



STARS & STRIPES 5K

JULY 1ST @ 7:30AM

PRAIRIE FIRE SHOPPING CENTER

OVERLAND PARK, KS

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 - Battle Buddy Service Dogs

Battle Buddy Service Dogs is a veteran operated, non- profit 501(c) 3 organization that provides U.S. military veterans diagnosed with service related Post Traumatic Stress Disorder (PTSD) or Traumatic Brain Injury (TBI) with service dogs. They pair rescued dogs with the veterans, and train them together to build a trusting bond similar to the battle buddy the veteran had while serving. Studies show that 80% of the veterans experience improvement in their symptoms when paired with a service dog. If the Battle Buddy Service Dog program can improve the quality of life for veterans and their loved ones then we have fulfilled our mission.

For more information about this organization go to www.battlebuddyservicedogs.org



**Battle Buddy
Service Dogs**



Schedule

Packet Pickup - Saturday, June 30th 12 - 4PM

KC Running Company Store Leawood Location

4760 W. 135th St., Leawood, KS

Race Day - Sunday, July 1st

Prairie Fire Shopping Center - 5661 W 135th St, Overland Park, KS

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+

Awards not picked up at the race can be picked up at the KC Running Company Store in Leawood and will not be mailed out.



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.

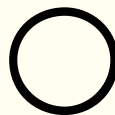
Timing Chips

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
411 E 135th St
Kansas City, MO 64145



COURSE MAP



PARKING MAP



Parking will be available at the Prairie Fire parking garage, located close to the start and finish of the event.



Sign up to get a text or email notification of results!

- The Stars & Stripes 5K is offering text or email notifications of your results shortly after you cross the finish line!
- If you want to receive a notification and did not sign up for this when you registered, click the link below
 - Search for your name
 - Click "Result Notifications" in the far right column
 - Enter your phone number and/or email address and click "Set Up Notifications"

Finisher's Certificate

After the race, you can view or print a finisher's certificate like the one below!





Thank you for participating in the 2018
Stars and Stripes 5k



**Battle Buddy
Service Dogs**