

Hospital Hill Run Race Guide

Hospital Hill Run <noreply@runsignup.com>

Wed 5/29/2024 6:04 PM

To:Josh Zabel <jzabel@sportkc.org>



Hospital Hill Run

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Saturday, June 1, 2024

Start - 7:00 AM

Grand Boulevard at Crown Center

[Google Maps Directions](#)

SAVE THIS EMAIL FOR YOUR REFERENCE TO RACE WEEKEND INFO

The Hospital Hill Run is just around the corner, and we are excited to see you at the starting line! The course will take you on an exhilarating tour of Kansas City including views of Kauffman Gardens, a revered climb up Rockhill Rd, a run through the heart of Brookside, an excursion through the UMKC campus, past the iconic

Nelson-Atkins Lawn/Sculpture Park including the famous Shuttlecocks and more! **Please thoroughly review the information below to ensure that you are ready to lace up your shoes on race day and achieve the goal you've been training for!**

Connect with us!

Follow us on [Instagram](#), [X](#), and [Facebook](#)! Our followers are the first to know about race updates and news. Join our social media community, share your training and race photos by tagging us @HospitalHillRun.



Packet Pick Up

We will once again return to the Crown Center Ice Terrace for packet pick up.

All runners MUST pick up their race packet. PLEASE NOTE - there is NO late registration on race day. Race day packet pick up will only be available to those who paid for this service during registration.

Date & Time:

Friday, May 31: 10:00 AM - 8:00 PM

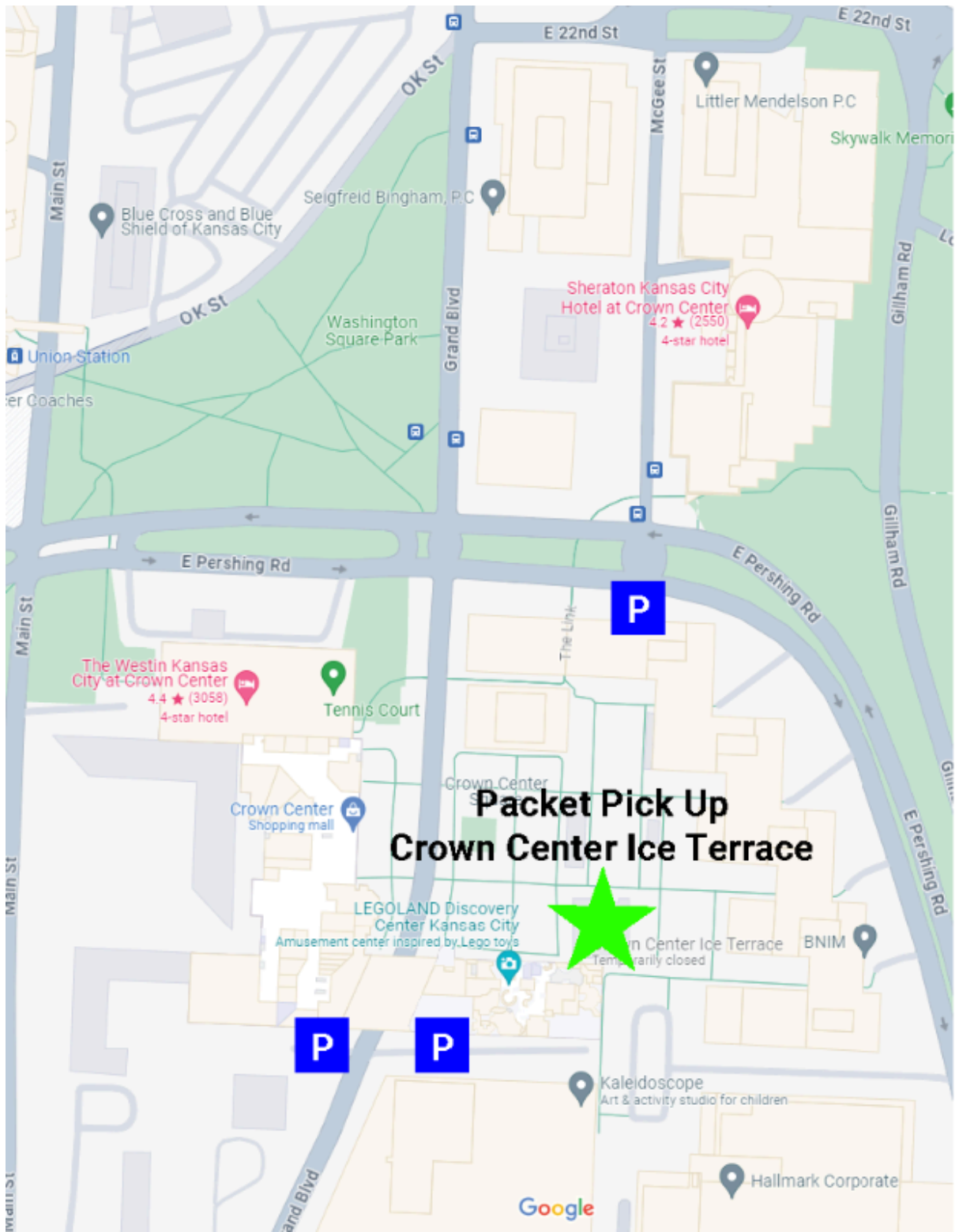
Location:

Crown Center Ice Terrace - 2425 Grand Blvd, KCMO 64108

If you are unable to pick up your packet in person, you may designate someone to retrieve it on your behalf. The person picking up must bring their photo ID.

Parking & Validation

Crown Center will be providing complimentary 2-hour parking for packet pick up in any of the Crown Center parking garages. When you enter the garage you will get a parking ticket. Please keep this ticket in a safe place until you exit the garage. The Crown Center booth will be inside the Ice Terrace near packet pick up and will provide validation slips to exit. **Parking will not be validated in the Westin or Sheraton garages.** [Click here](#) for more information on Crown Center parking.



Course Information

Review your race map prior to race day to become familiar with the route and locations of aid stations. Water and Powerade (Mountain Berry Blast) will be available at each aid station, spaced out approximately every 1.5 - 2 miles. Select aid stations on the half marathon course only will have GU Energy Gel (Vanilla Bean &

Strawberry Banana) to fuel up for that late race push. All courses are subject to change should unforeseen circumstances affect the route.

Course Maps

Course Time Limit

There is a 4-hour time limit. This is for each participant's safety and security on race day. Participants must maintain a 18-minute-per-mile pace to make the course deadline. If a participant fails to maintain the 18-minute pace, they may 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.

Bib Timing

The Hospital Hill Run will utilize Bib Tag technology for the race. Be sure to wear your 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.

Pacers

This year's Hospital Hill Run 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 Race Expo at Crown Center. Stop by and pick up a complimentary pace band!

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.

We have half marathon pacers for **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, 3:10, 3:20 and 3:30.**

Meet Your Pacers

Race Day Parking

Parking is provided free to all participants at the officially designated locations listed below. Parking at other locations is at your own risk and subject to posted fees.

CROWN CENTER PARKING GARAGES

Enter on Pershing Road at McGee Street. This entrance will close by 6:45 am and will not allow cars to leave before 8:30 am race day.

Enter on Grand Boulevard from either the east or west side of the street. You will not be allowed to head south on Grand Boulevard from Pershing Road, so you will need to follow Pershing Road to Gillham Road to 27th Street. Take 27th to Grand Boulevard and enter the parking garage. These lots will not allow cars to exit until after 11:00 am race day.

CROWN CENTER SURFACE LOTS

There are various surface parking lots available for Hospital Hill Run participants, volunteers, and spectators. There are two lots located at 26th and Warwick Trafficway, one lot at 27th and Warwick Trafficway. Lots will remain open until 6:45 am and will have limited access to exit after 8:30 am.

BLUECROSS BLUESHIELD LOT

Parking will be available in the BlueCross BlueShield parking lot. Enter from Grand Blvd on OK street. Inform security you are with the Hospital Hill Run to enter.

STREETCAR OPTIONS

Get to the Hospital Hill Run starting line on time with the KC Streetcar. The KC Streetcar will start service early on Saturday, June 1st, just for Hospital Hill Run participants. Learn more about parking near the KC Streetcar line [here](#).

NOTE : Both the Sheraton and Westin have parking garages close to the start and finish areas. These lots are not free and the Sheraton and Westin will charge for use.

Crown Center Parking will resume their regular parking policies as of 12pm on Race Day. Parking will be free in the garages starting at 5 am on Saturday until 12 pm race day. If you leave after 12 pm inform the attendant that you were with the race and they will open the gate.

[Parking Map & Info](#)

Gear Check

Gear Check will be located near Panera in Crown Center Square. Participants may drop their gear prior to the race and retrieve it from the same location after the race. The official Gear Check bags will be handed out to participants at packet pick up. 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 attach the tear off from your bib to your bag. Hand your tied gear check bag to the volunteers.

