



## Participant Guide

**Harvesters - Community Food Network, our charity partner, will have food collection bins at all packet pickups and on race morning. Check out Harvesters most needed items list: [harvesters.org/Give-Food/](http://harvesters.org/Give-Food/) \$1 buys 3 meals. Look for the cash donation boxes and the Harvesters volunteers!**

### Packet Pickup:

**Saturday, November 21<sup>st</sup>** from Noon to 4PM

**Tuesday, November 24<sup>th</sup>** from 3PM to 6PM

**Wednesday, November 26<sup>th</sup>** from 10:30AM to 5PM

[Garry Gribble Running Sports \(INSIDE the Ward Parkway Center.\)](#)

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

**If you cannot pick up by the close of packet pickup at Gribbles,** email [info@resultskc.com](mailto:info@resultskc.com) by midnight the day before or call Garry Gribbles at (816) 363-4800. Your packet can be left at the store to pick up any time before the store closes at 8pm. We will **not** be able to retrieve your packets for race morning so you **must** pick up if you choose this option!

### Packet Pickup on Race Morning:

**Thursday, November 26<sup>th</sup>,** Race Morning, Thanksgiving Day from 7:30am to 8:30 AM inside the Ward Parkway Center entrance between Maurice's & Trader Joe's on the east side facing Ward Parkway.

### Concierge Pick Up:

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](mailto: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(s) by simply giving us their name. Let your friends know you are picking up their packet before you do so. Runners will take the shirt they ordered and can trade sizes after packet pickup closes on race morning, next to the results tent

Ward Parkway Center will not be open on race morning. Our permit does not include the inside space with the exception of packet pickup area. **DO NOT GO INSIDE THE MALL.** This jeopardizes our permit for future years.



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## **Race Day Schedule:**

7:30 AM – 8:45 AM - Packet pick-up and race day registration

8:20 AM - Little Turkey Trot Kids Run

8:30 AM – 10K begins

8:35 AM - 5K begins

9:15 AM – Post race festivities begin

9:45 AM – Awards

## **Start/Finish:**

Start at 86<sup>th</sup> Terrace and Ward Parkway, on the East side of the Ward Parkway Center. Both races start in the same location. Your start time is recorded when you cross the starting line.

## **COVID Precautions:**

- Runners and volunteers should prescreen on race morning. \* see prescreen notes below
- Spectators are discouraged. If you need to have someone with you, they can watch the race by walking down the road from the finish line area for a good spot. No spectators will be allowed at the start line and finish line.
- Runners should maintain a 6 foot distance from others at all times.
- Runners should wear a mask in the race staging area, at the start line and finish line. Masks can be removed when you start running.
- Look for the pace signs at the Starting Line and line up according to the pace you will run. There will be cones on each side of the road 6 feet apart. Line up 3 across the road and 6 feet apart. Waves will be sent out with approximately 10 seconds between waves to distance everyone on the course.
- The kids run starts at 8:20am, 10K at 8:30am, 5K at 9:15am.
- Hand sanitizer and disinfectant wipes will be available at packet pickup, portable toilets, aid stations, finish line and all areas where there will be touch points.
- Goodie bags, medals and mini pies for the kids run will be distributed at packet pickup.
- Runners are encouraged to carry their own hydration to reduce the number of stops at aid stations
- The finish line will have bottled water. Covid precautions prevent us from having the usual coffee and treats after the race.
- Runners should save their masks during the race and put their mask back on right before crossing the finish line.
- The finish line festival will be smaller than usual this year. We wish we could do more to celebrate your accomplishment!

## **\*Prescreening Notes:**

- Participants, staff, volunteers, attendees, and spectators must stay home if they are feeling ill or experiencing the following symptoms.
- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches



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- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

**Strollers are welcome and can line up behind the runners** so everyone will be safe! Walkers should complete the 5K only. NO walkers on the 10K course. No runners with motorized vehicles, roller blades, bikes or dogs will be allowed on the course as our insurance policy does not cover these.

### Course Map:

[CLICK HERE](#) to see our course maps!

