



**2025 P2B ADK
EVENT & SAFETY BRIEF**

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WELCOME 2025 P2B ADK TEAMS

Welcome P2B ADK Relay Teams and thank you for being a part of this exciting Relay Experience. We appreciate your support and dedication to P2B...thank you! We have an amazing and challenging BARK EATER & SPRINT course in store for your 4-PACK or 6-PACK Team to conquer.

As your Team embarks on this journey please keep the following in mind:

- Make sure you are familiar with: COURSE MAPS, EXCHANGE MAPS, & RULES-REGULATIONS
- Download or Print a copy of: COURSE MAPS, EXCHANGE MAPS, & SAFETY-EVENT BRIEF
- Ensure you enter your Time into each Exchange in the Google Sheet TEAM TIME TRACKER which will be sent T-2days prior to Event Day
- OPT-IN to the Event Day SMS Text Communication: OPT-IN Message will be sent T-1day prior to Event Day
- If you need to contact the P2Brew Crew text P2B Command @ **315-320-6580**
- P2B Volunteers (The "P2Brew CREW") will be supporting you along the course. All P2B CREW Members will be wearing the following on Event Day (SEE IMAGE TO SIDE). If you need support look for the Teal P2Brew CREW Shirts.



FREE TEAM GIVEAWAY — TEAM VIDEO CONTEST

Looking to WIN a FREE TEAM REGISTRATION for P2B 2026? Love taking videos of your Relay Experience?

❖ If YES, then it's time to enter the 2025 P2B TEAM VIDEO CONTEST:

1. FIRST you and your Team must have FUN 😊
2. Take lots of photos/video clips of your Team along the Course capturing the Highs and Lows, and all the excitement & dynamics that come with a Relay Event
3. After the Event, put together a Team Video capturing your Experience and post this on YouTube. Send the YouTube link to your video by 31 OCT 2025 to: peak2brew@p2brelay.com

RUNNER UPDATES — SUBSTITUTIONS/ADDITIONS

EVENT DAY RUNNER UPDATES: EVENT DAY @ PACKET PICKUP

- If you need to make changes to your Runners after 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
- 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



IMPORTANT: Notify P2B ASAP if Team Pace changes by ± 30 sec/mile so we can modify Start Time if needed




SPONSORS & CHARITIES

We would like to take a moment to thank the 2025 P2B ADK Sponsors & Charities for being a part of the Peak 2 Brew family and supporting all the Runners & Volunteers...YOU ALL ROCK!! We encourage you to take a moment to check out these amazing sponsors and they have to offer.

PEAK SPONSOR









 Gore Mountain	 Saranac Brewery
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MOUNTAIN SPONSOR






Turning Stone Resort-Casino

BASE SPONSOR

 The Sneaker Store	 Knead to eat Bakery	 Lafa Mediterranean by Zeina's	 Rooster's Smash Burger
 Utica Coffee	 Stride Coffee Roasters	 Price Chopper	 USA Racing

CHARITIES

 Double H Ranch	 NY Run for the Fallen	 ADK Mountain Club
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PACKET PICKUP & TEAM CHECK-IN

DAY #1: BARK EATER RELAY – PP LOCATION & TIME

DATE/TIME: Friday 8 AUG 2025 @ 9:00AM – 1:00PM

LOCATION: Gore Mountain Ski Resort, 793 Peaceful Valley Rd, North Creek, NY 12853, GPS: 43.673402, -74.007790

DAY #2: SPRINT RELAY – PP LOCATION & TIME

DATE/TIME: Saturday 9 AUG 2025 @ 5:00AM – 8:00AM

LOCATION: George T Hildebrant Recreation Center, 201 North St, Old Forge, NY 13420, GPS: 43.720398, -74.972488

PACKET PICKUP DETAILS

- Arrive at least 30 minutes prior to your Start Time to Check-In & Pickup Team Packet
- **BARK EATER TEAMS: ALL Runners who plan to be at Gore Mt for the Bark Eater Start will need to come to Packet Pickup to sign the Gore Mt (ORDA) Waiver**
- At least 1 Member of Team to be present at Check-In and will need to sign the Team Check-In Sheet
- Check-In Process – You will be using your Team # / Name to check in. Come prepared knowing this.
- **STEP 1 – TEAM CHECK-IN**
 - Check-In Team at Check-In Table to receive your ‘TEAM CHECK-IN SHEET’
 - Substituting/Adding a Runner? Complete at Check-In Table
 - Verify P2B Command SMS Communication Setup
 - Verify access to Team Time Tracker Sheet
 - Verify downloaded Digital and/or Printed Course Documents
 - **BARK EATER TEAMS: Nighttime Safety Gear Check**
- **STEP 2 – RECEIVE TEAM BAG**
 - Team Bag Items:
 - Bibs (1 per Runner): Runner on course must have Bib on
 - Food & Drink Tickets are located on bottom of Bib. Make sure and put these in a safe location so you do not lose them while running with your bib
 - Vehicle Sticker (1 per Team): Locate in left corner of rear window of Vehicle
 - Team Snap Bracelet (1 per Team): Hand off to each Runner at Exchanges
 - P2B Cups (1 per Runner): You can bring this to the finish however it is not required
 - T-Shirts (1 per Runner): T-Shirts are pre-packed per Team roster as of T-7days to Event
 - Late runner addition/substitution will be able to receive a T-shirt depending on size availabilities
 - 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

101		
ARE YOU OK?!		
TEAM TYPE	GROUP TYPE	GENDER
S-PACK	OPEN	Co-Ed
RUNNER NAME	PHONE #	T-SHIRT SIZE
OWNER/ CAPTAIN		XXXXXX-M
LEADER/ EXEC		XXXXXX-M
WHEELCHAIR		XXXXXX-S
TEAM NUMBER		XXXXXX-M
WHEELCHAIR		XXXXXX-S
WHEELCHAIR		XXXXXX-M
WHEELCHAIR		XXXXXX-S
<small>IMPORTANT: NOTIFY PACKET PICKUP TEAM OF ANY PHONE # UPDATES</small>		
DO YOU HAVE ANY ADDED OR SUBSTITUTED RUNNERS?		
<small>PLEASE TYPE NAME, PHONE #, GENDER, AND REGISTERED IN</small>		
RUNNER NAME	REGISTERED IN	T-SHIRT SIZE
TEAM CHECK-IN CHECKLIST (MARK INITIALS)		
DOWNLOADED PRINTED EVENT BAGS		
ALL T-SHIRTS IN TEAM BAG ARE IN		
VERIFIED TEAM COMMUNICATION W/ P2B C2		
RECEIVED TEAM TIME TRACKER SHEET		
TEAM TAG & T-SHIRT CHECK-UP		
PRINT & SIGN CONFIRMING TEAM CHECK-IN		
PRINTED NAME	SIGNATURE	
** HAND IN COMPLETED SHEET TO PACKET PICKUP CREW **		



DAY #1: START LINE – BARK EATER RELAY (SECTION #1)

DATE/TIME: Friday 8 AUG 2025 @ 10:00AM – 1:00PM

LOCATION: Gore Mountain Ski Resort, 793 Peaceful Valley Rd, North Creek, NY 12853, GPS: 43.673402, -74.007790

Upon arrival to the Start Line, park in the below designated Parking Lot (See EXCHANGE MAPS) and proceed to Packet Pickup in Ski Lodge. After Packet Pickup proceed to the Start Line and Check-In your Team at the P2B Tent / Trailer near the Start Line arch.

