



MYASTHENIA GRAVIS ASSOCIATION

**TRIPLE CROWN**

12<sup>th</sup> ANNIVERSARY

**5.21.2023**

TOWN CENTER PLAZA | 8AM  
LEAWOOD, KS

**5K RUN, MILE MOSEY & TOT TROT**

**2023 PARTICIPANT GUIDE**

# Schedule of Events

## Saturday, May 20th

### Packet Pickup

10:00 am - 2:00 pm

Town Center Plaza  
5025 W 117th Street  
Leawood, KS 66211

(North side in the former Justice space – between the old Bravo and Sushi House)

## Sunday, May 21st

### Race Day Packet Pickup

6:45 am – 7:45 am

Town Center Plaza – Race Start/Finish Area  
5025 W 117th Street  
Leawood, KS 66211

(North parking lot in front of the old Justice space)

8:00 am – 5k Race Start

8:10 am – Mile Mosey Start *(please see additional information below)*

9:10 am – Tot Trot Start

Awards will be given out throughout the event starting at 8:45 AM.

Results will be posted shortly after the race and can be found on our website at [www.mga5k.com](http://www.mga5k.com) or by scanning the QR code below.



# Race Day Information

## Packet Pickup

Saturday packet pickup is strongly encouraged, but if you can't come out on Saturday, please arrive early on Sunday. Packet pickup on race day morning will run from 6:45-7:45 am. You are welcome to pick up packets for friends and family as well. Just be sure they know you are doing so to avoid confusion.

## Raffles & Merchandise



We will have hats available for sale at the race benefiting the MGA as well as over 40 amazing raffle prizes. Be sure to bring money so you don't miss out.

## VIP Tent

Our VIPs are people who are living with myasthenia gravis. On Race Day, please head on over to the VIP tent and pick up your special VIP Swag Bag. Are you a volunteer with myasthenia gravis? Make sure you also stop by and get your special swag bag!



## Before the Race

Please line up according to your pace. We ask that faster runners be in the front with walkers and people with strollers or dogs lined up in the back.

## Weather

Our event is held rain or shine. We will watch the weather in the days leading up to the race and make an announcement if we need to adjust the time. In the event the race is cancelled due to severe weather, there will be no refunds.

## Race Company

A huge thank you to Bodies Race Company for helping the MGA with our annual Triple Crown Showdown race event.

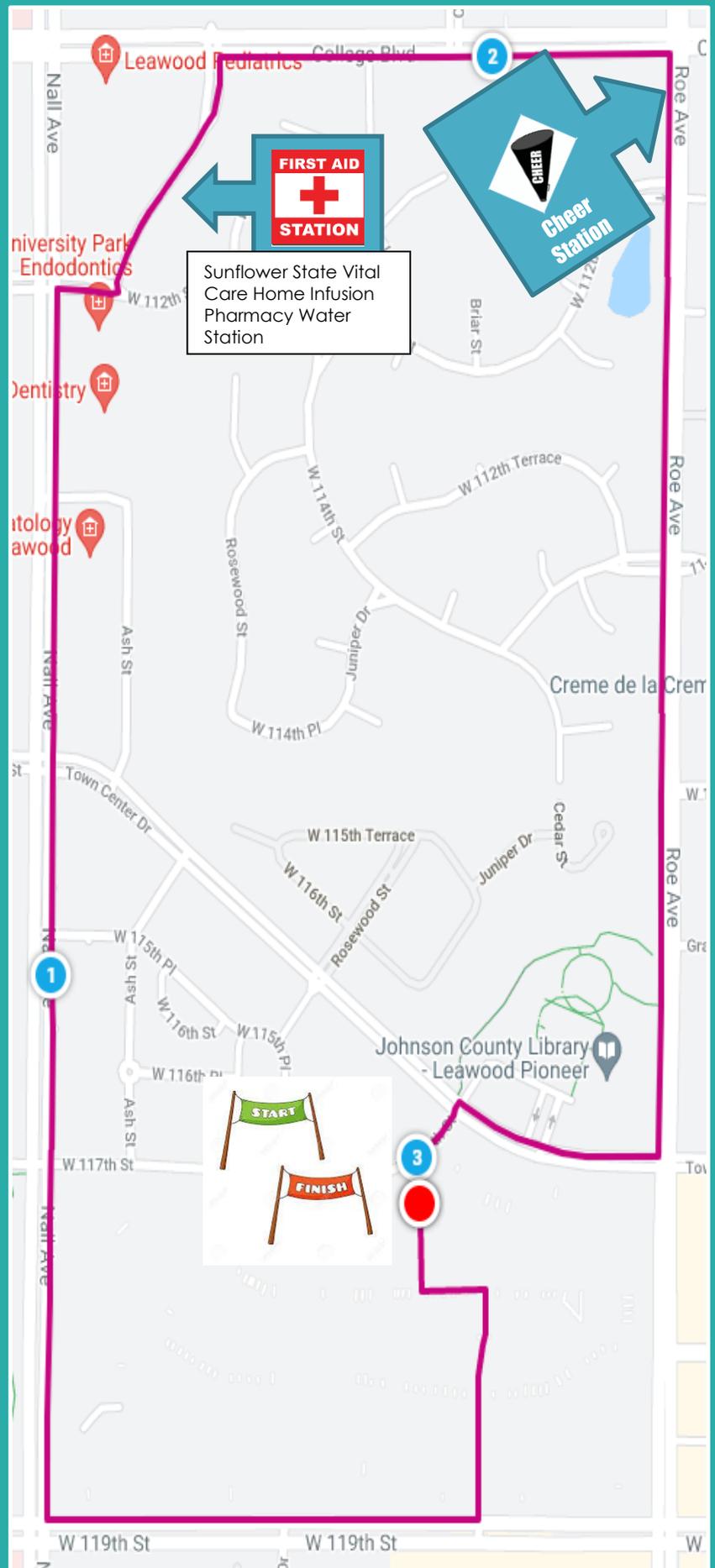
# Course Map

The MGA 5k and Mile Mosey will start and finish on the north side of Town Center near old Bravo and Macy's. The 5k route will take you around Town Center and nearby neighborhood. We will have an aid station 1.5 miles in. Watch for cheerleaders cheering you at mile 2! This is a flat and quick course!

