



Participant Guide

Packet Pickup:

July 3rd, 12 PM to 5 PM [Garry Gribbles Running Sports](#)

Inside Ward Parkway Center, 8600 Ward Parkway, KCMO 64114

Garry Gribbles gives a 20% discount to all runners who have their bib at packet pick up!

July 4th, 6 AM to 7:25 AM Ward Parkway Pavilion

Outside at the Restaurant Pavilion on the West side of the center facing State Line Road and just north of 89th St.

Concierge Pick-Up for Groups:

Save time and have your shirts and bib numbers pulled before you arrive! Email each group members first and last name to info@resultskc.com by midnight the day before packet pickup and we will package them together for easy pick-up. When you arrive at packet pickup, DO NOT GO TO THE COMPUTERS! Look for the Concierge sign and go directly to that area.

Runners may pick up another runner's packet by simply giving us their name. Let your friends know you are picking up their packet before you do so. Runners must take the shirt they ordered and can trade sizes after packet pickup closes on race morning in the packet pickup area.

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

8:15 AM: Awards Ceremony at the stage

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

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.* Your time starts when you cross the start line.

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



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Parking:

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



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). Each child will receive a short sleeve cotton shirt, bib number, goodie bag and a finisher's medal.

Post-Race:

Celebrating afterwards is the payoff! Once you finish, check your results, pick up some treats. We will have root beer floats and Hurts donuts will be open.

Look for the photo backdrop for that ideal July 4th photo, plenty of samples and giveaways from our [Sponsors](#).



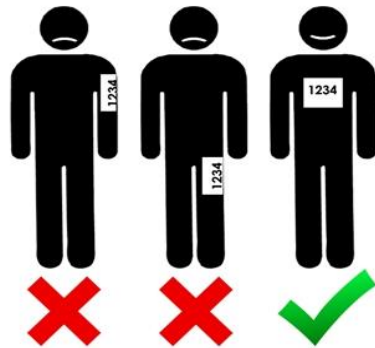
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Be sure to look through your packet pick-up bag for discounts and coupons from our sponsors and merchants.

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 shirt with the numbers upright. The chips do not detect well 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 www.resultskc.com

Photos and Videos:

Photographers will be present to capture great memories and pictures will be posted to www.resultskc.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:

All participants will receive a finisher's medal upon completing the race.

There are special awards for, the fastest team of 4+, and the best dressed team of 4+.

Awards will be given in each distance to the top four male and female finishers overall, as well as to the top four finishers in the following age groups: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-80, 80+



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The Awards table will be located within the Finish Line Festival area close to the DJ and Results Tent. First check your results at the Results Kiosk. If you placed in the top 4 overall or in your age group come to the Awards table to claim your award. If you need to leave before awards are announced, we are happy to give you the award early. Don't even have time for that? Friends can pick up awards for you. If you are unable to pick up your award at the race, email info@resultskc.com to let us know you want your award. The RaceDay Events office is a house converted to office space at 208 W 79th St, KC, MO 64114. You can pick up anytime beginning the Tuesday after the race. Your award will be in a pickup bin in the basement stairwell in the back of the house off the circle driveway. The pickup bins are outside and available to you 24/7 so you can stop by when it is convenient for you with no need to check in with us again.

Virtual Run:

If you are participating in the race as a virtual participant, you or a friend can pick up your packet, shirt and finisher medal at packet pickup. Tell the volunteers you are a virtual runner and look for the Virtual Runner sign. We will have your packet pulled ahead of time. **DO NOT GO TO A COMPUTER** to have a bib number assigned to you! Complete the distance whenever and wherever is convenient.

If you are unable to pick up your packet before the race, email info@resultskc.com to let us know you want your packet. The RaceDay Events office is a house converted to office space at 208 W 79th St, KC, MO 64114. You can pick up anytime beginning the Tuesday after the race. Your packet will be in a pickup bin in the basement stairwell in the back of the house off the circle driveway. The pickup bins are outside and available to you 24/7 so you can stop by when it is convenient for you with no need to check in with us again.

If you did not originally sign up for the virtual race but need to switch to the virtual option, email 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 injuries you may have.

Strollers:

Strollers Welcome! Please line up behind the runners 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. If you choose to wear earbuds, use only one so you can hear any instructions from police and volunteers.

Sponsors:

We would like to thank the following for their donations:

- **Garry Gribble Running Sports**- Gift cards and giveaways
- **Trader Joes**- Gift baskets of food and the post-race bananas
- **Genesis Health Club**- Our Zumba warm-up & 300 30-day memberships
- **Apex Ortho** – Providing a medical tent



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- **Elite Chiro Care** – Gift certificates for our overall winners
- **Team Fidelis** – Presenting the colors
- **Waterway Carwash** - Gift certificates for car washes
- **Smoothie King**- Discount coupons
- **Torchy's Tacos**- Discount coupons

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.

MAP:



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