



2019 P2B ADK RELAY TEAM CAPTAIN NOTES

PACKET PICK UP

EARLY PACKET PICK UP - BEAST RELAY ONLY

We **HIGHLY** recommend all Teams, if available, to pick up their Team Packets at Early Packet Pickup. If you are unable to pick up your Team Packet at Early Packet Pickup, then you can pick up your Team Packet at the Start Line on Race Day.

DATE/TIME: Thursday August 8, 2019 @ 4:00PM – 9:00PM

LOCATION: Ski Jumping Complex Intervales Lodge, 5486 Cascade Rd, Lake Placid, NY 12946

❖ Packet Pickup will be located on the 2nd floor in Intervales Lodge, enter the Lodge through the front/main entrance

NOTES:

- 1) Goal is to have as many runners from your Team present at Packet Pickup, however only 1 Runner from the Team is required to pick up the ENTIRE Teams Packet (just make sure they have all the Safety Gear for the Team)
- 2) Check-In Process – You will be using your Team # & Name to check in. Come prepared knowing this:
 - a. Step 1 – Team/Van Check In:
 - i. Check your Team in at the Check-In Table to receive your Team/Van check-in sheet
 - ii. If you are Substituting/Adding a Runner to your Team after online registration (31 July) this will be done at the Team Check-In Table
 - iii. Verify Race Command SMS Communication Setup
 - iv. Verify downloaded Digital and/or Printed Brew Book
 - b. Step 2 – Safety Gear Check:
 - i. Each van will need to show that they have the following:
 - Reflective Safety Vest (1 for each Runner)
 - Flashlights/Headlamps (2 per Van)
 - Flashing LED Tail Lights (2 per Van)
 - Caution Flags (2 per Van) – Recommended (Not Required)
 - ii. **NOTE:** If Teams do not have these items at check-in they will not be allowed to start
 - c. Step 3 – Safety Briefing:
 - i. We will have a ~10 minute Safety Briefing Audio Presentation for your Team to observe. Please pay attention as some key safety items will be reviewed.
 - d. Step 4 – Team Bag & T-Shirt Pickup:
 - i. Each Van will receive: Bibs (each Runner), Van Stickers (1 per Van), Team Snap Bracelet (1 per Team)
 - ii. Each Van that checks in will receive all the T-shirts for that Van
 - iii. Only participants with a registered t-shirt size will be guaranteed their correct shirt size
 - iv. Any runner that did not register for a t-shirt size before cut off or late runner addition/substitution will be able to receive a T-shirt depending on size availabilities
 - v. **NOTE:** T-shirt sizes may be able to be traded in for a different size depending on size availability...there is NO guarantee we will have a different size available

RACE DAY PACKET PICK UP – BEAST RELAY

DATE/TIME: Friday August 9, 2019 @ 4:30AM – 10:00AM

LOCATION: Whiteface Mt Castle (Start Line), Whiteface Memorial Hwy, Wilmington, NY 12997

NOTES:

- 1) Ensure your Team arrives to the Start Line at least 30 minutes before your assigned Start Time
- 2) Ensure SMS Communication with Race Command has been completed on 8 AUG...limited service at Start Line
- 3) Ensure Brew Book is downloaded or Printed
- 4) Check-In Process – SAME AS CHECK-IN PROCESS FOR “EARLY PACKET PICK-UP” BESIDES FOR BELOW:
 - a. We will not have extra T-shirts at Race Day Packet Pickup to trade in sizes. This can be done at finish if sizes are still available.
 - b. There will not be a live Safety Briefing video at Race Day Packet Pickup. This will need to be viewed online.
 - c. Verification of SMS communication with Race Command cannot be completed at Start Line, due to service.

RACE DAY PACKET PICK UP – SPRINT RELAY

DATE/TIME: Saturday August 10, 2019 @ 5:00AM – 6:00AM

LOCATION: South Lewis High School, 4264 E Rd, Turin, NY 13473 (Next to Cafeteria)

NOTES:

- 1) Ensure your Team arrives to the Packet Pickup at least 30 minutes before your assigned Start Time
- 2) Check-In Process – SAME AS CHECK-IN PROCESS FOR BEAST “EARLY PACKET PICK-UP” (SEE PREVIOUS PAGE)

RUNNER UPDATES – SUBSTITUTIONS/ADDITIONS

ONLINE RUNNER UPDATE DEADLINE: 31 JULY

- Teams can make any Runner updates on Run Signup until the above deadline
- Any new runners should make sure and register online before this deadline if possible
- Team Captains can remove any Runners who have been replaced (ex: injury, etc.)

RACE DAY RUNNER UPDATES: 9-10 AUGUST

- If you need to make changes to your Runners after the online deadline this can be done at Packet Pick-up
- At the ‘TEAM CHECK-IN’ Table notify the Volunteer that you have a Runner update to make (Substitution or Addition)
- Any NEW Runners will need to fill out the paper registration form and sign the Event Waiver

NOTE: There is NO FEE for making last minute updates to runners on your Team. We understand that things come up and people get injured. Just make sure and have the new members of your Team register online or at Packet Pickup on Race Day.

IMPORTANT: If any Runner Updates change your Team Pace by more than ± 15 sec/mile please notify P2B ASAP as this could impact your Start Time.

VOLUNTEER REGISTRATION

VOLUNTEER REGISTRATION DEADLINE: 31 JULY

- Looking to take advantage of the Volunteer Discount for 2020 Registration please Registered Volunteers by 31 JULY
- Volunteers must check-in with the P2B Staff at their assigned Volunteer Location
 - Major Exchanges, Start, Finish = CAPTAIN; Minor Exchanges = ADVANCED PARTY TEAM
- 2020 Discounts will be issued after the 2019 Race



MAJOR EXCHANGE EVENTS

WHATS GOING ON?