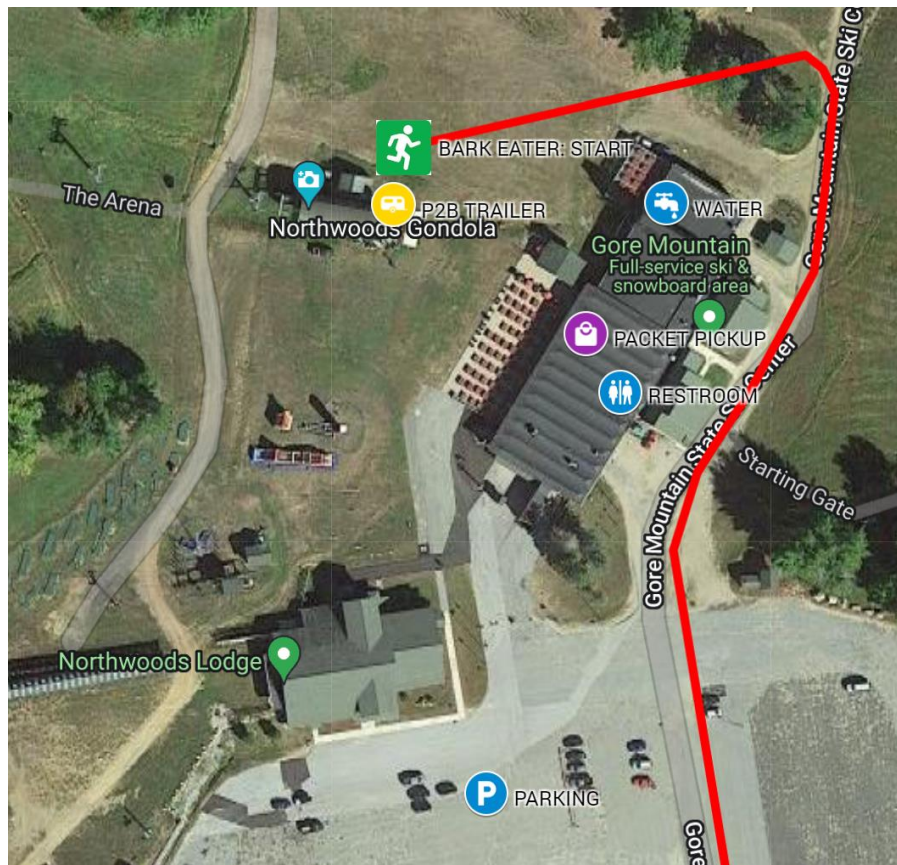
NOTE: All Teams should arrive to the Start Line ~30 minutes prior to your assigned Start Time.

IMPORTANT: If you miss your Start Wave you will be started in the next Start Wave

TEAM START WAVES & TIMES

WAVE #	START TIME	TEAM PACE (min/mile)
1	10:00AM	10:01 - 12:00
2	10:30AM	09:30 - 10:00
3	12:00PM	08:30 - 09:29
4	1:00PM	06:30 - 08:29

IMPORTANT: Notify P2B ASAP if Team Pace changes by ± 30 sec/mile so we can modify Start Time if needed



2025 P2B ADK RELAY - TEAM #'s & START TIMES
DAY #1 - BARK EATER DAY #1 START TIMES

FINAL

2-Aug

EVENT	TEAM #	TEAM NAME	TEAM TYPE	GROUP TYPE	GENDER	# ON TEAM	TEAM CAPTAIN	TEAM PACE (min/mi)	START WAVE	START TIME (8 AUG)
BARK EATER	101	Here we go again	6-PACK	MASTERS	Co-Ed	6	Barbara Davis	12:00	1	10:00 AM
BARK EATER	102	ZERO COOL°	6-PACK	OPEN	Co-Ed	6	Pedro D Lucas	12:00	1	10:00 AM
BARK EATER	103	Chasing Sarah-tonin	6-PACK	OPEN	Co-Ed	6	Kevin Tracy	11:00	1	10:00 AM
BARK EATER	104	Four Fungis	4-PACK	OPEN	Male	4	Timothy Petty	11:00	1	10:00 AM
BARK EATER	105	Onteora Runners Club	6-PACK	OPEN	Co-Ed	6	Cameron Wu	11:00	1	10:00 AM
BARK EATER	106	Team Turning Stone	6-PACK	OPEN	Co-Ed	6	Sarah Just	11:00	1	10:00 AM
BARK EATER	107	Crop Dusters	6-PACK	OPEN	Co-Ed	6	Dana Hamm	10:42	1	10:00 AM
BARK EATER	108	5 Hot Dogs and a Taco	6-PACK	OPEN	Co-Ed	6	Ashley Mancini	10:30	1	10:00 AM
BARK EATER	110	NYCM Team 1	6-PACK	OPEN	Co-Ed	6	Cheryl Robinson	10:30	1	10:00 AM
BARK EATER	111	Zero Cool F1	6-PACK	OPEN	Co-Ed	6	Lester Lucas	10:00	1	10:00 AM
BARK EATER	201	Dirt Path Savages	6-PACK	OPEN	Co-Ed	6	Mark Thomas	10:00	2	10:30 AM
BARK EATER	202	Gump	6-PACK	OPEN	Co-Ed	6	Josh Kent	10:00	2	10:30 AM
BARK EATER	203	New York Run for the Fallen	6-PACK	OPEN	Co-Ed	6	Michael Fallon	10:30	2	10:30 AM
BARK EATER	204	Winnebago Walkers	4-PACK	OPEN	Co-Ed	2	Stephen Hodge	10:00	2	10:30 AM
BARK EATER	205	Chafing the Dream	6-PACK	OPEN	Co-Ed	6	Kyle Mulloy	09:30	2	10:30 AM
BARK EATER	301	Do It 4 Baldy	6-PACK	OPEN	Co-Ed	6	Spencer Irving	09:10	3	12:00 PM
BARK EATER	303	Moonshiners	4-PACK	MASTERS	Co-Ed	4	Thomas Joslin	09:00	3	12:00 PM
BARK EATER	304	Mothster for the Mental	6-PACK	OPEN	Co-Ed	6	Hannah Woodhouse	09:00	3	12:00 PM
BARK EATER	305	Ronnie Coleman's Running Club	6-PACK	OPEN	Male	5	Coltin Jespersen	09:00	3	12:00 PM
BARK EATER	306	Kicked Kegs and Tired Legs	6-PACK	OPEN	Co-Ed	6	Joshua Stuhlman	08:40	3	12:00 PM
BARK EATER	307	Which Way?	6-PACK	OPEN	Co-Ed	6	Meghann Tanner	08:30	3	12:00 PM
BARK EATER	401	Pour Decisions	6-PACK	OPEN	Co-Ed	6	Robert Wuttke	08:10	4	1:00 PM
BARK EATER	402	Pain Exchange Reloaded	6-PACK	OPEN	Co-Ed	5	Stephane Racle	08:00	4	1:00 PM
BARK EATER	403	Striding Dirty	6-PACK	OPEN	Co-Ed	6	Luke Emrich	07:30	4	1:00 PM



