



Participant Guide

Packet Pickup:

Saturday April 6th, noon-5 pm at Stockyards Brewing Company or the Garry Gribble's Running Sports location you designated when you registered.

Sunday April 7th, race morning 5:30 am to 9 am, at Stockyards Brewing Co, 1600 Genessee St. KCMO 64102

One team member can pick up the packet for the entire team. All you need is your team captain name and team name. Previous year's shirts, hoodies, additional 2019 race shirts, arm warmers, buffs, tattoos, & pint glasses will be for sale at packet pickup at Stockyards Brewing Company only while supplies last.

Start:

The race start is at 1600 Genessee St. Start times are staggered every 10 minutes from 6:00 to 9:00 a.m. **Solo runners start at 6:00 a.m. Six Pack Special Runners start at 8:30am**

Parking at the Start:

Parking is available in the Stockyards Brewery parking lot behind the building. If you have a bus or large vehicle, park on Genessee.

Bib Numbers:

Teams will be given 1 bib number for the first and last runners. The person running Leg 1 should wear the bib number and check in at the start line so we know your team started the race. The person running the last leg and crossing the finish line should wear the same bib number so that we can record your finish manually in addition to the chip you will wear.

Timing Chips: Teams and Solos will be given one timing chip to wear on the wrist. Solos should wear the chip throughout the race. Teams will exchange the chip at each leg, using it as your "baton". Runner #1 will hand the chip to Runner #2 at the exchange and repeat this at each exchange point to your next runner. Leg #10 runner will scan the chip at the bullseye at the finish line. Your results will be LIVE as soon as you cross the finish line at <https://results.chronotrack.com/event/results/event/event-47653>



#BrewtoBrew



Shoe ID Tags:

In your packets, there will be emergency shoe ID tags for each team member. Complete the emergency information with a permanent marker and attach to your shoe for the duration of Brew to Brew.

Six Pack Special Runners start at 8:30am. Arrive 30 minutes before your start time.

The first runners start at 6:00 am with waves every 10 minutes until the last runners leave at 8:30 am.

Cut-Off Times: Based upon a 13:38 minutes/mile pace, (To finish very near 5:30 p.m. with a 6 a.m. start.)

Station	Exchange Point	First Runner	Last Runner
Start		6:00 a.m.	9:30 a.m.
Exit of the Levee	1	6:50 a.m.	10:55 a.m.
Copart Auto Auctions	2	7:37 a.m.	12:00 p.m.
ProTech Roofing	3	8:08 a.m.	12:25 a.m.
121 st & Kaw	4	8:27 a.m.	12:55 p.m.
Loring & Loring	5	9:06 a.m.	1:55 p.m.
170 th & Golden Rd	6	9:30 a.m.	2:10 p.m.
Linwood Elementary Ball Field	7	10:01 a.m.	2:30 p.m.
Milleret Farm	8	10:30 a.m.	3:15 p.m.*
N 1700 Rd. & The Levee	9	11:00 a.m.	4:20 p.m.*
Finish at Lawrence Beer Co		11:30 a.m.	5:30 p.m.*

Safety:

**Do NOT use private property as your toilet.
Take your trash with you. Do NOT Litter.**

- **Wear, on your shoe, the Emergency Shoe ID tag provided in your packet**
- Drive carefully through areas where runners and cars are on the same route.
- Be kind to the generous towns that provide us access by not littering.
- Say thank you to the residents along the way.
- Do not trespass on private property.
- Your car number is your parking permit for Brew to Brew exchange points. Place it inside the windshield so it is visible to all volunteers.
- Only cross railroad tracks when it is clear, do not dodge the barriers. (It takes a train ½ mile to stop).
- County Sheriff departments will be patrolling the entire route. Obey all traffic laws.
- Warning: You can be ticketed! Follow “No Parking” signs, park on one side of the road, and do not park on private property. Do not block roads, or RR tracks. Obey State, County and City laws.
- Kansas City Running Club asks that you drink responsibly. The safety of runners and volunteers is our number one priority.

Weather:

The race will not be cancelled for rain or snow. If there is lightening the start will be delayed. If there is lightening while you are out on the course, get into your team car or take shelter until it passes. Log your time lost on the sheet provided in your packet.

Drop Bags:

Solo runners should have no problems running the race without a drop bag. There are snacks and sports drinks at each stop. We can carry a bag to the finish for you if necessary. Please give your bag to the volunteers at the registration tables before the start of the race. Drop bags will be taken to the finish line for you to pick up. Ask the finish line volunteers for your bag.

Course:

Drive and run ONLY on the course indicated on the map. Our permits allow you to go down these roads ONLY. Help us maintain a good relationship with the counties, cities, and residents along the way.

Map:

All teams and solos will receive 1 hard copy map at packet pick-up. Maps are also located at www.brewtobrew.com and on our facebook page.



