



2026 P2B ADK EVENT & SAFETY BRIEF

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WELCOME 2026 P2B ADK TEAMS

Welcome P2B ADK Relay Teams and thank you for being a part of the Peak 2 Brew Relay Experience! We have an amazing and challenging BARK EATER & SPRINT course in store for your 4-PACK / 6-PACK Team to conquer. As you work on final preparation for the event, remember, every step forward is one step closer to success and the finish line! The P2Brew Crew wishes you luck and we look forward to seeing you on the course.

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 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 Blue P2Brew CREW Shirts.



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 2026 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: <https://runsignup.com/Race/Sponsors/NY/NorthCreek/P2BRelay>

PEAK SPONSOR



Gore Mountain



Saranac Brewery

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



USA Racing

CHARITIES



Double H Ranch



NY Run for the Fallen



ADK Mountain Club





SNEAKER STORE PROUD SPONSOR OF THE 2026 PEAK 2 BREW ADK RELAY

DONATING GU POWER BOXES FOR EACH P2B TEAM!

EACH TEAM WILL RECEIVE:



12x
GU ROCTANE GEL
MIXED FLAVORS



12x
GU CHEWS
MIXED FLAVORS



10x
GU DRINK MIX
PACKETS



**TEAMS WILL RECEIVE THESE
AT PACKET PICKUP!**



PACKET PICKUP & TEAM CHECK-IN

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

DATE/TIME: Friday 7 AUG 2026 @ 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 8 AUG 2026 @ 5:00AM — 8:00AM

LOCATION: George T Hildebrandt 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
 - T-Shirts (1 per Runner): T-Shirts are pre-packed per Team roster as of T-7days to Event
- Late runner addition/substitution will 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

Sebastian Sawe's Little Brother		
TEAM TYPE	GROUP TYPE	GENDER
BARK EATER: B-RACE	OPEN	Co-Ed
RUNNER NAME	PHONE #	T-SHIRT SIZE
Christian Williams - CAPTAIN		Medium - M
Garrett Martin - TRNG		Medium - M
Justin Totten		Medium - S
Brian Williams		Medium - M
John P. Bore		Medium - S
Jeff Williams		Medium - S

IMPORTANT: HISTORY PACKET PICKUP TEAM OF ANY FINDER # UPDATES

DO YOU HAVE ANY ADDED OR SUBSTITUTED RUNNERS?
Click "YES" to ADD RUNNERS, "NO" to NOT ADD RUNNERS ABOVE & COMPLETE THE TEAM ON FORM

RUNNER NAME	REGISTERED ON	T-SHIRT SIZE

TEAM CHECK-IN CHECKLIST (MARK INITIALS)	
COMMUNICATED BY TEXT TO TEAM	
ACCESS TO ONLINE TEAM TIME TRACKER	
VERIFIED THAT COMMUNICATIONS ARE ON GO	
DOWNLOADED & VERIFIED P2B TEAM BAG	
TEAM BAGS & T-SHIRT PICK 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 7 AUG 2026 @ 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.

