



# 2023 P2B CAT SAFETY & EVENT BRIEF

# WELCOME 2023 P2B CAT TEAMS,

Welcome P2B CAT Sprint Relay Teams and thank you for being a part of the P2B CATSKILLS Relay! We appreciate your support and dedication to P2B...thank you! We have an amazing and challenging 60+ mile course in store for your Team to conquer through the beautiful CATSKILLS.

Runners will start out with an epic climb up Plattekill Mountain, from there you will travel through some amazing and beautiful areas in the Catskills, all leading to a celebratory finish at Brewery Ommegang where the BREW enters the equation!!

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 Pumpkin color P2Brew CREW Shirts.



## FREE TEAM GIVEAWAY — TEAM VIDEO CONTEST

- ✓ Looking to WIN a FREE TEAM REGISTRATION into a 2024 P2B Sprint Relay?
- ✓ Love your Team and taking videos of your Relay Experience?

❖ If YES, then it's time to enter the 2023 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 2023 to: [peak2brew@p2brelay.com](mailto:peak2brew@p2brelay.com)

- ❖ NOTE: P2B FLX, ADK, & CAT videos will be entered together for 1 overall winner for the 2024 P2B Relay Series
- ❖ The P2B Crew will evaluate all Team Videos and announce the WINNER of the FREE TEAM in NOV 2023



# PACKET PICKUP

## RUNNER UPDATES – SUBSTITUTIONS/ADDITIONS

- Runners changes after the online deadline (7 OCT) 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  $\pm 30$  sec/mile so we can modify Start Time if needed

## PACKET PICKUP & TEAM CHECK-IN

**DATE/TIME:** Sunday 15 October @ 5:00AM – 7:30AM

**LOCATION:** Main Lodge @ Plattekill Mountain, 469 Plattekill Rd, Roxbury, NY 12474, GPS: 42.29026, -74.65322

**DETAILS:**

- Arrive at least 30 minutes prior to your Start Time to Check-In & Pickup Team Packet
- **IMPORTANT: ALL Runners who plan to be at Plattekill Mt need to come to Packet Pickup to sign the Plattekill Mt Waiver**
- At least 1 Member of Team 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

### • 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 loose 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
- Late runner addition/substitution will be able to receive a T-shirt depending on availability
- 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
BLAZK	OPEN	Co-Ed
RUNNER NAME	PHONE #	T-SHIRT SIZE
Jennifer Capone – CAPTAIN		Women's M
Travis Fazio		Men's L-M
Michelle March		Women's S
Kevin Cooper		Men's M
Michelle Jorg		Women's Junior S
Chris Taylor		Men's M

**IMPORTANT: NOTIFY PACKET PICKUP TEAM OF ANY PHONE # UPDATES**

DO YOU HAVE ANY ADDED OR SUBSTITUTED RUNNERS?  
 ENTER NEW RUNNER INFO BELOW (PLEASE PRINT NAME AND COMPLETE PHONE # AND TEAM #)

RUNNER NAME	REGISTERED IN	T-SHIRT SIZE

TEAM CHECK-IN CHECKLIST (MARK INITIALS)

DOWNLOADED P2B APP & TEST IT OUT?

ARE YOU FOLLOWING TEAM TIME TRACK AT R?

EMPOWERED COMMUNICATIONS ON P2B APP?

ARE WE ABLE TO GET TO THE COURSE?

