



PEAK 2 BREW RELAY RULES & REGULATIONS

PRE-EVENT ITEMS

RUNNER UPDATES — SUBSTITUTIONS/ADDITIONS

ONLINE RUNNER UPDATE DEADLINE: ~10 DAYS BEFORE EVENT (SEE SPECIFIC RACE PAGE)

- 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: RACE DAY @ PACKET PICKUP

- 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.

VOLUNTEER REGISTRATION

VOLUNTEER REGISTRATION DEADLINE: ~10 DAYS BEFORE EVENT (SEE SPECIFIC RACE PAGE)

- NOT MANDATORY, however P2B will provide Teams a discount for next year's Registration for provided Volunteers

PACKET PICK UP

- 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 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 the required Safety Gear outlined in the Rules & Regulation
 - 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. ~10 minute Safety Briefing Video for your Team to observe
 - 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

IMPORTANT INFORMATION

RESTROOMS & PORTABLE TOILETS:

We will have Restrooms or Portable Toilets located at most Minor Exchanges and located at every Major Exchange (BEAST Relay). 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.

WATER & FOOD:

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

- START, FINISH, MAJOR EXCHANGES: Water, Gatorade, Food Donations (Varies by Event)
- FINISH: FREE Beer (by Finish Brewery) + FREE Food Option (Varies by Event)

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 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.

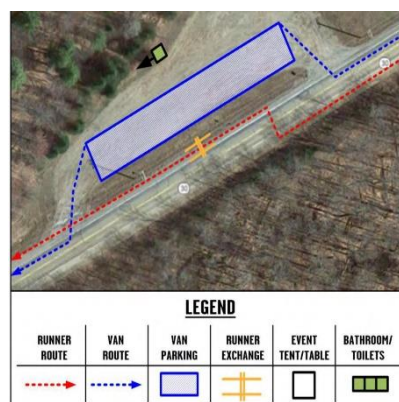
EXCHANGES & EXCHANGE VOLUNTEERS:

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



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

On the BEAST Course: 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.

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

TEAM START TIMES

All Team Start Times will be assigned ~3 weeks before the Race Date. Start Times are based off from your TEAM PACE. It is very important you provide an accurate or best calculated Team Pace. We strongly recommend using the online P2B TEAM PACE CALCULATOR.

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

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

242-51

Text Message
Thursday 12:49 PM

CallingPost has sent you an important message using CallingPost. To receive, reply 'OK' now. To stop reply 'STOP'. Std msg rates may apply. More info at

OK

From: P2B Race Command :
Test message from Race Command.
Questions, call [315-320-6580](tel:315-320-6580)

P2B RUNNER TRACKING

NEW P2B GOOGLE SHEETS — RUNNER TRACKING:

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. BEAST ONLY: 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.

RACE RULES & REGULATIONS

KEY ITEMS

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 or 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 save 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. Peak 2 Brew 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 legs have been designated for Team vans to support their runner along most of the course. However, there are a few sections depending on the P2B Event where van support will not be available (SEE YOUR EVENT COURSE MAPS). 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.).

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 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.

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)



MAJOR EXCHANGE TIMEFRAME WINDOWS

NOTE THE BELOW SECTION APPLIES ONLY TO BEAST EVENTS...

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 (Whiteface Mt.)	9-Aug	5:00 AM	10:30 AM	—
Major Exchange #6 (Ski Jumping Complex)	9-Aug	8:00 AM	2:00 PM	NO HOLD TIME
Major Exchange #12 (Tupper Lake Park)	9-Aug	1:15 PM	6:15 PM	NO HOLD TIME
Major Exchange #18 (Adirondack Experience)	9-Aug	6:30 PM	10:45 PM	HOLD UNTIL 6:30PM
Major Exchange #24 (Old Forge Rec Center)	10-Aug	12:30 AM	3:30 AM	HOLD UNTIL 1:00AM
Major Exchange #30 (South Lewis HS)	10-Aug	5:15 AM	8:30 AM	HOLD UNTIL 6:00AM
Major Exchange #36 (Adirondack HS)	10-Aug	9:30 AM	1:00 PM	HOLD UNTIL 10:30AM
Finish Line (Saranac Brewery)	10-Aug	2:00 PM	7:30 PM	COURSE CLOSES @ 7:30 PM