

September 30th

Stephen's Lake Park



**ROOTS N BLUES  
N BBQ FESTIVAL**  
BETSY FARRIS MEMORIAL  
1/2 Marathon and 10k  
Saturday, September 30, 2017



Participant Guide

# Participants -

Thank you for joining us for the Roots N Blues N BBQ Half Marathon & 10K. This participant guide will provide you with important race day information; please take a few moments to review it. Thank you and have a great time at the event!

## **Ticket Voucher:**

The email you registered for the race with can be used to buy a pass to the festival online.

The email can be used as a discount code to redeem one ticket at the discounted rate. Codes are updated within two days of registration.

## **Ticket Pricing with Voucher:**

Friday: \$40 (\$49.50 without runner voucher)

Saturday: \$50 (\$65 without runner voucher) Sunday:

\$40 (\$49.50 without runner voucher) Weekend Pass:

\$89 (\$125 without runner voucher) \*limit one voucher per runner.





# Packet pickup

## **THURSDAY (9/28)**

From 12 pm to 6 pm

Tryathletics (1605 Chapel Hill Rd., Columbia, MO 65203)

## **FRIDAY (9/29)**

From 12 pm to 6 pm

Tryathletics (1605 Chapel Hill Rd., Columbia, MO 65203)

## **SATURDAY (9/30)**

From 6 am to 6:45 am

Stephens Lake Park (we highly discourage this option)

# About packet pickup

We will have a list of all registered participants.

You do not need to bring anything, but it is helpful to have a copy of your confirmation email on your phone or printed.

You are welcome to pick up packets for friends and family members, but please coordinate with them.

In your packet, you will find your food/beverage wristband, bib, twist ties, and timing chip to attach to your shoe.

Safety pins will not be in your packet but will be available at packet pickup.

You will receive the shirt size you ordered. If your shirt does not fit, you will be allowed to exchange with the remaining sizes on Saturday morning.



# Race day schedule

## SATURDAY (9/30)

**Start location:** Stephens Lake Park (2001 E Broadway, Columbia, MO 65201)

**7:00 am** - half marathon starts

**7:30 am** - 10K starts

Food, beverages, and results will be available beginning at 8:30 am.



# About race day

Pin your bib to the front of your shirt and attach your timing chip to your **shoe** with twist ties (pictured below).

Your time will not be captured if the chip is anywhere other than your shoe.

Your official start time will be captured by the timing chip when you cross the starting mat; finish time, when you cross the finish mat.

The timing chips are reusable, and once you cross the finish line, someone will clip the chip off your shoe.

If you are unable to run or do not wish to be timed, please return your timing chip either at packet pick up, the race, or mail it to the address below.

KC Running Company  
411 E 135th St, Kansas City, MO 64145

If it rains, the event will still be held. However, if it is unsafe to run/walk, the race director reserves the right to cancel the race, and no refunds will be given.

# Results and awards

All participants will receive a finisher's medal as they cross the finish line.

## **Half Marathon:**

Awards will be given to the top overall female and male, top overall masters female and male in the 1/2 marathon. They will win a pair of New Balance Shoes, courtesy of Tryathletics.

Age group awards will be given to the top 3 in each age group. 14 and under- 15-19, 20-29, 30-39, 40-49, 50-59, 60 and over

## **10K:**

Awards will be given to the top 3 overall males and females in the 10K including prize money of \$500, \$300, \$200. In addition the top masters runner will win a pair of New Balance shoes, courtesy of Tryathletics.

We will also be giving out age group awards for the top 3 in each age group. 14 and under- 15-19, 20-29, 30-39, 40-49, 50-59, 60 and over

Final results will be posted online at [www.kcrunningcompany.com](http://www.kcrunningcompany.com) as well as [rootsnbluesnbbq.com](http://rootsnbluesnbbq.com) following the completion of the race.

# Free BBQ and Beer

After the race, join us for free BBQ and Beer!

Starting at 8:30 AM post race we will have BBQ for all runners provided by Buckingham's Smokehouse! In addition we will have beer from Michelob Ultra at the finish.

**To get your BBQ sandwich and beer** you must be wearing the wrist band that will be in your packet. If you received a pink wristband, it means you are under 21 and can not get beer. If you are Over 21, you will have a red wristband. When you get your food and beer, they will cut off your wristband.

## **Photos -**

We will have photographers at various parts throughout the course, including the finish line. In order to easily find your photo, please make sure to secure your bib number to the front center of your body. Putting bibs on your back or your side, or failing to securely attach your bib can result in us unable to tag the photo. If your bib falls off, or we are unable to tag your photo, you can still search for your images with our various search tools, such as by time, or location. Your photos will be available a few days after the event.

Share the photos you take at the race with us on [Facebook!](https://www.facebook.com)



# half marathon



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# 10k run



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# Parking & Shuttle Service

We will once again be running shuttles from the **5th and Walnut** parking garage (500 E Walnut St, Columbia, MO 65201) starting at 6:00 AM and ending at 11:00 AM. The buses will pick up by the corner on 5th and Walnut. All garages are free on the festival weekend, but we will **only** run the shuttle from 5th and Walnut.

There is **no parking** available at Stephen's Lake Park.

We also suggest using the Short Street parking garage (1110 E Walnut St, Columbia, MO 65201) and walking to the event.

**Bag Drop:** We will have an area fenced off for your bags but it will be self-service. You are welcome to leave a bag there. It will be near the finish line, and a volunteer will be there before the race. After the race, you are responsible for picking up your bag. We are not responsible for any lost or stolen goods.

**Aid Stations:** There will be 6 aid stations on the Half Marathon course and two on the 10K course. They will have both water and Gatorade.

**Restrooms:** We will have porta-potties at the start/finish as well as at two points along the course for the half marathon. In addition half marathoners will pass some park restroom facilities.



Thank you for participating in the  
2017 Roots N Blues N BBQ Half  
Marathon & 10K!