THE KANSAS CITY
HOSPITAL HILL RUN

SINCE 1974

2024

RUNNING TRADITION

KANSAS CITY

KEY

▬▬ HALF MARATHON ROUTE

▬▬ 10K ROUTE

▬▬ 5K ROUTE

① MILE MARKER

💧 AID STATION

⚡ ENERGY GEL

MILE	FIRST	LAST
1	7:00 AM	7:30 AM
2	7:05 AM	7:50 AM
3	7:10 AM	8:10 AM
4	7:15 AM	8:30 AM
5	7:20 AM	8:50 AM
6	7:25 AM	9:10 AM
7	7:30 AM	9:30 AM
8	7:35 AM	9:50 AM
9	7:40 AM	10:10 AM
10	7:45 AM	10:30 AM
11	7:50 AM	10:50 AM
12	7:55 AM	11:10 AM
13	8:00 AM	11:30 AM

FOR MORE INFORMATION VISIT
HOSPITALHILLRUN.ORG