

GARMIN KC



MARATHON





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KCM IN 2022

GARMIN

TITLE SPONSOR

This year will mark the 36th running of the Garmin Kansas City Marathon and we are so excited to welcome **Garmin** back as our title sponsor! We asked you to help grow the Kansas City Marathon and make it one of the best races in the midwest, and all of you amazing local runners responded by coming out in huge numbers to race, spectate and volunteer. Thank you so much for rallying around our race!



2022 COURSE

The Garmin Kansas City Marathon will feature a start and finish line at the Nelson-Atkins Museum of Art. We can't wait to welcome you back for Kansas City's largest & most exciting race event that takes runners on a tour through the coolest neighborhoods and past the most beautiful landmarks!



EXPO LOCATION

The Health & Fitness Expo presented by **Blue Cross and Blue Shield of Kansas City** will once again be held at Kansas City's historic Union Station. It is free and open to the public on Thursday and Friday before the race.

If you are unable to pick up your packet in person, you may have someone pick it up on your behalf. You **MUST** complete the Packet Pickup Authorization Form and the person picking up must bring:

- Completed and signed Packet Pickup Authorization Form (if filling out paper form)
- A copy of your registration confirmation (digital or printed)
- Their photo ID

See [PAGE 8](#) for more information.



MORE KCM IN 2022

PRE-RACE PASTA DINNER | FRIDAY, OCTOBER 14



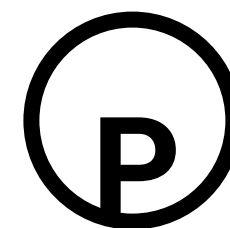
Fuel for race day with fellow runners at our pre-race pasta dinner! On the final day of the expo, Harvey's at Union Station – located just a few steps from packet pickup – will have a mouthwatering meal for registrants. Offerings include: spaghetti and meat sauce, spaghetti with a vegetarian homemade marinara, breadsticks, lemon or vanilla cake, and tea or water. Cost per person is \$18.

BRANDED GARMIN KC MARATHON MERCH



Celebrate this year's race by purchasing branded the Garmin Kansas City Marathon items like goodr sunglasses, running tanktops, posters & pint glasses at the Health & Fitness Expo.

RACE DAY PARKING



Race Day Parking: Complimentary parking is provided for all participants on race day at [the University of Missouri - Kansas City Volker Campus](#) and the [Country Club Plaza](#), just blocks from the start line!

Click [HERE](#) to view all the parking maps.

OLYMPIAN AUTOGRAPHS



Courtney Frerichs is a Garmin sponsored athlete and an Olympic Silver Medalist. Courtney will be signing autographs at the Health & Fitness Expo at the Garmin booth beginning at 12 pm on Friday, October 14. Courtney will also be running with the 1:30 half marathon group on race day, so if you want the chance to run with one of the best runners in the world, be sure to join Courtney's pace group! In addition, Courtney will be hanging out at the Garmin booth in the Finish Line Festival after the race if you want to get a post-race photo with her.

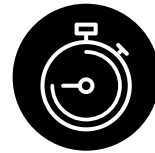


NEED TO KNOW | #RUNKCM



RACE PHOTOS

We will have free high resolution photos available after the race to share. Smile, wave or jump for joy when you see our photographers, and make sure your bib number is visible so we can identify you.



BIB TIMING

The Garmin Kansas City Marathon will utilize MyLaps® BIBTAG technology for the race. This system has an electronic reader mounted to the back of your bib. Be sure to wear bib number visible on your chest or front of your pants. It must be visible when you cross the finish line. Do not crumple the bib and please pin each corner. Please do not pierce the chip or try to remove it. The readers will not be collected, so keep your bib as a souvenir.



KCM APP

Participant tracking will once again be available for racers, family and friends via the Garmin Kansas City Marathon app. This free app uses the participants' split times and current pace to calculate their estimated location along the course. View their race markers in real time. Simply click the Live Tracking button within the app and search by name, email or bib number. Follow along on race day! *live tracking available only for full and half marathon participants



FINISHER ITEMS

Each participant will receive a unique, comfortable shirt, post-race food and beer, and free photos. Every finisher will also receive a KC themed medal.

SCHEDULE OF EVENTS

10.15.2022

RUN THE CITY OF FOUNTAINS

7:00 AM 13.1 & 26.2 START

7:30 AM 10K START

7:45 AM 5K START

Please do not enter the start chute until your race has been announced to enter.