TEAM PACE & T-SHIRT CHECKUP

PRINT & SIGN CONFIRMING TEAM CHECK-IN

PRINTED NAME	SIGNATURE

**\*\* HAND IN COMPLETED SHEET TO PACKET PICKUP CREW \*\***



# START LINE

**DATE/TIME:** Sunday 15 October @ 6:00AM – 8:00AM

**LOCATION:** Plattekill Mountain, 469 Plattekill Rd, Roxbury, NY 12474, GPS: 42.29026, -74.65322

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

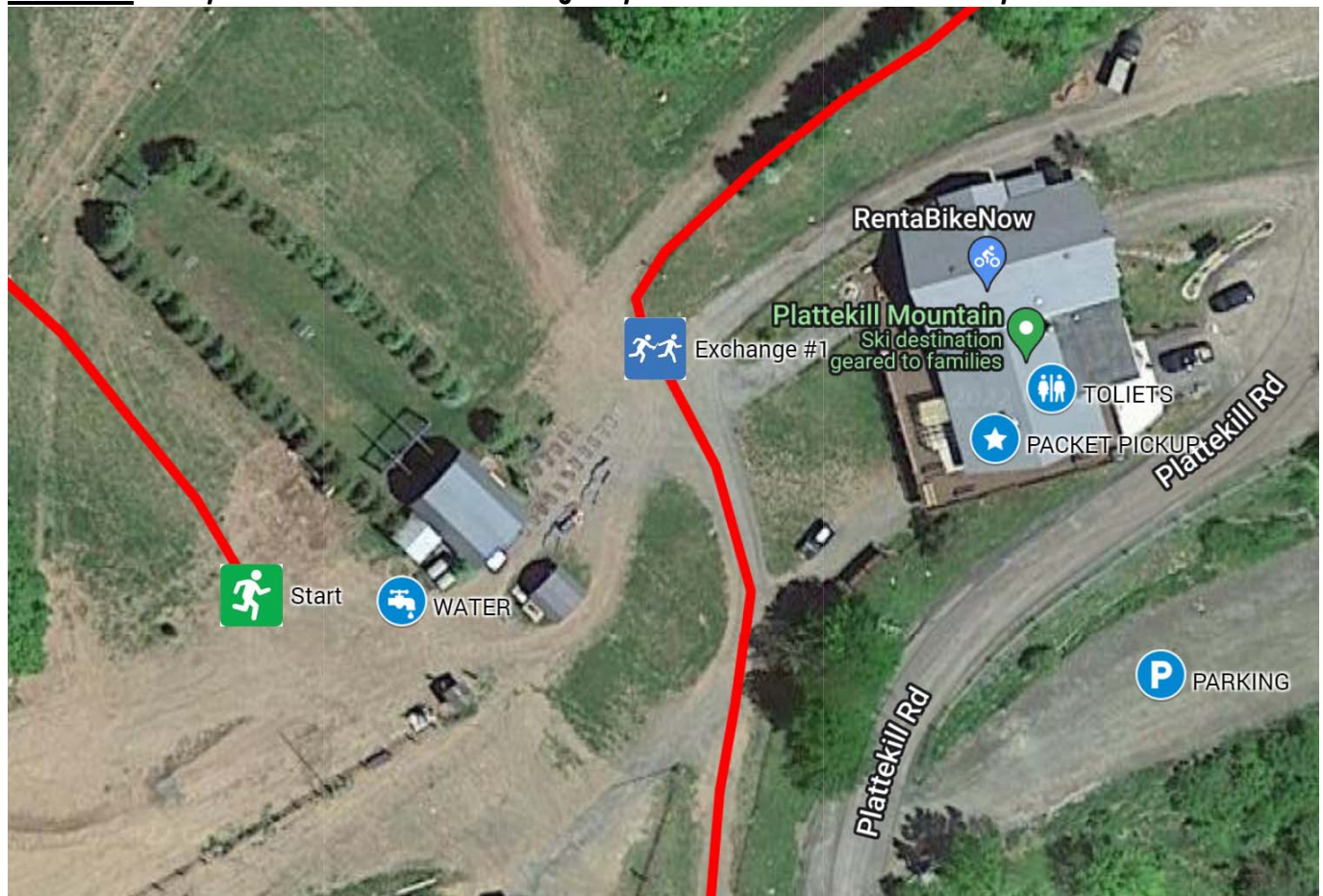
**NOTE:** All Teams should arrive at the Start Line ~30 minutes prior to your assigned Start Time.

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

## TEAM START WAVES:

- ❖ WAVE #1: 6:00 AM (Team Pace = 10:01 - 12:00)
- ❖ WAVE #2: 6:30 AM (Team Pace = 09:31 - 10:00)
- ❖ WAVE #3: 7:30 AM (Team Pace = 08:30 - 09:30)
- ❖ WAVE #4: 8:00 AM (Team Pace = 06:30 - 08:29)

