day. Please make note of the course as it has changed due to road construction. Have a great run and don't forget to grab your finisher's medal at the finish line.

Packet Pickup

Friday, May 5th

Packet Pickup 12PM - 6PM

The Running Well Store

418 SW HWY 291

Lee's Summit, MO 64063

Saturday, May 6th

Packet Pickup 12PM - 4PM

Natural Grocers

19019 E 48th St.

Independence, MO

Race Day packet pickup is available from 5:45AM - 6:30AM however it is strongly suggested you pick up the packets prior to race day if possible as the race will start promptly at 7AM.

Race Day Schedule

Packet Pickup & Race Day Registration – 5:45–6:30AM

DJ Led, Fun Warm Up – 6:40AM

Half Marathon Starts -7:00AM

5k Starts – 7:10AM

5k Award Ceremony – 8:00AM

Half Marathon Award Ceremony 9:00AM

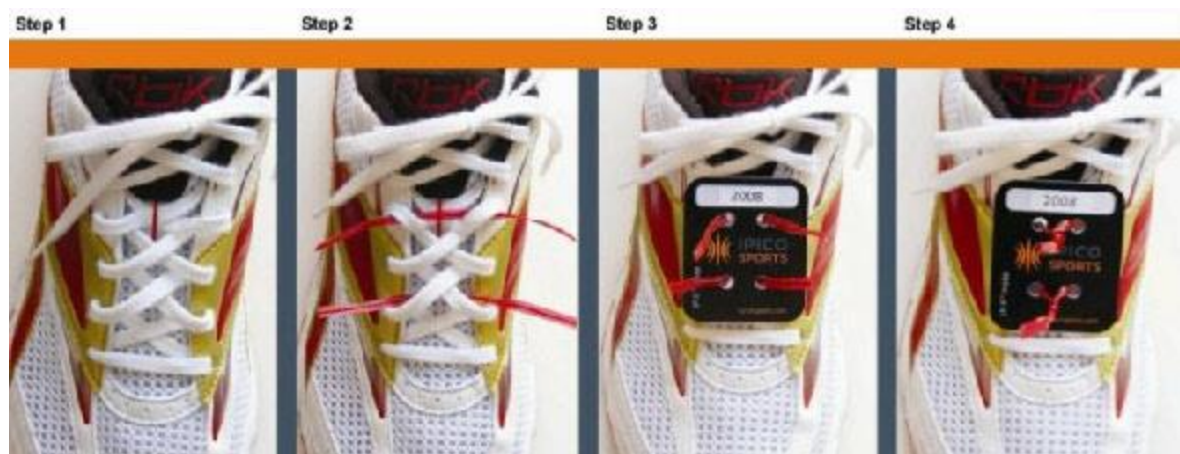
Race Day Information

Faster runners please line up in the front and walkers and strollers please line up in the back of the field. You will be chip timed so your official time will not start until 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 and family as well. Please make sure you have your bib attached to the front of your shirt. Inside your packet you will find your timing chip along with two twist ties, please secure this to your shoe as shown below **if you do not wear your timing chip on your shoe you will not receive a chip time** for the event. Please return your timing chip at the end of the run in one of the buckets or mail it back to us. Bodies HF, 1100 SE Century Dr, Lee's Summit, MO 64081

Timing Chip



Parking

Parking will be available in the surround parking lots of the Hilton Garden Inn. We do ask that you not park in the Hilton Garden Inn parking lot as we need to leave that available for their guests and we will be using the lot in front of the Hereford House for vendors and the start line. Please try to park in the back of parking lots farthest away from the doors of any shops or restaurants so we do not disrupt their business and shoppers. We really appreciate your help and understanding with this!



Course Maps

Course maps are online at:

<https://bodiesracecompany.com/bodies-events/independence-half-marathon/>

All the routes will be out and back courses and water stations will be placed about 1.5 to 2 miles apart along the route. For Half Marathon runners we will have port a potties on the course for you as well at your last aid station.

Post Event

Results

Be sure to stop by the Bodies Health & Fitness results tent and view your results. The top three runners in each age group will win an award as well.

- You can also check results on your phone or computer [here](#)

Photos

Photos from the event will be available to view shortly after the event, we will share the link directly to the photo album on our Facebook page. Click [here](#) to follow our page!

Thanks for your participation and we hope to see you soon!