DAY #1: HALFWAY CHECKPOINT – BARK EATER RELAY

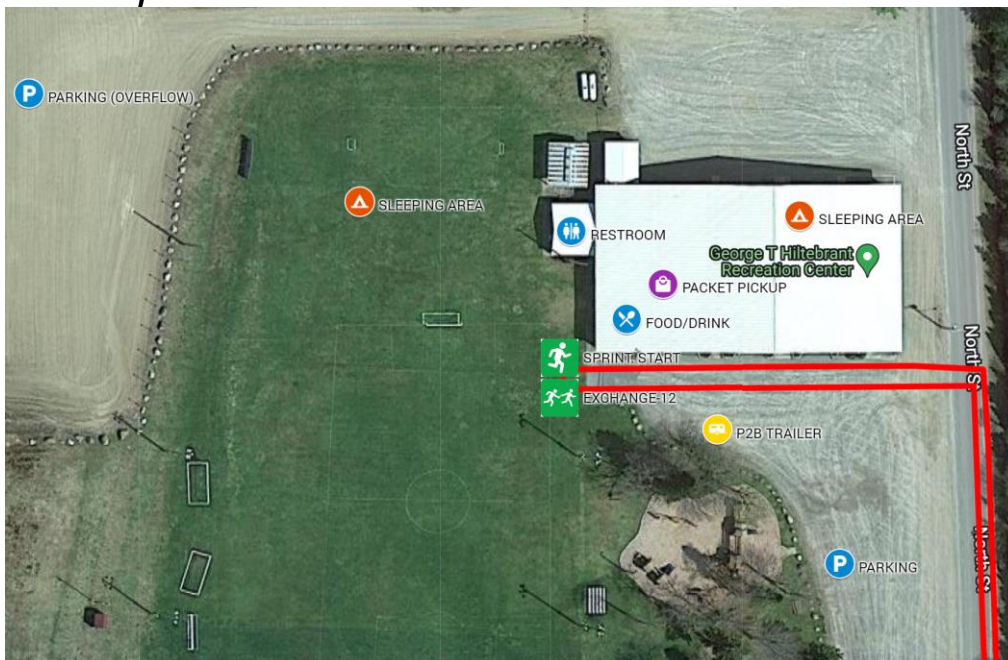
DATE/TIME: Friday 8 AUG 2025 @ 8:00PM – 9 AUG 2025 6:00AM

LOCATION: George T Hildebrant Recreation Center, 201 North St, Old Forge, NY 13420, GPS: 43.720398, -74.972488

The BARK EATER course is broken into 2 Sections with the HALFWAY CHECKPOINT (Exchange #12) located in Old Forge at the Rec Center. As Teams enter Exchange #12, they will complete Section #1 of the course and break for the evening. BARK EATER Teams will then restart with the SPRINT Teams on Day #2 (9 AUG) at Exchange #12 to complete Section #2 of the course.

Exchange #12 will be setup like a Major Exchange for those that are familiar with the BEAST relay or other overnight relays:

- There will be designated sleeping areas inside & outside for teams to rest/sleep
- There is NOT assigned Team areas, Sites, etc. for each Team. Areas are first come first serve.
- All Sleeping Equipment is to be provided by Teams. P2B will NOT be providing any sleeping equipment.
- NOTE: These areas are QUIET areas for resting/sleeping...please respect those sleeping
- FACILITIES: Facility Restrooms available inside...NO SHOWERS



REST PERIOD OPTIONS

Once at the HALFWAY CHECKPOINT at Exchange #12, Teams will have the following options for the REST PERIOD:

1. Stay at Exchange #12 for Rest Period: Outside Resting Area, Inside Resting Area, Inside Team Vehicle
2. Leave Exchange #12 for Rest Period: Go stay at Hotel, Airbnb, Campground, Home, etc.

IF LEAVING SITE: NOTIFY Volunteer at Exchange #12 if your Team plans to leave for the Rest Period.



SLEEPING/RESTING PROTOCOLS AT EXCHANGE #12

If you are planning to stay at Exchange #12 here are some overnight sleeping/resting protocols:

- Camping Tents **ONLY** allowed in the Designated Outside Sleeping Area and need to be secured to ground properly...**NO TENTS** or enclosed shelters are allowed in the Inside Sleeping Area or Parking Lots
- Sleeping Bags, Floor Mats, and Cots are allowed in the Inside Sleeping Area
- If you are planning to sleep in your Vehicle you will need to be inside your Vehicle and not on the ground outside of your Vehicle
- **DO NOT** leave vehicles running if you are planning to sleep inside your Vehicle
- No fires or cooking devices are permitted onsite
- **QUIET hours are from 1:00AM – 4:00AM**
 - Food Service will be happening inside Rec Center from 8:30PM-1:00AM & 5:00-8:00AM
 - Sprint Setup & Packet Pickup will be happening from 4:00AM – 8:00AM
 - Start Line with Music will be happening from 5:00AM – 8:00AM

FOOD FUNDRAISER

Looking for food at the Halfway point? Restaurants in town closed or too full? No need to travel anywhere. The NY Run for the Fallen (NYRFTF) / Honor & Remember Crew has you covered. NYRFTF will have food for sale as a Fundraiser for the Honor & Remember charity. Both Dinner (8:30PM-1:00AM) and Breakfast (5:00-8:00AM) will be for sale inside the Rec Center. Stop by and support this **AMAZING** charity who Honors & Remembers fallen military members and their families. Cash, Cash App, Venmo, or PayPal options available for payment.



