

2026 Participant Guide



PLAZA 10K

Everything you need for race week, race morning, and the finish line.

WELCOME TO RACE WEEK

Get ready for a great morning in the heart of Kansas City. This guide has the key details to help you arrive prepared, find your way around, and make the most of the Plaza 10K weekend.

Quick look: Packet pickup Thursday–Saturday • Race-morning pickup from 6:30 AM • 10K starts 7:30 AM • 2-mile starts 7:50 AM

RACE WEEK SCHEDULE

THURSDAY - Sep 10, 2026

Packet Pickup: 12:00 PM–3:00 PM - Saint Luke's Hospice House, 3516 Summit St., Kansas City, MO 64111. 6:30 PM

Shakeout Run: Starts at 6:30pm - Fleet Feet, 11908 W 119th St, Overland Park, KS 66213

ASICS shoe demo, snacks, and you can pick up your packet at this event!

FRIDAY - Sep 11, 2026

Packet Pickup: 11:00 AM–6:00 PM at Fleet Feet - 11908 W 119th St, Overland Park, KS 66213

SATURDAY - Sep 12, 2026

Packet Pickup: 10:00 AM–2:00 PM at KC Running Company - 200 E 135th St, Kansas City, MO 64145

SUNDAY - Sep 13, 2026

RACE DAY

Race Location: 401 Nichols Rd, Kansas City, MO 64112 US

Race-morning packet pickup begins at 6:30 AM

10K starts at 7:30am

2-Mile starts at 7:50am

2026 Charity Partner



Saint Luke's
Home Care & Hospice

Saint Luke's Health System has more than 135 years of experience providing award-winning care for people in the Kansas City area and the surrounding region. Founded as a faith-based, not-for-profit organization, our mission includes a commitment to the highest levels of excellence in health care.

For more than 40 years, Saint Luke's Home Care & Hospice has set the standard for quality, compassionate services. We offer the most comprehensive set of post-acute care services in the region including:

- Home health
- Telehealth
- Home infusion and specialty pharmacy services
- Palliative care at home and during a hospital stay
- Hospice care at home, care facilities, and Saint Luke's Hospice House

Learn more about Saint Luke's Home Care & Hospice [here](#)

Running for someone special?

Grab an "In Honor Of" bib at packet pickup or on race morning, provided by Saint Luke's. Write the name of the person you are running for and carry that purpose with you throughout the race.



RACE MORNING

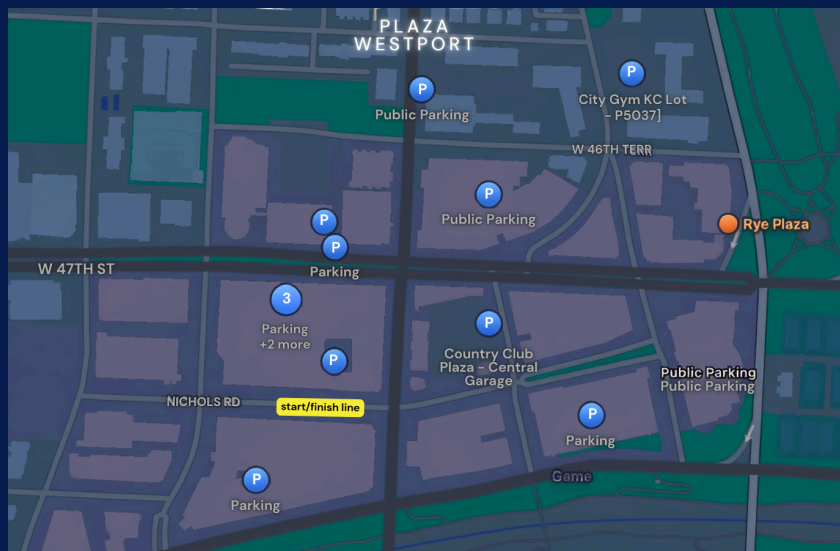
Arrive early to allow plenty of time for parking, packet pickup if needed, and getting to the start area.

- 6:30 AM - Packet pickup opens
- 7:30 AM - 10K starts
- 7:50 AM - 2-mile starts

Race Location: 401 Nichols Rd, Kansas City, MO 64112 US

****This is a new course that will start right outside lululemon****

- **PARKING:** Multiple parking garages are available throughout the Country Club Plaza.



BEFORE YOU HEAD TO THE START

- Pick up your race packet or confirm you have it.
- Pin your bib to the front of your shirt.
- Plan your parking and walking route in advance.
- Give yourself time for a warm-up and bathroom stop.

ON THE COURSE

The Plaza 10K and 2-mile course will have support and energy along the way, with music and cheer stations to keep you moving!

Aid Stations: There will be 2 aid stations along the course with water and Gatorade.

[10K COURSE MAP](#)

[2-MILE COURSE MAP](#)



RACE-JOY RUNNER TRACKING

Track your runner with RaceJoy! RaceJoy gives friends and family an easy way to track runners during the race. Spectators can view a participant's progress and receive updates as they reach key points along the course.

[RACEJOY INSTRUCTIONS](#)

POST RACE

Awards

You can pick up your age group or overall award at the packet pickup dome!

All 10K and 2 Mile finishers will receive a custom finisher's medal and age group awards will also be awarded in the 10K to the top overall male and female, the top masters male and female, and the top three male and female finishers (six total) in each of the following age categories:

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

Vendors

Don't rush out! Stick around after the race to check out the vendors and enjoy the finish-line atmosphere.



Photos & Results

Official results and race photos will be posted online. Find your finish time, check out your race-day photos, and share your favorite moments!

[Photos](#)

[Results](#)

Make sure to follow and tag us in your posts!

[Instagram](#)

[Facebook](#)

MEDAL & SHIRT



10K Finishers Medal



2-Mile Finishers Medal



HEARTLAND 30K SERIES

Three races. One challenge. One extra medal.

The Plaza 10K is part of the Heartland 30K Series, which includes the Plaza 10K, WoodsStock 10K, and Oktoberfest 10K. Complete all three races to earn the special Heartland 30K Series finisher medal.



RACE WEEK REMINDERS

- Check your packet pickup plan before race weekend.
- Save the race-day start times: 10K at 7:30 AM and 2-mile at 7:50 AM.
- Arrive early and plan for parking.
- Bring your race-day essentials and your race-day excitement.
- Stay after the race to enjoy vendors and the finish-line celebration.

SEE YOU AT THE FINISH LINE!

