



# Participant Guide

## Packet Pickup:

July 3<sup>rd</sup>, 12 PM to 6 PM [Garry Gribbles Running Sports](#)

Inside Ward Parkway Center, 8600 Ward Parkway, KCMO 64114

July 4<sup>th</sup>, 6 AM to 7:25 AM Ward Parkway Pavilion

Outside at the Restaurant Pavilion on the East side of the center facing State Line Road.

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

**Concierge Pick-Up for Groups:** Save time and have us pull your shirts and bib numbers before you arrive! Send each group members name and we'll package them together for easy pick-up. Email your participant info to [info@resultskc.com](mailto:info@resultskc.com) by July 2nd to take advantage!

## Schedule of Events:

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

7:10 AM: Zumba Warmup

7:30 AM: 4 Mile Run/Walk begins

7:45 AM: Post race festivities begin including inflatable obstacle course, corn hole and more

8:15 AM: Awards Ceremony at the stage

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

9:00 AM Live Band

10:00 AM Restaurants open

## Course:

Race starts at 7:30 AM at the South end of the Mall, outside of the Restaurant Pavilion. Line up next to your pace sign at the start, according to the pace you'll run. *Map is on the last page of this guide.*

Kids Fun Run will at 8:45 AM or when the last 4 mile finisher crosses the line.

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.

## Parking:

The best place to park is in the parking garage with entrance on the east side of the center or in the parking lots on the west side of the center. There is a sidewalk from the garage between the Mall and Pavilion to the start line. There is also parking on the west side of State Line.



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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). Have your kids stick around for our inflatable obstacle course!

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 more. Play corn hole at Smitty's.

We'll also have a photo backdrop for that ideal July 4th photo, plenty of samples and giveaways from our [Sponsors](#), snacks and a live band that starts playing at 9 AM.

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

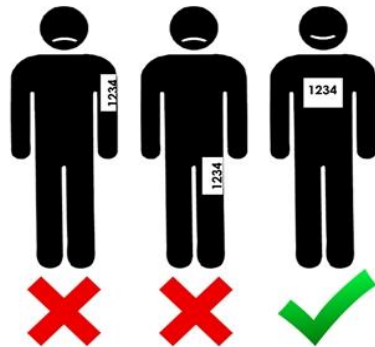


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## Timing:

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 with the numbers upright. The chips do not work if your bib is turned sideways. 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 type in your bib number to find your finish time and placement. Click here for results after the race. [Results](#)

Receive results directly to your mobile phone, Facebook and Twitter page, [sign up here](#). The results will also be posted to our website [www.wardparkwayfouronthefourth.com](http://www.wardparkwayfouronthefourth.com).

## Photos and Videos:

SeekCRun will be present to capture great memories and pictures will be posted to [www.seekcrun.com](http://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!

## 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 to pick up your award.** Didn't get your award at the race? email [info@resultskc.com](mailto:info@resultskc.com)



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## 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 2020! Registration will open at the Kansas City Zoo Run.

## Virtual Run:

If you are running in the race as a virtual participant, pick up your packet, shirt and finisher medal at packet pickup. Do not go to the computer to get a chip assigned to you. Then run/walk the distance whenever and wherever is convenient.

If you are unable to pick up your packet, it will be available at the RaceDay Events office at 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 [info@resultskc.com](mailto:info@resultskc.com) as soon as possible or let us know at packet pickup.

## Medical Tent:

Look for the medical tent close to the finish line 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 motorized vehicles, roller blades, bikes or dogs will be allowed on the course as our insurance policy does not cover these.

## Sponsors:

We would like to thank the following for their donations:

- **Garry Gribble Running Sports**- gift cards and giveaways
- **Belfonte** – Ice Cream for the root beer floats.
- **Trader Joes**- 6 gift baskets of food and the post-race bananas
- **Genesis Health Club**- Our Zumba warm-up & 300 30-day memberships
- **Massage Heights**- Six \$50 gift cards for a massage or facial
- **Apex Ortho** – for providing a medical tent
- **Leah Smith Farmer's Agency**
- **Elite Chiro Care** – Gift certificates for our overall winners
- **Team Fidelis** – Presenting the colors and national anthem
- **Waterway Carwash** - Gift certificates for car washes to winners

## Our Benefit Organization:

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 and along the course on race day so be sure to thank them!



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