BEAST PACKET PICKUP — SKI JUMP INTERVALES LODGE:

- EARLY PACKET PICK-UP (2nd Floor)
- FREE: WATER, BANANA'S, GATORADE
- BEER SAMPLES from BLUE LINE BREWERY
- INDOOR RESTROOMS

BEAST START LINE — WHITEFACE MT CASTLE CAFÉ:

- START LINE UNDER CASTLE
- RACE DAY PACKET PICKUP (IN CASTLE)
- FREE: WATER, BANANA'S, BARS, GRANOLA, GATORADE
- INDOOR RESTROOMS

MAJOR EXCHANGE #6 — SKI JUMP INTERVALES LODGE:

- FREE: BAGELS, BANANA'S, BARS, GATORADE, & COFFEE
- INTERVALES CAFÉ OPEN FOR DRINK SALES
- P2B WATER & FIRST AID TENT
- INDOOR RESTROOMS

MAJOR EXCHANGE #12 — TUPPER LAKE PARK:

- FOOD FOR SALE BY BLUE LINE BREWERY (12-4PM)
- FREE: BANANA'S, BARS, & GATORADE
- P2B WATER & FIRST AID TENT
- INDOOR RESTROOMS
- LAKE SWIMMING NEAR BOAT LAUNCH
- DESIGNATED RESTING AREA ON GRASS BY LAKE

MAJOR EXCHANGE #18 — ADIRONDACK EXPERIENCE:

- MUSEUM VISITOR CENTER & GIFT SHOP OPEN
- FOOD FUNDRAISER BY CIVIL AIR PATROL CADET
- NY RUN FOR THE FALLEN BOOTH
- FREE: BANANA'S, BARS, & GATORADE
- P2B WATER & FIRST AID TENT
- INDOOR RESTROOMS
- SLEEPING IN AUDITORIUM & UPPER PARKING AREA

MAJOR EXCHANGE #24 — OLD FORGE RECREATION CENTER:

- FREE 6-BAGEL BOXES FROM WISK BAKING CO (1/VAN)
- FOOD FOR SALE BY WISK & BITE BAKERY (10PM-2AM)
- FREE: BANANA'S & GATORADE
- P2B WATER & FIRST AID TENT
- INDOOR RESTROOMS
- OUTDOOR SLEEPING ON FIELD

ME #30 / SPRINT START LINE — SOUTH LEWIS HIGH SCHOOL:

- SPRINT PACKET PICKUP & START LINE
- BREAKFAST FOR SALE — SCHOOL FUNDRAISER
- FREE: BANANA'S & GATORADE
- P2B WATER & FIRST AID TENT
- INDOOR RESTROOMS
- SHOWERS AVAILABLE — SCHOOL FUNDRAISER
 - INCLUDES: SHOWER & TOWEL
- INDOOR SLEEPING AVAILABLE IN GYM

MAJOR EXCHANGE #36 — ADIRONDACK CENTRAL HIGH SCHOOL:

- LUNCH FOR SALE — SCHOOL FUNDRAISER
- FREE: BANANA'S & GATORADE
- P2B WATER & FIRST AID TENT
- INDOOR RESTROOMS
- SHOWERS AVAILABLE IN LOCKER ROOM
- INDOOR SLEEPING AVAILABLE IN GYM

FINISH — SARANAC BREWERY:

- POST RACE PARTY — PEAK TO BREW FEST
- RUNNER PINT PICKUP
- P2B MERCHANDISE FOR SALE
- SARANAC GIFT SHOP DEALS FOR RUNNERS
- FREE BEER FOR RUNNERS/VOLUNTEERS
- FREE FOOD FOR RUNNERS FROM BOUGHBOY BBQ
 - BBQ CHICKEN or PORK + 1 SIDE
- P2B WATER & FIRST AID TENT
- LIVE MUSIC (4-8PM)
- OPEN TO PUBLIC FOR \$5 (INCLUDES FIRST DRINK)
- IMPORTANT: MAKES SURE AND HAVE A DESIGNATED DRIVER WHEN LEAVING. BETTER YET SPEND THE NIGHT NEAR THE FINISH LINE
- RUNNER SPECIALS @ CELTIC HARP ALL NIGHT
 - FOR THOSE CONTINUING AFTER P2B FEST



IMPORTANT INFORMATION

RESTROOMS & PORTABLE TOILETS:

We will have Restrooms or Portable Toilets located at most Minor Exchanges and located at every Major Exchange. Make sure and use the provided restrooms and portable toilets...this is why they are provided. We are unable to have Portable Toilets at some of the Minor Exchanges by request of the local land owners of the Exchange, make sure and plan accordingly.

- Minor Exchanges with NO Restrooms or Portable Toilets (Please plan accordingly):
 - 7, 23, 27
- Exchanges with Indoor Facility Restrooms ONLY (Be RESPECTFUL of facilities):
 - Packet Pickup, Start, 6, 9, 12, 18, 19, 21, 22, 24, 29, 30, 31, 32, 33, 34, 36, 37, 38, 40, 41

WATER & FOOD:

The following will be provided to Teams by P2B & Sponsors:

- PACKET PICKUP & START LINE: Bananas, Bars, Granola, Gatorade, & Water Jugs
- ALL MAJOR EXCHANGES: Bananas, Gatorade, & Water Jugs
- ME #6: FREE Bagels, Bars & Utica Coffee Cold Brew Coffee
- ME #24: FREE 6-Pack Bagel Box w/ Spreads (1 per Van) from Wisk Baking Co
- FINISH: FREE Saranac Beverages...THANK YOU SARANAC, FREE BBQ Chicken or Pork + 1 Side from Doughboy BBQ

Food and Drink Options for Sale (BRING CASH):

- MAJOR EXCHANGES: EARLY PACKET PICKUP, 6, 12, 18, 24, 30, 36, FINISH

The course has been designated for Team vans to support their runner's along the course (besides for no van support legs):

- There will be NO Water stations at Minor Exchanges or on the majority of course...make sure and plan accordingly
- There will be 8 Unvolunteered Water Aid Stations on the Course
 - For longer NO VAN/PARTIAL VAN SUPPORT Legs
- There are multiple areas for vans to safely pull over to aid their runners with water if needed.