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





2023 P2B CAT RELAY - TEAM #'s & START TIMES									FINAL	10-Oct
EVENT	TEAM #	TEAM NAME	TEAM TYPE	GROUP TYPE	GENDER	# ON TEAM	TEAM CAPTAIN	TEAM PACE (min/mi)	START WAVE	START TIME (15 OCT)
SPRINT	101	Run like the WindED	6-PACK	OPEN	Co-Ed	6	Nicole Wannamaker	12:00	1	6:00 AM
SPRINT	102	Hot Legs Cool Kegs	6-PACK	MASTER	Female	6	Alison Kay	11:45	1	6:00 AM
SPRINT	103	Hoppin' to the Finish Line	6-PACK	OPEN	Co-Ed	6	Harley Foster	11:00	1	6:00 AM
SPRINT	104	Saratoga Stryders	4-PACK	MASTER	Co-Ed	4	Neil Tyrrell	11:00	1	6:00 AM
SPRINT	105	Vet Rec	6-PACK	OPEN	Co-Ed	6	Lindsay Hill	11:00	1	6:00 AM
SPRINT	106	The Beer Sloggers	6-PACK	OPEN	Co-Ed	6	Jim Kingsley	11:00	1	6:00 AM
SPRINT	107	RF Spa Runners	6-PACK	MASTER	Co-Ed	6	Nicole Hebert	10:45	1	6:00 AM
SPRINT	108	Damn Superb Running	4-PACK	OPEN	Co-Ed	4	Su Mittra	10:45	1	6:00 AM
SPRINT	109	5 Hot Dogs and a Taco	6-PACK	OPEN	Co-Ed	5	Ashley Mancini	10:30	1	6:00 AM
SPRINT	110	VAN II	6-PACK	MASTER	Co-Ed	6	Paul O'Donnell	10:30	1	6:00 AM
SPRINT	111	Eat to Run, Run to Eat	6-PACK	OPEN	Co-Ed	6	Katrina Colby	10:30	1	6:00 AM
SPRINT	112	Fultonham Fartlekers	6-PACK	OPEN	Co-Ed	6	Eric Hamm	10:30	1	6:00 AM
SPRINT	113	Jenn's Fault	6-PACK	OPEN	Co-Ed	6	Jennifer Mills	10:30	1	6:00 AM
SPRINT	114	Moms Chasing Margaritas	6-PACK	OPEN	Female	6	Adrienne Jantzi	10:30	1	6:00 AM
SPRINT	207	We're Going SARONG Way	6-PACK	OPEN	Female	6	Chelesea Talerico	11:00	1	6:00 AM
SPRINT	201	Tiger Rough	6-PACK	OPEN	Male	6	Sidney Pendelberry	10:00	2	6:30 AM
SPRINT	202	Forrest Jr	6-PACK	OPEN	Co-Ed	5	Kyle Kriegbaum	10:00	2	6:30 AM
SPRINT	203	NYRFTF	6-PACK	OPEN	Co-Ed	6	Debra Green	10:00	2	6:30 AM
SPRINT	204	88 MPH	6-PACK	OPEN	Co-Ed	6	Jen Aikens	10:00	2	6:30 AM
SPRINT	205	Velvet Thunder	6-PACK	OPEN	Co-Ed	6	Lukas Weisner	10:00	2	6:30 AM
SPRINT	206	Michigan Marathon Men	4-PACK	OPEN	Male	4	Greg Dedow	10:00	2	6:30 AM
SPRINT	209	NYCM Try-fecta	6-PACK	OPEN	Co-Ed	6	Cheryl Robinson	10:00	2	6:30 AM
SPRINT	210	Slow Loris	6-PACK	OPEN	Co-Ed	6	Ashley Busby	09:50	2	6:30 AM
SPRINT	211	Lazy Crazy Hazy	6-PACK	OPEN	Co-Ed	5	Monika Taylor	09:35	2	6:30 AM
SPRINT	301	Cool Cats & Kittens	4-PACK	OPEN	Male	4	Michael Jones	10:00	2	6:30 AM
SPRINT	208	Shadrach, Meshach, Abednego + 1	4-PACK	OPEN	Male	4	Darren Pearson	08:30	3	7:30 AM
SPRINT	302	Trekkie's 4 Life	4-PACK	MASTER	Co-Ed	4	Thomas Joslin	09:30	3	7:30 AM
SPRINT	303	Team HHC	6-PACK	OPEN	Co-Ed	3	Charlie Lord	09:30	3	7:30 AM
SPRINT	304	Happy Feet & Jelly Legs	6-PACK	MASTER	Co-Ed	5	Sarah Dzikowicz	09:00	3	7:30 AM
SPRINT	305	Krusty's Clowns	4-PACK	OPEN	Co-Ed	4	Christine Wickham	09:00	3	7:30 AM
SPRINT	306	Code Blue	4-PACK	OPEN	Co-Ed	4	Dana Finch	09:00	3	7:30 AM
SPRINT	307	Slow and steady	4-PACK	MASTER	Co-Ed	4	Russell Keever	08:32	3	7:30 AM
SPRINT	308	Wild Rovers #1	6-PACK	MASTER	Co-Ed	6	Alejandro Gauna	08:30	3	7:30 AM
SPRINT	309	Newbsanity	4-PACK	OPEN	Co-Ed	2	Jerine Klingberg	08:30	3	7:30 AM
SPRINT	403	CAT23	6-PACK	MASTER	Co-Ed	6	Aviv Wecler	08:30	3	7:30 AM
SPRINT	401	Masters of the Brevniverse	6-PACK	MASTER	Co-Ed	6	Tracey Henderson	08:24	4	8:00 AM
SPRINT	402	REGIS	6-PACK	OPEN	Male	6	Liam Regan	08:05	4	8:00 AM
SPRINT	404	Dill Running	6-PACK	OPEN	Co-Ed	6	Aaron Carey	07:00	4	8:00 AM



