

2:20

PACER

BURNS &
McDONNELL

Rock

THE

PARKWAY

13.1 | 5K



2025 PARTICIPANT GUIDE

PRESENTED BY

BURNS  McDONNELL

WELCOME

We're excited to welcome you to the 2025 Rock the Parkway Half Marathon and 5K, presented by [Burns & McDonnell](#). Celebrating 15 years running, Rock the Parkway is one of the largest and most popular races in the Midwest.

This year we are excited once again to partner with Children's Mercy Kansas City as our charity beneficiary. As a not-for-profit hospital, Children's Mercy provides the highest level of care to every child who comes through its doors thanks to generous philanthropic and volunteer support.

We'd like to thank our presenting sponsor, Burns & McDonnell, all our event sponsors, and the hundreds of volunteers who make this event possible each year. Finally, a very special thanks goes out to the City of Kansas City and Kansas City Parks and Recreation for allowing runners and walkers to enjoy the beauty of Ward Parkway.

Thank you for joining us and have a great race!

KC Running Company



CHARITY

Founded in 1897, Children's Mercy is a leading independent children's health organization dedicated to holistic care, translational research, educating caregivers and breakthrough innovation to create a world of well-being for all children. With not-for-profit hospitals in Missouri and Kansas, and numerous specialty clinics in both states, Children's Mercy provides the highest level of care for children from birth through the age of 21. *U.S. News & World Report* has repeatedly ranked Children's Mercy as one of "America's Best Children's Hospitals." Thanks to generous philanthropic and volunteer support, Children's Mercy provides hope, comfort and the prospect of brighter tomorrows to every child who passes through its doors. Visit childrensmercy.org to learn more, and follow on [Facebook](#), [LinkedIn](#), [Twitter](#), [Instagram](#) and [YouTube](#).



Benefitting

Children's Mercy
KANSAS CITY

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SCHEDULE

FRIDAY, APRIL 11

The packet pickup and expo will be a one-day event.

10 a.m.-7 p.m.

Packet pickup and expo

DoubleTree by Hilton Hotel Kansas City - Overland Park
10100 College Blvd., Overland Park, KS 66210

Those who are not able to attend the expo can pick up their race packet on race morning beginning at 6:30 a.m. at the packet pickup area at the corner of Summit Street and Ward Parkway.

6:30 p.m.

Shakeout Run

The Running Well Store
6009 Johnson Drive, Mission, KS 66202

Join us for a three-mile run to loosen up before race day. Enjoy a pre-race pasta dinner and recovery zone sponsored by OOFOS. You can try out Nike demo shoes and the first 200 runners to arrive get an exclusive Nike Running Well store t-shirt. [RSVP now at https://therunningwellstore.com/join-our-community/](https://therunningwellstore.com/join-our-community/). Don't miss it - let's shake it out together!

SATURDAY, APRIL 12

6:30-7:15 a.m.

Packet pickup at the corner of Summit Street and Ward Parkway

7:30 a.m.

Half marathon begins

7:50 a.m.

5K begins

8 a.m.

Post-race plaza opens at Burns & McDonnell

10:45 a.m.

Live music, vendors and post-race plaza concludes

PRESENTING SPONSOR

BURNS & MCDONNELL

SPONSORS



PACKET PICKUP AND EXPO

DATE/TIME: Friday, April 11, from 10 a.m.-7 p.m.

LOCATION: DoubleTree by Hilton Hotel
Kansas City - Overland Park
10100 College Blvd.
Overland Park, KS 66210

- We will have packets for everyone who is registered.
- Please bring a copy of your confirmation email, either printed or on your phone, so you will know which wave you are in.
- Pick up your packet early to make sure you receive the shirt size you requested on your registration. Unworn shirts can ONLY be exchanged for a different size at the KCRC tent near the start/finish chute at Summit Street and Ward Parkway.
- Registration fees are nonrefundable and registrations cannot be transferred to another person, event or year.
- Please make sure your age is correct and your name is spelled correctly on your packet.
- To switch events, go to the race director's table at the expo. You will NOT be allowed to switch events on race morning.

KNOW YOUR WAVE

Packets for the half marathon will be organized alphabetically. The wave you selected can be found at the top of the participant guide email, on your confirmation email, or in your RunSignUp account.

