



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 2, 2017, runners will trek from downtown Kansas City, Missouri to Lawrence, Kansas by road and trail.

“THE SIX PACK SPECIAL”: Solos or 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 at the Linwood Elementary Ball Field.

Benefit Organization:

Brew to Brew benefits the Cystic Fibrosis Foundation. Every runner donates a minimum of \$10 to help defeat this dreaded disease. In 2016 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, 1204 W 27th Street, Kansas City, MO 64108 on Saturday April 1st from Noon until 5 pm and on race morning from 5:30- 9am. One team member should pick up the packet for the entire team. All you need is your team captain name and team name.

Previous year's shirts, red vests, navy jackets, hats, socks and pint glasses will be for sale at packet pickup.

Parking at the Start:

If you need to park your car in KC for the day, park on the street. [The Roasterie](#) lots will be locked at 5pm on Sunday. Just dropping your team member off? There is parking all around the Roasterie building and across the street from their cafe. If you have a bus or very large vehicle, park on Southwest Boulevard

Bib Numbers:

Teams will be given 2 bib numbers for the first and last runners. The person running Leg 1 should wear a bib number and check in at the start line so we know your team started the race. The person running



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the last leg and crossing the finish line should wear the second bib number so that we can record your finish. All other team members should get marked at the start area with their team number. We will have sharpies to mark skin and white duct tape to attach to jackets and other clothing. Each team member MUST be wearing their team number and have it visible at all times.

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.

The Start:

Brew to Brew will be staged at 27th and SW Boulevard in front of the Roasterie Building. The start line is at the intersection of 27th St and Southwest Boulevard, KC, Missouri, 64108

Please park in the Roasterie lots and on the street. Buses and large vans should park on the east side of SW Boulevard and will not be allowed in the parking lots. 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 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	First Runner	Last Runner
Start		6:00 a.m.	9:30 a.m.
KC Hardwood	1	6:50 a.m.	10:55 a.m.
Copart Auto Auctions	2	7:37 a.m.	12:00 p.m.
KC Muffler & Teech-um	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.
158 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.*
Levee at 254 th Street	9	11:00 a.m.	4:20 p.m.*
Finish at Bridge		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:

Wear on your shoe, the Emergency ID tag provided in your packet

Do NOT use private property as your toilet.

Take your trash with you. Do NOT Litter.

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. 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. 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 hard copy maps at packet pick-up and solo runners will receive one. Maps are also located at www.brewtobrew.com and on our facebook page.

RELAY LEGS DEGREE OF DIFFICULTY:

LEG 1: moderate

LEG 2: moderate

LEG 3: easy

LEG 4: easy

LEG 5: easy

LEG 6: moderate/hard

LEG 7: moderate

LEG 8: hard

LEG 9: hard

LEG 10: 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



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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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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 scratch team, first ladies team, and first mixed team.

You will be given a team slap bracelet for the runners to wear. The slap bracelet must be handed off to the runner running the next leg. 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 the team slap bracelet, your bib number or whatever item you choose to pass

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.

Photos:

Arrive on race day 30 minutes early to have the photographer take your group photo with the Roasterie sign and airplane in the background. You can download all photos free of charge by going to www.seekcrun.com. Photos will be posted sometime the day after the race.

There will be a photo op booth with props in the vendor area at the race start hosted by Jeremy Nienhauser from Farmers Insurance Agency in Lee's Summit.

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

Post Race Party:

The 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: Taco Bar or vegetarian chili, Salas, Fruit, cookies and one beer or soft drink. 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 11th Street, six blocks from Liberty Hall. They are open until 5pm, and are free.

Apparel and Swag: Apparel items will be for sale at The Roasterie packet pickup and after the race at Abe and Jakes in Lawrence. Items include: 2016 race shirt, Brew to Brew vests, jackets, hats, socks, tattoos, pint glasses, arm warmers and more. Look for our Brew to Brew store when you come in the door at Abe and Jakes!

Brew to Brew and The Kansas City Track Club would like to thank our sponsors!



Thank you to the 23rd Street Brewery for supporting us! 23rd St Brewery is a full service brewpub with daily food and drink specials.

Thank you to the discerning coffee most exquisite flavor



the [Roasterie](#) for supporting us! The Roasterie sources coffee beans for connoisseur and air-roasts them to the perfect temperatures to unlock the each coffee has to offer.



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Thank you to [Ad Astra Running](#) for providing awards to the winners. This store is born of a belief that Lawrence and its environs deserve a local running store, locally owned, and locally focused. We care about this community because we're part of it, and we want to spend our days working with and for all its members.

Thank you to Elite Chiro patient and injury the clear goals.



Care for providing some relaxation after the race. Elite treats every way we would want to be treated, with compassion, understanding, and



Thank you to [Hague Quality Water](#) for providing bottled water for our event. Hague Quality Water is the oldest major water treatment manufacturer in the U.S.A. under continuous family ownership.

Kansas City area. We



RUN 816 is the premier retailer for running and walking serving the strive to provide top rate customer service and quality products.



Thank you to [KC Dogs](#) for supporting us! KC Dogs hot dog cart has been servicing the Kansas City Metro Area with the best dogs in town. Find us in town or hire us to cater your event!

Thank you to [NKC Construction](#).



[Yoga](#) for stretching before the race. NKC Yoga, BODY & MIND Under A yoga studio for every BODY.



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Thank you to [Team Fidelis](#) for proving the color guard for our race. It starts with awareness, hope and camaraderie.



Thank you to [Panera](#) for providing treats to our runners. Panera believes that good food, food you can feel good about, can bring out the best in all of us. Food served in a warm, welcoming environment, by people who care.

Thank you who share a



to [Pier Magic](#) for supporting us! PierMagic® is a group of innovative professionals passion for foundation repair. It is this passion that drives us to make your

foundation repair experience as pleasant as possible, while restoring your peace of mind.



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