# FINISH LINE & AFTER PARTY

**DATE/TIME:** Sunday 15 October @ 3:00PM – 8:00PM

**LOCATION:** Brewery Ommegang, 656 Co Hwy 33, Cooperstown, NY 13326, GPS: 42.62680, -74.94492

## FINISH DETAILS:

Finish Line Venue will open at 3:00PM for Teams. Event parking is in the Main Paved Parking Lot and the Dirt/Grass Overflow Parking Lot. Enter the Finish Venue from the back Patio or Main Entrance.

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

The P2B CAT Finish Line & After Party will take place on the outside covered Patio. Event Food & Drinks will be served from the Patio. Additional Food will be available to order at the Brewery. The Band & Firepit will be located next to the Patio. The inside area of the Brewery will also be open for seating and for ordering additional food and drinks. **NOTE:** The Brewery will be open to the public during the event.



**SATURDAY OVERNIGHT / SUNDAY MORNING PARKING:** If needed Teams can park a vehicle at the Brewery in the OVERFLOW Parking area overnight Saturday or Sunday morning. Please make sure and lock your vehicle and secure your belongings. Brewery Ommegang and P2B will not be responsible for any loss or damage of vehicles left at the Brewery.

### **FINISH FOOD & DRINKS:**

Event Food & Drinks will be located at the Outside Patio. The Outside Patio food will be for the included Event Food Only. All additional Food items will be available for purchase in the Brewery.

### **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: Pulled Pork Slider; Vegetarian Options are available by request
- 2X DRINK ITEMS: Event Beer, Wine, Sodas, etc. (determined by Brewery Ommegang)

### **ADDITIONAL FOOD / DRINK ITEMS FOR SALE:**

- Ommegang will have additional food and drinks for sale from their inside menu.

### **SPECTATORS:**

Spectators (Family, Friends, etc.) are welcomed at the P2B CAT After Party. Spectators will need to pay for Food & Drinks inside the Brewery.



# 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.

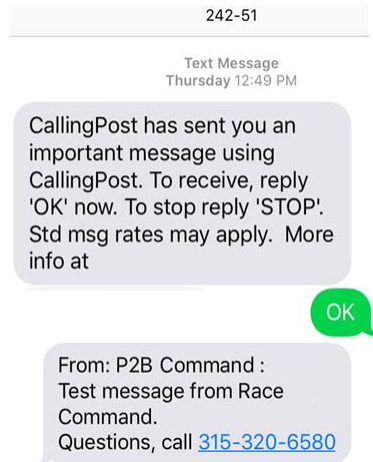
## EVENT DAY COMMUNICATION:

### 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

2023 P2B CAT - TEAM TIME TRACKER		
TEAM # 101		
TEAM NAME Run like the WindED		
START DATE 10/15/23		
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)
START	—	
EXCHANGE #1	3.0	
EXCHANGE #2	5.4	
EXCHANGE #3	2.5	
EXCHANGE #4	6.4	
EXCHANGE #5	7.2	
EXCHANGE #6	3.6	
EXCHANGE #7	8.1	
EXCHANGE #8	5.5	
EXCHANGE #9	7.6	
EXCHANGE #10	6.8	
EXCHANGE #11	4.1	
FINISH	3.4	
TOTAL TIME (UNOFFICIAL)	63.6	0:00





