



Participant Guide

Packet Pickup:

Packet pickup is at The Kansas City Track Club office at 208 W 79th St, KC, MO 64114 from noon to 5pm on Saturday April 7th and on race morning in front of The Roasterie, 1204 W 27th Street, KC, MO 64108 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, vests, jackets, hats, arm warmers, buffs, tattoos, pint glasses and meal tickets 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 parking](#) 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 the cafe. If you have a bus or 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 the last leg and crossing the finish line should wear the second bib number so that we can record your finish.

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. Leg #1 runner should scan the chip on the bullseye at the start line. 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/e.../results/event/event-38863>



#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.

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 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. |
| 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 Shoe 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 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 miles 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.

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



#BrewtoBrew

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.

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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

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 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 by Tuesday after the race.

There will be a photo op booth with props in the vendor area at finish line.

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 Abe & Jake's Landing, 8 E 6th St, Lawrence, KS 66044, 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/e.../results/event/event-38863> and www.resultskc.com

Finisher medals will be given to all runners at the finish line.

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 \$14.00 and party at Abe & Jake's in Lawrence. Watch runner's cross the Finish Line from the patio, bask in the glory of your awesome run and buy some great Brew to Brew swag to remember the day!

Enjoy a meal catered by 23rd Street Brewery. The menu: Taco Bar, Fruit, cookies and one beer or soft drink. Additional beer will be available for \$3.00. Meal tickets will be 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 at Abe and Jakes 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, seven blocks from the finish line. They are open until 5pm, and are free.

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

Benefit Organization:

Brew to Brew benefits the Cystic Fibrosis Foundation. Every runner donates a minimum of \$10 to help defeat this dreaded disease. In 2017 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.



#BrewtoBrew

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!

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



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