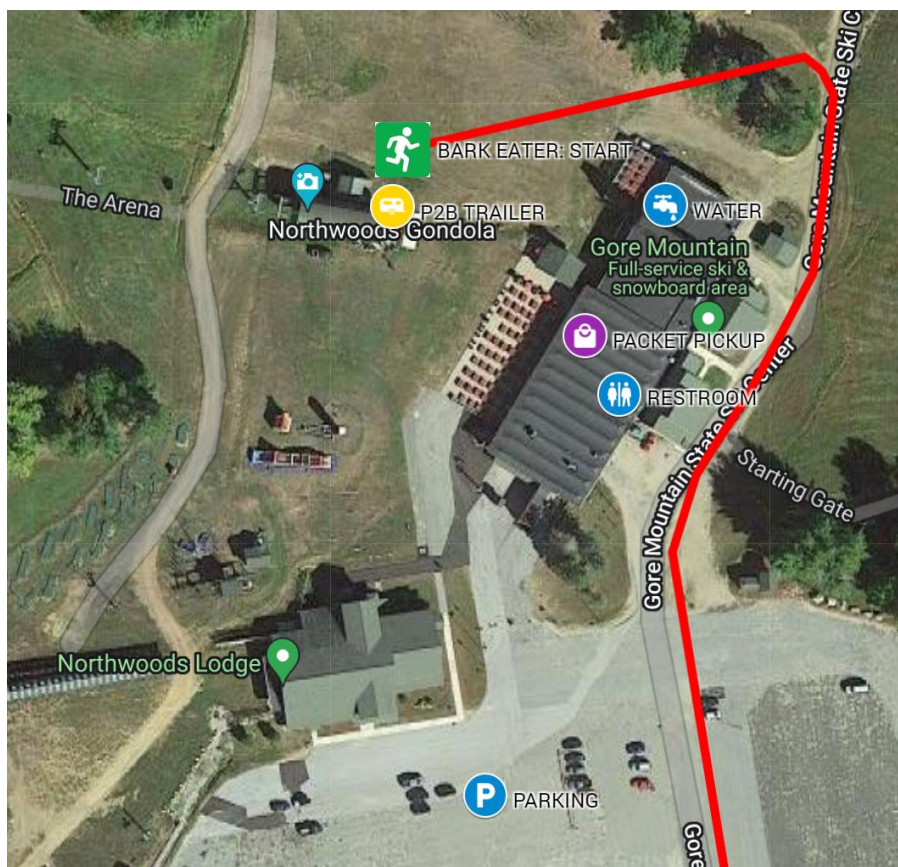
NOTE: All Teams should arrive to the Start Line ~30 minutes prior to your assigned Start Time.

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



2026 P2B ADK RELAY - TEAM #'s & START TIMES <i><u>DAY #1 - BARK EATER DAY #1 START TIMES</u></i>										FINAL	3-Aug
EVENT	TEAM #	TEAM NAME	TEAM TYPE	GROUP TYPE	GENDER	# ON TEAM	TEAM CAPTAIN	TEAM PACE (min/mi)	DISTANCE (mi)	START WAVE	START TIME (7 AUG)
BARK EATER	101	Sabastian Sawe's Little Brother	6-PACK	OPEN	Co-Ed	6	Christian Wilkens	12:00	70	1	10:00 AM
BARK EATER	102	Here we go again	6-PACK	MASTERS	Co-Ed	6	Barbara Davis	11:45	70	1	10:00 AM
BARK EATER	103	What's our Team Name?	4-PACK	OPEN	Male	4	Everett Fischer	11:00	70	1	10:00 AM
BARK EATER	104	Keegan Army	6-PACK	OPEN	Co-Ed	6	Edwin Lamon	11:00	70	1	10:00 AM
BARK EATER	105	Legs Miserables	6-PACK	OPEN	Co-Ed	6	Francesca Battaglia	10:45	70	1	10:00 AM
BARK EATER	106	5 Hot Dogs and a Taco	6-PACK	OPEN	Co-Ed	6	Ashley Mancini	10:30	70	1	10:00 AM
BARK EATER	107	NYRFTF OLD SCHOOL	6-PACK	OPEN	Co-Ed	6	Kristi Mangine	10:30	70	1	10:00 AM
BARK EATER	115	Gump	6-PACK	OPEN	Co-Ed	6	Josh Kent	10:30	70	1	10:00 AM
BARK EATER	201	Dirt Path Savages	6-PACK	OPEN	Co-Ed	6	Mark Thomas	10:00	70	2	10:30 AM
BARK EATER	202	Crop Dusters Revenge	6-PACK	OPEN	Co-Ed	6	Dana Hamm	10:00	70	2	10:30 AM
BARK EATER	203	Our Van Smells	6-PACK	OPEN	Male	6	Kyle Mulloy	10:00	70	2	10:30 AM
BARK EATER	204	ADrunK	6-PACK	OPEN	Co-Ed	6	Ryan DeOlde	09:51	70	2	10:30 AM