# P2B CAT RELAY - TEAM TIME TRACKER

**REQUIRED: ENTER TIME IN ONLINE 'TEAM TIME TRACKER'**

EXCHANGE #	LEG DISTANCE (miles)	TIME INTO EXCHANGE (XX:XX AM/PM)	DID YOU ENTER YOUR TIME INTO ONLINE TRACKER?
<b>START</b>	—		
EXCHANGE #1	3.0		
EXCHANGE #2	5.4		
EXCHANGE #3	2.5		
EXCHANGE #4	6.4		
EXCHANGE #5	7.2		
<b>EXCHANGE #6</b>	<b>3.6</b>		
EXCHANGE #7	8.1		
EXCHANGE #8	5.5		
EXCHANGE #9	7.6		
EXCHANGE #10	6.8		
EXCHANGE #11	4.1		
<b>FINISH</b>	<b>3.4</b>		



# IMPORTANT INFORMATION

## CELL PHONE RECEPTION:

See the 'LEG DETAIL TABLE' on the following page for details on Cell Reception along the course.

- **NOTE: The first 4 Legs of the course have POOR reception...plan accordingly**
- **LEG #1 & 4 are on Trails with poor reception. Make sure you are comfortable running these Legs with no cell phone reception.**

## TRAIL SECTIONS:

There are several 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 trails that do not have Van Support or only have Partial Van Support. Below are details on the Trail Sections of the Course:

- **LEG #1: 100% Trail up/down Ski Slope (Grass/Dirt & Some Mud)**
- **LEG #4-6: 100% Trail on Catskill Scenic Trail (Grass/Dirt/Gravel Rail Trail)**

## RESTROOMS & PORTABLE TOILETS:

There will be 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 are unable to have 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): 3,4,10,11**
- Exchanges with Portable Toilets: **2,5,7,8,9**
- Exchanges with Indoor Facility Restrooms (Be RESPECTFUL of facilities): **Start,1,6,Finish**

## WATER & FOOD:

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

- **START: Cold Brew Coffee (Utica Coffee), Energy Bars (Knead to Eat Bakery)**
- **FINISH: 1X FREE Food Item + 2X FREE Drinks (Brewery Ommegang)**

Food and Drink Options for Sale:

- **FINISH: Additional food will be For Sale at Finish Line**

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

- **NO Water stations at Exchanges or on the majority of course...make sure and plan accordingly**
  - Some Unvolunteered Water Aid Stations on Course (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 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 currently have Volunteers at all Exchanges along the course, however in the event there are no Volunteers at an Exchange be familiar with the above Exchange Protocol.

## 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.

Exchanges	Distance Between Exchanges	Exchange Time Windows (Estimated Runner Times)		Total Duration (All Teams) (hh:mm)	Notes
		Start Window	Finish Window		
<b>Start</b> (Plattekill Mt)	—	<b>5:00 AM</b>	<b>8:00 AM</b>	<b>3:00</b>	<b>FIRST WAVE: 6:00AM</b> <b>LAST WAVE: 8:00AM</b>
Exchange #1	3.0	6:00 AM	9:00 AM	3:00	
Exchange #2	5.4	7:00 AM	9:30 AM	2:30	
Exchange #3	2.5	7:30 AM	10:00 AM	2:30	
Exchange #4	6.4	8:30 AM	10:45 AM	2:15	
Exchange #5	7.2	9:30 AM	12:00 PM	2:29	
<b>Exchange #6</b>	<b>3.6</b>	<b>10:15 AM</b>	<b>12:30 PM</b>	<b>2:15</b>	
Exchange #7	8.1	11:30 AM	2:00 PM	2:30	
Exchange #8	5.5	12:00 PM	3:00 PM	3:00	
Exchange #9	7.6	12:45 PM	4:30 PM	3:45	
Exchange #10	6.8	1:30 PM	6:00 PM	4:30	
Exchange #11	4.1	2:00 PM	6:45 PM	4:45	
<b>Finish</b> (Brewery Ommegang)	<b>3.4</b>	<b>2:30 PM</b>	<b>8:00 PM</b>	<b>5:30</b>	<b>COURSE CLOSSES</b> <b>@ 8:00 PM</b>