DAY #2: START LINE – SPRINT RELAY & BARK EATER (SECTION #2)

DATE/TIME: Saturday 9 AUG 2025 @ 6:00AM – 8:00AM

LOCATION: George T Hildebrant Recreation Center, 201 North St, Old Forge, NY 13420, GPS: 43.720398, -74.972488

Upon arrival to the Start Line, park in the below designated Parking Lot (See EXCHANGE MAPS) and proceed to Packet Pickup in the Rec Center. After Packet Pickup proceed to the Start Line and Check-In your Team at the P2B Tent / Trailer near the Start Line arch.

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

IMPORTANT: If you miss your Start Wave you will be started in the next Start Wave

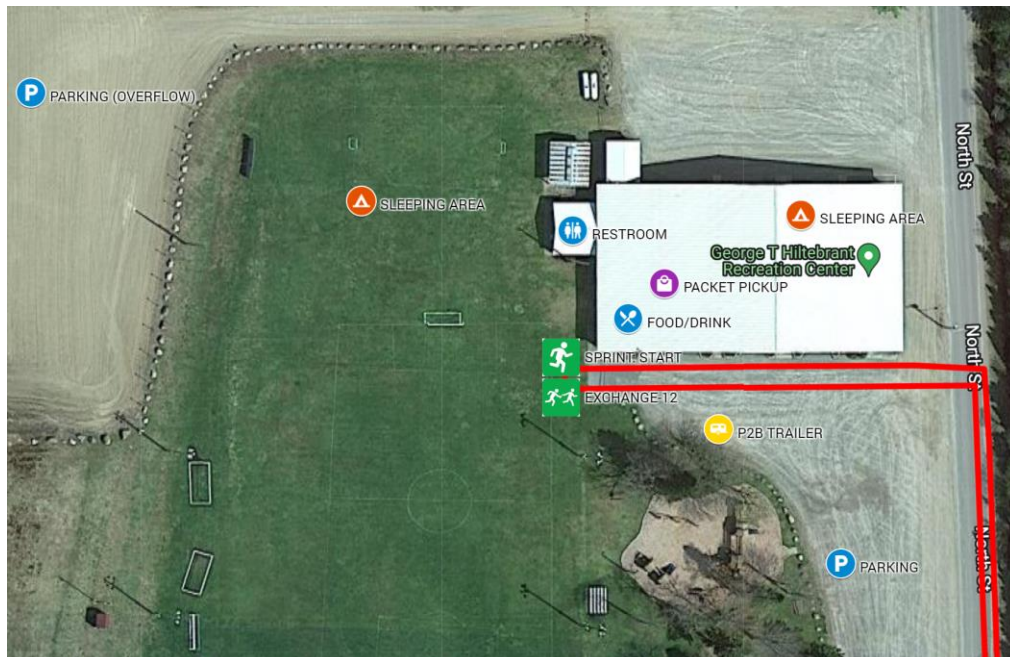
BARK EATER TEAMS - DAY #2 CHECK-IN

CHECK-IN FOR DAY #2: All BARK EATER Teams will need to check back in at the START LINE ~30 minutes prior to designated Day #2 Start Time.

ESTIMATED TEAM START WAVES & TIMES

WAVE #	START TIME	TEAM PACE (min/mile)
1	6:00AM	10:01 - 12:00
2	6:30AM	09:30 - 10:00
3	7:30AM	08:30 - 09:29
4	8:00AM	06:00 - 08:29

IMPORTANT: Notify P2B ASAP if Team Pace changes by ± 30 sec/mile so we can modify Start Time if needed



