

BURNS & McDONNELL

# ROCK THE PARKWAY

## KANSAS CITY

### HALF MARATHON | 5K



BURNS & MCDONNELL  
**ROCK THE PARKWAY**  
KANSAS CITY  
HALF MARATHON | 5K

2017

**PARTICIPANT GUIDE**

# Welcome

We're excited to welcome you to the 2017 Rock the Parkway Half Marathon and 5K, presented by Burns & McDonnell. Celebrating its eighth year, Rock the Parkway has become one of the largest and most popular half marathons in the Midwest.

Once again, we are proudly supporting our charity partner, Science City. After the race, participants, volunteers, and their families can enjoy free admission to Science City April 8-9 with their race bibs, shirts or volunteer confirmation emails. While you're there, visit the interactive Get in the Action exhibit, funded by Rock the Parkway.

We'd like to thank our presenting sponsor, Burns & McDonnell, all of our event sponsors, and the hundreds of volunteers who make this event possible each year. Finally, a very special thanks goes out to the City of Kansas City and Kansas City Parks and Recreation for allowing runners and walkers to enjoy the beauty of Ward Parkway.

Thank you for joining us and have a great race!

KC Running Company



# Charity

We're excited to have the opportunity to partner with Kansas City's science center, Science City, as the Rock the Parkway beneficiary for the eighth straight year. Science City is a modern science center whose home in Kansas City's Union Station features interactive exhibits and hands-on experiences that are so much fun you won't realize how much you're learning.

We are proud to offer another Rock the Parkway Family Weekend at Science City on April 8-9. As a Rock the Parkway participant or volunteer, you can get in FREE just by showing your race bib or volunteer confirmation at Union Station ticketing at the time of purchase. Each participant can bring up to four friends or family members!



## BURNS & McDONNELL ROCK THE PARKWAY KANSAS CITY HALF MARATHON | 5K

### Contents

- Schedule of Events
- Packet Pickup/Expo
- Race Day Information
- Results and Awards
- Photos
- Course Maps
- Parking Map
- Sponsors

# Schedule

## Thursday, April 6

- 2-7 p.m.      Packet pickup and expo  
Drive 5 Sports Center (formerly the Pepsi Ice Center) 12140 W. 135<sup>th</sup> St. Overland Park, KS

## Friday, April 7

- 11 a.m.-7 p.m.      Packet pickup and expo  
Drive 5 Sports Center (formerly the Pepsi Ice Center) 12140 W. 135<sup>th</sup> St. Overland Park, KS

## Saturday, April 8

- 6 a.m.-7:15 a.m.      Packet pickup at Burns & McDonnell  
9400 Ward Parkway, Kansas City, MO
- 7:30 a.m.      Half Marathon begins
- 8:00 a.m. (approx)      5K begins
- 8:15 a.m.      Post-race plaza opens
- 10:45 a.m.      Live music at post-race plaza ends



# Packet Pickup/Expo

**Date/Time:** **Thursday, April 6** from 2-7 p.m.

**Friday, April 7** from 11 a.m.-7 p.m.

**Location:** **Drive 5 Sports Center** 12140 W. 135<sup>th</sup> St.,  
(formerly Pepsi Ice Center) Overland Park,  
KS

- We will have packets for everyone who is registered, organized by wave for half marathon participants.
- Please bring a copy of your confirmation email, either printed or on your phone, so you will know which wave you are in.
- Pick up your packet early to ensure you receive the shirt size you ordered. You will be given the shirt size listed on your registration. Unworn shirts can **ONLY** be exchanged after the race in the post-race area at Burns & McDonnell.
- Registration fees are non-refundable and registrations cannot be transferred to another person, another event, or another year.
- Please make sure your age is correct and your name is spelled correctly on your packet.
- To switch races, please email [Joann@kcrunningcompany.com](mailto:Joann@kcrunningcompany.com) by Tuesday, April 4 or go to the race director's table at the expo. You will NOT be allowed to switch races on race morning.