HEALTH & FITNESS EXPO



Presented by
**Blue Cross and
Blue Shield of
Kansas City**



PACKET PICK UP & LATE REGISTRATION

Packet pick up and late registration will take place at the Health & Fitness Expo which is free and open to the public Thursday and Friday before the race. The expo will feature a variety of both local and national vendors and companies. [CLICK HERE](#) for the vendor list.

Parking for the Expo is available ONLY in the Union Station garage west of the building. All registered participants will receive a QR code to validate their parking ticket.

If you are unable to pick up your packet, you may have someone pick it up on your behalf. You **MUST** complete the Packet Pick Up Authorization Form and the person picking up must bring:

- Completed and signed Packet Pick Up Authorization Form
- A copy of your registration confirmation (digital or printed)
- Their photo ID

FIND US HERE!

Union Station – Festival Plaza
30 West Pershing Road
Kansas City, MO 64108

Thursday, October 13, 3–8PM
Friday, October 14, 11AM–8PM

There is **NO** race day registration or packet pick up.

MERCHANDISE



PARTICIPANT SHIRT

The only way to get this shirt is by registering for one of the four distances offered by the Garmin Kansas City Marathon. Registration will be available online and at the expo until 8pm Friday night. **There will be NO race day registration or packet pickup.**

[REGISTER HERE](#)

OTHER RACE APPAREL

Additional Garmin Kansas City Marathon custom and branded apparel will be available for purchase at the Kansas City Marathon Race Merchandise booth at the Health & Fitness Expo. OMNi Apparatech is the official provider of the Garmin Kansas City Marathon merchandise.



WE'RE RAISING A GLASS TO A FULL AND HALF MARATHON PARTICIPANTS!

NEW for 2022, all full and half marathon participants will receive a Garmin Kansas City Marathon branded insulated 8oz tumbler. Register today to secure yours!


COURSES

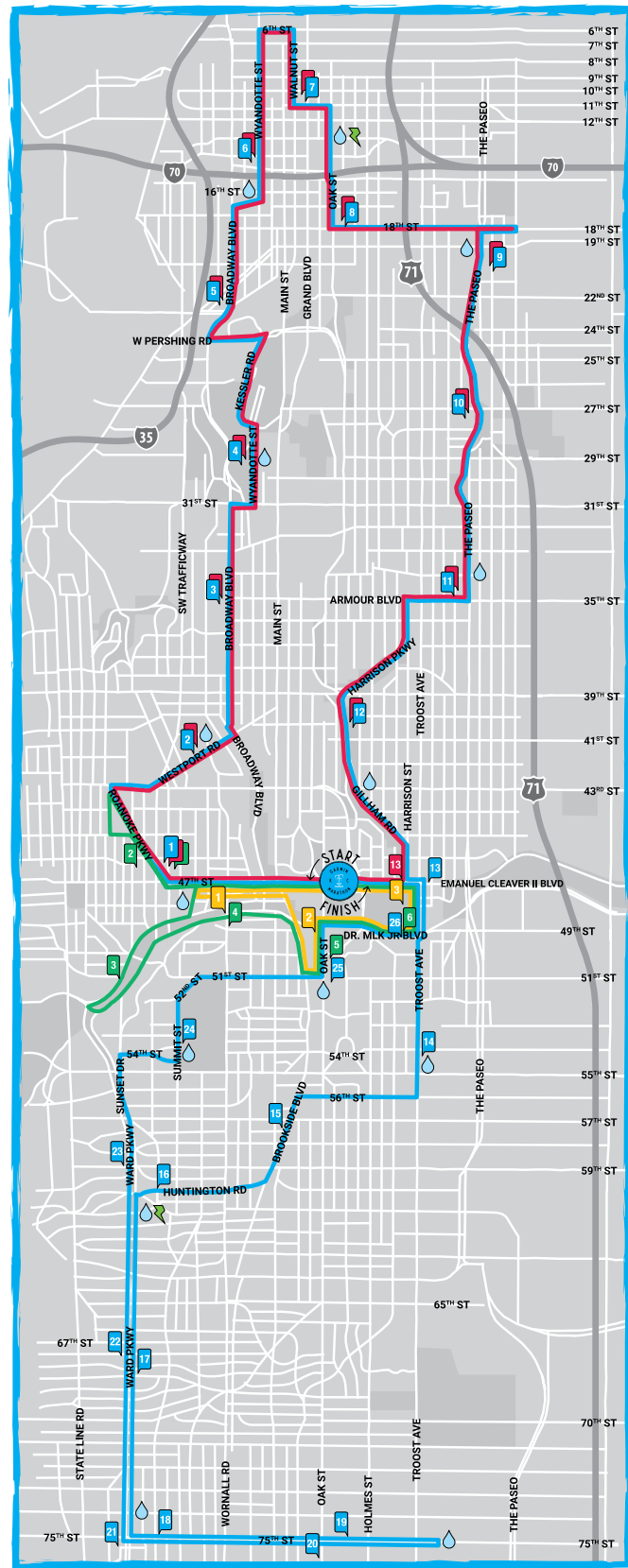
Click on the distance below to see individual maps:

- [5K](#)
- [10K](#)
- [HALF](#) presented by PNC Bank
- [FULL](#)

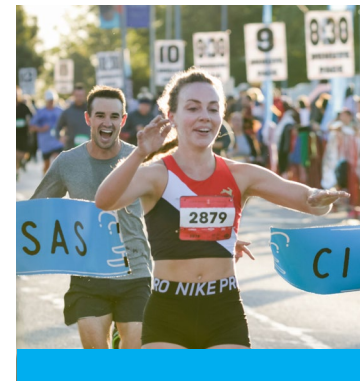
KEY

- 1 MILE MARKER
- 💧 AID STATION
WATER
POWERADE
BATHROOMS
FIRST AID
- ➡ ENERGY GEL
- FULL MARATHON
- HALF MARATHON
- 10K
- 5K





COURSE NOTES



COURSE TIME LIMIT

There is a 6 hour time limit for the marathon course. This is for each participant's safety and security on race day. Participants must maintain a 14 minute per mile pace to make the course deadline. The split between the half marathon and full marathon courses, located at approximately mile 13, will close at 10:30am. Any runners who have not reached the split by that time will be directed to the half marathon course to finish. If a participant continues onto the full marathon course after the 10:30am cut off time, or fails to maintain the 14 minute pace after the split, they will be asked to move to the sidewalks and will no longer be on the closed race route as security and race support will be dismissed by our tail vehicle and the Kansas City Police Department.

10:30am – Full Marathon Split Closed
– Participants directed to the half marathon course

1:45am – Race Ends – all support and security

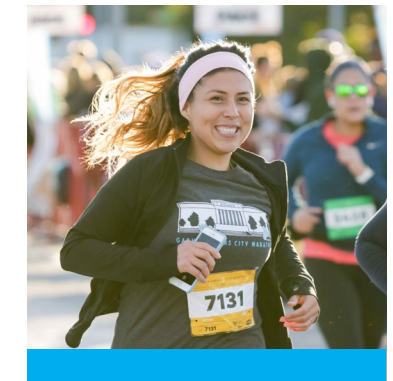


COURSE AID STATIONS

Aid stations will be placed about 1.5 to 2 miles apart throughout the course. Each aid station will have a restroom, water, Powerade and basic first aid medical kits with Band-Aids, Vaseline, etc. No oral medications are available on the course. Aid stations **WILL NOT** have any Tylenol, Advil or allergy medicine, etc.

Gu energy gel will be available at aid stations near miles 7, 16, and 23.

Bananas will be available at the aid station near miles 18 and 21.



REGISTRATION POLICY

All registration fees are non-refundable.

In order to protect all participants and insure a safe event, each individual participating **MUST** be officially registered under their own name and information. Failure to do so will void the registration and prohibit participation.

Contact race staff directly with any registration questions:

info@SPORTKC.ORG

GARMIN SEGMENT CHALLENGE

When you see signs for the Garmin Segment Challenge – near mile 12 flag – run your hardest for the next quarter-mile. Give it your all, because each male and female segment winner for the full and half-marathon distances will take home a Forerunner® 255 Music device!



RACE DAY

1 // RACE DAY PARKING

2 // RACE BIB NUMBER

3 // MEDICAL SUPPORT

4 // HEADPHONES

5 // GEAR CHECK

6 // STAGING & START LINES

7 // DISCARDED CLOTHING

8 // LOST & FOUND



1. RACE DAY PARKING

Race Day Parking: Complimentary parking is provided for all participants on race day at the [University of Missouri - Kansas City Volker Campus](#) and the [Country Club Plaza](#), just blocks from the start line!

Click [HERE](#) to view all the parking maps.

2. RACE BIB NUMBER

Please pin each corner of your bib number so it is visible from the front. Bibs may be attached to your shirt, the top of your shorts or a race belt. Your race bib number MUST be visible when you cross the finish line.