BARK EATER	205	Colgate U	6-PACK	MASTERS	Co-Ed	6	Paul Humphrey	09:30	70	2	10:30 AM
BARK EATER	206	Draft Queens	6-PACK	OPEN	Female	6	Sarah Stevener	09:30	70	2	10:30 AM
BARK EATER	P2B	Discworld	4-PACK	OPEN	Co-Ed	4	Sergey Khilkov	10:00	70	2	10:30 AM
BARK EATER	301	6 Men 1 Love Gun	6-PACK	OPEN	Male	6	Marc Leduc	09:15	70	3	12:00 PM
BARK EATER	302	Pour Decisions	6-PACK	OPEN	Co-Ed	6	Robert Wuttke	09:05	70	3	12:00 PM
BARK EATER	303	Dirt Path Savages2	6-PACK	OPEN	Co-Ed	6	Michael Capel	09:15	70	3	12:00 PM
BARK EATER	304	Nilsoj Mot	4-PACK	MASTERS	Male	4	Joshua Belisle	09:00	70	3	12:00 PM
BARK EATER	305	Ronnie Coleman's Running Club	6-PACK	OPEN	Co-Ed	4	Coltin Jespersen	09:00	70	3	12:00 PM
BARK EATER	306	The Fast and the Fouriers: Andy	6-PACK	OPEN	Co-Ed	6	Benjamin Kraus	09:00	70	3	12:00 PM
BARK EATER	307	The Fast and the Fouriers: Michael	6-PACK	OPEN	Co-Ed	6	Jason Breslau	09:00	70	3	12:00 PM
BARK EATER	308	Kicked Kegs and Tired Legs	6-PACK	OPEN	Co-Ed	6	Joshua Stuhlman	08:50	70	3	12:00 PM
BARK EATER	309	Which Way?	6-PACK	OPEN	Co-Ed	5	Meghann Tanner	08:30	70	3	12:00 PM
BARK EATER	401	Dan and the Dalkins	6-PACK	OPEN	Co-Ed	6	Dan Malkin	08:40	70	3	12:00 PM
BARK EATER	402	I Know You Runner	6-PACK	OPEN	Co-Ed	5	Peter Madden	08:30	70	3	12:00 PM
BARK EATER	403	Diesel Squad	6-PACK	OPEN	Male	6	Grant Stokoe	07:30	70	4	1:00 PM
BARK EATER	404	Brewed Awakening	4-PACK	OPEN	Co-Ed	4	Daniel Muenkel	07:15	70	4	1:00 PM
BARK EATER	405	Striding Dirty	6-PACK	OPEN	Co-Ed	4	Luke Emrich	06:50	70	4	1:00 PM



