



Participant Guide

Packet Pickup:

July 3rd, 12 PM to 6 PM

Garry Gribble's Running Sports
Inside Ward Parkway Mall
8600 Ward Parkway, KCMO 64114

July 4th, 6 AM to 7:25 AM

In front of Broadway Shoes (the starting line) on the west side of Ward Parkway Mall

*You can pick up packets for other runners if they know you're picking it up. No confirmation number is needed.

Schedule of Events:

6 AM-7:25 AM: Packet pick-up and race day registration

7:00 AM: Zumba Warmup

7:30 AM: 4 Mile Run/Walk begins

7:45 AM: Post race festivities begin

8:30 AM: Awards Ceremony

8:45 AM (or after last 4 Mile finisher): Kids Fun Run

Course Map:

Race starts at 7:30 AM on the west side of the Ward Parkway Center in front of Broadway Shoes. Line up next to your pace sign at the start, according to the pace you'll run.

Kids Fun Run will start just east of the tunnel and run towards the same finish line as the 4 Mile Run/Walk (Kids Run is approximately 200 yards).

Your time is recorded when you cross the start line. There's no need to try and get around other runners until you get to the start line.



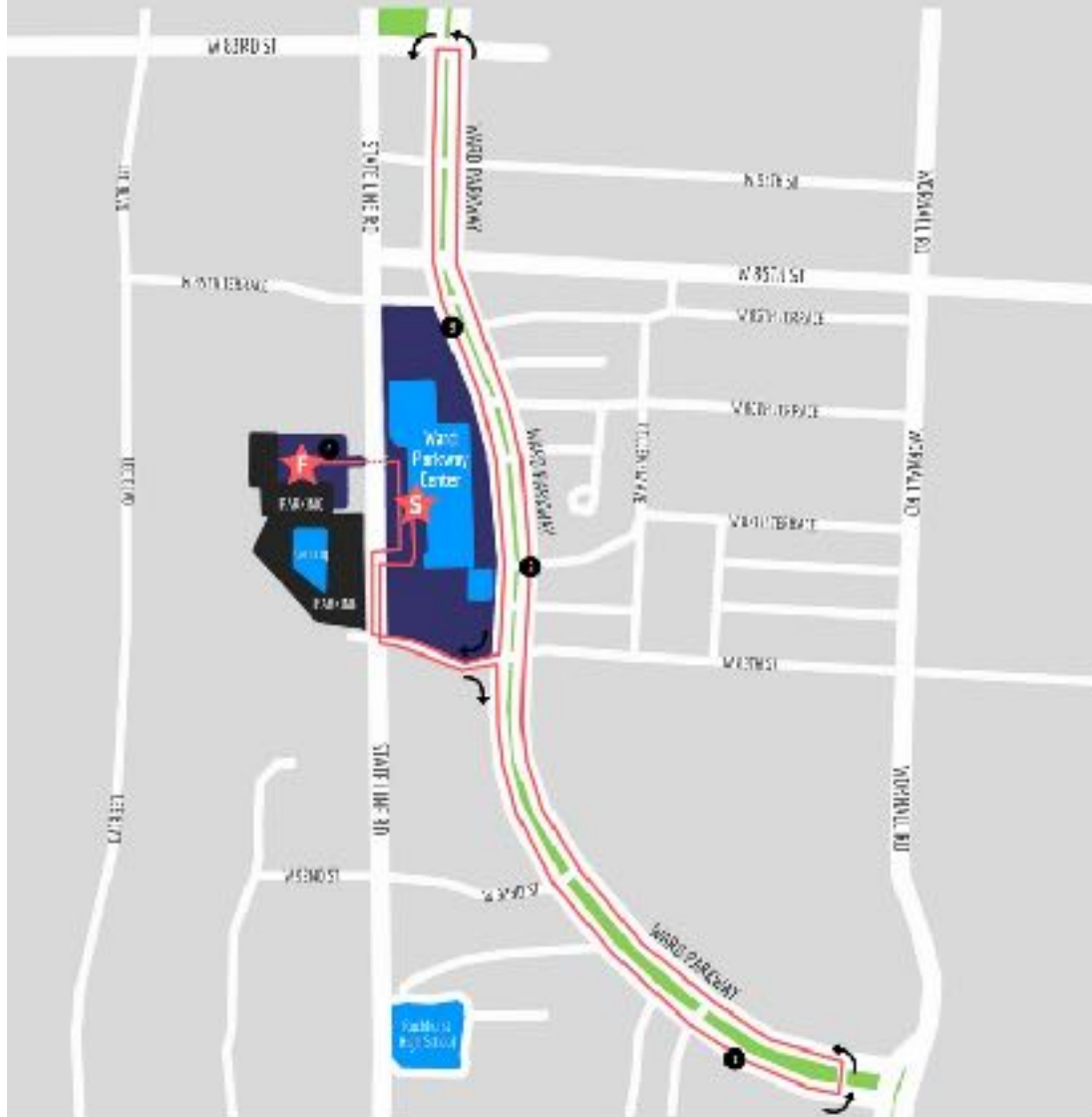
#4onthe4th

Ward Parkway
FOUR
ON THE 4TH

Start in Missouri,
finish in Kansas!

July 4 - 7:30AM

wardparkwayfouronthefourth.com



The race will finish in the overflow lot on the west side of State Line Road. (Please park in the overflow lot, on the West side of State Line, to easily get to your car after the race)

*Towards the end of the race, you'll pass through the tunnel, your actual finish line lies another 100 yards ahead, down the LARGE hill. Don't stop after the tunnel!