## 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.

P2B CATSKILLS RELAY - LEG DETAILS (RUNNERS & VAN)										
START 		PLATTEKILL MT								
FINISH 		BREWERY OMMEGANG								
LEG SUMMARY			RUNNER			RUNNER / VAN		VAN		
LEG #	DISTANCE <i>(miles)</i>	LEVEL OF DIFFICULTY	GROUND TERRAIN	VEHICLE TRAFFIC	SHADED <i>(FROM SUN)</i>	CELL SIGNAL	VAN SUPPORT	COURSE ROUTE TO FOLLOW	FOOD ON ROUTE	GAS ON ROUTE
1	3.0	VERY HARD	TRAILS	NONE	MOSTLY	POOR	NONE	—	NO	NO
2	5.4	MODERATE	PAVED ROAD	LOW	PARTIAL	POOR	FULL	RUNNER	NO	NO
3	2.5	EASY	PAVED ROAD	MODERATE	MINIMAL	POOR	FULL	RUNNER	YES	YES
4	6.4	MODERATE	TRAILS	NONE	MOSTLY	POOR	PARTIAL	VAN	YES	YES
5	7.2	MODERATE	TRAILS	NONE	MOSTLY	GOOD	PARTIAL	VAN	YES	YES
6	3.6	EASY	TRAILS	NONE	MOSTLY	GOOD	NONE	VAN	YES	YES
7	8.1	HARD	PAVED ROAD	MODERATE / LOW	PARTIAL	FAIR	FULL	RUNNER	YES	YES
8	5.5	MODERATE	PAVED ROAD	MODERATE	PARTIAL	GOOD	FULL	RUNNER	YES	YES
9	7.6	VERY HARD	PAVED ROAD / DIRT ROAD	LOW	PARTIAL	GOOD	FULL	RUNNER	YES	YES
10	6.8	HARD	PAVED ROAD / DIRT ROAD	MODERATE / LOW	PARTIAL	GOOD	FULL	RUNNER	YES	NO
11	4.1	MODERATE	PAVED ROAD / DIRT ROAD	LOW	PARTIAL	GOOD	FULL	RUNNER	NO	NO
12	3.4	MODERATE	PAVED ROAD	MODERATE	PARTIAL	GOOD	FULL	RUNNER	FINISH	NO
SUM	63.6	ULTIMATE	50% PAVED RD 30% TRAILS 20% DIRT RD	50% LOW 30% NONE 20% MODERATE	60% PARTIAL 30% MOSTLY 10% MINIMAL	70% GOOD 30% POOR	70% FULL 20% PARTIAL 10% NONE	75% RUNNER 25% VAN	80% YES 20% NO	65% YES 35% NO





# KEY RULES & REGULATIONS

## EMERGENCIES:

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

## MEDICAL FACILITIES NEAR COURSE (IN ORDER FROM START TO FINISH):

- Margaretville Hospital: 42084 State Highway 28, Margaretville, NY 12455: 845-586-2631
- O'Connor Hospital: 460 Andes Road, Delhi, NY 13753: (607) 746-0300
- Cobleskill Hospital: 178 Grandview Drive, Cobleskill, NY 12043: (518) 254-3456
- A.O. Fox Hospital: 1 Norton Ave, Oneonta, NY 13820: (607) 432-2000
- WellNow Urgent Care: 5001 NY-23, Oneonta, NY 13820: (607) 376-5346
- Bassett Medical Center: 1 Atwell Rd, Cooperstown, NY 13326: (607) 547-3456

## 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)
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 van**
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: If running before 7:30AM and after 6:00PM make sure you have your Night Time Safety Gear on (SEE BELOW 'REQUIRED SAFETY EQUIPMENT')**



## REQUIRED SAFETY EQUIPMENT:

Given part of the P2B CAT Event will take place before sunrise and 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: Before 7:30AM & After 6:00PM**
- Teams starting before 7:30AM or after 6:00PM will be required to have Night Time Safety Gear
- All Teams in Start Wave #1 & #2 are required to provide Safety Gear
- If you are in Start Wave #3 & #4 you should not need Safety Gear unless you plan to finish after 6PM.  
It is good to bring with your Team just in case.

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 Van
  - ✓ Runners must use during night time hours
  - ✓ 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
- ❖ **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. Teams in Start Wave #1 & #2 will not be allowed to participate in the Event without providing functioning Safety Equipment.

- ❖ **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 – LEGS: 1, 6
- PARTIAL VAN SUPPORT – LEGS: 4, 5

## RESPECT THE COMMUNITY:

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 H-Frames, 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 #1, 2, 11, 12):

Signs located on Leg #1, 2, 11, and 12 will have Flashing Orange LED Lights to assist with those Teams running before Sunrise and after Sunset.