2025 P2B ADK RELAY - TEAM #'s & START TIMES
DAY #2 - SPRINT & BARK EATER DAY #2 START TIMES

FINAL

2-Aug

EVENT	TEAM #	TEAM NAME	TEAM TYPE	GROUP TYPE	GENDER	# ON TEAM	TEAM CAPTAIN	TEAM PACE (min/mi)	START WAVE	START TIME (9 AUG)
BARK EATER	101	Here we go again	6-PACK	MASTERS	Co-Ed	6	Barbara Davis	12:00	1	6:00 AM
BARK EATER	102	ZERO COOL°	6-PACK	OPEN	Co-Ed	6	Pedro D Lucas	12:00	1	6:00 AM
BARK EATER	103	Chasing Sarah-tonin	6-PACK	OPEN	Co-Ed	6	Kevin Tracy	11:00	1	6:00 AM
BARK EATER	104	Four Fungis	4-PACK	OPEN	Male	4	Timothy Petty	11:00	1	6:00 AM
BARK EATER	105	Onteora Runners Club	6-PACK	OPEN	Co-Ed	6	Cameron Wu	11:00	1	6:00 AM
BARK EATER	106	Team Turning Stone	6-PACK	OPEN	Co-Ed	6	Sarah Just	11:00	1	6:00 AM
BARK EATER	107	Crop Dusters	6-PACK	OPEN	Co-Ed	6	Dana Hamm	10:42	1	6:00 AM
BARK EATER	108	5 Hot Dogs and a Taco	6-PACK	OPEN	Co-Ed	6	Ashley Mancini	10:30	1	6:00 AM
BARK EATER	110	NYCM Team 1	6-PACK	OPEN	Co-Ed	6	Cheryl Robinson	10:30	1	6:00 AM
BARK EATER	111	Zero Cool F1	6-PACK	OPEN	Co-Ed	6	Lester Lucas	10:10	1	6:00 AM
SPRINT	109	Lowville Running Old Folks	6-PACK	OPEN	Co-Ed	6	Eric Virkler	10:30	1	6:00 AM
SPRINT	112	The Beer Sloggers	6-PACK	OPEN	Co-Ed	6	Jim Kingsley	11:30	1	6:00 AM
SPRINT	113	Camel Chasers	4-PACK	OPEN	Male	4	Elias Zeina	11:00	1	6:00 AM
SPRINT	114	Fanny Pack	6-PACK	MASTER	Co-Ed	6	Michael Fallon	10:30	1	6:00 AM
SPRINT	115	NYCM Team 2	6-PACK	OPEN	Co-Ed	6	Bridgette Crawford	10:30	1	6:00 AM
BARK EATER	201	Dirt Path Savages	6-PACK	OPEN	Co-Ed	6	Mark Thomas	10:00	2	6:30 AM
BARK EATER	202	Gump	6-PACK	OPEN	Co-Ed	6	Josh Kent	10:00	2	6:30 AM
BARK EATER	203	New York Run for the Fallen	6-PACK	OPEN	Co-Ed	6	Kristi Mangine	10:00	2	6:30 AM
BARK EATER	204	Winnebago Walkers	4-PACK	OPEN	Co-Ed	2	Stephen Hodge	10:00	2	6:30 AM
BARK EATER	205	Chafing the Dream	6-PACK	OPEN	Co-Ed	6	Kyle Mulloy	09:30	2	6:30 AM
SPRINT	206	Beaches, Brews, & Bruce	6-PACK	OPEN	Co-Ed	6	Katrina Colby	10:00	2	6:30 AM
SPRINT	207	For Miles	6-PACK	OPEN	Co-Ed	6	Katherine Rizzo	10:00	2	6:30 AM
SPRINT	208	Mind your Masters	4-PACK	MASTER	Co-Ed	4	Natalie Pavelock	10:00	2	6:30 AM
SPRINT	209	Bunch of Savages	4-PACK	MASTER	Co-Ed	4	Matt Coonradt	09:45	2	6:30 AM
SPRINT	210	Keen2Jog (K2J)	4-PACK	OPEN	Co-Ed	4	Karen McElroy	09:30	2	6:30 AM
SPRINT	211	Motley Brew	6-PACK	OPEN	Co-Ed	6	Laura Hash-Davis	09:30	2	6:30 AM
SPRINT	212	Overconfident & Undertrained	6-PACK	OPEN	Co-Ed	6	Chris Littler	09:30	2	6:30 AM
SPRINT	213	Some cool kids & a swiftie	4-PACK	OPEN	Co-Ed	4	Cara Bailey	09:30	2	6:30 AM
BARK EATER	301	Do It 4 Baldy	6-PACK	OPEN	Co-Ed	6	Spencer Irving	09:10	3	7:30 AM
BARK EATER	303	Moonshiners	4-PACK	MASTERS	Co-Ed	4	Thomas Joslin	09:00	3	7:30 AM
BARK EATER	304	Mothster for the Mental	6-PACK	OPEN	Co-Ed	6	Hannah Woodhouse	09:00	3	7:30 AM
BARK EATER	305	Ronnie Coleman's Running Club	6-PACK	OPEN	Male	5	Coltin Jespersen	09:00	3	7:30 AM
BARK EATER	306	Kicked Kegs and Tired Legs	6-PACK	OPEN	Co-Ed	6	Joshua Stuhlman	08:40	3	7:30 AM
BARK EATER	307	Which Way?	6-PACK	OPEN	Co-Ed	6	Meghann Tanner	08:30	3	7:30 AM
SPRINT	308	Code Blue	4-PACK	OPEN	Female	4	Julianne Crisafulli	09:17	3	7:30 AM
SPRINT	309	12 Feet Below Sea Level	6-PACK	OPEN	Co-Ed	6	John Prince	09:00	3	7:30 AM
SPRINT	310	It's All Relative	6-PACK	OPEN	Co-Ed	6	Genevieve Ruhland	09:00	3	7:30 AM
SPRINT	311	Commitment Issues	6-PACK	OPEN	Co-Ed	6	Janessa Ernst	08:30	3	7:30 AM



FINISH LINE & AFTER PARTY

DATE/TIME: Saturday 9 AUG 2025 @ 2:30PM – 8:00PM

LOCATION: Saranac Brewery, 830 Varick St, Utica, NY 13502, GPS: 43.103271, -75.244257

FINISH DETAILS

Finish Line Venue will open at 2:30PM for Teams. Event parking is in the North Brewery Parking Lot.

- **BIB w/ TEAR-OFF TICKETS:** Ensure you bring your Bib Tear-off Tickets to get your included Food & Drinks

The P2B ADK Finish Line & After Party will take place at the Saranac Biergarten.



FRIDAY OVERNIGHT / SATURDAY MORNING PARKING: In an effort to minimize the number of vehicles at the Brewery please avoid parking extra Team vehicles at the Brewery prior to the Event. If looking for overnight / day of parking of extra Team vehicles, consider looking into public parking options in downtown Utica.



FINISH FOOD & DRINKS

Event Food & Drinks will be located at the Biergarten. Additional Food / Drink items for purchase will be available at the Biergarten and Tavern.

The inside Tavern is open to the public and seating will be on a first come first serve basis. If you would like to order additional food / drinks from the Tavern Menu you will need to order inside at the Tavern.

RUNNER FINISH FOOD & DRINK TICKETS (BIBS)

Each Runner will receive a BIB in the Team Bag at Packet Pickup that includes 3 Tear-off Tickets...DO NOT LOSE THESE AS WE DO NOT HAVE EXTRAS!! This is your Ticket to get your INCLUDED Finish Food & Drink Items. Each Runner will get 1X FOOD ITEM + 2X DRINKS at the After Party. Take your Tickets to the Outside Food / Drink Area on the Patio to get your Food / Drink item and hand in your Tickets.



INCLUDED FOOD / DRINK ITEMS (FOR RUNNERS & VOLUNTEERS ONLY)

- 1X FOOD ITEM: Mediterranean Chicken Salad Wrap or Chickpea Salad (Vegetarian Option)
- 2X DRINK ITEMS: Event Beer (As determined by Venue), Sodas, etc.

ADDITIONAL FOOD / DRINK ITEMS FOR SALE

- Full Menu for Sale at Biergarten and Inside Tavern
- Saranac Gift Shop open for Merchandise and Drinks to Go (Cases, etc.)

SPECTATORS

Spectators (Family, Friends, etc.) are more than welcomed at the P2B ADK After Party. Spectators will need to pay for Food & Drinks at Biergarten.



IMPORTANT INFORMATION

COURSE/EXCHANGE ITEMS (CONSTRUCTION, EVENTS, ETC.)

1. EXCHANGE #6: Park on shoulder of road once parking lot is filled. Stop in and checkout the Taproom!
2. LEG #7: Bridge Construction on NY-28 entering Raquette Lake
 - a. IMPORTANT: RUNNERS WILL NEED TO BE PICKED UP BY TEAMS AND DROVE ACROSS BRIDGE CONSTRUCTION AREA AS DIRECTED BY NYS DEPARTMENT OF TRANSPORTATION
3. LEG #9: Seasonal Dirt Rd with multiple family Camps...be respectful with noise and drive slow
4. LEG #17: Narrow Single Lane Seasonal Dirt Rd (Follow the Van Route)

TRAIL SECTIONS

There are TRAIL sections on the course to plan for. These are identified in the Leg-by-Leg Maps on the Event Page. Make sure to plan extra running shoes, socks, etc. as some of the trails could be muddy depending on the weather leading up to and on event day. Also make sure you are comfortable running some of the more technical trails and not having vehicle access during the trail runs.