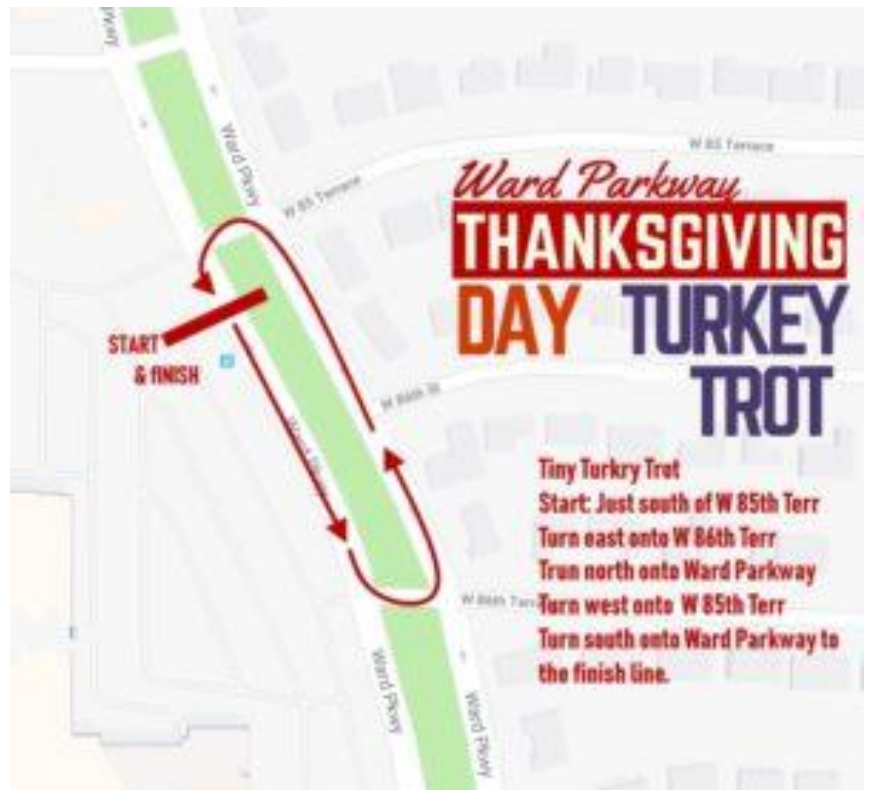
There will be a water stop at approximately 2 miles and 4 miles for the 10K.

### Tiny Turkey Trot:

Our Kids Fun Run for ages 12 & under will start at 8:20am before the 5K/10K. Kids will start and finish just south of the Finish Line at 85th Terrace.

They will run south on Ward Parkway, turn east on 86th Terrace through the median, go north on Ward Parkway, turn west on 85th Terrace, turn south on Ward Parkway to the finish line. You will be able to see your children the entire run, but you're welcome to run with them!

Kids will be sent out in waves: 8-12 years old, 5-7 years old and 1-4 years old. The Little Turkey Trot will not be timed. All kids will receive a shirt, a kid's size pie, goodie bag and finisher medal!



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**Parking:**

There will be parking attendants to guide you to a parking spot.

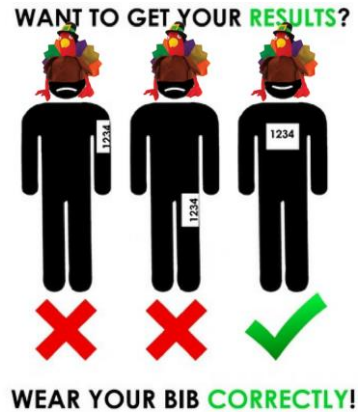
No cars will be able to drive through the tunnel under State Line to allow for foot traffic.



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## Timing:

To be timed correctly, you MUST put your bib on the FRONT of your shirt/turkey suit. This event is timed using a disposable chip on the back of your bib number. No need to return your bib/chip when you are done! The chip must be positioned vertically and will not be reliable if you turn your bib number so the chip is horizontal on your leg.



## Results:

Results will be posted immediately upon crossing the finish line! [RESULTS](#) Sign up to receive results sent to your mobile phone [HERE](#), or sign up through your registration email.

There will be no results tent this year. Results will be posted to [www.resultskc.com](http://www.resultskc.com) after the race.

## Photos and Video:

A short video clip of you crossing the finish line will be included with your results approximately 24 hours after the race! You can see your video, photos and results at [www.resultskc.com](http://www.resultskc.com).

Other photos will be posted later on race day and can be found next to the results link at [www.resultskc.com](http://www.resultskc.com)

## Awards:

Awards will be given in each distance to the top three male and female finishers overall, as well as to the top three 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+ An award will also be given for Best Thanksgiving Themed Costume, Most Festive Family and Fastest Family Teams! Family team scores are calculated by taking the combined times of the fastest 4 individuals per family.

The Awards Tent will be located within the Finish Line Festival area close to the DJ. Because of Covid precautions, there will not be a results kiosk. **Sign up for instant results texted or emailed to your phone when you register.** If you placed in the top 3 overall or in your age group come to the Awards Tent immediately to claim your award. Don't even have time for that? Friends can pick up awards for you. **Awards will not be mailed.**



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If you are unable to pick up your award at the race, email [info@resultskc.com](mailto: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.

### **Pie:**

Every runner and walker that crosses the finish line gets a 6" Pie. Kindhearted volunteers will be handing these out to you in the south end of the parking lot, close to Trader Joe's. Your bib number has a tear off for one pie. You won't be able to get your pie without a pie tear off. This year, we will have the option to take your pie at packet pickup or pick it up on race morning after finishing the race.

Little Turkey Trot kids receive a mini pie at packet pickup.

### **Finish Line Festival:**

Covid precautions prevent us from serving our usual treats and coffee.

Look for the photo op turkeys and pilgrims and backdrops for festive photographs with your friends and family.

### **Virtual Run:**

If you are participating in the race as a virtual participant, you or a friend can pick up your packet, shirt, buff 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](mailto: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](mailto:info@resultskc.com) as soon as possible or let us know at packet pickup.

### **Toilets:**

Portable Toilets are located against the parking lot wall. The mall will not be open and there will be no indoor toilets.

### **Medical Tent:**

Apex medical will have a tent in the Finish Line Festival area if you need help.



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