EXCHANGES & EXCHANGE VOLUNTEERS:

EXCHANGE MAPS: Review Before Race Day

- Transition Area, Parking, Runner & Van Routes

Protocol for Exchanges:

- Follow the Course Map Directions & Exchange Map Layout
- Look for Course Signs and Van signs
- Park in designated Parking Area shown on Maps
- Transition to next Runner in Designated Transition Area
- Enter Time Runners Exchange in Team Time Tracker



We are working to have Volunteers at every Exchange point and will definitely have Volunteers at all Major Exchanges, Starts, and Finish. Here are some Exchanges that currently DO NOT have Volunteers (Follow above Guidelines):

- NO Volunteer Minor Exchanges: EX: 2,4,7,10-11,13,15-16,19,25-26



FOLLOWING RULES & REGULATIONS:

3 Strikes You're Out Rule OR 1 Major Infraction and You're Out:

- Teams will be notified by text or Race Staff when a rule violation has occurred
- 3 Violations = Disqualified. Race officials may also disqualify Teams on the spot without prior warning for serious rule violations

If you are disqualified:

- Stop running on the Course and Pickup your Runners
- Remove your Teams participation from the event and all venues

Let's just avoid this all together and be respectful, safe, and have fun

OUT & BACK SECTIONS OF THE COURSE – FOLLOW THE DIRECTIONS:

Be aware Leg #30 and Leg #34 Overlap on East Rd for a couple of miles. This is on the Out and Back section of the course. This means runners will be going in both directions in this area. Make sure you know which direction you are headed and do not get confused with the signs on both sides of the road.

'BREW YOUR OWN EXCHANGE'...WHAT IS THIS?:

There will be two Exchanges (Exchange #23 and #27) that are a 'Brew Your Own Exchange'. This means there is not enough parking for all the Vans in the designated parking area. Safely find a spot on the side of the road near the Exchange Sign to park the van. Leave your Van hazardous (4 way) lights on and meet your runner at the Exchange Transition area.

- These two 'Brew Your Own Exchange' locations are at night and are on quiet back country roads. Traffic should be low to minimal, however please be careful when pulled off on the side of the road.
- Make sure and have your Safety Equipment on when exiting the Van and have someone watching for traffic as you exit the Van.

CONSTRUCTION & RECENT COURSE UPDATES:

CONSTRUCTION PROJECTS:

- ME #6: Ski Jump Elevator & Chairlift under construction
- Leg #17-20: Paving/Shoulder Construction on NY-3/NY-28 from Long Lake to Raquette Lake in various areas
- ME #36: Adirondack Central School Track & Building under construction
- FINISH: Parking Lot across from Brewery Tour Shop (Van's should park in lot on the north end of the Brewery)

EXCHANGE LOCATION UPDATES:

- EARLY PACKET PICKUP & MAJOR EXCHANGE #6: New Location @ Ski Jumping Complex Intervales Lodge
- EXCHANGE #9: Moved to Dewey Mountain Recreation Center
- MAJOR EXCHANGE #24: New Location at Old Forge Recreation Center
- MAJOR EXCHANGE #36: Transition Area moved up to School (Track is under Construction)
- EXCHANGE #39: Moved to Holland Patent High School
- EXCHANGE #41: Moved to Deerfield Fire Department

LEG UPDATES:

- LEG #6-7: New Exchange location shifting Biathlon Trail Run to Leg #7
- LEG #12: New Route into Tupper Lake Park
- LEG #25: New Route through Old Forge Downtown
- LEG #41-42: New Route into Utica



TEAM START TIMES

BEAST TEAM START TIMES – 9 AUGUST:

- **5:00AM** (PACE: 9:45 – 11:00 min/mi)
- **6:00AM** (PACE: 9:10 – 9:45 min/mi)
- **7:00AM** (PACE: 8:45 – 9:10 min/mi)
- **8:00AM** (PACE: 8:30 – 8:45 min/mi)
- **9:00AM** (PACE: 8:00 – 8:30 min/mi)
- **10:30AM** (PACE: 7:00 – 8:00 min/mi)

SPRINT TEAM START TIMES – 10 AUGUST:

- **6:00AM** (PACE: ALL PACES)

IMPORTANT: Confirm your Team Pace is accurate on the Start Time Sheet

- Please notify P2B ASAP of any Team Pace updates so we can modify Start Time if needed

NOTE: All Teams should arrive to the Start Line at least 30 minutes prior to your assigned Start Time.

NEW for 2019: Both Vans are allowed to access the BEAST Start Line!!

RACE DAY COMMUNICATION

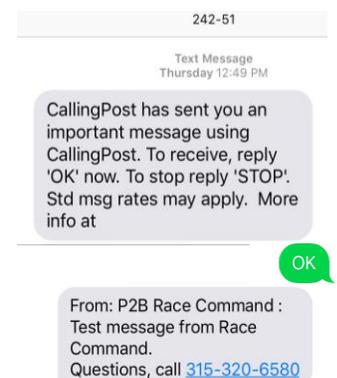
IMPORTANT RACE DAY COMMUNICATION:

SAFETY is our #1 Priority and knowing where Teams are on the course is **VERY Important** to the P2B Team!! This is why we are implementing 1-Way & 2-Way SMS Messaging Communicating with Race Command. We are also making it **MANDATORY** for Teams to enter their Time into Exchanges through the Team Tracking Google Sheet each Team will receive prior to race day.

