

2019 PARTICIPANT GUIDE

PRESENTED BY

BURNS  McDONNELL

WELCOME

We're excited to welcome you to the 2019 Rock the Parkway Half Marathon and 5K, presented by [Burns & McDonnell](#). Celebrating 10 years running, Rock the Parkway is one of the largest and most popular races in the Midwest.

This year we are excited once again to partner with Children's Mercy as our 2019 charity beneficiary. As a not-for-profit pediatric hospital, Children's Mercy provides the highest level of care to every child who passes through its doors, regardless of a family's ability to pay, thanks to generous philanthropic and volunteer support.

We'd like to thank our presenting sponsor, Burns & McDonnell, all 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

Founded in 1897, Children's Mercy is one of the nation's top pediatric medical centers. With not-for-profit hospitals in Missouri and Kansas, and numerous specialty clinics in both states, Children's Mercy provides the highest level of care for children from birth through the age of 21. *U.S. News & World Report* has repeatedly ranked Children's Mercy as one of "America's Best Children's Hospitals." Thanks to generous philanthropic and volunteer support, Children's Mercy provides medical care to every child who passes through its doors, regardless of a family's ability to pay. For more information about Children's Mercy and its research, visit childrensmercy.org. For breaking news and videos, follow us on [Twitter](#), [YouTube](#) and [Facebook](#).



Children's Mercy

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SCHEDULE

THURSDAY, APRIL 11

2-7 p.m.

Packet pickup and expo

Union Station Kansas City

30 W. Pershing Road, Kansas City, MO 64108

FRIDAY, APRIL 12

11 a.m.-7 p.m.

Packet pickup and expo

Union Station Kansas City

30 W. Pershing Road, Kansas City, MO 64108

SATURDAY, APRIL 13

6-7:15 a.m.

Packet pickup at the corner of Summit and Ward Parkway

7:30 a.m.

Half marathon begins

8 a.m. (approx.)

5K begins

8:15 a.m.

Post-race plaza opens at Burns & McDonnell

10:45 a.m.

Live music at post-race plaza concludes



NEW THIS YEAR

- Bib Timing Chips
- RaceJoy App
- Finishers Medal for 5K Participants
- Search by Selfie for Race Photos
- QR Code Results
- Team Children's Mercy

SPONSORS

Thank you to our sponsors and volunteers!

PRESENTING SPONSOR



SPONSORS



PACKET PICKUP AND EXPO

DATE/TIME: **Thursday, April 11** from 2-7 p.m.
Friday, April 12 from 11 a.m.-7 p.m.

LOCATION: **Union Station Kansas City Grand Hall**
30 W. Pershing Road
Kansas City, MO 64108

- 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 make sure 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 plaza at Burns & McDonnell.
- Registration fees are nonrefundable, and registrations cannot be transferred to another person, event or year.
- Please make sure your age is correct and your name is spelled correctly on your packet.
- To switch races, 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 for the half marathon will be organized by waves. The wave you selected can be found at the top of the participant guide email, on your confirmation email, or in your RunSignUp account.

Wave AA (Elite)

Men: Sub 1:20

Women: Sub 1:30

Wave A Under 1:50

Wave B 1:50-1:59

Wave C 2:00-2:09

Wave D 2:10-2:19

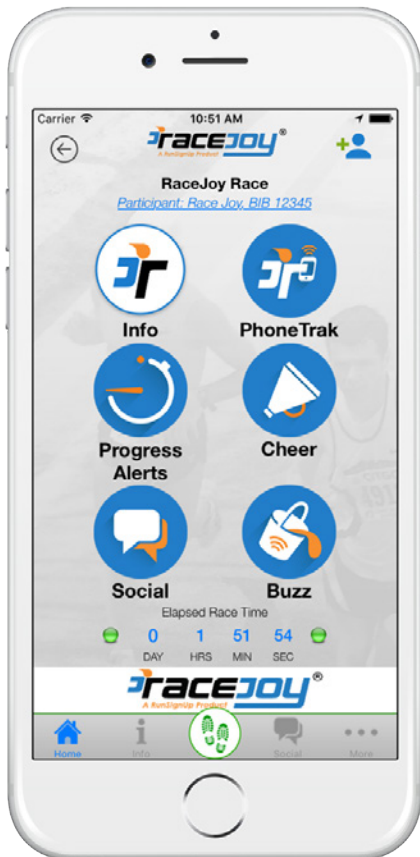
Wave E 2:20-2:29

Wave F 2:30-2:39

Wave G 2:40+

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

THIS RACE IS IN RACEJOY



Available for Apple
and Android devices.