**Know your wave!** Packets will be organized by waves. The wave you selected can be found at the top of the participant guide email, your confirmation email, or on your RunSignUp account.

Wave AA - elite

Wave A - under 1:45

Wave B - 1:45-1:59

Wave C - 2:00-2:09

Wave D - 2:10-2:19

Wave E - 2:20-2:29

Wave F - 2:30-2:39

Wave G - 2:40+

Packets not picked up at the expo on Thursday or Friday may be picked up on race morning from 6 - 7:15 am at the corner of Summit and Ward Parkway. **We suggest this only if you are unable to come to the expo as the race will start at 7:30 am regardless of the number of participants waiting for packets.**

# Race Info



Rock the Parkway is the first race of the Heartland 39.3 Series — three half marathons in five weeks. Learn more at [www.heartland393.com](http://www.heartland393.com)

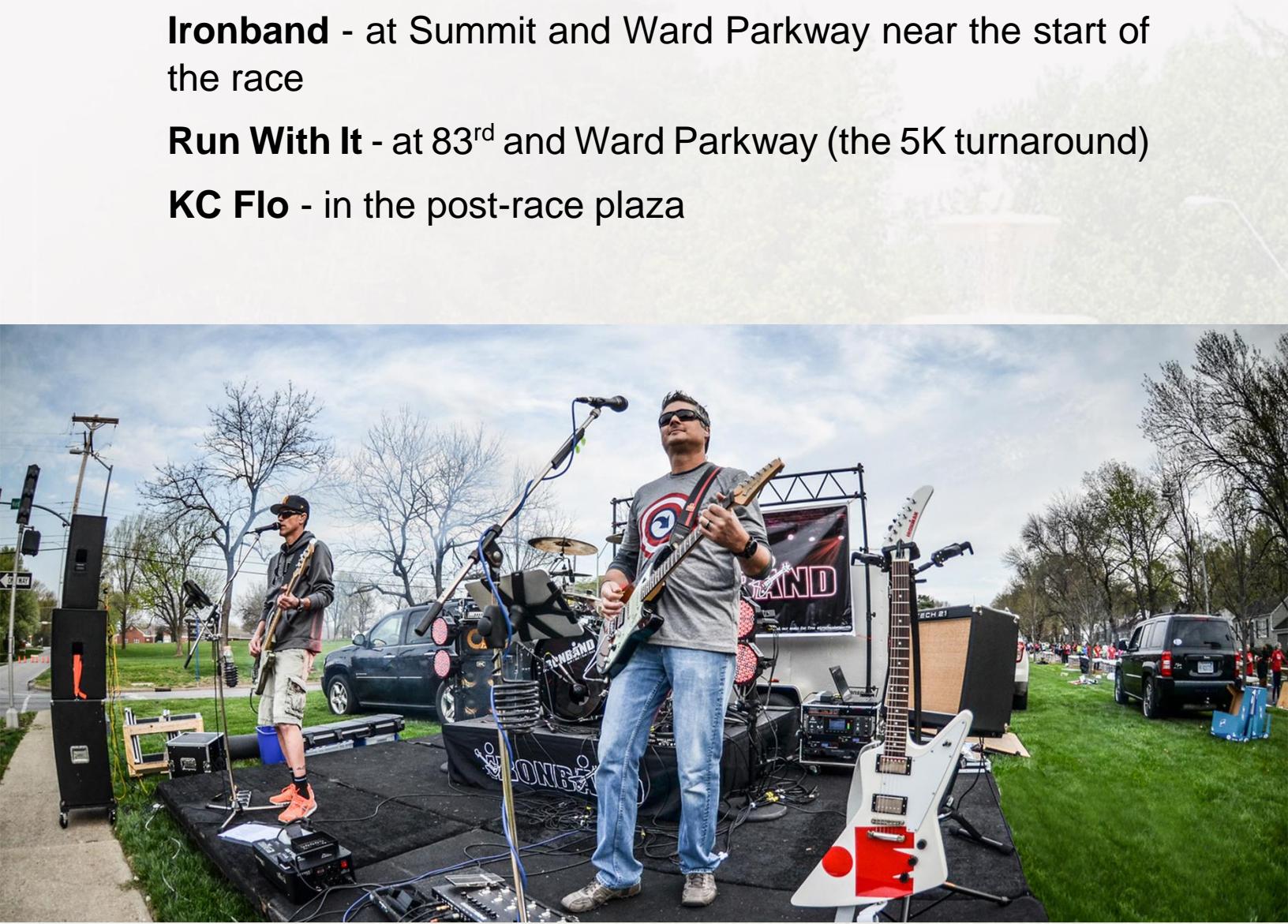
**Heartland 39.3 Series participants**, please stop by the Heartland 39.3 Series booth at the Rock the Parkway expo to get your Series shirt.