RACE DAY COMMUNICATION:

- **1-WAY SMS MESSAGING: Calling Post (242-51)**
 - **USE:** Race Day Mass Messaging from Race Command
 - **IMPORTANT:** Reply “OK” to the initial OPT-IN Message
- **2-WAY COMM (SMS or Voice): Race Command (315-320-6580)**
 - **USE:** 2-Way Communication with You/Your Team & Race Command
 - **IMPORTANT:** DO NOT Copy Race Command on standard “Team” Messaging

- ❖ **REQUIRED:** At a minimum 2 people from a Van Need to follow Race Day SMS Comm
- ❖ **PACKET PICKUP:** Confirm Calling Post Opt-In & Race Command Messaging are Setup
- ❖ **IMPORTANT:** Make sure your cell phone number is listed/updated on Run Signup



P2B RUNNER TRACKING

NEW P2B GOOGLE SHEETS – RUNNER TRACKING:

NEW for 2019, all Teams will be provided with a custom URL link to their 'TEAM TIME TRACKER'. The Tracker will be accessed directly from the URL link without any sign into Google (NO need for Google Account or Google App). The Time Tracker will be in a Google Sheet format where Teams will be required to:

1. ENTER THE TIME INTO EACH EXCHANGE IN "XX:XX AM / PM" FORMAT
 - a. NOTE: If you are in an area of NO service, enter time into Exchange as soon as you get service
2. FOR EXCHANGES 19-24, VERIFY THE CORRECT DATE INTO EXCHANGE

Each Teams Time Tracker will be mapped to the Master Time Tracker at Race Command for tracking of Teams along the course. If you have any issues with the Time Tracker please contact Race Command.

The Brew Book will be provided digitally online on the website. Teams will NOT be provided with a printed Brew Book. Make sure and download the Brew Book and print if you would like a printed copy (save a tree and use the digital Brew Book :)

P2B ADK RELAY: TEAM TIME TRACKER			
TEAM #	101		
TEAM NAME	XXXX		
EXCHANGE #	LEG DISTANCE (miles)	DATE INTO EXCHANGE	TIME INTO EXCHANGE (XX:XX AM/PM)
START	—	8/9/19	8:00 AM
EXCHANGE #1	6.4	8/9/19	8:30 AM
EXCHANGE #2	2.1	8/9/19	9:15 AM
EXCHANGE #3	3.3	8/9/19	9:45 AM
EXCHANGE #4	3.0	8/9/19	10:15 AM
EXCHANGE #5	5.2	8/9/19	11:00 AM
EXCHANGE #6	2.5	8/9/19	11:35 AM
EXCHANGE #7	3.0	8/9/19	
EXCHANGE #8	5.3	8/9/19	
EXCHANGE #9	4.2	8/9/19	
EXCHANGE #10	11.5	8/9/19	
EXCHANGE #11	3.3	8/9/19	
EXCHANGE #12	7.2	8/9/19	
EXCHANGE #13	3.2	8/9/19	
EXCHANGE #14	5.7	8/9/19	
EXCHANGE #15	5.8	8/9/19	
EXCHANGE #16	7.1	8/9/19	
EXCHANGE #17	2.3	8/9/19	
EXCHANGE #18	9.4	8/9/19	
EXCHANGE #19	12.3	8/9/19	
EXCHANGE #20	2.3	8/9/19	
EXCHANGE #21	9.3	8/9/19	
EXCHANGE #22	2.4	8/9/19	
EXCHANGE #23	4.3	8/9/19	
EXCHANGE #24	7.5	8/10/19	
EXCHANGE #25	2.7	8/10/19	
EXCHANGE #26	4.1	8/10/19	
EXCHANGE #27	8.5	8/10/19	
EXCHANGE #28	7.1	8/10/19	
EXCHANGE #29	6.1	8/10/19	
EXCHANGE #30	3.9	8/10/19	



KEY SAFETY INFORMATION

KEY SAFETY INFORMATION:

For a full explanation of the safety rules and procedures please refer to the Brew Book (Rules & Regulations Section). Here are the important safety highlights:

1. **OBEY ALL TRAFFIC LAWS AND ALWAYS YIELD TO TRAFFIC WHILE RUNNING!!**
 - a. Remember no roads are being closed for the event and you will be running on open roads with traffic. You will need to yield for all traffic especially when you are entering an intersection. Even if Law Enforcement is at the intersection make sure and yield to traffic.
 - b. Being aware of your surroundings and wearing your safety equipment is key to a safe event for all
2. **NIGHT TIME HOURS: 7:00 PM – 7:00 AM**
 - a. If you are anticipating any portion of your run to be during these hours please wear your night time safety equipment (ex: you start running a 10 mile leg at 6:30pm, you should wear your night time safety equipment)
3. Please do not consume alcohol while traveling along the course. Alcohol is not allowed on any Leg or Exchange along the course. Please save the “BREW” to the finish line. If caught consuming alcohol along the course or at any Exchange you will be removed from the event.
4. Portions of the course have limited to no cell phone coverage. It is recommended to have a secondary form of communication between the Vans (2-way Radios, CB Radios, etc.). It is recommended for Teams to generate a contact list of all Team members to have on hand during the event.
5. Absolutely no sleeping in parking lots outside of your van or anywhere vehicles will be driving (ex: roads, sidewalks, etc.). You must sleep in designated sleeping areas, or in your vehicle at exchanges. Sleeping in parking lots or undesignated sleeping areas will result in a violation for your Team.
6. If you see a Team cheating or violating any rules you may report Teams by sending a text message to the P2B RACE COMMAND or notifying the Major Exchange Captains.
7. All runners must have their Team number pinned/secured to the front of their shirt or shorts, on the outer most layer of clothing. When you are running at night we suggest that you pin your Team number to your reflective vest in a way that doesn't cover reflective material. If you put a sweatshirt or jacket on in the colder hours, make sure to pin the number to the sweatshirt or jacket. The volunteers must be able to identify the runner as they arrive at exchange points.



