



FOR IMMEDIATE RELEASE

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## Local Residents Invited to Attend the Free Kansas City Marathon Health & Fitness Expo on October 19 & 20 at Union Station

KANSAS CITY, MO (October 2, 2017) – The Kansas City Marathon presented by Garmin will kick-off race weekend on October 19 and 20 with the free Health & Fitness Expo presented by Blue Cross and Blue Shield held at Kansas City's iconic Union Station. Over 50 vendors from the Kansas City area, and around the country, will display their health & fitness products and other merchandise while sharing their expertise with an expected 12,000 attendees. Runners/walkers can also register for any of the Kansas City Marathon's race distance options (the full marathon, half marathon, 10K or 5K) at the expo.

"Our pre-race Health & Fitness Expo is one of the biggest and best health related events in the Kansas City area each year, and we are proud to provide access to this event at no charge to the greater Kansas City community," said Dave Borchardt, Race Director for the Kansas City Marathon presented by Garmin. "Relocating the expo to Union Station gives us a cool venue for the event, and I encourage our local residents to swing by and check it out."

The Health & Fitness Expo presented by Blue Cross & Blue Shield will be held at historic Union Station in the Festival Plaza. Expo hours are Thursday, October 19 from 3 - 8 p.m. and Friday, October 20 from 11 a.m. – 8 p.m.

On race day, Saturday, October 21, thousands will descend upon Washington Square Park as runners take to the streets of Kansas City. When the runners cross the finish line, Washington Square Park will be the site of the "after party" festivities during the Finish Line Festival presented by BNY Mellon.

This family-friendly event is open to race participants, spectators and the general public. Beginning at 7 a.m., Washington Square Park, adjacent to the finish line, will transform into a party with live music, food, drinks and interactive entertainment.

Some of the features for the Finish Line Festival presented by BNY Mellon include:

### Live Music 7 a.m. – 1 p.m.

- *DJ Kirby* has emerged as one of the most entertaining DJs in the United States. Currently Kirby has spun a mix show every Saturday night over the air-ways of Kansas City for the last seventeen years. [Click here](#) for more information about DJ Kirby.
- *State Line Drive* is a local Kansas City country music band consisting of two sets of brothers. [Click here](#) for more information about State Line Drive.
- *Material Girl* captures the elegance and essence of a Madonna or Lady Gaga concert experience. The voice is spot on Madonna in her prime, and they nail Lady Gaga in both sound and looks. [Click here](#) for more information about Material Girl.

### Food and Beverages

- Each participant (21 years of age and older) will receive a complimentary beer donated by [Central States Beverage](#). The participant must show a photo ID to receive the complimentary beer.
- Participants will receive a free chicken salad or braised beef sandwich, or a vegetarian option with Mediterranean Hummus from Seasons 52 Fresh Grill. [Seasons 52](#) uses ingredients at the peak of their freshness.
- Food and drinks will also be available for purchase for the general public.

**Fit-Tastic Family Fun Zone (begins at 9 a.m.)**

After the Kids Marathon presented by Chick-fil-A, kids can learn how to make healthier choices while having fun. The Kids Marathon presented by Chick-fil-A will begin at 9:30 a.m. following some fun pre-race activities including music, a mascot race and stretching and warm up.

The Kansas City Marathon presented by Garmin includes a full marathon, half marathon, 10K, 5K, and a kids marathon. For more information about the Health & Fitness Expo and to see a [complete list of vendors](#), visit [KCmarathon.org](http://KCmarathon.org). The Kansas City Marathon presented by Garmin has also partnered with the IMT Des Moines Marathon for the 4th annual I-35 Challenge – [click here](#) to learn more.

**Volunteers needed** – Over 1,800 volunteers help with the success of the Kansas City Marathon presented by Garmin. Course Monitors are an important part of the event as they keep the road clear of vehicles and ensure the safety of the runners during the race. All Course Monitors are automatically entered to win travel vouchers from our partners Southwest Airlines. Vouchers are good for FREE flights anywhere Southwest flies, including international destinations.

Individuals who register to volunteer will receive an event shirt, free food and drinks at the Finish Line Festival and free entries for raffle prizes. For more information about volunteering, including our grant group program for nonprofit organizations, contact the volunteer coordinator at [volunteer@kcmarathon.org](mailto:volunteer@kcmarathon.org) or go to the website at [KCmarathon.org](http://KCmarathon.org).

**About The Kansas City Sports Commission and Foundation**

The Kansas City Sports Commission & Foundation benefits the Kansas City region through sports by creating, attracting and managing major sporting events for Kansas City. As a nonprofit organization, our mission is to foster and create amateur sports by promoting the overall benefits of fitness to the youth and general public of Greater Kansas City. For the latest on Kansas City Sports Commission news, follow on [Twitter](#), [Facebook](#), [Instagram](#) and [YouTube](#). Also follow the Waddell & Reed Kansas City Marathon with Ivy Funds on [Twitter](#), [Instagram](#) and [Facebook](#).

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