RESTROOMS & PORTABLE TOILETS

We will have Restrooms or Portable Toilets located at most Exchanges and will be available at the Start & Finish Venues. Make sure and use the provided restrooms and portable toilets. We may not be able to locate Portable Toilets at some of the Exchanges by request of the owners of the Exchange, make sure and plan accordingly.

- Exchanges with NO Restrooms or Portable Toilets (Please plan accordingly): SEE EXCHANGE MAPS (EX 11)
- Exchanges with Facility Restrooms/Portable Toilets (Be RESPECTFUL of facilities): SEE EXCHANGE MAPS

FOLLOWING RULES & REGULATIONS

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

- Teams will be notified by text or P2B Crew 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



EXCHANGES & EXCHANGE VOLUNTEERS

EXCHANGE MAPS: Review Before Event Day

- Transition Area, Parking, Runner Routes

PROTOCOL FOR EXCHANGES:

- Follow the Course Map Directions & Exchange Map Layout
- 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 will do our best to have Volunteers at each Exchange along the course, however in the event there are no Volunteers at an Exchange, be familiar with the above Exchange Protocol.

WATER & FOOD

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

- **START:**
 - Hot Coffee (from Stride Coffee Roasters)
 - Cold Brew Coffee (from Utica Coffee)
 - Energy Bars (from Knead to Eat Bakery)
 - Energy Gels/Packets (from The Sneaker Store)
 - Water
- **FINISH:** 1X Included Food Item + 2X Included Drinks (from Saranac Brewery)



Food and Drink Options for Sale:

- **COURSE:**
 - Exchange #6 Food & Drinks For Sale at Taproom (Taproom & Food Truck)
 - Exchange #12 Food Fundraiser (NYRFTF Fundraiser)
- **FINISH:** Additional food will be For Sale at Finish Line

Course is designed for Teams to support their runner's along the course (besides for no van support legs):

- NO Water stations at Exchanges or on course...make sure and plan accordingly
- There are multiple areas for vans to safely pull over to aid their runners with water if needed



TEAM TRACKING – COMMUNICATION PROTOCOL

SAFETY is our #1 Priority and knowing where Teams are on the course is VERY Important to the P2B Team!! We will be keeping track of you and your Team on Course through the use of the Google Sheet TEAM TIME TRACKER each Team is responsible for completing. P2B Command will also be in communication with all Runners and Volunteers through our 1-way & 2-way SMS / Voice Communication Platform.

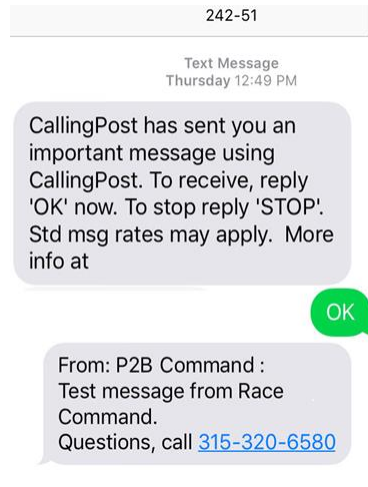
EVENT DAY COMMUNICATION

1-WAY SMS MESSAGING: Calling Post (242-51)

- **USE:** Event Day Mass Messaging from P2B Command
- **CRITICAL:** Reply “OK” to the initial OPT-IN Message
- **OPT-IN MESSAGE WILL BE SENT TO TEAMS T-1day BEFORE EVENT**

2-WAY COMM (SMS / Voice): P2B Command (315-320-6580)

- **USE:** 2-Way Communication with You/Your Team & P2B Command
- **IMPORTANT:** DO NOT Copy P2B Command on “Team” Messaging



- ❖ **REQUIRED:** At a minimum 2 people from a Team Need to follow Event Day SMS Communication
- ❖ **@ PACKET PICKUP:** Confirm Calling Post Opt-In & P2B Command Messaging are Setup

TEAM TIME TRACKER – ONLINE TRACKER

INSTRUCTIONS:

1. ACCESS ‘TEAM TIME TRACKER’ LINK EMAILED TO TEAMS
 - a. **LINK WILL BE EMAILED T-2days BEFORE EVENT**
2. DESIGNATE 1-2 PEOPLE ON TEAM TO LOG TIMES ONLINE
3. ENTER TIME RUNNER INTO EACH EXCHANGE
 - a. **FORMAT = “hh:mm AM / PM”**

- ❖ **MANDATORY FOR TEAMS TO TRACK TIME FOR EACH LEG**
- ❖ **NO SERVICE AREAS:** Enter Time into Tracker once in Service

2025 P2B ADK - TEAM TIME TRACKER		
TEAM #101		
TEAM NAME Here we go again		
INSTRUCTIONS: Enter Time of Runner into Exchange		
- Enter Time in "hh:mm AM/PM" format		
EXCHANGE #	LEG DISTANCE (miles)	TIME INTO EXCHANGE (XX:XX AM/PM)
BARK EATER START	—	
EXCHANGE #1	3.0	
EXCHANGE #2	5.5	
EXCHANGE #3	4.8	
EXCHANGE #4	7.8	
EXCHANGE #5	9.3	
EXCHANGE #6	1.7	
EXCHANGE #7	11.3	
EXCHANGE #8	2.2	
EXCHANGE #9	9.4	
EXCHANGE #10	2.4	
EXCHANGE #11	5.4	
EXCHANGE #12	6.4	
SPRINT START	—	
EXCHANGE #13	3.0	
EXCHANGE #14	3.0	
EXCHANGE #15	7.5	
EXCHANGE #16	6.5	
EXCHANGE #17	8.4	
EXCHANGE #18	3.1	
EXCHANGE #19	4.9	
EXCHANGE #20	10.0	
EXCHANGE #21	6.3	
EXCHANGE #22	5.0	
EXCHANGE #23	6.0	
FINISH	4.1	



EXCHANGE TIME WINDOWS

Below are the Exchange Time Windows calculated based on Team Paces (with buffers). These are the times Volunteers will be at the Exchange Points.