Wave AA (Elite): Under 1:35

Wave A 1:35-1:45

Wave B 1:45-1:59

Wave C 2:00-2:09

Wave D 2:10-2:19

Wave E 2:20-2:29

Wave F 2:30-2:39

Wave G 2:40+

Leftovers from the packet pickup will be taken to the race site on race morning, available beginning at 6:30 a.m. at the corner of Summit Street and Ward Parkway. **We suggest this only if you are unable to come to the expo because the race will start at 7:30 a.m. regardless of the number of participants waiting for packets.**

↑
ADDITIONAL PARKING
AVAILABLE AT
WARD PARKWAY CENTER

PARKING MAP

Parking is available for race participants in the lots highlighted in yellow on the map below. Areas noted with red hashmarks will be closed for the race, and parking is not allowed. Parking in those areas could result in your vehicle being towed.

STATE LINE RD

STATE LINE RD



95TH ST / BANNISTER RD

Google Earth
© 2019 Google

rocktheparkway.com

#RocktheParkway

RACE DAY INFO

LIVE MUSIC is a great part of Rock the Parkway, before and after the race as well as along the course.

AID STATIONS are located along the course. The half marathon course has 7 aid stations with water and Gatorade. The fourth aid station near mile 7 has GU. GU flavors this year are: salted caramel, chocolate outrage, tri-berry, raspberry lemonade, vanilla bean and strawberry banana. The 5K course has 1 aid station. See course map for locations.

BAG DROP is located at Burns & McDonnell. For security reasons, do not bring your own bag; you will be provided a clear plastic bag at the bag drop.

We are required to pick up clothing items dropped at the start or on the course to keep the chute safe for finishers and to keep our neighbors along the course happy, so please be advised that anything that is left anywhere other than at the bag drop (on the finish chute fencing, on the ground, in the trees, at an aid station, etc.) will be **picked up and donated**.

RESTROOMS are available in several locations: near the start chute at Summit Street and Ward Parkway; in the post-race plaza at Burns & McDonnell; and along the course near the aid stations.



RACE DAY INFO (CONT.)

MEDICAL CARE will be provided on-site at the event. Trained professionals will manage the emergency medical tent at the finish line and be stationed all along the racecourse. Their services are offered to race day runners at no extra charge.

PACE TEAMS for the 2025 Rock the Parkway Half Marathon will be provided. The pacers will use a strategy that adjusts the pace based on the course to help you run with an “even effort” and start out conservatively to help run more efficiently. At the race, look for pace leaders who will be carrying flags with expected finish time.

COURSE TIME LIMIT

Please note: Half marathon participants must maintain a pace of 14 minutes per mile or faster. Failure to do so may result in participants being asked to leave the street and move to the sidewalk or shoulder on the course, and you may have limited access to aid stations, performers or vendors, including food and drink at the finish line.



WAVE F

STARTING POSITIONS

WAVE AA

FINISH LINE

WARD PKWY

SUMMIT ST

9300 BUILDING

9400 BUILDING

KC Running CO
Shirt Swap
Team Children's
Mercy VIP Area



DJ/
MUSIC

Water
Station

MERCH

VENDORS

The
Photo Op

BAG
DROP

LOST &
FOUND



POST-RACE PLAZA

Once you finish the race, join us at the Burns & McDonnell event plaza for food, beer and other beverages, and entertainment! The post-race plaza is open for participants from 8-10:45 a.m.



PHOTOS

This year, photos of each participant will be automatically attached to individual results on the race results page along with folders of all photos at different locations on the course. The system uses your bib number to tag your photos, so make sure your bib is clearly visible during the race.

Share your photos with us from the event on [Facebook](#) and [Instagram](#)!

Use #RocktheParkway and #kcrunningco hashtags.



