



2023 KANSAS CITY CORPORATE CHALLENGE

5K



RACE DATE / TIME: Saturday, April 29th, 2023, 7:00AM

RACE START / FINISH LOCATION: Burns & McDonnell

9400 Ward Parkway
Kansas City, MO 64114

PACKET PICK-UP DATES / TIMES: Thursday, April 27, 2023 (11:00a.m. – 6:30p.m.)

Meadowbrook Park Clubhouse
9101 Nall Ave.
Prairie Village, KS 66207

Friday, April 28, 2023 (11:00a.m. – 2:00p.m.)

Meadowbrook Park Clubhouse
9101 Nall Ave.
Prairie Village, KS 66207

- Each company can enter two male and two female participants in each of the following age categories: 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69 & 70+.
- Entrants will be placed in the appropriate 5-year age group **according to their age as of December 31, 2023** and scored in the following age groups: 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, and 65-69, 70+.
- Participants will register onsite at packet pickup. No late entries will be accepted.
- Packets will include participant bib which will have the timing tag applied to back of bib and safety pins to attach bib. Please do not bend or fold the bibs. Bibs must be pinned on the front of the shirt during the race. The bib # must be visible when the participant crosses the finish line.
- NO BIB/TIMING TAG = NO TIME
- The 5K distance is equivalent to 3.1 miles.
- A map of the 5K course is available on the KCCC website (www.kccorporatechallenge.com).
- Runners will line-up in waves based on their estimated finish time. Waves will go off approximately every minute until all the runners are on the course. Signs will be placed throughout the starting line and announcements will be made concerning how to line-up. Your time will begin when you cross the starting line.

- Athletes will be allowed to push a child in a stroller/jogger.
 - All children in strollers/joggers must have a signed participation waiver on file completed at packet pickup and be wearing the wristband that was obtained at packet pickup.
 - All athletes pushing strollers/joggers will start at the back of the pack in the “Stroller Wave”
 - **Any athlete pushing a stroller/jogger that does not start in this wave will automatically be disqualified.**
 - **Any athlete pushing a stroller/jogger that does not have a KCCC wristband on the child in the stroller/jogger will automatically be disqualified. If you lose your wristband, please visit the KCCC information tent before race start.**
- No pets, unregistered baby strollers or joggers, roller blades, scooters, or bicycles are allowed on the course. These rules will be enforced via disqualification.
- For liability reasons, only registered KCCC participants will be allowed on the course.
- No outside competitors, for “pacing” purposes, are allowed on the course. All participants on the course must be wearing the race/bib number provided at check-in. Participants may walk if necessary. Walkers should start at the back of the “pack”.
- All participants must finish without assistance to receive points or medals.
- The Race Committee reserves the right to delay the start of a race or change the racecourse if conditions warrant such a change.
- In the event of inclement weather, please use the KCCC rain-out number 913-686-6030 ext.15 or check the KCCC website (www.kccorporatechallenge.com).
- Finishers will not be eligible for places, points, or medals after 75 minutes.
- ALL times and winners will be determined according to their Chip Time. Results will be finalized and posted no later than the Wednesday following the race.
- All questions concerning times must be sent to the KCCC office.

The 5K will be scored as a meet, please see below for 5K Meet scoring information.

SCORING THE 5K MEET

The 5K will be held as a “meet”. Individuals will compete within their age group against competitors from all divisions, but results will be scored by division.

- The top eight finishers in each age group, by division, in the 5K will be awarded points toward your company’s 5K “Meet Points” as follows:

Place	Points
1 st	10
2 nd	8
3 rd	6
4 th	5

Place	Points
5 th	4
6 th	3
7 th	2
8 th	1

After “Meet Points” are accumulated from all finishers in the 5K, company winners will be determined and points will be awarded, by division, to your *overall* KCCC total, as follows:

Place	Points
1 st	40
2 nd	34
3 rd	28
4 th	24

Place	Points
5 th	20
6 th	16
7 th	12
8 th	10

Place	Points
9 th	8
10 th	6
11 th	4
12 th	2

Medals and additional “medal points” will be awarded toward your *overall* KCCC Total for the top three finishers in each age group in the 5K. These medals and “medal points” will be awarded overall by age group, not by division. Medal points will be scored as follows:

Place	Points
1 st	3
2 nd	2
3 rd	1

- The KCCC will award a participation point to each competitor in the 5K who completes the event within the 75-minute time limit.
- *For the health and safety of all KCCC participants, staff, and volunteers, we ask anyone experiencing symptoms of illness to abstain from the event.*

THIS INFORMATION IS SUBJECT TO ANY RULE INTERPRETATION CHANGES WHICH MAY OCCUR BETWEEN NOW AND THE 2023 KANSAS CITY CORPORATE CHALLENGE.

For more information regarding the 5K,
contact Katy Renner at 913.826.2964 / Kathryn.Renner@jocogov.org