Live Tracking

Live phone tracking of up to 50 participants moving along the official course map. Receive NearMe alerts as a participants draws near and use the MeetUp feature to find one another.



Progress Alerts

GPS-based progress alerts are issued continuously in audio format. Typically these are sent every mile and include pace and estimated finish time.



Send-a-Cheer

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

Download RaceJoy Today!

The race participant must carry their phone and enable tracking on race day.

Note: Make sure the spectator logs in as themselves or RaceJoy will track their phone and not yours.

Start My Race
Click When Crossing the Start Line

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

Rock the Parkway is the second race of this year's Heartland 39.3 Series — three half marathons in 10 weeks. Learn more at 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.



RACE DAY INFO

LIVE MUSIC is a great part of Rock the Parkway, before and after the race as well as along the course.

YOUR BIB will be marked with the 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.

AID STATIONS are located along the course. The half marathon course has 7 aid stations with water and Gatorade. The fourth aid station near mile 7 has GU. GU flavors this year are: Vanilla Bean, Triberry, and Strawberry Banana. The 5K course has 1 aid station. See course map for locations.

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 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**.

↑
ADDITIONAL PARKING
AVAILABLE AT
WARD PARKWAY CENTER

STATE LINE RD

PARKING MAP

Parking is available for race participants in the lots highlighted in yellow on the map below. Areas noted with red hashmarks will be closed for the race, and parking is not allowed. Parking in those areas could result in your vehicle being towed.

STATE LINE RD

95TH ST / BANNISTER RD

Google Earth
© 2019 Google

rocktheparkway.com

#RocktheParkway

WORNALL RD

SUMMIT ST

MADISON AVE

WARD PKWY

START/FINISH LINE

9300 BUILDING

9400 BUILDING

9450 BUILDING

Rock the Parkway
15.1 | 5K
10 Years Running

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RACE DAY INFO (CONT.)

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

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 racecourse and in the medical tent at the finish line, ensuring prompt communication for any issues that may arise along the course. Please fill out the emergency contact information on the back of your bib number.