Proud
SPONSOR
— of the —
peak 27 brew

ADK RELAY



JOIN STRIDE COFFEE ROASTERS
AT THE **BARK EATER & SPRINT**
PACKET PICKUP / START LINES!

FOOD FOR SALE



Cookies, Scones &
Crispy Treats from

*Always
Sonny.*
BAKED GOODS



RX Bars



DRINKS FOR SALE



Bottled
Mocha
Oat Milk
Lattes



**COMPLIMENTARY
HOT DRIP
COFFEE**
*for all runners
& volunteers!*

Good coffee. Great food. Strong community.

LET'S MAKE IT A GREAT DAY!



DAY #1: HALFWAY CHECKPOINT — BARK EATER RELAY

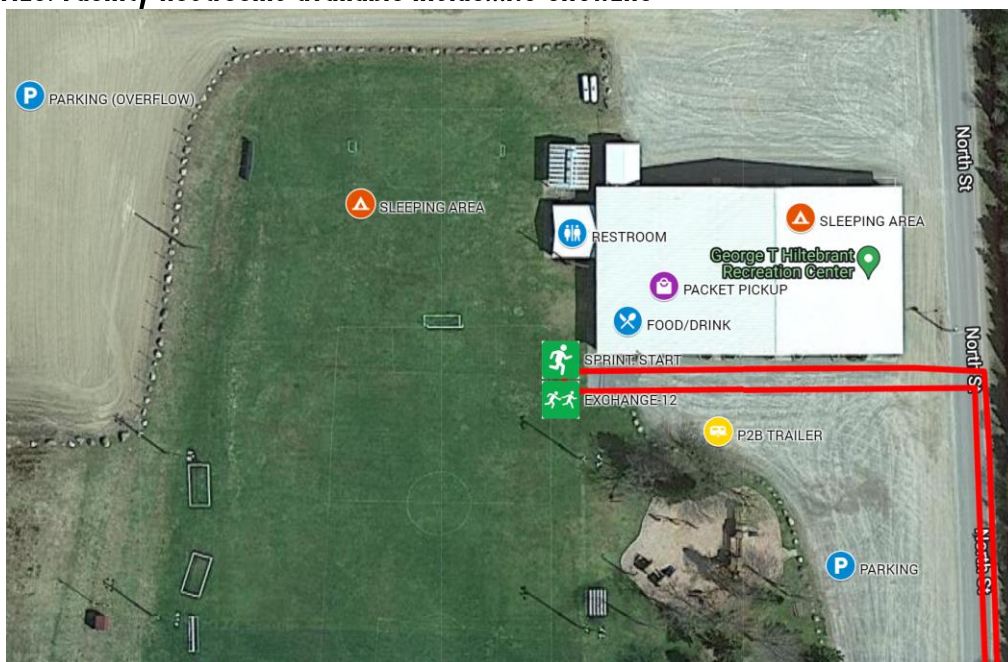
DATE/TIME: Friday 7 AUG 2026 @ 8:00PM — 8 AUG 2026 6:00AM

