



## 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 3, 2016. 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 4<sup>th</sup> 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, 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 2015 The Kansas City Track Club was able to donate \$40,000 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! 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 The Roasterie on Saturday April 2<sup>nd</sup>, 2016 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.

[Roasterie](#) 1204 W 27th Street Kansas City, MO 64108 [MAP](#) We will have 2015 shirts, 2016 shirts, red vests, navy jackets, hats, socks, pint glasses and Roasterie custom blend 1.75oz coffee packets, for sale at packet pickup.

### **Brew to Brew:**

Will be staged at 27<sup>th</sup> and Broadway, the start line is at 2501 Southwest Boulevard, KC, Missouri 64108 Please park in the Roasterie lots, and on the street. 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	Exchange Point	Miles	First Runner	Last Runner
Start		00.0	6:00 a.m.	9:30 a.m.
KC Hardwood	1	04.3	6:50 a.m.	10:55 a.m.
Copart Auto Auctions	2	09.5	7:37 a.m.	12:00 p.m.
KC Muffler & Teech-um	3	14.8	8:08 a.m.	12:25 a.m.
121 <sup>st</sup> & Kaw	4	17.1	8:27 a.m.	12:55 p.m.
Loring & Loring	5	22.1	9:06 a.m.	1:55 p.m.
158 <sup>th</sup> & Golden Rd	6	25.5	9:30 a.m.	2:10 p.m.
Linwood Fire House	7	30.3	10:01 a.m.	2:30 p.m.
Milleret Farm	8	34.3	10:30 a.m.	3:15 p.m.*
Levee at 254 <sup>th</sup> Street	9	38.5	11:00 a.m.	4:20 p.m.*
Finish at Bridge		43.2	11:30 a.m.	5:30 p.m.*

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

### Safety:

**Do not use private property as your toilet.**

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, visible to all volunteers.

Only cross railroad tracks when it is clear, do not dodge the barriers. (It takes a train ½ miles to stop).

County Sheriff departments will be patrolling the entire route.

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.

KCTC asks that you drink responsibly. The safety of runners and volunteers is the 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.

### Course:

**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.**

**Map:**

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

To relieve traffic congestion on legs 3 and 6, there will be two exchange points. If you see that the first exchange point is crowded, go to the next exchange point.

**RELAY LEGS:**

LEG 1: Start to Exchange point 1 at KC Hardwood, 3.9 miles, moderate

LEG 2: Exchange 1 to Exchange 2 at Copart (exchange 2) 5.3 miles, moderate

LEG 3: Exchange 2 to Exchange 3A at KC Muffler 5.4 or 3B Teech-um 5.6 miles, easy

LEG 4: Exchange 3A or 3B to Exchange 4 at 121<sup>st</sup> Street, 2.3 or 2.5 miles, easy

LEG 5: Exchange 4 to Exchange 5 at Loring & Loring, 4.8 miles, easy

LEG 6: Exchange 5 to exchange 6 at 158<sup>th</sup> and Golden Rd 3.3 miles, moderate/hard

LEG 7: Exchange 6 to exchange 7 at 4<sup>th</sup> and Main, 4.7 by sea or 5.7 miles, moderate

LEG 8: Exchange 7 to Exchange 8 at Millert farm, 4 miles, hard

LEG 9: Exchange 8 to Exchange 9 at Levee at 254<sup>th</sup>, 5.2 miles, hard

LEG 10: Exchange 9 to Finish line at Levee at 2<sup>nd</sup> Street , 5.8 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 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 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.

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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, and 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. You can download all photos free of charge to you by going to [www.seekcrun.com](http://www.seekcrun.com).

**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 Clay medallions for solo runners & two person teams. Awards will be distributed at the after party at Abe & Jake's Landing, 8 E 6th St, Lawrence, KS 66044, as results come in. Online results will be at [www.resultskc.com](http://www.resultskc.com)

**Post Race:**

The 2016 Brew to Brew after party will be held at Abe and Jake's Landing at 8 E 6th St, Lawrence, KS 66044. This is for all runners; solo, relay, and six pack special. If you are running the 6 pack special, drive to Lawrence for the party! Buy a meal ticket for \$12.00 and party at Abe & Jake's in Lawrence. Watch runner's cross the Finish Line from the patio, or choose to watch it on the big screen indoors, courtesy of Race Day Timing Solutions.

Enjoy a meal catered by 23rd Street Brewery. The menu: Mac & Cheese with Buffalo Chicken, Lentil Stew, Salad and Fruit. Each race entry comes with a courtesy Beer or non-alcoholic beverage. Additional beer will be for \$3.00 at the event. Meal tickets will be sold online, at packet pickup and on race day while supplies last. They are not included in your registration.

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.

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

**Apparel:** Apparel items will be for sale at The Roasterie Packet Pickup, and after the race at Jake and Abe's Lawrence.

Sponsors:  
Brew to Brew would like to thank our sponsors!

