



Sunday, March 26 at 9am

Longview Lake

Participant Guide

Participants –

Thank you for joining us at the Great Plains 10K!
Please take a few minutes to review this guide
for important race information.

We are happy to partner with Team Fox for
Parkinson's Research, which is dedicated to
finding a cure for Parkinson's disease through
an aggressively funded research agenda and
to ensuring the development of improved
therapies for those living with Parkinson's today.
Learn more at www.teamfox.org.



Packet pick up

Saturday 3/25 from 12-4pm

Lee's Summit KC Running Company Store
(1555 NE Douglas St, Lee's Summit, MO)

Sunday 3/26 from 7:45-8:45am

Longview Lake Beach
(9035 Pittenger Rd, Grandview, MO)

About packet pick up

- We suggest coming to packet pickup on Saturday as there are long lines on race day.
- We will have a list of everyone registered, but it is helpful to bring a copy of your confirmation email (either on your phone or printed)
- In your packet will be your bib, timing chip, and twist ties to attach the chip to your shoe
- You are welcome to pick up packets for friends and family
- If you decide not to run or walk or do not wish to be timed, please turn your timing chip in at packet pick up or mail to KC Running Company (411 E. 135th St., Kansas City, MO 64145)

Race day: Sunday 3/26/17

10K start time: 9 am

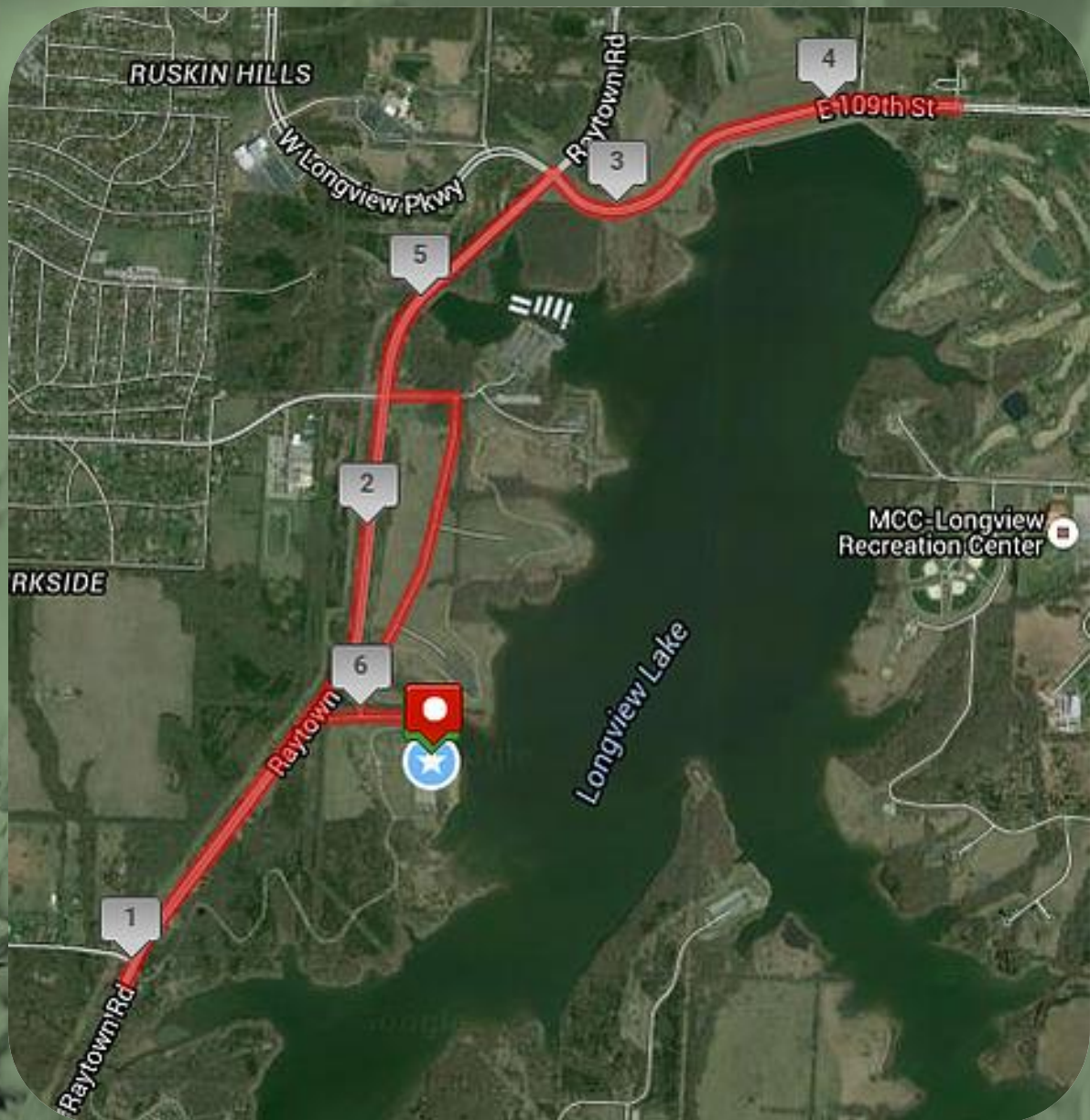
Start location: Longview Lake Beach
(9035 Pittenger Rd, Grandview, MO 64030)

About race day

- The race will be chip timed - your start time will be when you cross the starting mats; finish time, when you cross the finish mats
- Attach the timing chip to your shoe with the twist ties (chip **MUST be on your shoe**; your time will not be captured if the chip is in your pocket or hand or anywhere else)
- The timing chips are reusable and will be clipped off your shoe at the finish line
- If you are unable to participate, please return your timing chip at packet pick up or mail it in to the address on your packet
- If it rains or snows the race will still be held, but if it is unsafe to run or walk the race director reserves the right to cancel the event and no refunds will be given.



Course Map



Parking - Parking is available at the race site; park rangers will be directing parking.

Awards

Results receipts will be printed at the race, and shortly after the race results will be posted online at www.kcrunningcompany.com.

Awards will be given at the event and will not be mailed. Any awards not picked up will be available at the Lee's Summit KC Running Company store (1555 NE Douglas St, Lee's Summit, MO).

Awards will be given to the following.

Top 3 overall males and females

Top overall masters male and female

Top 3 males and females in each age group

14 & Under	40 – 44	70 – 74
15 – 19	45 – 49	75 – 79
20 – 24	50 – 54	80+
25 – 29	55 – 59	
30 – 34	60 – 64	
35 – 39	65 – 69	



Thank you for participating in the **Great Plains 10K!**

Have a great time at the event and we hope to see you again next year!

Share your photos from the event on Facebook, Twitter, and Instagram
@kcrunningco #greatplains10k

Thank you to the following sponsors



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