3. MEDICAL SUPPORT

A large staffed medical tent will be located on 47th Street. The medical staff has the right to withdraw any athlete from the event who appears in distress, or who may be at risk should he or she continue on the course. In addition, aid stations will be available throughout the course with restrooms, water, Powerade and medical kits available.

4. HEADPHONES

While the Garmin Kansas City Marathon discourages the use of traditional headphones for safety purposes, there is not a ban on wearing such devices. We highly recommend using wireless open earphones, as these headphones are designed with your safety in mind. Because you're able to listen to music while still hearing your surroundings, you can harness the high-energy of your pump-it-up playlist and still be aware of people and traffic around you.

5. GEAR CHECK

Gear Check will be located in Theis Park near 47th Street. The official Gear Check bags will be handed out to participants at packet pickup during the Health & Fitness Expo. To ensure the safety and security of all participants and guests on race day, **only official clear Gear Check bags will be accepted at the Gear Check tent on race day. Absolutely no exceptions.**

To check your gear, place all items inside the clear bag and bring to the gear check tent where you will be provided with a label to write your bib number on the bag. Hand your tied gear check bag to the volunteers at the appropriate section of the gear check tent, marked with colored signage for each race.

6. STAGING & START LINES

All participants are to line up based on your expected pace time with faster athletes at the front. There will be signage to help you find your place. **5K and 10K participants must wait outside the starting chute until all HALF & FULL runners have departed.** The 10K race will start approximately 7:30AM & 5K at 7:45AM. Only registered athletes are allowed in the start chute. No spectators are allowed in the fenced area.

7. DISCARDED CLOTHING

Any and ALL clothing discarded and left within the race chute will be collected after the start and placed into donation bags. Items **WILL NOT** be available for pick up when you finish. Any items you wish to have back at the end of your race should be placed into your official clear Gear Check bag and checked at the Gear Check tent prior to the race start.

8. LOST & FOUND

Any items, other than clothing, found within the start/finish area will be returned to the information tent at the Finish Line Festival presented by T-Mobile. Any items found that are not claimed on race day or that are found out along the course will be at the Kansas City Sports Commission & Foundation offices the week following. To claim any lost and found items, please email INFO@SPORTKC.ORG.

PACERS



This year's Garmin Kansas City Marathon pacers will be from the Runner's Edge SmartPace Team. The SmartPace Team is a collection of all-stars with great running backgrounds and positive personalities. Combine that with an intelligent game plan given the course terrain and you have the formula for a great race! There will be an opportunity to meet the pacers at the pacer booth during the Health & Fitness Expo at Union Station. Pick up a complimentary pace band with split times to wear on race day.

On race morning, pacers will be easy to spot with their tall pace time signs. We encourage you to take advantage of this major perk.

Full Marathon Pacers :
 3:30, 3:40, 3:50, 4:00, 4:10, 4:20, 4:30, 4:40, 4:50, 5:00, 5:15, 5:30, 5:45 and 6:00

Half Marathon Pacers :
 1:30, 1:35, 1:40, 1:45, 1:50, 1:55, 2:00, 2:05, 2:10, 2:15, 2:20, 2:25, 2:30, 2:35, 2:40, 2:45, 2:50, 2:55, 3:00, 3:15 and 3:30

FINISH LINE FESTIVAL



ROCK OUT at the Finish Line Festival presented by T-Mobile



MUSIC

The Finish Line Festival presented by T-Mobile will feature Uproot & Michelle Hawkins - Last Kiss!

This group of entertainers will keep you hanging around after the race!



FOOD

We are excited to bring Kansas City style BBQ back to the Finish Line Festival courtesy of Jack Stack BBQ & Prairie Fresh! Reminder that the BBQ is ONLY available to our race participants.



BEER

Thank you to Central States Beverage, Boulevard and Molson Coors who will be providing participants, 21 and older, a free beer or hard seltzer after they cross the finish line. **Make sure you have your ID**, as everyone will be carded.

Central States Beverage is located right here in Kansas City and will once again provide a variety of beverages for runners at the Finish Line Festival, including options from hometown favorite Boulevard Beer.



AFTER AFTER PARTY

Saturday, October 15th 11-8PM Carnival Rides, Live Music All Day, PNC Plaza activities with Literacy KC, Lead to Read, Science City, Mattie Rhoades, and more (11-4pm), Funnel Cakes, Strawberry Swing Vendors, Tom's Town Takeover (5-8pm), Petting Zoo, Pony Rides, Face Painting and MORE!