REQUIRED SAFETY EQUIPMENT:

- ❖ **Reflective Vests (ANSI Class 2)** – One for each person in Van
 - ✓ Runners & All Team Members must wear during night time hours (7pm – 7am)
 - ✓ **REQUIRED:** Reflective Material across **SHOULDER + WAIST/CHEST**
 - LED String/Lights **DO NOT** Replace Reflective Material



- ❖ **Headlamps or Flashlights** – Minimum 2 per Van
 - ✓ Runners must use during night time hours (7pm – 7am)
 - ✓ We recommend anyone outside of the van to have a Headlamp or Flashlight during night time hours
- ❖ **LED Tail Lights** – Minimum 2 per Van
 - ✓ Runners must use during night time hours (7pm – 7am)
- ❖ **Caution Flags** – Minimum 2 per Van (Recommended, but not Required)
 - ✓ To be used whenever crossing roads by Team members

IMPORTANT: TEAMS Provide All Safety Equipment and show at Team Check-in. P2B will NOT be supplying any of the above Safety Equipment for Teams. Teams will not be allowed to participate in the race without providing functional Safety Equipment.

- ❖ **NOTE:** Ensure Batteries are charged. Bring extra Batteries for lights.

EMERGENCIES:

In the event of a serious emergency call 911. After Emergency crews have been notified please notify the Race Directors of the Emergency: P2B RACE COMMAND: [315-320-6580](tel:315-320-6580)

FIRST AID

- There will be medical personnel stationed at all Major Exchanges and the Finish
- In the event of a major medical emergency (ex: any life threatening condition or injury that requires immediate medical attention) call 911. Once you have called 911, please notify the RACE COMMAND via text at [315-320-6580](tel:315-320-6580)

OBEY ALL LAWS OF THE ROAD...YOU DO NOT HAVE THE RIGHTWAY AS THE RUNNER!!!

RUNNERS ARE REQUIRED TO YIELD TO ALL TRAFFIC AND STOP AT ALL STOP SIGNS AND TRAFFIC LIGHTS.



HEADPHONES & MUSIC:

The use of Headphones while running on the course is **NOT ALLOWED**. This is for your own safety and to ensure you can communicate with your Team and any Race Staff. Runners are allowed to play music while running as long as headphones are not placed directly in ears. If playing open music ensure the volume is at a level as to not disturb those around you and the local communities and residences.

WILDLIFE & ANIMALS:

If a runner encounters any aggressive wildlife or animal (pet dog, etc.) on the course, get your runner off the road and into your support vehicle as soon as possible. Drive the vehicle ahead and let the runner out at a safe distance ahead of the wildlife and have the runner continue his or her leg. If your van passes an Exchange please have the next runner proceed. Please report any aggressive wildlife of animals on the course to **P2B RACE COMMAND** and we will notify the rest of the Teams on the course.

EXTREME WEATHER:

Bark Eater Events, LLC can cancel the event at any time extreme weather occurs and presents a safety risk to the runners. Teams will be notified by Bark Eater Events, LLC if this occurs.

INCLEMENT WEATHER HOLD PROTOCOL:

- The Brew Crew will be monitoring weather conditions continuously throughout the race and should there be adverse weather such as lightning or flooding on the course at any time, we will enforce a weather hold. We will have staff on the course giving instruction and make sure everyone is clear on procedure:
 - If a hold is necessary on part of our course, as Teams arrive at the Exchange before the hold area they will be given instructions on how many hours to hold and which Exchange to restart at.
 - Stay safe and off course and skip 1-2 legs for every one hour of hold (depending on leg distance and runner pace for that leg...use your judgement).
 - When it is your time to restart (time will be communicated to you by Exchange staff) you will drive to the Exchange and send that runner off. Be sure to check in with the Volunteers at that Exchange so that we can make the necessary timing adjustments.
 - Runners who missed a chance to run can double up and run any other later leg.
- **IMPORTANT:** If your Team experiences Extreme Weather on the course and Race Staff is not around to communicate a hold, please use your safety judgement and safely get your runner into the Van and move ahead to the next Exchange. You can then use your judgement to restart the race when the weather clears.
 - Stay safe and off course and skip 1-2 legs for every one hour of hold (depending on leg distance and runner pace for that leg...use your judgement).

In the event of dangerous weather conditions during the race or at the Start/finish Line, immediately seek shelter and await instructions from the Peak to Brew Staff or National Weather Service.



MORE ON HEAT:

1. **PRE-HYDRATE, HYDRATE, RE-HYDRATE** - Each van should carry a cooler for water and/or sports drinks. Runners should pre-hydrate before each of their legs, hydrate while running, and re-hydrate after each of their legs. Supplement water with electrolytes such as Power Aid, saltsticks, etc.
 - a. **OBSERVE YOUR RUNNER** – Closely monitor the condition of your runners before, during, and after each leg. If the heat index is above 90°, heat cramps and heat exhaustion are possible. Above a heat index of 105°, heat exhaustion is likely and heat stroke is probable with continued activity.
 - b. **SUNSCREEN** – Come prepared with sunscreen and use as needed during the event to protect against UV exposure during the day.