**LIVE MUSIC! Enjoy great music at Rock the Parkway from these bands!**

**Ironband** - at Summit and Ward Parkway near the start of the race

**Run With It** - at 83<sup>rd</sup> and Ward Parkway (the 5K turnaround)

**KC Flo** - in the post-race plaza



# Race Day Info



Your bib number will tell you which wave you chose during registration.

On race morning, line up in the starting corral near the wave sign that matches the color of the wave stripe on your bib number.

If you wish to change waves, you do not need to notify us, but we ask that you only move back in the starting chute to a slower wave.

## Timing chips

The race will be timed using IPICO chips that must be attached to your **SHOE**. In your packet you will receive the chip and twist ties to be used to attach it. Your time will not be captured if your timing chip is in your hand, pocket, or anywhere other than your shoe.

If you forget your timing chip on race morning, visit the tent at Summit & Ward Parkway to see if we can assist. There is no guarantee that you will receive a replacement timing chip if yours is lost or forgotten.



## Course time limit

Please note: Half marathon participants must maintain a pace of 14 minutes per mile or faster. Failure to do so may result in participants being asked to leave the street and move to the sidewalk or shoulder on the course and you may have limited access to aid stations, performers or vendors, including food and drink at the finish line.

# Race Day Info

**AID STATIONS** are located along the course. The half marathon course has 7 aid stations with water and Gatorade. The fifth aid station just past mile 8 has GU. The 5K course has 1 aid station. See course map for locations.

**RESTROOMS** are available in several locations: near the start chute at Summit Street & Ward Parkway, in the post-race plaza at Burns & McDonnell, and along the course near the aid stations.

**BAG DROP** is located at Burns & McDonnell. For security reasons, do not bring your own bag; you will be provided a clear plastic bag at the bag drop.

We are required to pick up clothing items dropped at the start or on the course to keep the chute safe for finishers and to keep our race neighbors along the course happy, so please be advised that anything that is left anywhere other than at the bag drop (on the finish chute fencing, on the ground, in the trees, at an aid station, etc.) will be picked up and donated.

**MEDICAL** care is provided by an on-site medical team, led by Dr. Michael Khadavi of Apex Orthopedics and Sports Medicine. The medical team consists of over 25 medical volunteers strategically placed throughout the race course and in the medical tent at the finish line, ensuring prompt communication for any issues that arise along the course. **Please fill out the emergency contact information on the back of your bib number.**

Dr. Michael Khadavi is an Overland Park native who completed his Sports and Running Medicine fellowship at Stanford University. He specializes in the non-operative care of all orthopaedic and musculoskeletal conditions at Apex Orthopedics and Sports Medicine. Dr. Khadavi also directs Runsafe Kansas City, the running gait analysis program that facilitates injury prevention and treatment through a multi-disciplinary approach to running biomechanics.

