



Participant Guide

Brew to Brew is a point-to-point 44.4 mile relay consisting of 10 legs of about four miles each on Sunday April 12, 2015. Teams may have from 2 to 10 persons.

“THE SIX PACK SPECIAL”: Teams of two to six can just run 6 legs. Teams of 2 to 6 runners choosing the shorter Six Pack option will run only legs 1,2,3,5,6,7 (drive leg 4) for a total of 27.4 miles and a faster time to the beer. Your finish line is in Linwood on 4th Street so look for the inflatable arch off to your left at 4th and Ash.

Solos run a point-to-point 44.4 mile race from Kansas City, MO to Lawrence, KS. They may also choose to run legs 1-7 for approx. 30 miles and ending in Linwood, KS.

Benefit Organization:

Brew to Brew benefits the Cystic Fibrosis Foundation. Every runner donates a minimum of \$10 to help defeat this dreaded disease. In 2014 The Kansas City Track Club was able to donate \$62,000 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.

You can donate more to CF if you like and 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!

Packet Pickup:

Packet pickup is at Garry Gribbles Running Sports on Saturday April 11th 2015, from Noon until 5 pm. One team member should pick up the packet for the entire team. All you need is your team captain name and team name. When you registered, you specified pickup at one of the two Garry Gribble Running Sports (GGRS) below.

[Ward Parkway Shopping Center](#), 8600 Ward Parkway Kansas City, Missouri, 64114

[Downtown Lawrence](#), 839 Massachusetts Street, Lawrence, Kansas, 66044

Additional shirts, vests, hats, socks, meals, etc will be available for sale at the Ward Parkway location but not in Lawrence.

Any packet not picked up on Saturday will be taken to the start line for pickup. You will be able to purchase apparel and meals on race morning at the start and at Liberty Hall after the race.

Schedule:

Brew to Brew starts at the

Boulevard Brewery,

2501 Southwest Boulevard,
KC, Missouri 64108

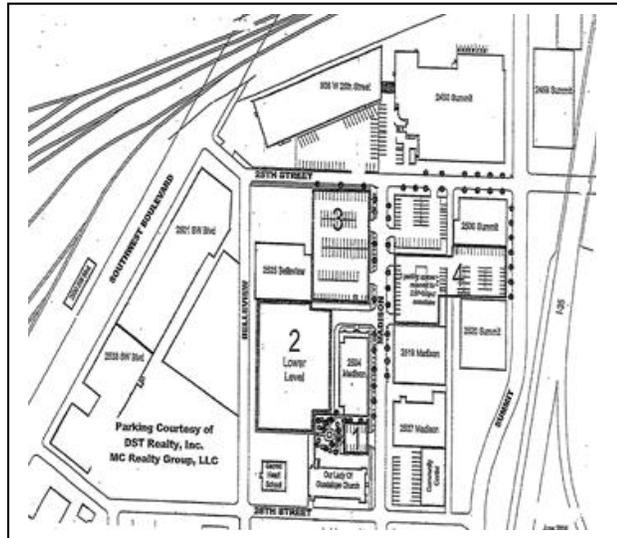
Please park in designated lots.

Please arrive **30 Minutes**
before your start time.

The first runners start at 6:00 am with waves
every 15 minutes until the last runners leave
at 9:30 am.

Cut-Off Times: Based upon a
13:38 minutes/mile pace,

(To finish very near 4 p.m. with a 6 a.m. start)



Station	Miles	First Runner	Last Runner
Start	00.0	6:00 a.m.	9:00 a.m.
KC Hardwood	04.3	6:50 a.m.	10:25 a.m.
Copart Auto Auctions	09.5	7:37 a.m.	11:10 a.m.
Edwardsville	14.8	8:08 a.m.	11:55 a.m.
Easy World	17.1	8:27 a.m.	12:25 p.m.
Loring & Loring	22.1	9:06 a.m.	1:25 p.m.
Tinberg Farm	25.5	9:30 a.m.	1:40 p.m.
Linwood Fire House	30.3	10:01 a.m.	2:00 p.m.
Milleret Farm	34.3	10:30 a.m.	2:45 p.m.*
Levee at 254 th Street	38.5	11:00 a.m.	3:50 p.m.*
Finish at Bridge	43.2	11:30 a.m.	5:00 p.m.*

*In the final hour there will be 2 or 3 teams or solos running 15-minute miles.

Each runner can enjoy one 9oz beer served from the Boulevard Brewery trailer at the race start. Your right hand will be marked with a sharpie indicating you received a beer.

The Roasterie will have an Airstream at the start area to serve coffee from 5:30am to 9:30am.

Safety: Please be aware that you are subject to all federal, state, city and county laws. Wear your seat belts and designate a non-drinking driver. Keep roads clear, find the porta pots instead of using private property as your toilet, do not trespass on residential property or any property besides public and only cross railroad tracks when you see that you can get completely across without dodging the barriers. (It takes a train ½ mile to stop).

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: You should have no problems running the race without drop bags. There are snacks and sports drinks at each stop. We can carry a bag to the finish for you and you can give bags to the volunteers at the registration area at the race start.