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 (8 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 12:30AM – 4:00AM**
 - Food Service will be happening inside Rec Center from 9:00PM-11:00PM
 - 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 FOR SALE BY ROOSTER'S SMASH BURGERS

Looking for food at the Halfway point? Restaurants in town closed or too full? No need to travel anywhere. Rooster's Smash Burgers will be selling their amazing Smashburgers and Fries at the Rec Center from 9:00-11:00PM. Cash and Venmo options available for payment.

ROOSTER'S SMASH BURGER EVENT MENU:

- Single Smash Burger
- Double Smash Burger
- Fries





SMASH YOUR HUNGER AT THE HALFWAY POINT!



ROOSTER'S SMASHBURGERS × PEAK 2 BREW ADK RELAY



OLD FORGE
RECREATION CENTER
HALFWAY POINT –
PEAK 2 BREW ADK RELAY



FRIDAY,
AUGUST 7, 2026



9:00–11:00 PM

**DOUBLE
SMASHBURGER**
+ Fries

Celebrate Day 1 of the
BARK EATER *with a Smashburger!*



FRESH SMASHBURGERS



CRISPY FRIES



FUEL UP & KEEP RUNNING



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

DATE/TIME: Saturday 8 AUG 2026 @ 6:00AM — 8:00AM

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

Upon arrival at 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

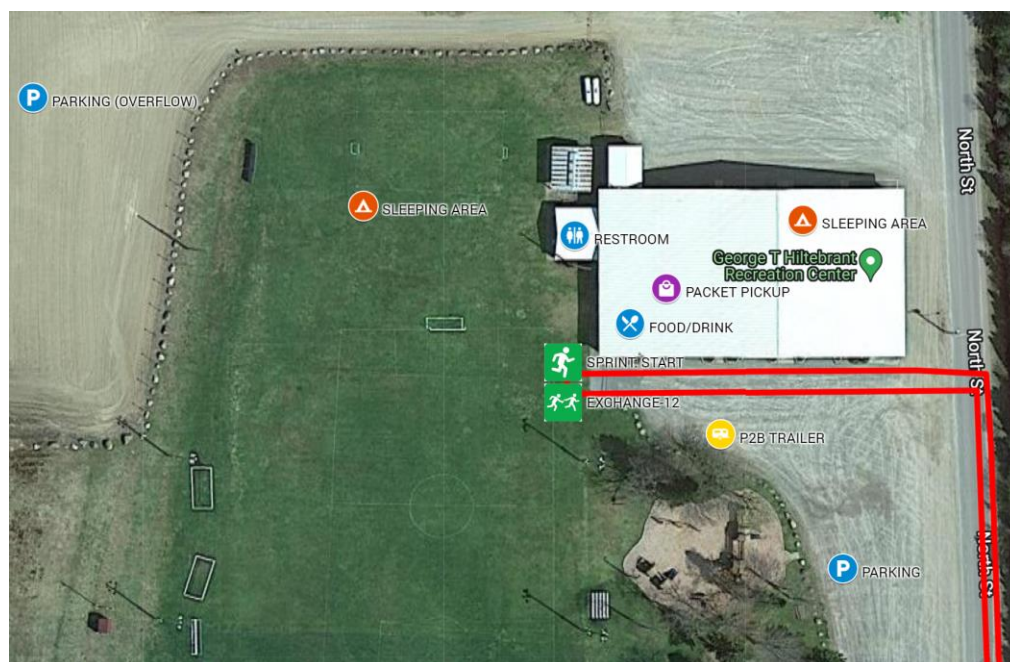
BARK EATER TEAMS - DAY #2 CHECK-IN

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



2026 P2B ADK RELAY - TEAM #'s & START TIMES DAY #2 - SPRINT & BARK EATER DAY #2 START TIMES										FINAL	3-Aug
EVENT	TEAM #	TEAM NAME	TEAM TYPE	GROUP TYPE	GENDER	# ON TEAM	TEAM CAPTAIN	TEAM PACE (min/mi)	DISTANCE (mi)	START WAVE	START TIME (8 AUG)
BARK EATER	101	Sebastian Sawe's Little Brother	6-PACK	OPEN	Co-Ed	6	Christian Wilkens	12:00	68	1	6:00 AM
BARK EATER	102	Here we go again	6-PACK	MASTERS	Co-Ed	6	Barbara Davis	11:45	68	1	6:00 AM
BARK EATER	103	What's our Team Name?	4-PACK	OPEN	Male	4	Everett Fischer	11:00	68	1	6:00 AM
BARK EATER	104	Keegan Army	6-PACK	OPEN	Co-Ed	6	Edwin Lamon	11:00	68	1	6:00 AM
BARK EATER	105	Legs Miserables	6-PACK	OPEN	Co-Ed	6	Francesca Battaglia	10:45	68	1	6:00 AM
BARK EATER	106	5 Hot Dogs and a Taco	6-PACK	OPEN	Co-Ed	6	Ashley Mancini	10:30	68	1	6:00 AM
BARK EATER	107	NYRFTF OLD SCHOOL	6-PACK	OPEN	Co-Ed	6	Kristi Mangine	10:30	68	1	6:00 AM
BARK EATER	115	Gump	6-PACK	OPEN	Co-Ed	6	Josh Kent	10:30	68	1	6:00 AM
SPRINT	108	The Young & The Breathless	6-PACK	OPEN	Co-Ed	6	Melissa DeJesus	12:00	68	1	6:00 AM
SPRINT	109	Peppery Triple Sek	6-PACK	OPEN	Co-Ed	6	Steven Sek	12:00	68	1	6:00 AM
SPRINT	110	Bog Babes	6-PACK	OPEN	Co-Ed	6	Megan Aubertine-Wi	12:00	68	1	6:00 AM
SPRINT	111	Who Run The World?	6-PACK	OPEN	Female	6	Sarah Pirrello	11:32	68	1	6:00 AM
