

The Kansas City Marathon course has been redesigned for 2017 to make the course faster, maximize the runner experience and create a unique, memorable finish. Here are the highlights of our 2017 courses:

## **5K**

Our 5K runners should anticipate a course with a fast start and finish, but a tough middle section.

The first mile of the race is primarily flat, with a slight uptick near the end of the mile. This could be a good mile to try and “bank” a few seconds of time, as the course is about to get harder.

Mile 2 is a tough, uphill mile. Fortunately, the last mile of the race is lightning fast, so don't worry about slowing down for this uphill mile – it will be worth it to have something left in the tank for the finish.

Mile 3 begins when the runners turn right on 31<sup>st</sup> Street, which they will only be on briefly before the final turn of the race – a right hand turn onto Main Street.

The highlight of the course may be in the final mile when runners crest the last hill at 30<sup>th</sup> & Main and are provided with a breathtaking view of the downtown Kansas City skyline. Equally as exciting, the last  $\frac{3}{4}$  of a mile is downhill on Main, and it is arguably one of the fastest finishes in American road racing.

As you coast downhill to the finish, be sure to take in the National World War I Museum and Memorial on your left, as well as the great view of Kansas City's iconic Union Station as you cross the finish line!