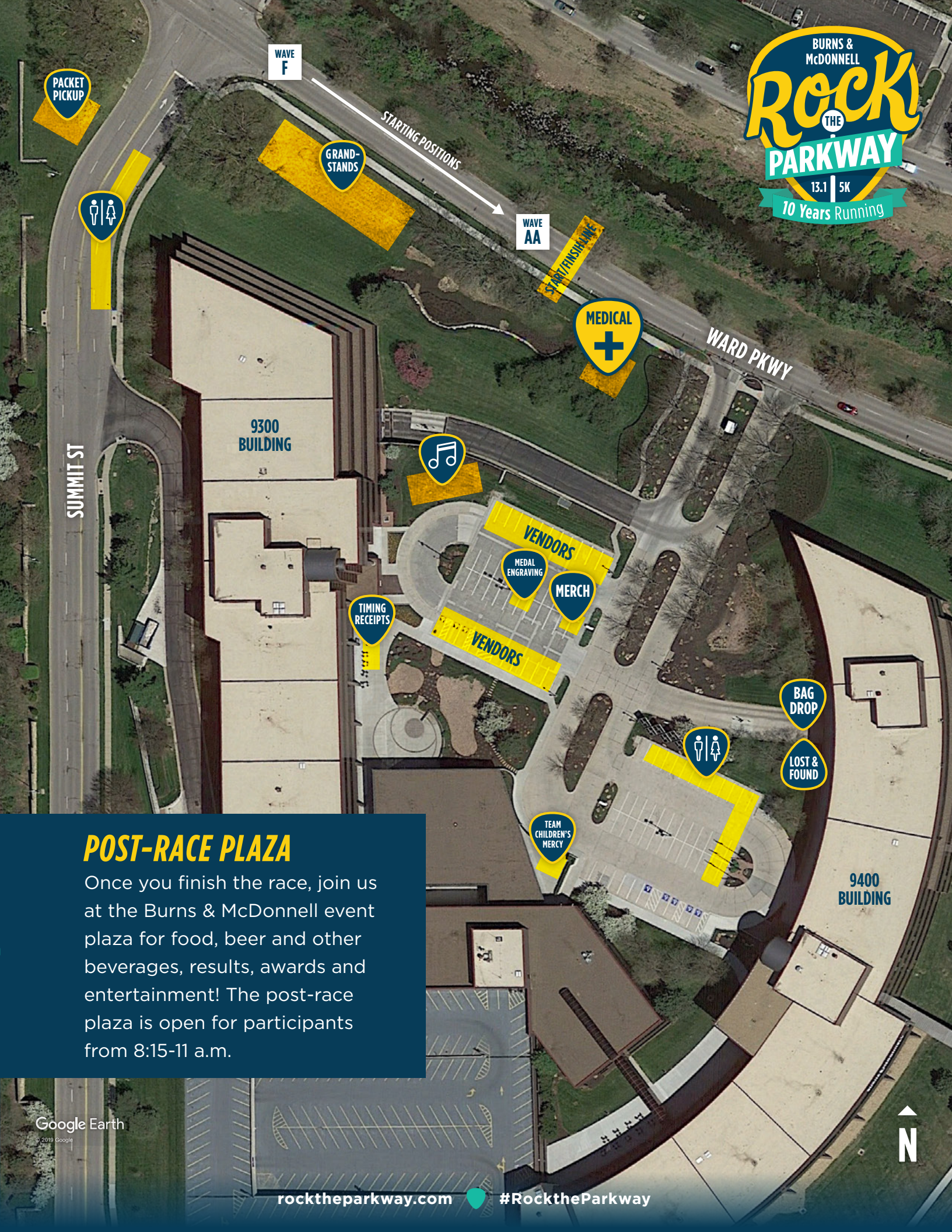


Dr. Khadavi is an Overland Park native who completed his Sports and Running Medicine fellowship at Stanford University. He specializes in the non-operative care of all orthopedic and musculoskeletal conditions at Apex Orthopedics and Sports Medicine. Khadavi also directs Runsafe Kansas City, the running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

PACE TEAMS for the 2019 Rock the Parkway Half Marathon will be 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.](#)

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.



POST-RACE PLAZA

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

PHOTOS

Photos will be taken throughout the event and posted on rocktheparkway.com under Participant Information within a few days of the race. They will be free, searchable and downloadable.

Take advantage of the Selfie Station in the post-event plaza to take your own photo in front of the event backdrop.

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

NEW THIS YEAR

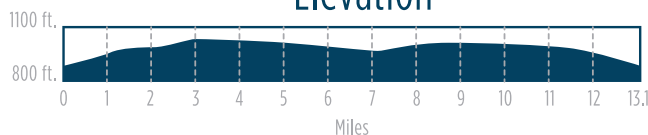
You can find your Rock the Parkway photos using the SportsPhotos.com “Search by Selfie” feature. You will receive an email after the race with a link to the album of photos from the event. Upload a photo of your face to the site, and the facial recognition software will find all of your photos from race day, even those in which your bib number isn’t visible. We hope you enjoy the newest, most user-friendly way to search for your race day photos!



COURSE MAP

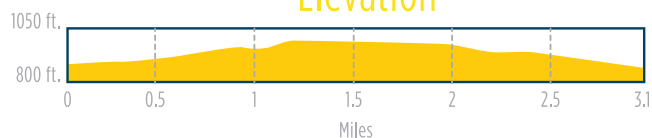
HALF MARATHON

Elevation



5K

Elevation



WATER STATION



MUSIC



RESTROOMS



GU STATION



RESULTS AND AWARDS

FINISHER'S MEDALS are awarded to all participants as they finish the race. There are different medals, depending on whether you ran the half marathon or the 5K.

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

Avoid the receipt lines after the race and use your smartphone to check your results.

No special app is needed! To view your results, simply scan the QR code on your bib by following the steps below.

1. Open your camera on your phone.
2. Point the camera at the QR code.
3. A pop-up will open on your phone, asking you to open Runsignup.
4. Click the pop-up, and you will be directed to your results.

FULL RESULTS will be posted to 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 at 200 E. 135th St., Kansas City, Missouri, beginning Monday, April 15.

Awards will not be mailed. (Cash prizes are not given out at the race and will be mailed within a month of the race.)

RESULTS NOTIFICATION VIA TEXT/EMAIL

If you want to receive a notification via text or email and did not sign up for this when you registered, [click here](#) and follow these steps:

- 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."

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

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

FINISHER'S CERTIFICATES

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

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

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