SPRINT	112	Salty Badgers	4-PACK	OPEN	Co-Ed	4	Melissa Kwasniewski	11:00	68	1	6:00 AM
SPRINT	113	Scout's Honor	4-PACK	OPEN	Co-Ed	4	Samuel Phaneuf	11:00	68	1	6:00 AM
SPRINT	114	Why, because, we can!	6-PACK	OPEN	Co-Ed	6	Kristen Korman	11:00	68	1	6:00 AM
SPRINT	116	P2B's Indentured Servants	6-PACK	OPEN	Co-Ed	5	Jennifer Marshall	10:30	68	1	6:00 AM
SPRINT	117	UR & The Uphill Situation	6-PACK	OPEN	Female	6	AMANDA HARTNETT	10:08	68	1	6:00 AM
BARK EATER	201	Dirt Path Savages	6-PACK	OPEN	Co-Ed	6	Mark Thomas	10:00	68	2	6:30 AM
BARK EATER	202	Crop Dusters Revenge	6-PACK	OPEN	Co-Ed	6	Dana Hamm	10:00	68	2	6:30 AM
BARK EATER	203	Our Van Smells	6-PACK	OPEN	Male	6	Kyle Mulloy	10:00	68	2	6:30 AM
BARK EATER	204	ADrunk	6-PACK	OPEN	Co-Ed	6	Ryan DeOlde	09:51	68	2	6:30 AM
BARK EATER	205	Colgate U	6-PACK	MASTERS	Co-Ed	6	Paul Humphrey	09:30	68	2	6:30 AM
BARK EATER	206	Draft Queens	6-PACK	OPEN	Female	6	Sarah Stevener	09:30	68	2	6:30 AM
BARK EATER	P2B	Discworld	4-PACK	OPEN	Co-Ed	4	Sergey Khilkov	10:00	68	2	6:30 AM
SPRINT	207	NYCM Team 1	6-PACK	OPEN	Co-Ed	6	Cheryl Robinson	10:00	68	2	6:30 AM
SPRINT	208	NYCM Team 2	6-PACK	OPEN	Co-Ed	6	Kelly Pylinski	10:00	68	2	6:30 AM
SPRINT	209	NYCM Team 3	6-PACK	OPEN	Co-Ed	6	Stephanie Bader	10:00	68	2	6:30 AM
SPRINT	210	Camel Chasers	4-PACK	OPEN	Male	3	Elias Zeina	10:00	68	2	6:30 AM
SPRINT	212	Against the Wind	6-PACK	OPEN	Co-Ed	6	Nicole Hebert	10:00	68	2	6:30 AM
SPRINT	213	The Wonderful Werners	4-PACK	OPEN	Co-Ed	4	Ruth Werner	09:30	68	2	6:30 AM
SPRINT	214	Overconfident and Undertrained	6-PACK	OPEN	Co-Ed	6	Maureen Littler	09:30	68	2	6:30 AM
SPRINT	215	Let's not get lost this year...	4-PACK	OPEN	Co-Ed	4	Cara Bailey	09:30	68	2	6:30 AM
SPRINT	216	Shaloooby Hashers- Magic Powered	6-PACK	OPEN	Co-Ed	6	Paul Hackett	10:00	68	2	6:30 AM
BARK EATER	301	6 Men 1 Love Gun	6-PACK	OPEN	Male	6	Marc Leduc	09:15	68	3	7:30 AM
BARK EATER	302	Pour Decisions	6-PACK	OPEN	Co-Ed	6	Robert Wuttke	09:05	68	3	7:30 AM
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BARK EATER	402	I Know You Runner	6-PACK	OPEN	Co-Ed	5	Peter Madden	08:30	68	3	7:30 AM
SPRINT	310	UC2Me	4-PACK	OPEN	Co-Ed	4	Anthony Sedotto	09:00	68	3	7:30 AM
SPRINT	311	Gone with the wind	6-PACK	OPEN	Male	6	Jake Koskowski	08:40	68	3	7:30 AM
SPRINT	406	Keen 2 Jog And Really Chug	4-PACK	OPEN	Co-Ed	4	Karen McElroy	09:29	68	3	7:30 AM
BARK EATER	403	Diesel Squad	6-PACK	OPEN	Male	6	Grant Stokoe	07:30	68	4	8:00 AM
BARK EATER	404	Brewed Awakening	4-PACK	OPEN	Co-Ed	4	Daniel Muenkel	07:15	68	4	8:00 AM
BARK EATER	405	Striding Dirty	6-PACK	OPEN	Co-Ed	4	Luke Emrich	06:50	68	4	8:00 AM
SPRINT	407	Drop the Hamagrael	4-PACK	OPEN	Male	4	Matthew Linden	07:30	68	4	8:00 AM