**PACE TEAMS** for the 2017 Rock the Parkway Half Marathon are provided by SmartPacing. Runner's Edge SmartPacing teams use a strategy that adjusts the pace based on the course to help you run with an "even effort" and start out conservatively to help run more efficiently. At the race, look for pace leaders who will be carrying flags with expected finish time. Pace wristbands are available at the expo at the Runner's Edge booth. [Meet your Rock the Parkway pacers here.](#)

**SmartPacing**  
pace teams

We'll lead you to your goal



# Results and Awards

## Post-race plaza

Once you finish the race, join us at the Burns & McDonnell event plaza for food, beverages, results, awards, and entertainment! The post-race plaza is open for participants from 8:15 a.m.-11:00 a.m.

**FINISHER'S MEDALS** are awarded to all half marathon participants as they finish the race.

**INDIVIDUAL RESULTS** are printed on-site for participants with a bib number.

**FULL RESULTS** will be posted to [www.kcrunningcompany.com](http://www.kcrunningcompany.com) upon completion of the race.

**AWARDS** are given out at the event after you pick up your results receipt. If you are unable to pick up your award at the race, it will be available at the KC Running Company store in Leawood, Kansas starting the Monday after the race (4760 W 135th St, Leawood, Kansas). **Awards will not be mailed.** (Cash prizes are not given out at the race and will be mailed within a month of the race).

Awards are given to the top overall finishers and masters winners in both the half marathon and 5K events as well as to the top three male and female finishers in each age group:

14 and 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	75-79	80+

Cash prizes are awarded to the top five male and female finishers, and top four masters male and female finishers, and bonuses are available to the top finishers if they break the course records. See more information about cash prizes on the event website.

# Photos

**PHOTOS** will be taken at the event and will be posted within a few days following the race. They will be free, searchable and downloadable! Take advantage of the Selfie Station in the post event area to take your own photo in front of the event backdrop.

Share your photos with us from the event on [Facebook](#), [Twitter](#) and [Instagram](#)! #RocktheParkway #kcrunningco



## Results notification via text/email

Rock the Parkway is offering text or email notifications of your results.

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"