❖ IMPORTANT: BARK EATER TEAMS WILL BREAK AT EXCHANGE #12 BEFORE STARTING SECTION #2 ON DAY #2

Exchange #	Distance Between Exchanges	Exchange Time Windows (Estimated Runner Times)		Total Duration (All Teams) (hh:mm)	Notes
		Start Window	Finish Window		
BARK EATER START / SECTION #1 START (GORE MT.)	—	9:00 AM	1:00 PM	4:00	PACKET PICKUP (9AM - 1PM) START WAVES (10AM - 1PM)
Exchange #1	3.0	10:00 AM	1:45 PM	3:45	
Exchange #2	5.5	11:00 AM	2:45 PM	3:45	
Exchange #3	4.8	11:45 AM	3:15 PM	3:30	
Exchange #4	7.8	1:15 PM	4:15 PM	3:00	
Exchange #5	9.3	2:30 PM	5:30 PM	3:00	
Exchange #6	1.7	2:45 PM	5:45 PM	3:00	
Exchange #7	11.3	4:30 PM	7:15 PM	2:45	
Exchange #8	2.2	5:00 PM	7:30 PM	2:30	PREPARE SAFETY GEAR
Exchange #9	9.4	6:30 PM	9:30 PM	3:00	NIGHT TIME SAFETY GEAR
Exchange #10	2.4	6:45 PM	10:00 PM	3:15	NIGHT TIME SAFETY GEAR
Exchange #11	5.4	7:15 PM	11:00 PM	3:45	NIGHT TIME SAFETY GEAR
Exchange #12 HALFWAY CHECKPOINT (OLD FORGE)	6.4	8:00 PM	12:15 AM	4:15	NIGHT TIME SAFETY GEAR
OVERNIGHT BREAK (TEAM REST/QUIET TIME)	—	12:15 AM	6:00 AM	5:45	NO RUNNING ON COURSE QUIET TIME @ EXCHANGE
SPRINT START / SECTION #2 START (OLD FORGE)	—	5:00 AM	8:00 AM	3:00	PACKET PICKUP (5AM - 8AM) START WAVES (6AM - 8AM)
Exchange #13	3.0	6:00 AM	8:45 AM	2:45	
Exchange #14	3.0	6:30 AM	9:00 AM	2:30	
Exchange #15	7.5	7:45 AM	10:15 AM	2:30	
Exchange #16	6.5	9:00 AM	11:15 AM	2:15	
Exchange #17	8.4	10:15 AM	12:30 PM	2:15	
Exchange #18	3.1	10:45 AM	1:00 PM	2:15	
Exchange #19	4.9	11:00 AM	1:45 PM	2:45	
Exchange #20	10.0	12:00 PM	3:45 PM	3:45	
Exchange #21	6.3	12:45 PM	5:00 PM	4:15	
Exchange #22	5.0	1:15 PM	5:45 PM	4:30	
Exchange #23	6.0	2:00 PM	6:45 PM	4:45	
FINISH (SARANAC BREWERY)	4.1	2:30 PM	8:00 PM	5:30	COURSE CLOSSES & EVENT ENDS AT 8PM



COURSE/LEG DETAIL TABLE

The below table provides a high-level overview of each Leg for Runners and the Team in the Support Vehicle (VAN). Please review prior to the event so your team can plan accordingly.

LEG SUMMARY			RUNNER			RUNNER / VAN		VAN		
LEG #	DISTANCE (miles)	LEVEL OF DIFFICULTY	GROUND TERRAIN	VEHICLE TRAFFIC	SHADED (FROM SUN)	CELL SIGNAL	VAN SUPPORT	COURSE ROUTE TO FOLLOW	FOOD ON ROUTE	GAS ON ROUTE
 START - SECTION #1			GORE MOUNTAIN							
1	3.0	MODERATE	DIRT ROAD / PAVED ROAD	MINIMAL	MINIMAL	FAIR	FULL	RUNNER	YES	YES
2	5.5	MODERATE	PAVED RD	MODERATE	MINIMAL	POOR	FULL	RUNNER	NO	NO
3	4.8	VERY HARD	PAVED RD	MODERATE	MINIMAL	POOR	FULL	RUNNER	NO	NO
4	7.8	MODERATE	PAVED RD / SIDEWALK	MODERATE	MINIMAL	FAIR	FULL	RUNNER	YES	YES
5	9.3	HARD	PAVED RD	MODERATE	MINIMAL	POOR	FULL	RUNNER	NO	NO
6	1.7	EASY	PAVED RD / SIDEWALK	MODERATE	PARTIAL	FAIR	FULL	RUNNER	YES	YES
7	11.3	HARD	PAVED RD / SIDEWALK	MODERATE	PARTIAL	POOR	FULL	RUNNER	NO	NO
8	2.2	EASY	PAVED RD	MODERATE	PARTIAL (NIGHT RUN)	GOOD	FULL	RUNNER	YES	NO
9	9.4	HARD	PAVED RD / DIRT RD	LOW	MOSTLY (NIGHT RUN)	POOR	FULL	RUNNER	YES	NO
10	2.4	EASY	SIDEWALK / PAVED RD	LOW	MOSTLY (NIGHT RUN)	GOOD	FULL	RUNNER	YES	YES
11	5.4	MODERATE	PAVED RD	LOW	MOSTLY (NIGHT RUN)	GOOD	FULL	RUNNER	NO	NO
12	6.4	MODERATE	PAVED RD / SIDEWALK	LOW	MOSTLY (NIGHT RUN)	GOOD	FULL	RUNNER	YES	YES
 START - SECTION #2			OLD FORGE							
13	3.0	EASY	SIDEWALK / PAVED RD	MODERATE	PARTIAL	GOOD	PARTIAL	VAN	YES	YES
14	3.0	MODERATE	PAVED RD	MODERATE	PARTIAL	GOOD	FULL	RUNNER	NO	NO
15	7.5	MODERATE	PAVED RD	MODERATE	PARTIAL	GOOD	FULL	RUNNER	YES	YES
16	6.5	MODERATE	PAVED RD / DIRT RD	MODERATE	PARTIAL	GOOD	FULL	RUNNER	YES	YES
17	8.4	MODERATE	DIRT RD / PAVED RD	LOW	PARTIAL	GOOD	PARTIAL	VAN	NO	NO
18	3.1	EASY	PAVED RD / DIRT TRAIL	LOW	PARTIAL	GOOD	PARTIAL	VAN	YES	YES
19	4.9	HARD	TRAILS / GRAVEL/PAVED RD	LOW / NONE	PARTIAL	GOOD	NONE	VAN	YES	YES
20	10.0	INSANE	TRAILS / PAVED ROAD	LOW	MOSTLY	GOOD	PARTIAL	VAN	NO	NO
21	6.3	MODERATE	PAVED ROAD	LOW	PARTIAL	GOOD	FULL	RUNNER	NO	NO
22	5.0	MODERATE	PAVED ROAD	MODERATE / LOW	PARTIAL	GOOD	FULL	RUNNER	YES	YES
23	6.0	MODERATE	PAVED ROAD	LOW	PARTIAL	GOOD	FULL	RUNNER	YES	NO
24	4.1	EASY	PAVED ROAD & TRAIL / SIDEWALK	NONE / HIGH	MINIMAL	GOOD	PARTIAL	VAN	YES	YES
FINISH 			SARANAC BREWERY							