Staging & Start Line

All participants are to line up based on your expected pace time with faster athletes at the front. The Runner's Edge SmartPace team will be carrying signs with finish times, please line up near the sign closest to your estimated finish time. Only registered athletes are allowed in the start chute. No spectators are allowed in the fenced area.

6:55 AM - Wheelchair Start

7:00 AM - Half Marathon, 10K & 5K Start

Start/Finish - Grand Boulevard at Crown Center

Results

Live results will be available online by clicking the button below.

[Results](#)



Tracking & Interactive Race Experience for Hospital Hill Run!

Hi Josh Zabel,

[Download RaceJoy](#) for free live participant tracking, cheer sending, and results. Carry your phone and use RaceJoy on race day to add to your experience!

RaceJoy features available to you include:

Live Phone Tracking

- Supporting remote spectators can track your position in a map view. You can also track up to 50 participants.

GPS Progress Alerts

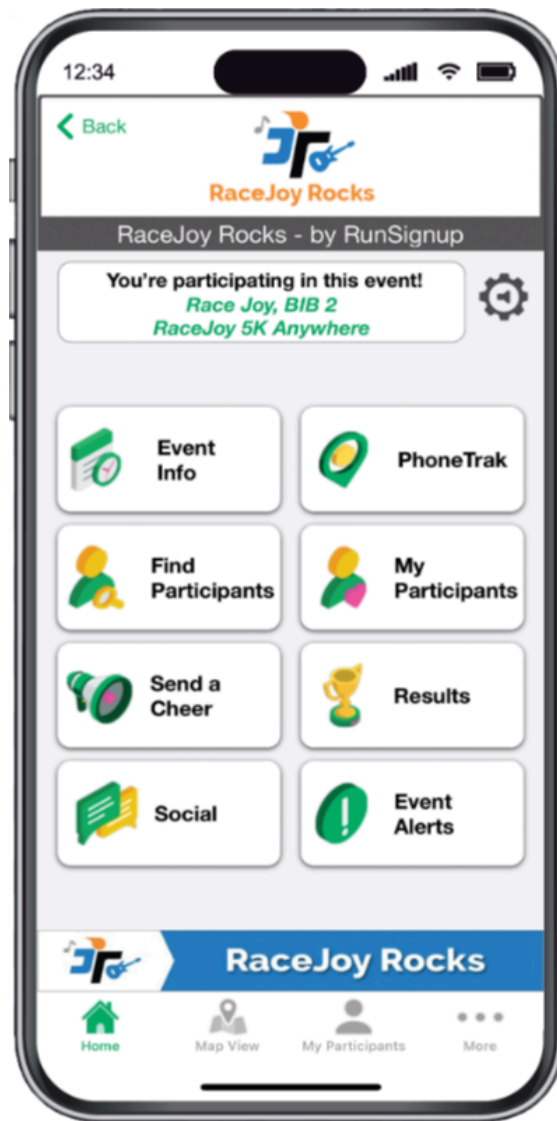
- Receive continual progress updates as you complete your goal. Audio updates are typically sent at every mile.

Send-a-Cheer

- Receive supportive audio cheers from remote friends & family.

Results

- On-site Events: Access your scored results in the app.
- Virtual Events: Use RaceJoy to automatically submit your finish data for real-time scored results.



Please see the how-to instructions below to set up your RaceJoy race experience!

We hope you have a great race!

[Take a Video Tour](#)

Track Me How-To

Set Up RaceJoy

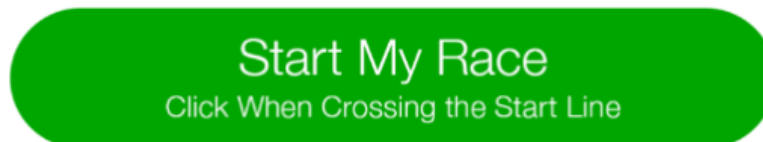
1. **Download RaceJoy** from the App Store or Google Play.
2. **Find Race:** Click Featured Races to access the event you are doing or search by the event name in the search field.
3. **Set Up Tracking:** Click I Want to Be Tracked and follow the prompts carefully. Select the course(s) you plan to complete.
4. **Ensure Proper Settings:** Follow RaceJoy's prompts and adjust settings as needed.