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Parking:

The best place to park is on the west side of State Line Road in the overflow lot or office building parking. Then walk through the tunnel to the start line. When you finish the race, your car will be adjacent to the finish area. There's also parking by the pavilion shops at the south end of the mall.



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Kids Fun Run:

Get your little ones involved by registering them to participate in the Kids Fun Run! At the conclusion of the 4-Mile run (approx. 8:45 AM), we'll begin the kids fun run on the east side of State Line Rd, in the Ward Parkway Center parking lot. They'll run through the tunnel and end at the same finish line.

Each child will receive a shirt, bib number, goodie bag and a finisher's medal as they cross the finish line.

Post-Race:

Celebrating afterwards is the payoff! Once you finish, pick up a root beer float, check your results and have the kids do our obstacle course bounce house. (hoola hoops and other games included!)

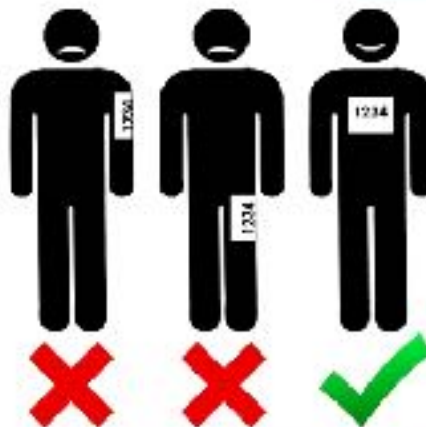
We'll also have a photo backdrop (with props) for that ideal July 4th photo, plenty of giveaways from our [Sponsors](#) (fresh juice included!) and food.

Be sure to look through your packet pick-up bag for discounts and coupons from our sponsors and merchants.

Timing:

This event is timed using a disposable chip on the back of your bib number. Pin your bib number to the FRONT of your outfit. No need to return your chip when you are done!

WANT TO GET YOUR RESULTS?



WEAR YOUR BIB CORRECTLY!



Results:

Results will be posted immediately upon crossing the finish line! Go to the results kiosk near the finish line, and simply type in your bib number to find your finish time and placement.

Receive results directly to your mobile phone, Facebook and Twitter page, [sign up here](#)



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Photos and Videos:

SeeKCRun will be present to capture great memories and pictures will be posted to www.seekcrun.com within 24 hours after the race!

A short video clip of you crossing the finish line and finish line photos will be included with your results within 24 hours after the race!

The results will also be posted to our website www.wardparkwayfouronthefourth.com.

Awards:

There will be special awards for:

- Top 4 Overall Male & Female finishers
- Top 4 Male/Female finishers in the following age groups: 9 & under, 10-14, 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, 80+
- Fastest team of 4+
- Best dressed teams of 4+

Everyone will receive a finishers medal upon crossing the finish line.

If you need to leave before the awards are announced, go to the "Awards" table next to the DJ and you can pick up your award.

Didn't get your award at the race? email info@resultskc.com

Sweet 16 Race Series:

Four on the 4th is one of four races in [The KC Sweet 16](#) race series. If you entered the series, this is the third race with the last one being the Kansas City Zoo Run in September. If you didn't get into the Series this year, be sure to sign up for 2018! Registration will open at the Kansas City Zoo Run.

Virtual Run:

If you are participating in the race as a virtual participant, simply pick up your packet, shirt and finisher medal at packet pickup. Then run/walk the distance whenever and wherever is convenient. Email info@resultskc.com the time it took to complete your run.

If you are unable to pick up your packet, it will be available at the RaceDay Events office (208 W 79th St, KC, MO 64114) beginning the Monday after the race. Please email us before you stop by.

If you did not originally sign up for the virtual race but need to switch to the virtual option, email at info@resultskc.com as soon as possible or let us know at packet pickup.

Medical Tent:

Look for the medial tent to take care of any minor cuts you may have.

Strollers:

Strollers Welcome! Please line up with the walkers so everyone is safe.

Note: No runners with headsets, motorized vehicles, roller blades, bikes or dogs will be allowed on the course as our insurance policy does not cover these.



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Sponsors:

We would like to thank the following for their donations:

- **Garry Gribble Running Sports**- gift cards and giveaways
- **Simple Science Juices** - fresh juice
- **Starbucks**- Iced coffee and iced tea on the Starbucks patio close to the race start
- **Trader Joes**- 6 gift baskets of food and the post-race bananas
- **Genesis Health Club**- Our Zumba warm-up & 300 3-day memberships
- **Einstein Bros**- post-race bagels
- **Massage Heights**- Six \$50 gift cards for a massage or facial
- **Apex Ortho** – for providing a medical tent
- **Royals** - 4 game vouchers
- **Leah Smith Farmer's Agency**
- **Missouri Beef Industry Council**
- **Elite Chiro Care** – Gift certificates for our overall winners
- **Fountain City Roller Derby** – providing course monitors
- **Culligan Water** – water for our runners - bottles and aid stations
- **Health and Wellness Mobile** – Free health screenings
- **Team Fidelis** – Presenting the colors and national anthem
- **Quick Trip** – coffee
- **Topgolf** - Gift cards for our overall winners
- **Waterway Carwash** - Gift certificates for car washes to winners
- **Charlestons** - Gift card for winners
- **DZ Radio Tunes** - entertainment
- **Red Bull Wings Team** - Free Samples

Our Benefit Organization:

Ward Parkway Four on the 4th is proud to support [Shriners Hospitals for Children](#) providing the highest quality care to children with neuro-musculoskeletal conditions, burn injuries and other special healthcare needs. The Shriners will be helping in the parking lots on race day so be sure to thank them!



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