



The Race is ON!

Missouri, your Beer & Bagel Run is coming this weekend! As this is possibly one of your first “live” races in the age of COVID-19, we want to assure you that we are observing federal, state, county and local directives, and making adjustments as needed. The St. Louis County Department of Health has approved our event plan, providing detailed social distancing and enhanced hygiene protocols for us to follow. We want to stay safe and have fun. Here’s how we do it:

Beer & Bagel Missouri - Saturday, October 17, 2020 - 9:00 am

Queeny Park, 550 Weidman Rd., St. Louis, MO 63011

PREPARING FOR RACE DAY: We have done a lot of extra planning to make this race possible. We ask that you do a little extra as well. Plan to bring your own water for the race, as there will not be a water stop on the course. Have a mask or face covering to wear at check in and at the finish. Keep 6-feet from everybody, except maybe the run buddy you came with. We will have hand sanitizer and hand washing stations and will advise frequent hand cleaning. Staff and volunteers will be pre-screened and will be wearing face coverings. If you are sick with COVID-19, or have been exposed to someone sick with COVID-19, please stay home to avoid spread.

RACE LOCATION: Participants arriving by car should use the Queeny Park West Entrance, at 550 Weidman Rd. Once inside the park, take the first left turn and follow parking signs to the SMITH SHELTER PARKING AREA. For those that have participated before, please be aware that this is a new start location, and a different parking area than last year.

PACKET PICKUP: There will not be an advance packet pickup for the race this year. You will receive your bib at race day check-in and your race swag at the race finish.

WAVE START: All runners will be assigned a Wave Number and a Starting Time. Each wave will consist of no more than 10 runners. Starting times will be 9:00, 9:15, 9:30, etc. You should arrive and check in 30 minutes prior to your assigned start time. As you wait for your wave start, please be patient and don’t crowd the starting area. The race director will call wave groups forward when ready.

PRE-RACE: We will establish waiting areas near the start line where wave groups will assemble. Around 8:45 am, we will begin the process of getting the first wave groups to their associated wave areas. After check-in, runners will be asked to wait in or near their cars until their wave group is called. Small Wave Groups will go off with minimum 30-second increments, giving ample space to spread out on the course.

COURSE: As before, we will be using our own concoction of existing pathways and hidden trails throughout Queeny Park to create a unique and challenging loop course of 4-ish miles. The start and finish lines will be separated and expanded. There will be no water stop, so bring your own water. Face coverings will be used pre- and post-race, but will not be required while on the course.

POST-RACE: Upon finishing the run, runners will swing through the post-race area and pick up their finishing swag, a wrapped bagel, and a can of beer or soda. While there will not be a beer tent as before, beverage refills will be made available. Also, practitioners from [StretchU](#) in St. Louis will be on hand to demonstrate recovery stretching techniques. If you desire to stay after your race, it may be a good idea to bring a blanket, chair or tailgate to create your own post-race recovery area. Please recognize that our event plan mandates that there will not be a public gathering of more than 50 people at any time.

NO AWARDS CEREMONY: Sorry! To comply with county requirements there will not be a live awards ceremony. Once the race is completed, results will be reported to you via email, and medals will be mailed.

NO SPECTATORS: We know this is a tough one! But in order for the county to allow us to have a run they are limiting the number of staff/volunteers we can use and are requiring that we have NO SPECTATORS anywhere near the start/finish line areas. Please be mindful of this requirement!

COMPANION PASSES: There will be no Companion Passes for this event. If you had already purchased one, we will refund amount of the pass (only).

REGISTRATION IS STILL OPEN! Let your friends know that registration is still open, at www.beerandbagel.com. We have room for a few more runners.

LASTLY! We would like to thank everyone for your patience and participation! We also thank St. Louis County Parks Department, St. Louis County Department of Health, Earthbound Brewing, Panera Bread Co., Terrain Magazine, REI Co-op and StretchU for their continued support. This event is hopefully just the beginning of races coming back! Some day we will be able to #RunEatParty like we used to.

Stay Strong, Train Well, and Be Safe!