RaceJoy on RaceDay

1. **Click PhoneTrak:** Check to see your position is updating on the map.
2. **Select the course** you are about to do.
3. **Click START MY RACE** as you begin to start your personal clock. For on-site courses: Click Start My Race as you cross the **START LINE**. Clicking this at the start line will provide a more accurate finish time and performance data. If you forget, RaceJoy will start your progress at the first milestone which is typically Mile 1.

RaceJoy auto detects when you complete the course distance. There is no need to click Finish unless you are completing a challenge event where you cumulate distance over multiple sessions.

You must access RaceJoy on race day to activate GPS tracking. Participants completing a virtual event must click the Start My Race button to begin their personal race clock.



Important for your friends and family: Make sure you tell your friends and family to login as themselves and not you or RaceJoy will track them instead of you.

Note: GPS tracking and progress alerts may be disrupted if there is an issue with connecting to the person's phone (weak-to-no cell service in the region, use of Wi-Fi, improper setup, battery depletion, etc.).

Race Redo for Virtual Events only:

You have the option to redo a course by clicking the redo button. This is only available for virtual events or on-site events with expanded race dates. Warning: Selecting the redo button will clear previous performance data.

Apple Phone Settings

1. **Notifications:** Your device's notifications must be **ON** for RaceJoy, including Sounds, to receive progress alerts and cheers. Ensure your volume is turned up.
2. **Location Services:** The device you wish to have tracked must have Location Services **While Using the App** for live phone tracking. Go to Privacy/Location Services to verify.
3. **Background App Refresh:** General phone setting Background App Refresh must be **ON** for GPS tracking to stay enabled.
4. **Do NOT use Wi-Fi:** You may receive a prompt from Apple saying Wi-Fi will improve your location services. Disregard this prompt, and make sure to use your cellular service provider when you turn your tracking on.

Apple does not allow RaceJoy to override your settings. Please ensure these are enabled so that you can experience RaceJoy's mobile features.

Batter Preservation Tips

User Privacy

If you prefer not to use your race registration name, users can choose to create a pseudonym name to share with friends and family. Change your Tracking Name by skipping the registration search and adding your own profile for the event. Race profiles can be updated by selecting your name from the top of the home page. Please see [RaceJoy's privacy policy](#) for further information.

You are receiving this email because you have registered for an event in which the race organizers have enabled RaceJoy in order to provide participants and spectators real-time participant tracking, GPS-timed progress alerts, and cheer sending.

Users can request the removal of their profile shown in the app by sending a [profile removal request here](#). You can unsubscribe from emails [here](#).

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If you need any information about RaceJoy or have a support question, feel free to send us an email at support@racejoy.com

Participant Perks

Each registered participant of the 2024 Hospital Hill Run will receive a tri-blend hoodie with their race bib at packet pick up and will also be awarded their custom medal when crossing the finish line!



Race Photos

Free, high-resolution, downloadable photos will be provided to all participants following the race. Make sure your bib is visible so that our photographers can easily tag you when editing photos!

[Race Photos](#)

Finish Line Festival

After your race, stick around for some food, beer, and live music at the Finish Line Festival!

Food

Looking for delicious BBQ in the Kansas City area? Look no further than [Burnt End BBQ](#)! Their mouthwatering smoked meats and savory sides will have you coming back for more. On race day, all 2024 Hospital Hill participants will receive a delicious BBQ breakfast burrito courtesy of Burnt End BBQ! With Kansas City area locations at Crown Center, Overland Park and De Soto, visit them today for a true BBQ experience like no other. #BurntEndBBQ #KansasCityBBQ #BBQrestaurant.

Beer

Central States Beverage will be providing all participants (21-years and older) a beer or hard seltzer after they finish the race. Central States Beverage is located right here in Kansas City where they provide and distribute several product lines in both Kansas and Missouri with case volume in excess of 5 million per year. [Central States](#) will once again provide a variety of beverages for runners at the Finish Line Festival.

Music

Retroactive, the Midwest's top tribute to the music and the fun of the 80's, will be performing live at the Finish Line Festival! Retroactive does not rely on totally bogus backing tracks to bring you the hits of the 80s. Six musicians most triumphantly replay the fantabulous sights, songs, and sometimes the smells of the 80's. There is something for everyone at a Retroactive show. You will have a cow to the pop tunes of Madonna and Michael Jackson, get heavy to the hair metal of Poison and Bon Jovi, groove to the legit hits of Prince and Salt-n-Pepa, and spaz out to bodacious bands like Journey and Guns 'N Roses. Make your next event, party, reunion, wedding, or evening a righteously mega good time with [Retroactive](#).



Thank you to our Sponsors!



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