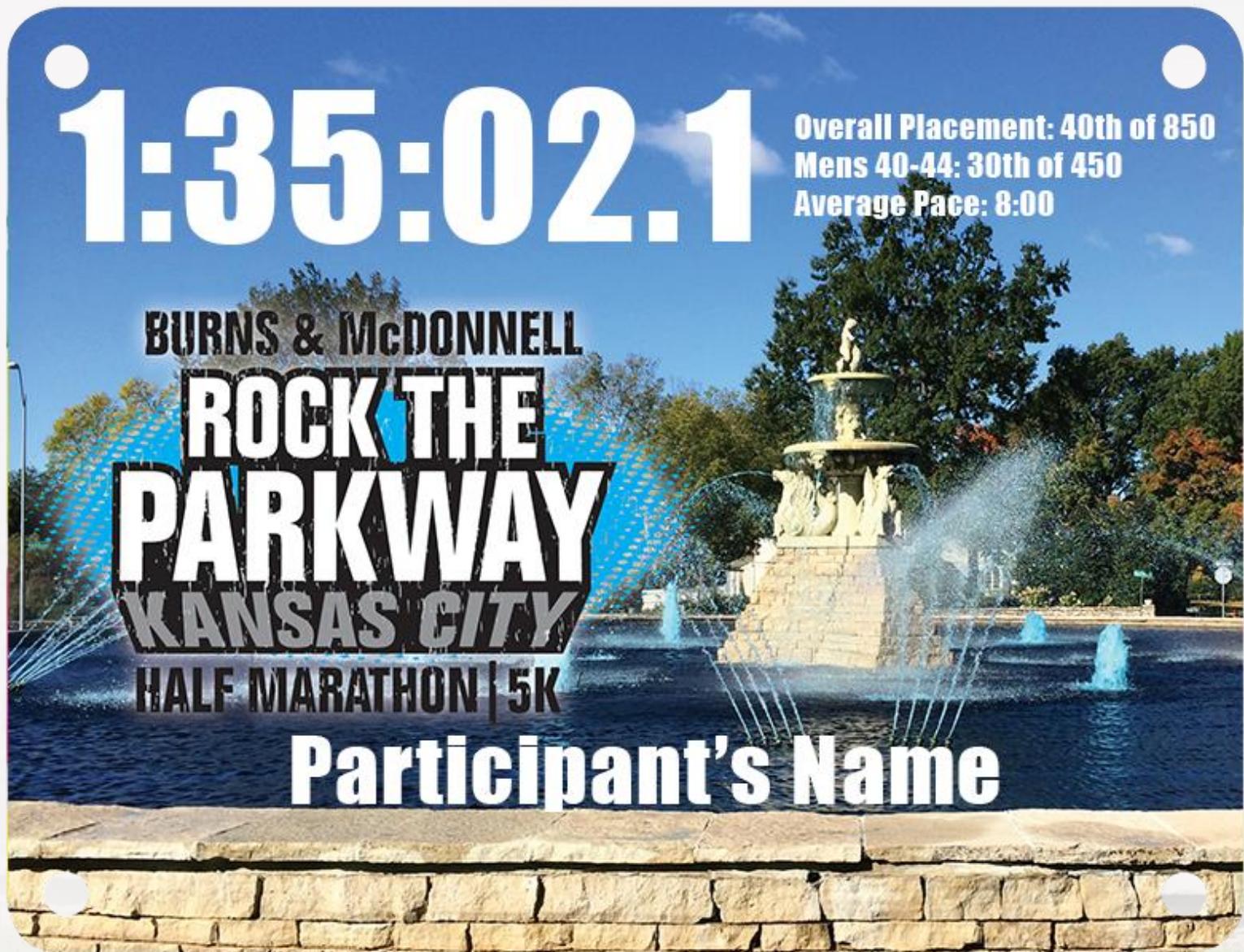
**[Sign up for a text or email notification here.](#)**

# Finisher's Certificate

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

View your results [here](#) or click "Verify Registration" on the Rock the Parkway website; then click the tab labeled "Results".

Search for your name, click on it, and then click "View Certificate".



# Joy Alert! This Race is in RaceJoy!



Available for Apple  
and Android devices.



**Live Phone Tracking!**  
**GPS Progress Alerts**  
**Send-a-Cheer!**

A new way to  
experience the  
race!

## Download RaceJoy Today!

### Questions?

Email: [support@racejoy.com](mailto:support@racejoy.com)

Website: [racejoy.com](http://racejoy.com)

See RaceJoy Buzz Alerts or FAQ in App

Like us on Facebook to see what  
races are offering RaceJoy!



# Key Race Day Features!



## Live Tracking

Live GPS Phone Tracking  
GPS Progress Alerts - at every mile!  
Audio Cheer Clips  
NearMe Proximity Alerts  
MeetUp



## Progress Alerts

GPS-based progress alerts at every mile including pace and estimated finish time.



## Send-a-Cheer

Send entertaining, motivational audio cheer clips or custom personal messages with text-to-cheer.

Both the race participant and spectators must purchase the 99 cents PhoneTrak upgrade. The race participant must carry their phone and enable tracking on race day.

**Alert:** Make sure the spectator logs in as themselves or we will track their phone and not yours.

[Reset My Race](#)

Click to Reset for New Start Time

Participants! Come back on race day and click the Start My Race button as you cross the start line.

Be sure to follow the in-app prompts to ensure proper setup of the various features available to you on race day.

If you have any questions about RaceJoy for this race, contact [support@racejoy.com](mailto:support@racejoy.com). We're happy to help!

# Parking



Please help us be able to continue to hold this event in the future and park in the designated areas on this map. Please only park in the areas highlighted in yellow on the map and not where you see the red P on the map, such as in the lots on the north side of Ward Parkway and along Madison Street near Ward Parkway. Those areas are not available to race participants and could result in you getting towed.