Course:

Drive and run ONLY on the course indicated on the map. We have permits to go down these roads ONLY. Our permit in Leavenworth County is in jeopardy next year if we fail to stay off of roads other than the permitted route.

Map: [Course map](#)

All teams will receive 2 hardcopy maps at packet pick-up and solo runners will receive one.

COURSE A & B: To relieve traffic congestion on legs 3 and 6, there will be two slightly different courses (A & B) with different exchange points. The course map indicates course A or course B. On leg 3, runners on course B will simply run a bit further down the same road as course A to stop at a different aid station. On leg 6, course B will turn off and head a different direction than the course A runners for a short distance and will loop back around to get back on the same road as course A before arriving at exchange point 7. If your driver enters the wrong exchange point your team could be disqualified.

RELAY LEGS:

LEG 1: Blvd Brewery to Station 1, 3.9 miles, moderate

LEG 2: Station 1 to Copart 5.3 miles, moderate

LEG 3: Station 2 to 3A or 3B, 5.4 or 5.6 miles, easy

LEG 4: Station 3 to 121st Street, 2.3 or 2.5 miles, easy

LEG 5: 121st Street to Loring & Loring, 4.8 miles, easy

LEG 6: Loring to Hog* or Hair**, 3.3 miles, moderate/hard

LEG 7: Hog or Hair to Linwood, 4.7 by sea or 5.7 miles, moderate

LEG 8: Linwood, KS to 230th Street and Golden Road, 4 miles, hard

LEG 9: 230th Street to Levee & RR Tracks, 5.2 miles, hard

LEG 10: Levee/RR Tracks to Bridge by Lawrence City Hall, 5.8 miles moderate

*Hog = Station 6A Hog Farm **Hair = Station 6B Hair Salon

Exchange Points & Parking:

Each team is responsible for transporting their runners to the appropriate location at the appropriate time. Teams are allowed one vehicle at the exchange points and that vehicle must display in the windshield the **team route 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. Large vans are okay, but please no big buses.

An explanation of how to handle your vehicles and runners: Once you drop runner #1 off at the start, you will 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 (each person must have a seat belt). However, there may only be one vehicle per team, (the one with your sign in the windshield) at 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 leg 10 exchange point – 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 vehicle 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.

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Participants

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 scratch team, first ladies team, first mixed team.

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.

Exchange Points 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 exchange points for solo runners and two person teams only so teams should pack food and nourishment for your entire crew in your vehicle.

Batons may be any item that you can pass from runner to runner. Do not call your next runner on your cell phone from along the route and tell them to start until you are in the exact same location and can pass of a baton, your bib number or whatever item you choose to pass.

Photos:

Arrive on race day 30 minutes early to have the photographer take your group photo in front of the Boulevard Brewery. The Kansas City Track Club has also contracted to take candid pictures out on the course and you can download all photos free of charge to you by going to www.seekcrun.com.

Results and Awards:

First male and female solo, first 5-person scratch team, first ladies team, first military team, best name, Jack Boyer Spirit Award, first two person team, first most generous team, first race-walk team, first six leg special team, dead last team.

Medallions will be distributed at the finish line for all solo and two person team finishers.

Go to Liberty Hall if you won an award and Lou will have ceramic mugs, gift certificates and other great items for you!

Online results will be at www.resultskc.com

Post Race:

The end of the race festivities and meal are at [Liberty Hall](#), 644 Massachusetts St, Lawrence, KS 66044. Serving hours are 12 noon to 5pm. Tickets are \$13, and may be purchased at the door if still available. The meal ticket includes options of Pulled Pork Sandwich on Sourdough Bun, Smoked Turkey Sandwich on Sourdough Bun, Balsamic Roasted Vegetable Sandwich on Baguette with Pesto Mayo, Potato Salad, Coleslaw, Cantaloupe, Pineapple, Grapes, Strawberries, 2 beers or soft drink. If you need a gluten free option, ask the servers to put your sandwich into a lettuce wrap instead of a bun and ask for the one gluten free beer option.

If you need a ride back to Kansas City go to the DJ and ask him to announce and we will find a ride for you. The race organizers will give you a ride at the end of the day if we don't find other arrangements.

The Six Leg Special festivities are at **Fro's Hideout** in Linwood. They are having an all-out party! Fro says he is cooking up pulled pork, hamburgers, hotdogs, in addition to baked beans, potato salad, and fruit. You also receive 2 beers or non-alcoholic beverages with your meal for just \$13. And, there will be a band. He says you can party all night if you want to.

Showers: Take a towel to the Lawrence Community Building at 115 W 11th Street, six blocks from Liberty Hall. They are open until 5pm.

Apparel:

Apparel items will be for sale at The Ward Parkway Packet Pickup, the start line and after the race at Liberty Hall in Lawrence.

Brew to Brew Short sleeve tech tees - \$8

Brew to Brew Long sleeve tech shirts - \$10

Brew to Brew Fleece Vest - \$20

Brew to Brew Team Jacket - \$35

Brew to Brew running socks - \$3

Brew to Brew Hat - \$5

Brew to Brew Tatoos- 2 for \$1.00

Sponsors:

Brew to Brew would like to thank our sponsors!