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RELAY LEGS DEGREE OF DIFFICULTY:

LEG 1: 3.95 mile moderate
LEG 2: 4.82 miles moderate
LEG 3: 5.63 miles easy
LEG 4: 2.42 miles easy
LEG 5: 4.72 miles easy
LEG 6: 4.30 miles moderate/hard
LEG 7: 4.95 moderate or 3.88 by boat
LEG 8: 3.79 miles hard
LEG 9: 4.27 miles hard
LEG 10: 5.6 miles moderate

Exchange Points & Parking:

Each team is responsible for transporting their runners to the correct location at the correct time. Teams are allowed one vehicle at the exchange points and that vehicle must display in the windshield the team parking sign provided in your packet. Your team can have additional vehicles to transport runners but only ONE vehicle will be allowed in the exchange point. Additional vehicles can park or wait outside the exchange station. Large vans are okay, but please no big buses.

An explanation of how to handle your vehicles and runners: Drop runner #1 off at the start. Drive to Exchange #1 to drop off runner #2 and pick up runner #1. Repeat this process for all ten legs. A team may have multiple vehicles on the course if necessary but there may only be one vehicle per team, (the one with your sign in the windshield) in each exchange point to minimize traffic. If your team is using two vehicles, we recommend putting runners #1-5 in one vehicle and runners #6-10 in the second vehicle. You can maintain communication between vehicles via morse code (or if you prefer, text messaging).

DROP 1- GET 1:

At Exchange point 9, for leg 10 – cars will drop their leg 10 runner and pick up a spent runner from another team. NO PARKING OR WAITING. That's right, you'll get into a car with strangers for the short ride to Lawrence, where you'll hook up with your crew at the finish line and head off to eat, drink and celebrate. We have been using this system since 2010 and it works to relieve congestion on the very narrow country road. Please keep your vehicles moving so that property owners along this route will have a great experience with our race and we can continue to obtain our permit each year.

Drive and run ONLY on the course indicated on the map. We have permits to go down these roads ONLY. Help us maintain a good relationship with the counties, cities, and residents along the way.

Runner Exchange:

You may change runners in the middle of a leg, you can split a leg, you can have two runners run together, or pretty much anything you wish as long as you are not competing for first place in one of the performance divisions: first men's team, first female team, and first mixed team.

Time Lost Form: A Runner Time Lost Form is provided in your packet to record any delay along the route such as having to stop for a passing train, waiting for a car to move or your boat crossing delay at Stranger Creek. Document your delays and give to the volunteers at the finish line. If you drop out of the race, please let the closest exchange point volunteer know.

Aid Stations: will have water and Gatorade for solo runners, two person teams and your team member that has completed a leg. Food will be available at aid stations for solo runners and two person teams only. Teams should pack food and nourishment for your entire crew in your vehicle.

Photos:

Arrive on race day 30 minutes early to have the photographer take your group photo. You can download all photos free of charge by going to www.seekcrun.com. Photos will be posted by Tuesday after the race. Photo link, <https://seekcrun.zenfolio.com/f442298571>

Results and Awards:

1st Male & 1st Female Solo • 1st Female and 1st Male Team • 1st Generous Team • 1st Military Team • 1st 2 Person Team • 1st Six Pack Special Team • 1st Race-walk Team • Dead Last Team will receive ceramic award mugs. . Awards will be distributed at the after party at Lawrence Beer Company as results come in.

All solo runners & two person teams will receive a brew to brew pint glass. Online results will be at <https://results.chronotrack.com/event/results/event/event-47653> and www.resultskc.com Finisher medals will be given to all runners at the finish line. In addition to the finisher medal, solo's and two person teams receive the traditional handmade clay medal.

Post Race Party:

Brew to Brew will end at Lawrence Beer Company, 826 Pennsylvania, in Lawrence. When you get to the finish line, enjoy great beer and music at the post race street party. Refuel with plentiful food options and re-live the awesome run you just had! There will be food trucks a plenty for all your hunger pangs and drinks will be served starting at 12 pm.

Showers: Take a towel to the Lawrence Community Building at 115 W 11th Street. The center is open until 5pm and is free.

Apparel and Swag: Apparel items will be for sale at packet pickup and after the race at Lawrence Beer Company. Items include: 2018 race shirt, hoodies, additional 2019 race shirts, tattoos, pint glasses, arm warmers and more.

Benefit Organization:

Brew to Brew benefits the Cystic Fibrosis Foundation. Every runner donates a minimum of \$10 to help defeat this dreaded disease. In 2018 The Kansas City Track Club was able to donate \$35,000 to the Cystic Fibrosis Foundation. The median life expectancy of someone with CF is 37 years, but we are working to add more years. Thank you for your generosity.



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You can donate more to CF if you like! Teams donating more than \$200 automatically become a “generous team” and will be able to increase their handicap 1 minute for each \$10 contributed. Yes, you can finish before you start!