This year, the Mile Mosey will be led by MGA friend and patient, Amanda Foster. If you plan on walking the mile, please line up behind Amanda, who will lead our walkers with a teal pennant banner. The Mile Mosey route starts with the 5k route and then breaks off to take a lap around the Town Center stores.

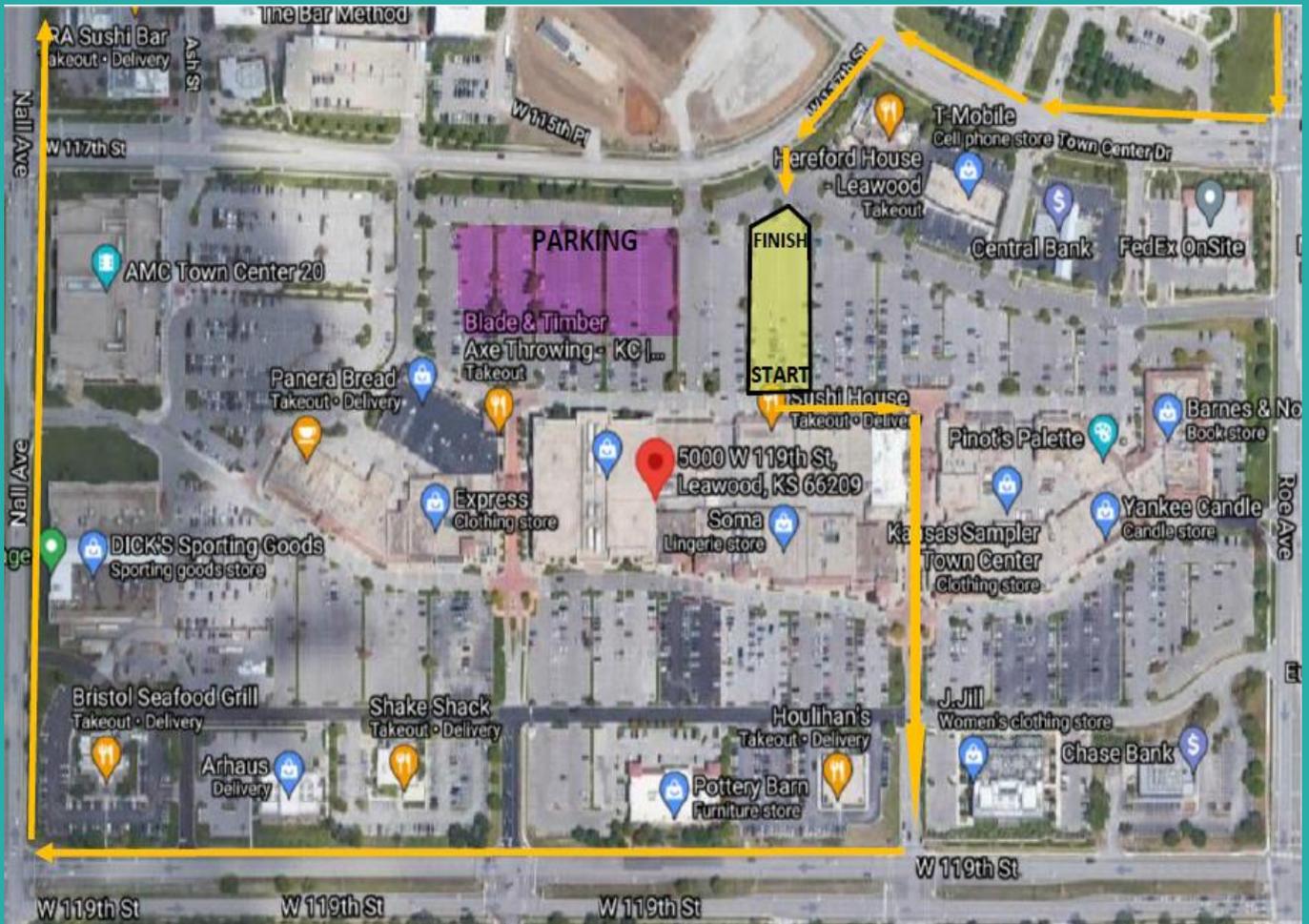
The course will be marked with cones and traffic will be controlled by the Leawood Police Department and our hardworking volunteers. Please stay on the designated course and be cautious of the traffic around you.

Most importantly – Have fun!!!



# Race Day Parking

On race day, please park on the north side of Town Center and to the west of the Start/Finish area (Near the north side of Macy's.)



# Thank you to our 2023 Race Sponsors!

The Myasthenia Gravis Association would like to thank the following sponsors for their support of this event. Through your generous donations, we are able to continue our efforts in improving the quality of life for those affected by this autoimmune, neuromuscular disease through awareness, education and member services.

*Thank You to all of our Amazing Sponsors!*



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