FINISH LINE & AFTER PARTY

DATE/TIME: Saturday 8 AUG 2026 @ 2:30PM – 8:00PM

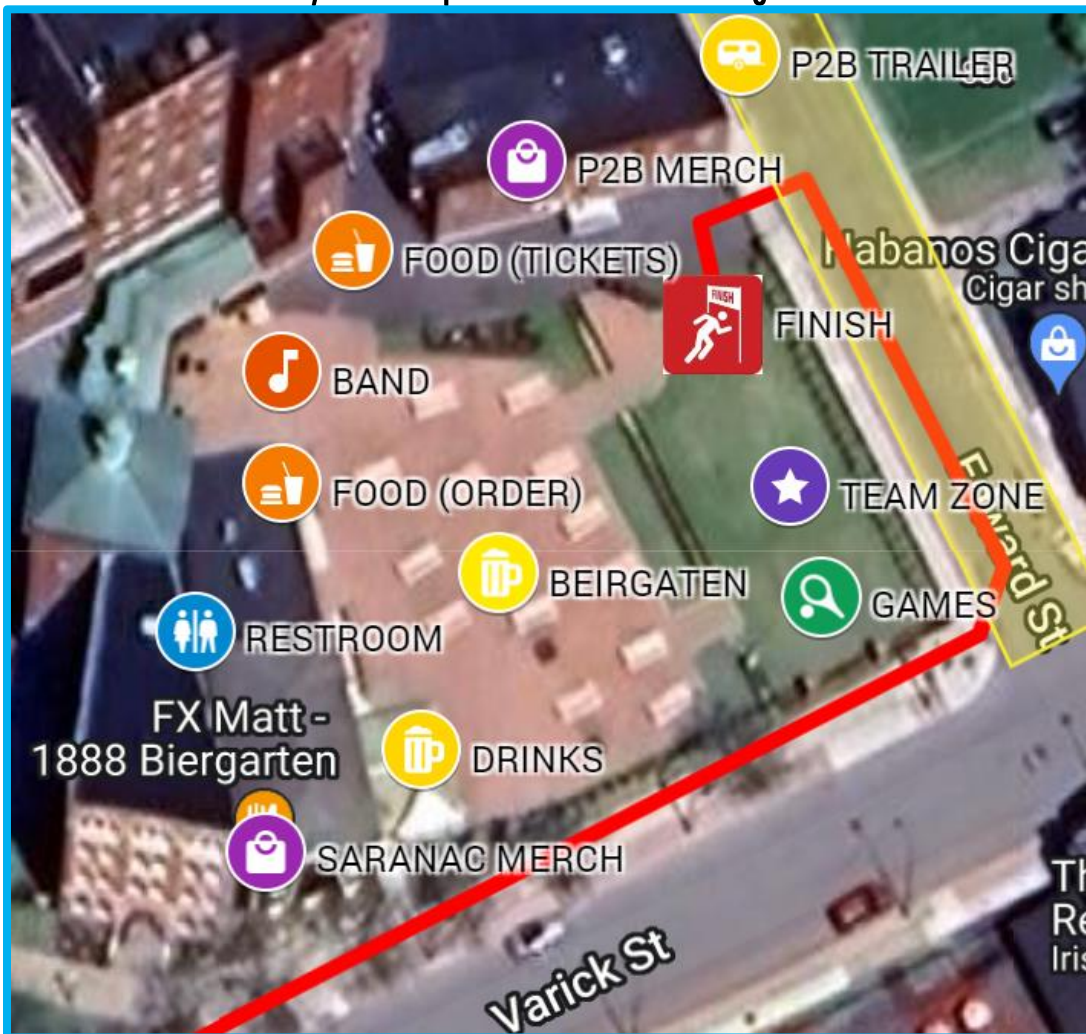
LOCATION: Saranac Brewery, 830 Varick St, Utica, NY 13502, GPS: 43.103271, -75.244257

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

All Food & Drinks will be in the Biergarten:

- Food included with BIB TICKET will be available at the Food Tent
- Drinks included with the BIB TICKETS will be available at the Biergarten bar
- Additional Food for sale will be located at the Biergarten Food Window
- Additional Drinks for sale will be located at the Biergarten bar

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:
 - Assorted Whole Fruit
 - Pretzels Rods with Warm Beer Cheese
 - Tomato Pie
- 2X DRINK ITEMS:
 - 21+ years old: Draft Beer Only (As determined by Venue)
 - Under 21 years old: Sodas

ADDITIONAL FOOD / DRINK ITEMS FOR SALE

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

SPECTATORS

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

NOTE: The Peak 2 Brew ADK Relay Finish / After Party is open to the public and is not a closed event.