COURSE MAP

HALF MARATHON Elevation



5K Elevation



WATER STATION



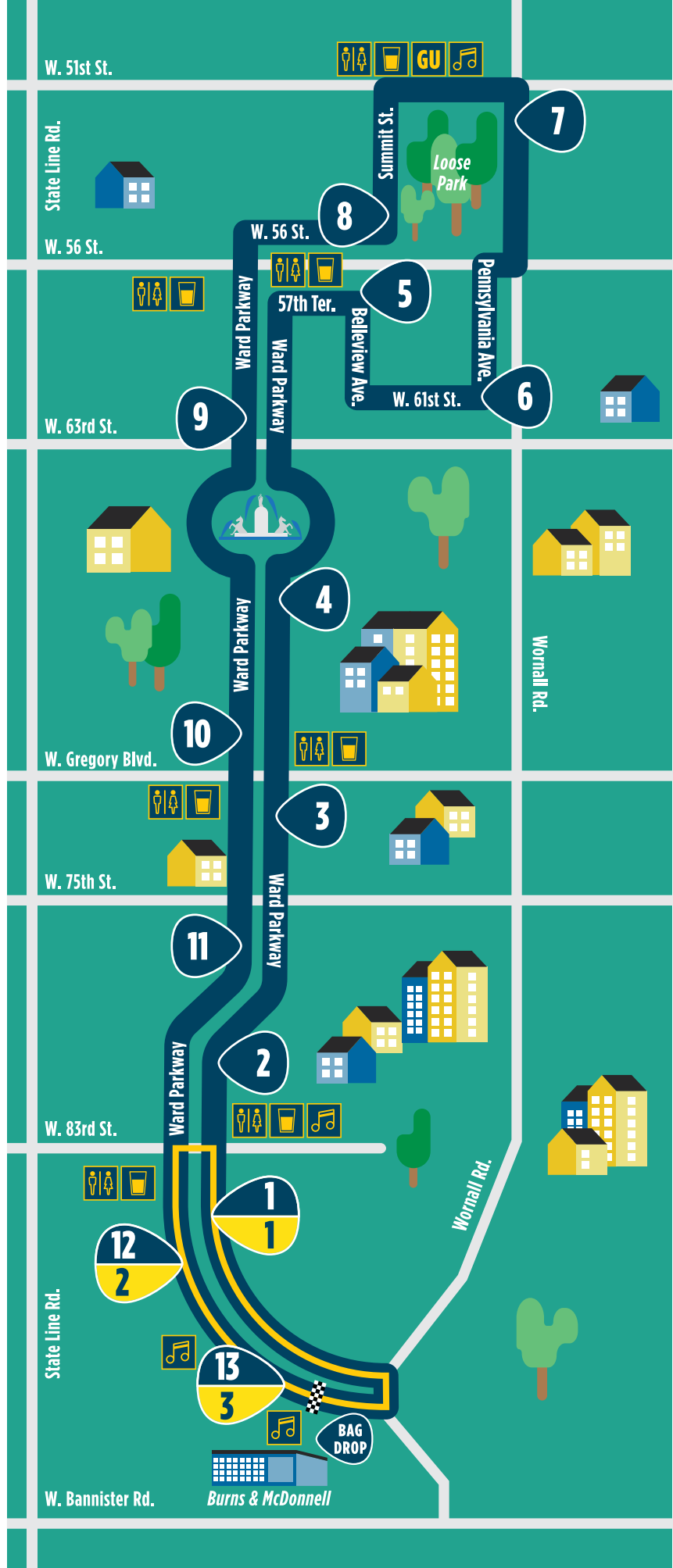
MUSIC



RESTROOMS



GU STATION



RESULTS AND AWARDS

FINISHER'S MEDALS will be awarded to all participants for both the half marathon and 5K. Medals will be awarded in the finisher's chute.

INDIVIDUAL RESULTS Use your smartphone to check your results. No special app is needed! To view your results, simply scan the QR code on your bib by following the steps below.

1. Open your camera on your phone.
2. Point the camera at the QR code.
3. A pop-up will open on your phone, asking you to open Runsignup.
4. Click the pop-up, and you will be directed to your results.

FULL RESULTS will be posted to www.kcrunningcompany.com.

AWARDS will be mailed within a month of the race.

RESULTS NOTIFICATION VIA TEXT/EMAIL

If you want to receive a notification via text or email and did not sign up for this when you registered, [click here](#) and follow these steps:

- Search for your name.
- Click "Result Notifications" in the far right column.
- Enter your phone number and/or email address and click "Set Up Notifications."

Awards are given to the top overall finishers and masters winners in both the half marathon and 5K events, as well as to the top three male and female finishers in each age group:

14 and under	25-29	40-44	55-59	70-74
15-19	30-34	45-49	60-64	75-79
20-24	35-39	50-54	65-69	80+

FINISHER'S CERTIFICATES

After the race, you can view or print a finisher's certificate like the one below.

View your results here or click "Registration Verification" on the Rock the Parkway website; then click on "Results."

Search for your name, click on it, and then click "View Certificate."

