



STARS & STRIPES 5K

JUNE 30TH @ 7:30AM

OVERLAND PARK, KS

PRAIRIEFIRE SHOPPING CENTER

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 - Missouri Patriot Paws

Missouri Patriot Paws (MPP) was established in December 2013 to provide the training of service dogs for Missouri veterans and first responders with Post Traumatic Stress Disorder (PTSD)/Traumatic Brain Injury (TBI). MPP is a non-profit organization operating under EIN # 46-5300374.

Please, visit Missouri Patriot Paws on FACEBOOK, for updates and pictures of current clients and their service dogs!!!



Schedule

Packet Pickup - Saturday, June 29th 12 - 4PM

KC Running Company Store - Martin City

200 E. 135 Street, Kansas City, MO

Race Day - Sunday, June 30th

Prairiefire 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+



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.

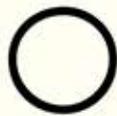
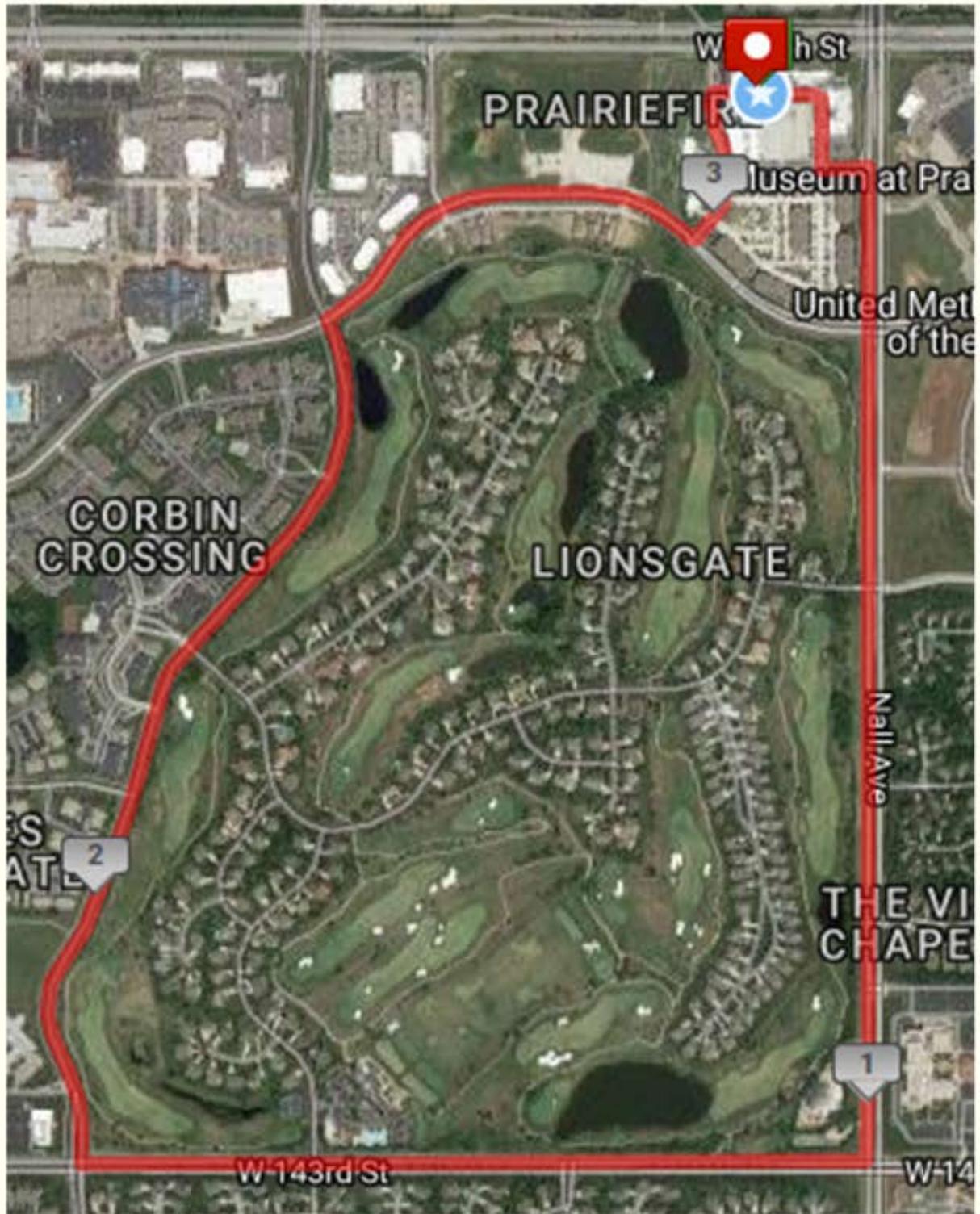
Timing Chips

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
200 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.



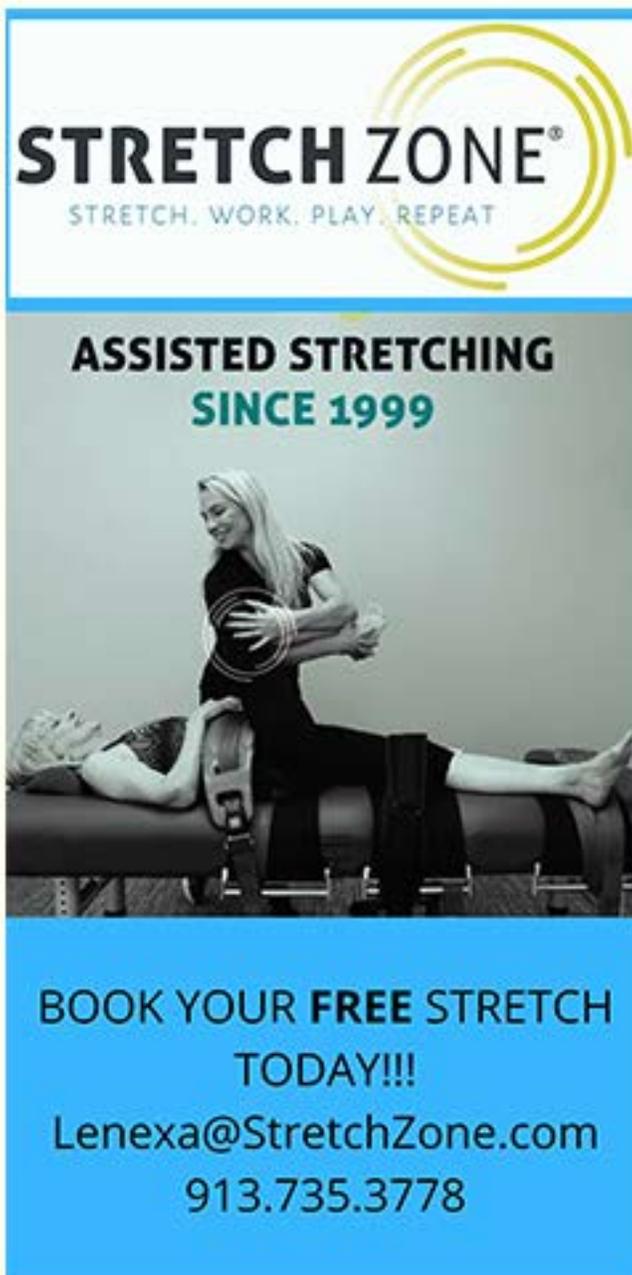
RESULTS

Find your results after the race at starsandstripes5k.com or by scanning the QR code on your bib.



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Thank you for participating in the 2019
Stars and Stripes 5k