# Plaza 10K – September 10, 2017

Join us for Kansas City's favorite 10K, the Plaza 10K on September 10 on the County Club Plaza! The early bird discount price ends on Sunday, April 9 so sign up today and save at [www.plaza10K.com](http://www.plaza10K.com)!



TRAIN   RACE   SHOP



Visit us at two locations

Leawood, KS  
4760 W 135th St.  
Leawood, KS

Lee's Summit, MO  
1555 NE Douglas St.  
Lee's Summit, MO

[www.kcrunningcompany.com](http://www.kcrunningcompany.com)



BURNS & McDONNELL  
**ROCK THE  
PARKWAY**  
KANSAS CITY  
HALF MARATHON | 5K

APRIL 8, 2017

**5K**

**ELEVATION**



BURNS & McDONNELL  
**ROCK THE  
 PARKWAY**  
 KANSAS CITY  
 HALF MARATHON | 5K

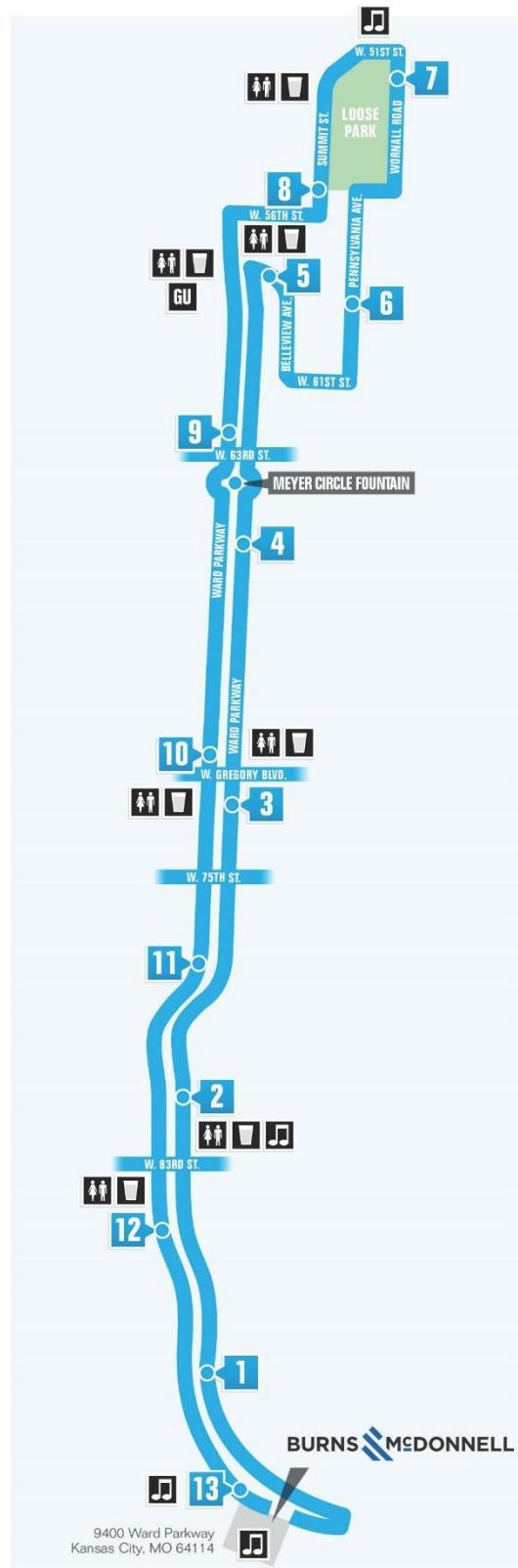
APRIL 8, 2017

# HALF MARATHON

## ELEVATION



- RESTROOMS
- WATER STATION
- LIVE MUSIC
- GU STATION



# Sponsors

Thank you to our sponsors and volunteers!

## Presenting sponsor



## Sponsors



t.Loft