RESULTS & AWARDS

Live results will be available online at kcmarathon.org or by scanning the QR code displayed throughout the finish line festival.



Or see preliminary results within the APP or via your web browser [HERE](#).

► Age group awards will be given out at the info tent on race day.



I-35 CHALLENGE

Take on the CHALLENGE!

Run the Full or Half in both cities. Separate registration is required.

SATURDAY | 10.15.2022
Garmin Kansas City Marathon

SUNDAY | 10.16.2022
IMT Des Moines Marathon

Both races have been selected for TripAdvisor's 50 US Road Races to Attempt in Your Lifetime

I-35 Challenge Swag

- Both races bibs with I-35 Challenge logo
- Both races finisher gear
- Both races medals
- I-35 Challenge finisher medal
- I-35 Challenge Completed shirt



FOLLOW #RUNKCM

Be sure to like all the official Garmin Kansas City Marathon social media pages to get the most up-to-date information and details.

Share your experiences with us and all of your fellow participants by adding #RUNKCM to your posts, photos, updates and tweets.

Don't forget to include the special KCM photo filters located within the KCM App.



- [LIKE](#) us on Facebook
- [FOLLOW](#) us on Twitter
- [FOLLOW](#) us on Instagram
- [CONTACT](#) us via email

UPCOMING EVENTS

Check out these other great events hosted by the Kansas City Sports Commission & Foundation and WIN for KC.



THANKSGIVING DAY 5K RUN & FAMILY STROLL presented by T-MOBILE

November 24 | 9AM
Aspira Campus

The 33rd Annual Thanksgiving Day 5K Run & Family Stroll is a great tradition to add to your holiday festivities. With hot chocolate and coffee from The Roasterie, a long-sleeve tri-blend shirt and a T-Mobile stocking cap, you are sure to have a great time. Please arrive early on race morning!

[REGISTER HERE](#)



KANSAS CITY'S BIG 12 RUN

March 2023
Kansas City, MO

Kick off March basketball by participating in Kansas City's Big 12 Run - 5K. The course begins and ends in the heart of downtown Kansas City. Runners of all experience levels are encouraged to participate in this family-friendly event. Registration will open early 2022.

[LEARN MORE HERE](#)



WIN FOR KC WOMEN'S SPORTS AWARDS presented by Burns & McDonnell

February 9, 2023 | 11:30AM
Municipal Auditorium

This awards celebration recognizes local girls and women for their community contributions and achievements in sports. Join the celebration by sponsoring a table or purchasing individual tickets.

[LEARN MORE HERE](#)



KANSAS CITY TRIATHLON

May 21, 2023
Longview Lake

Kansas City's premier triathlon event kicks off the season with Olympic, Sprint and Relay distance options as well as a Duathlon.

[LEARN MORE HERE](#)



2023 PHILLIPS 66 BIG 12 MEN'S AND WOMEN'S BASKETBALL CHAMPIONSHIPS

March 8 -12 | Times vary by game
Municipal Auditorium & T-Mobile Center
Kansas City hosts the 2023 Phillips 66 Big 12 Men's & Women's Basketball Championships for another year.

[LEARN MORE HERE](#)



KANSAS CITY SPORTS AWARDS presented by POPULOUS

June 8th, 2023 | Times vary
Each year, the Kansas City Sports Commission and Foundation honors outstanding individuals for their commitment to, and achievement in, sports. The benefits of sport are long-standing and this awards banquet celebrates all the positive aspects of sports.

[LEARN MORE HERE](#)

THANK YOU SPONSORS!

A special thank you to Garmin for being our fantastic title sponsor!

The Garmin Kansas City Marathon would also like to thank all of our fabulous event sponsors, partners, participants and volunteers for your support. Without you, this race would not be possible.



GOOD LUCK DURING THIS YEAR'S RACE!

SAVE THE DATE FOR NEXT YEAR'S
GARMIN KANSAS CITY MARATHON!

OCTOBER 21, 2023

Registration will open for 2023 on October 19, 2022 with a special low rate for this year's participants!

KCMARATHON.ORG | #RUNKCM



The mission of the Kansas City Sports Commission & Foundation is to drive Kansas City's overall sports strategy, to enrich the quality of life, create economic impact and raise visibility for our region. As a privately funded nonprofit, we are entirely dependent on your support.



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@KCMARATHON
#RUNKCM