KEY RULES & REGULATIONS

EMERGENCIES

For all Emergencies call 911, then contact P2B COMMAND: [315-320-6580](tel:315-320-6580)

MEDICAL FACILITIES

- **SECTION #1 of COURSE:**
 - North Creek Health Center: 128 Ski Bowl Road, North Creek NY 12853; (518) 251-2541
 - Indian Lake Health Center: 6356 NY-30, Indian Lake NY 12842; (518) 648-5705
 - Long Lake Medical Center: 8561 Newcomb Road, Long Lake NY 12847; (518) 624-2301
 - Saratoga Hospital: 211 Church Street, Saratoga Springs NY 12866; (518) 587-3222
 - Elizabethtown Community Hospital: 75 Park Street, Elizabethtown NY 12932; (518) 873-6377
 - Glens Falls Hospital: 100 Park Street, Glens Falls NY 12801; (518) 926-1000
- **SECTION #2 of COURSE:**
 - MVHS Medical Group - Town of Webb: 114 South Shore Road, Old Forge NY 13420; (315) 369-6619
 - Rome Health Hospital: 1500 North James Street, Rome NY 13440; (315) 338-7000
 - Wynn Hospital: 111 Hospital Drive, Utica NY 13502; (315) 917-9966

KEY SAFETY INFORMATION

1. **OBEY ALL TRAFFIC LAWS AND ALWAYS YIELD TO TRAFFIC WHILE RUNNING!!**
 - a. NO roads are being closed for the event and you will be running on open roads
 - b. Yield to all traffic & Cross the road at designated crosswalks (If Available)
 - c. Run on the LEFT side of the road (against traffic) unless otherwise noted in COURSE MAPS
2. DO NOT consume alcohol while traveling along the course...Save the alcohol for the FINISH
3. Absolutely no sleeping in parking lots outside of your team vehicle
4. If you see a Team cheating or violating any rules send a text message to P2B COMMAND
5. WHILE RUNNING: Wear your BIB secured to front of shirt or shorts on outer most layer of clothing
6. The use of Headphones in ears while running on the course is NOT ALLOWED
7. Vehicles are in NO situation allowed to follow directly behind runner
8. AGGRESSIVE ANIMAL: Get runner off course and into your vehicle ASAP and notify P2B COMMAND
9. Have a Lost Runner? If you believe your runner is lost text P2B COMMAND
10. In the event of dangerous weather conditions during the event or at the Start/finish Line, immediately seek shelter and await instructions from the Peak to Brew Staff or National Weather Service
11. NIGHT TIME SAFETY EQUIPMENT: Running between 8PM-6AM, ensure you have Night Time Safety Gear on



REQUIRED SAFETY EQUIPMENT

Given part of the P2B ADK BARK EATER Event will take place after sunset, teams that will be running during these hours will be required to bring Safety Gear and show to the Volunteer at Packet Pickup.

- **NIGHT TIME HOURS: 8PM to 6AM**

IMPORTANT: SAFETY GEAR WILL ONLY BE RE REQUIRED FOR BARK EATER TEAMS AS SECTION #2 OF THE COURSE FOR THE SPRINT TEAMS WILL BE RUN ENTIRELY DURING DAYLIGHT HOURS

Your Teams Safety Gear will be inspected at Packet Pickup at the Team Check-In Table. Please bring your Safety Gear with you when you come into Packet Pickup.

SAFETY EQUIPMENT

- ❖ **Headlamps or Flashlights** – Minimum 2 per Team
 - ✓ Runners must use during night time hours
 - ✓ We recommend anyone outside of van to have a Headlamp or Flashlight during night time hours
- ❖ **LED Tail Lights** – Minimum 2 per Team
 - ✓ Runners must use during night time hours
- ❖ **Reflective Vests** – One for each person in Van
 - ✓ Runners & All Team Members must wear during night time hours
 - ✓ **REQUIRED:** Reflective Material across **SHOULDER + WAIST/CHEST**
 - LED String/Lights **DO NOT** Replace Reflective Material



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.

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



TEAM VEHICLE

Each Team will have 1 Team Vehicle and are the responsibility of the Teams to provide for the event. 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 12 Passenger Cargo Van
- ❖ NOT ALLOWED: Campers, Trailers, Motor-Homes, Buses, Limos, etc.
- ❖ All Drivers are required to have valid licenses

P2B recommends Teams to use the following for support vans:

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



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 course 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 / PARTIAL VAN SUPPORT – SEE COURSE MAPS**

RESPECTING COMMUNITIES

Please be respectful of the local communities and residence along the course. This is especially true during 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
- ✓ DO NOT honk horns, play loud music, or yell while going through populated areas
- ✓ DO NOT block driveways to residences, business, or emergency routes
- ✓ DO NOT litter along the course
- ✓ DO NOT park in no parking zones



COURSE SIGN OVERVIEW

IMPORTANT ON COURSE SIGNS

The P2B Setup Crew does their best to locate signs at all needed directional points and areas of confusion on the course. However, signs might not be at every needed location due to the possibility of weather moving the signs, people stealing signs, etc. Please notify P2B Command if you feel a sign is missing on the course in an area where runners could get lost, and we will send our Crew out to fix the sign ASAP.

- ❖ **BE SURE YOU KNOW WHERE TO GO BY FOLLOWING THE COURSE MAPS**
- ❖ **BRING PRINT MAPS and/or BRINGING PHONE w/ DIGITAL MAPS WHILE RUNNING**

ALL COURSE SIGNS

Course Signs will be 24" wide x 18" tall and are made from corrugated plastic. Signs will be located on Reflective Stakes, Road Signs, Caution Cones, etc. There will be a mixture of Runner and Van Signs on the course...SEE BELOW for details on both.

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.



NIGHT TIME SIGNS (LEG #9-12)

Signs located on Leg #9-12 will have Flashing Orange LED Lights to assist with those Teams running after sunset.