NOTE: There will be NO Water station at Minor Exchanges or on the majority of the course so make sure and plan accordingly. Water and Food (For FREE or For Sale) will be available at all Major Exchanges and Finish. Remember to bring a water bottle to fill up at the Major Exchanges.

EXCHANGE PROTOCOL:

1. Only one vehicle per Team is allowed to park at each minor Exchange point. Vehicle 1 is allowed at Exchange points 1-6; Vehicle 2 is allowed at Exchange points 6-12 etc. Both vehicles are allowed at every Major Exchanges.
2. Make sure and park in the designated parking area at Exchanges. Make sure and park as efficiently as possible to make more room for other vans. Follow instructions from Volunteers and Van Signs.
3. Restrooms & Portable Toilets. We have Restrooms or Portable Toilets available at all Major Exchanges and most Minor Exchanges (see the list in 'IMPORTANT INFORMATION'). Please use the restrooms or portable toilets when they are available.
4. Garbage & Recyclables: There will be no garbage's at Minor Exchanges. Please safe your trash in the provided trash bags and dispose at the Major Exchange trash receptacles. Remember we want to leave the areas on the course cleaner than when we started....**ABSOLUTELY NO LITERING.**

SUPPORT VANS:

Each Team will have 1-2 support vans and are the responsibility of the Teams to provide for the event. All Team support vans will be required to have up to date vehicle registration, inspection, and liability insurance. Bark Eater Events, LLC will not be responsible for the condition, actions, and incidents involving Team support vehicles. Teams will need to meet the support van requirements outlined below. Teams that do not meet these requirements will be disqualified from the event.

Each support van will be supplied Team Identification Tags that will need to be displayed in a safe location on the rear window of the support vehicle. Teams will be allowed to decorate their support vans as long as they do not violate any traffic laws or event rules.

The majority of the 42 legs have been designated for Team vans to support their runner along most of the course. However, there are a few sections where van support will not be available. Please have the runners on **NO VAN/PARTIAL VAN SUPPORT** sections of the course plan accordingly for water, nutrition, and Team Communication (Cell Phone, etc.).

- **NO VAN SUPPORT – LEGS: 12, 33, 42**
- **PARTIAL VAN SUPPORT – LEGS: 7, 22, 32, 37**



VAN REQUIREMENTS:

Support Vans must meet the following to be allowed for use during the Peak to Brew Relay:

- ❖ Valid Registration, Inspection, and Insurance
- ❖ Meet size requirements for number of people in vehicle
- ❖ Be no larger than a 15 Passenger Cargo Van (~20-ft)
 - NOT ALLOWED: Campers, Trailers, Motor-Homes, Buses, Limos, etc.
- ❖ All Drivers are required to have valid licenses (Drivers do not have to be Team Members)

P2B recommends Teams to use the following for support vans:

- ✓ Larger SUV's or Mini-Vans (able to sit at least 6 passengers)
- ✓ 12-15 Passenger Cargo Vans
- ✓ SPRINT 3 & 4 PACK TEAMS: Smaller vehicles are acceptable that safely fit 3-4 Passengers

STANDARD TEAMS: HIGHLY Recommend having 2 VANS

- ✓ Vans will be able to rest at Major Exchanges



VAN DECORATING & VAN TAGGING RULES:

Peak to Brew Relay promotes fun and creativity, please be sensitive to others as you are decorating your vans. Many of our Exchange points are located in the parking lots of Elementary Schools and other public facilities. Without their support we would never be able to have the Ultimate Relay Experience. Here are a few guidelines to keep in mind:

- NO Curse Words, NO Sexual Innuendoes, or Racial Slurs your van
- We try to be environmentally friendly and do our best to keep the route clean. The goal is to always leave it better than we found it. We love decorations, but make sure those decorations stay on your van.

We understand and encourage the idea of tagging other vans that you see along the course. We just ask that you do so in a way that will not harm another vehicle. Tagging is forbidden when it does damage to the paint, wrap on the vehicle, or vehicle itself. Teams found tagging vehicles in a harmful way may be charged for damages. Instead we encourage you to:

- Get creative! Do anything you can think of, just make sure it isn't permanent and won't damage the vehicle.
- Remember to follow the Van decorating professionalism above for your Van Tagging Material.

RESPECT THE COMMUNITY:

Please be respectful of the local communities and residence along the course. This is especially true during late night and early morning hours. Use common sense and treat the local communities and residence as you would like to be treated.

DO NOT do any of the following:

- ✓ DO NOT disobey the laws of the road – All laws of the road apply to all Teams during the event!
- ✓ DO NOT block or slow down traffic along the course
 - Please move over to side of the road to allow traffic to pass using proper signal lights if slowing down traffic
- ✓ DO NOT honk horns, play loud music, or yell while going through populated areas or during night time hours
- ✓ DO NOT block driveways to residences, business, or emergency routes
- ✓ DO NOT litter along the course – PLEASE keep the beautiful Adirondack Park and rest of the course clean of all litter
- ✓ DO NOT park in no parking zones



RUNNING ON THE COURSE:

- 1. All runners must run on the left side of the road (against traffic) unless directed otherwise. Always run on the side walk and cross the road at designated crosswalks if it is an option (sidewalks and cross walks are available along the course through most towns).**
- 2. Make sure and know your Leg and directions outlined in the Brew Book. There will be signs located along the course however they are always susceptible to being tampered with (ex: someone stealing them, moving them, relocating, etc.). There will be signs at intersection where you will be changing direction (and in confusing sections of the course). All signs located on sections of the course during night time hours will have a flashing orange LED light on them. There will be both Runner and Van Signs on the course and they can be distinguished by the color.**
 - a. Runners should only follow the Main Runner Course signs and not the Van Signs.**
 - b. Van's should also follow the Runner Course Signs unless there is a Van Sign present directing the van's to go a different direction. Remember Runner Course signs will be on the side of the road the Runners are on so this will most likely be on the opposite side of the road as you are driving in the van.**
 - c. If on a No Van Support Leg, there will be directions in the Brew Book for the Van Route.**
- 3. It is highly encouraged for Runners to run the same sequence for each segment of the race. For example (Standard Relay Team), if a runner runs leg 1 they must also run leg 13, 25, and 37. In the event of an injury any of the remaining runners can replace the injured runner. You are not allowed to bring in a 13th member of the Team who did not register to run the remaining legs.**
 - a. If you are uncomfortable running one of your designated legs on the course you can switch legs with another runner or alternatively have one of your Teammates run with you on that section of the course.**
- 4. Vehicles are in NO situation allowed to follow directly behind runner (ex: following behind to provide light, pace them, etc.). You are allowed to have a Teammate run with you on any leg of the course (needs to be a registered runner).**
 - a. Bike pacers are NOT allowed on the course.**
- 5. Have a Lost Runner? If you believe your runner is lost text the P2B RACE COMMAND your Team number, leg number, and area you believe your runner ran off course. Leave your next runner and a Teammate with a cell phone at the exchange and send the van out to look for the runner. If you have not found your runner after 20 mins text P2B RACE COMMAND and we will send out staff to assist. If you find your runner after you have notified P2B RACE COMMAND please notify us that your runner was found.**
- 6. Safely Providing Runner Support! As this is a Van Supported Relay Team will be required to support their runners along the course (ex: water, food, emergency pick-up, etc.). When supporting your runner please park off the side of the road in a safe and legal parking area. Do not park on private property. Any Teams driving at unsafe speeds, slow or fast, will be given a penalty. Always use your crossing flags when crossing the road to give support.**

NOTE: If you need to pull off to the side of the road for any reason please safely pull over and turn on your hazardous 4 way lights. Make sure two people get out of the van and one person is helping to spot traffic for the others.



MAJOR EXCHANGE TIMEFRAME WINDOWS

If a runner arrives at the Major Exchange prior to the Major Exchange Start Timeframe they will be required to hold and wait until they can start running again and receive a time penalty. This is to ensure Teams do not arrive at areas along the course too early. The same is true for runner who arrive at Major Exchanges outside of the End Timeframe Window. This time window enforcement will also apply for the final 5 Minor Exchanges before the Finish.

Please keep track of the estimated running time skipped and report this to the Race Staff at the Finish Line.

IF YOUR RUNNER ARRIVES TO EARLY OR TO LATE:

- If Your Team Arrives Before the Time Window:
 - Your Team will be held back for a defined time period (SEE TABLE)
 - **NO EXCEPTIONS** to this Rule!!
- If Your Team Arrives After the Time Window:
 - If your Team has TWO VANS, then the next runner on deck for your Team will be directed to start running the next leg and the runner late to the Major Exchange will be allowed to finish (however there may not be any Volunteer support at the Major Exchange).
 - If your Team has ONE VAN, then the above might not work depending on the distance your next runners leg is. In this case you will send your Runner off still and then go pick up the late runner into the Major Exchange OR wait for your runner to get to the Major Exchange and then skip the next leg. Teams will have the option to decide how they would like to proceed in this situation.
- Your Team should be arriving at the finish line by 7:30pm (this is when the Course Closes).
 - If you are falling behind on the final Legs (37-42) you may be required to jump ahead and skip leg(s) to finish on time. You can double up with another runner on any skipped leg.

MAJOR EXCHANGES	DATE	TIME WINDOW (START)	TIME WINDOW (END)	IF RUNNER ARRIVES BEFORE TIME WINDOW
Start Line <i>(Whiteface Mt.)</i>	9-Aug	5:00 AM	10:30 AM	—
Major Exchange #6 <i>(Ski Jumping Complex)</i>	9-Aug	8:00 AM	2:00 PM	NO HOLD TIME
Major Exchange #12 <i>(Tupper Lake Park)</i>	9-Aug	1:15 PM	6:15 PM	NO HOLD TIME
Major Exchange #18 <i>(Adirondack Experience)</i>	9-Aug	6:30 PM	10:45 PM	HOLD UNTIL 6:30PM
Major Exchange #24 <i>(Old Forge Rec Center)</i>	10-Aug	12:30 AM	3:30 AM	HOLD UNTIL 1:00AM
Major Exchange #30 <i>(South Lewis HS)</i>	10-Aug	5:15 AM	8:30 AM	HOLD UNTIL 6:00AM
Major Exchange #36 <i>(Adirondack HS)</i>	10-Aug	9:30 AM	1:00 PM	HOLD UNTIL 10:30AM
Finish Line <i>(Saranac Brewery)</i>	10-Aug	2:00 PM	7:30 PM	COURSE CLOSSES @ 7:30 PM



COURSE SIGN OVERVIEW

ALL COURSE SIGNS: Course Signs will be 24" wide x 18" tall and are made from corrugated plastic. Signs will be located on H-Frames, Road Signs, Caution Cones, etc. Day Time Signs are NOT Reflective so be sure to pay attention and slow down when you near a sign during night time.

Night Time Signs will have the following features:

- White Reflective Arrows
- Flashing Orange LED Lights

We will do our best to locate signs at all needed directional points. However, signs might not be at every needed location due to the possibility of weather moving the signs, people stealing signs, etc.