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 #5 & #7: Bridge Construction on NY-28 entering Blue Mt Lake (Leg #5) & Raquette Lake (Leg #7)
 - a. IMPORTANT: RUNNERS WILL NEED TO BE PICKED UP BY TEAMS AT THE TRAFFIC LIGHT AND DROVE ACROSS BRIDGE CONSTRUCTION AREA (DO NOT RUN THROUGH THE CONSTRUCTION ZONE)
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 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 Team's participation from the event and all venues

Let's just avoid this altogether 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

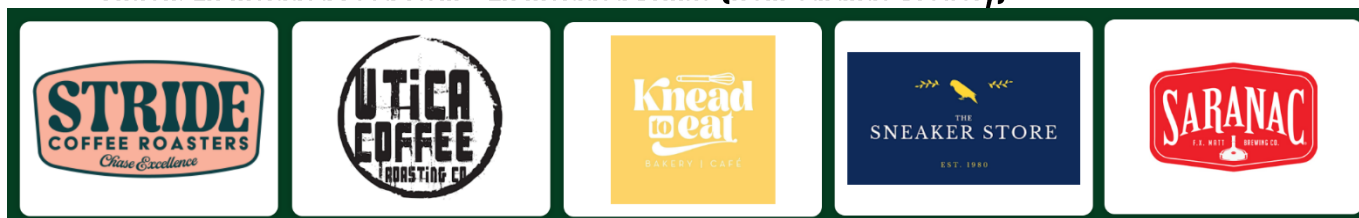


We will do our best to have Volunteers at each Exchange along the course, however in the event there are no Volunteers at an Exchange, be familiar with the above Exchange Protocol.

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)
 - Gu 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:**
 - Packet Pickup / Start Line: Drinks & Baked Goods for Sale (Stride Coffee Roasters)
 - Exchange #6 Drinks For Sale at Taproom (Taproom)
 - Exchange #12 Food For Sale (Rooster's Smash Burgers)
- **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

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

- ❖ 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

2026 P2B ADK - TEAM TIME TRACKER		
TEAM # 101		
TEAM NAME Sebastian Sawe's Little Brother		
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**

EVENT (DAY #)	Exchange #	Distance Between Exchanges	Exchange Time Windows (Estimated Runner Times)		Total Duration (All Teams) (hh:mm)	Notes
			Start Window	Finish Window		
BARK EATER RELAY (DAY #1)	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	1:30 PM	3:30	
	Exchange #2	5.5	11:00 AM	2:30 PM	3:30	
	Exchange #3	4.8	11:45 AM	3:15 PM	3:30	
	Exchange #4	7.8	1:00 PM	4:15 PM	3:15	
	Exchange #5	9.3	2:15 PM	5:30 PM	3:15	
	Exchange #6	1.7	2:45 PM	5:45 PM	3:00	
	Exchange #7	11.3	4:15 PM	7:15 PM	3:00	
	Exchange #8	2.2	4:45 PM	7:30 PM	2:45	PREPARE SAFETY GEAR
	Exchange #9	9.4	6:00 PM	9:30 PM	3:30	NIGHT TIME SAFETY GEAR
	Exchange #10	2.4	6:15 PM	10:00 PM	3:45	NIGHT TIME SAFETY GEAR
	Exchange #11	5.4	7:00 PM	11:00 PM	4:00	NIGHT TIME SAFETY GEAR
	Exchange #12 HALFWAY CHECKPOINT (OLD FORGE)	6.4	7:45 PM	12:15 AM	4:30	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
BARK EATER & SPRINT RELAY (DAY #2)	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	7:30 AM	10:15 AM	2:45	
	Exchange #16	6.5	8:30 AM	11:15 AM	2:45	
	Exchange #17	8.4	10:00 AM	12:15 PM	2:15	
	Exchange #18	3.1	10:15 AM	12:45 PM	2:30	
	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	7:00 PM	5:00	
	FINISH (SARANAC BREWERY)	4.1	2:30 PM	8:00 PM	5:30	COURSE CLOSES & 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 REQUIRED FOR BARK EATER TEAMS AS SECTION #2 OF THE COURSE FOR THE SPRINT TEAMS WILL BE RUN ENTIRELY DURING DAYLIGHT HOURS

Your Team's 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 nighttime 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 residences along the course. This is especially true during early morning hours. Use common sense and treat the local communities and residences 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 Green or Orange LED Lights to assist with those Teams running after sunset.