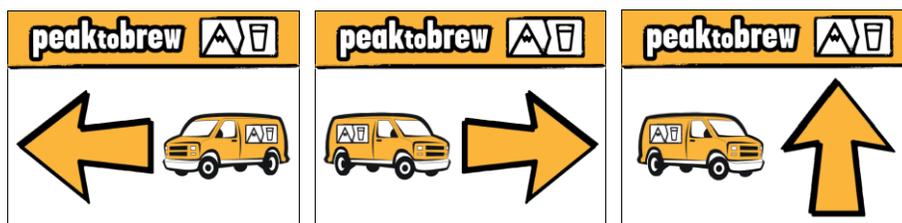
❖ **BE SURE YOU KNOW WHERE TO GO BY FOLLOWING THE BREW BOOK COURSE MAPS**

RUNNER SIGNS: Runner signs will be located throughout the course to aid with guiding Runners and Vans along the course. Vans should follow Runner signs unless there are separate Van signs on the same section of the course.



VAN SIGNS: Sometimes the runner route will differ from the Team van route into the next Exchange. In situations like this we will have clearly marked van directional signs notifying Team vans the direction to the next Exchange parking area. Please be sure to also note the van route on the course maps.

- **NO VAN / PARTIAL VAN SUPPORT:** Directions in the Brew Book for the Van Route (may not be signs)



One of Peak to Brews main goals is to make this event as sustainable and as earth friendly as possible. Here is how we plan on doing this.

Each van will receive two garbage bags. One is for trash and one is for recyclables. Please note that there will NOT be trash, recycling or dumpsters at Minor Exchanges, so please use the garbage bags provided. You will have the opportunity to dispose of your garbage and recyclables at the designated dumpsters at each of the Major Exchanges.

Reduce, Reuse: We recommend runners use re-useable water bottles and bring along a large water cooler in their van. Then you can fill up your smaller water bottles and you need them. Each Major Exchange will have water available so you can fill your large water coolers. Please also use your reusable water bottle to drink out of at the Major Exchanges in order to help reduce the trash generated from paper cups.

Ways you can support the sustainability effort:

- 1) Leave the course better than you found it. If you see trash where it doesn't belong, pick it up and put it in the trash
- 2) Don't let your Team vehicle Idle. Please turn off your vehicle when you are pulled over on the side of the road cheering for a Teammate, or waiting for your runner at an exchange
- 3) Be conscious of Costumes, accessories and van decorations that might come loose and litter the course
- 4) For safety please drive the speed limit. Not only will driving the speed limit make the course a safer place, you also won't be using excess amount of fuel
- 5) Carpool to the start line, finish line, and Team packet pickup
- 6) Support locally owned businesses and community / school organizations fundraisers



FREQUENTLY ASKED QUESTIONS?

Q: What are the earliest and the latest start times?

A: BEAST: EARLIEST = 10 AUG 5:00 AM; LATEST = 10 AUG 10:30 AM

A: SPRINT: ONLY 1 START TIME = 10 AUG 6:00 AM

Q: Can I leave my personal vehicle at Start on Friday and then come back to pick it up later in the weekend?

A: No. You cannot leave your personal vehicle at any of the major or minor exchanges to be picked up at a later time. We suggest riding to start in your Team vehicle. Or, if you must drive your personal vehicle to meet your Team, find a public parking lot where you are sure your vehicle will not be ticketed or towed.

Q: What is the van parking like at the Major Exchanges, can friends and family park and come hang out?

A: No, We really do not have extra parking. The best place for them is at the Finish line for the Peak to Brew Fest.

Q: How many Teams are starting at each time?

A: Generally, around 5-15 Teams leave at each available start time.

Q: How many race bibs does each Team receive?

A: Regular Teams receive 12 bibs and Ultra Teams receive 6 bibs — there should be one for each runner. Remember, your race bib is your ticket to the Peak to Brew Fest post race party and FREE BEER! So please be careful with it.

Q: Can a Team use just one vehicle?

A: Absolutely — If you choose to use only one van, remember to place both van numbers in your vehicle so that you are allowed at every exchange.

Q: What do the runners hand off with?

A: Teams will receive slap bracelets that they will pass from runner to runner at each exchange.

Q: What if we lose the slap bracelet?

A: If you lose the slap bracelet, you can simply touch/slap/clap hands in the exchange chute and continue. Just let Major Exchange Captains know you are running without one (they might have some extra ones :)

Q: How do you mark the course?

A: Our course directional signs are 18" x 24" corrugated plastic signs. At night, we place an orange blinking LED lights on each sign so that runners know they are approaching a course marker.

Q: Will there be beer at the finish?

A: Ummm... YES!!!! We finish at the Saranac Brewery and there will be lots of beer. Oh... and did we mention that its free for runners.

Q: Do all 12 runners have to be at the start line at the same time?

A: No, only your first van needs to be at the start. They will receive the bibs, safety pins, goodie bags for Van 1. Van 2 can check in later on if they want to.



Q: Will there be Peak to Brew Gear for sale at the race?

A: Yes, Peak to Brew Gear will be for sale at the finish line. You can also buy stuff online.

Q: Are there Showers?

A: Showers are available at Major Exchange 30, 36

Q: Where do you have water along the course?

A: We have water at all of the Major Exchanges, Start, and Finish and some of the longer NO VAN SUPPORT Legs

Q: Do I need to submit a roster or report the order my runners will run in?

A: No, you are not required to submit a roster. You can change the order your runners run in up until you start the race. Once you start, runners are recommended to stay in sequential order.

Q: What is the rule regarding the orange flags?

A: The large orange flags for road crossing are recommended but not mandatory. Peak to Brew will not be providing them

