

Welcome to the 2019 Beer and Bagel Off-Road Race Series, returning to St. Louis! This exhilarating 4(ish)-mile trail run takes an unusual path through Queeny Park, on and off established trails. Even regular users of the park will see parts they've never seen before. It's an exciting and challenging run. Come prepared and have a fun time!



Your Race Registration Includes:

- Race Entry into a USATF Sanctioned event
- Timed Race with Awards by Age Group & Overall
- Unique Finisher Swag
- Personalized Souvenir Race Bib
- "Drinker with a running problem" Shirt
- Free Beer, Bagels & BBQ
- Post-Race Hoedown with music and games
- Free race pics with Sasquatch

RACE DETAILS - READ THIS! Possibly everything you need to know about the race is here. Follow these instructions and it will help us provide you with a more fun and enjoyable experience. If you have a question, don't hesitate to contact us. But READ THIS FIRST!

BEER & BAGEL RACE - St. Louis, MO

DATE - Saturday, July 13, 2019

TIME - Check-In 8:00AM - 8:45AM. Race starts at 9:00AM. Please arrive early and give yourself plenty of time for parking and check-in.

PLACE - Queeny Park - 550 Weidman Rd. - St. Louis, MO 63131. The race start and post-race festivities will be located at the **Corporate Pavilion**.

Please note: There are two main entrances to Queeny Park. We recommend the entrance off Weidman Road (west side) for more plentiful parking. Park in the lot across from the rec center and follow the paved path around the playground to the Corporate Pavilion. If you enter off Mason Road (east side), you will need to find your way to the Corporate Pavilion.

PACKET PICKUP - Make it easy on yourself. Come get your shirt and bib on Friday evening. We will also take new registrations, so bring along running buddies!

Friday, July 12
5:00 to 7:00PM
REI Co-op
1703 S. Brentwood Blvd.



You can pick up for other pre-registered runners but please bring a copy of their PHOTO ID (a photo of it on your phone is sufficient). If you're waiting for race day to get your packet, arrive early and expect a line at check-in.

PHOTO ID FOR BEER - Those who are younger than 30 - or fortunate enough to look younger than their years - may be asked for ID at the discretion of our hosts and servers at the race. Just to be safe...BRING IT!

DAY-OF REGISTRATION - Invite some friends to join you! Day-of race registration is \$50, cash or credit. Or, you can bring someone to cheer you on.....

COMPANION PASSES - Companion Passes are for those people who want to enjoy the fun, food and beverage while cheering the runners. Companion passes are \$20 and can be purchased online through July 11 at 11:59PM, or at the race. If you purchased a Companion Pass with your original registration, it will be in your race packet at check-in. Make sure this is given to your companion **before** the race starts. Anyone wanting to purchase a Companion Pass on race day should bring \$20, cash or credit.

NO REFUNDS - We're hoping you don't have to cancel or miss any part of the race, but if you do please understand we cannot offer a refund of your registration fee. For any reason. We can save a shirt for you and mail it on request.

GROUPS AND TEAMS - There are many runners who registered in groups in order to get a discount at registration. These groups are not required to check in together, run together, dress alike or even hang together after. But, hey, that's what makes it fun! Once a group is registered, we have no way to add or change members, so if more want to join they can join individually or form another group.

VOLUNTEERS - Volunteers help make sure we have safe and successful event. We can always use more. If you know somebody who would like to help on race day, send them to our website where they can register free as a volunteer. By the way, make sure to thank our volunteers for all their work throughout the day.

AGE REQUIREMENTS - There is no minimum age to register as a runner or volunteer. However, anyone under the age of 18 must be accompanied by a parent or guardian at all times during the event. And, they may be excluded from the after-party area where beer and food is served.

LEASHES AND STROLLERS - No strollers or pets are permitted on the race course. We love pets, but please leave them at home for their safety and the safety of others. Strollers may be used around the start/finish/party areas, just not in the race, please.

THE SHIRT - There are those who do the race just to collect the shirt. These high-quality, long-sleeve tech shirts feature our unique "I'm a Drinker with a Running Problem" slogan and are new designs each year. An alternate slogan, "I'm a Root Beer Drinker with a Running Problem", is available for underage and teetotaling runners, if selected at time of registration. Please understand: If you register late (within two weeks of race day) you are not guaranteed a shirt in the correct size or color at check-in. Shirts are unisex style in adult sizes XS thru XXL.

THE RACE COURSE - This is an off-road race of four-ish miles, meaning slightly more or less. We like to keep it interesting and might change up our course last minute. We do not publish a course map. There will be markings, but mainly you will follow the runners in front of you. Like any good trail run, the course will take you through dense woods, open meadows, wet crossings, and possibly puddles of mud. We recommend you wear older clothes and shoes, and maybe something clean and dry to change into after the race. There will be one water station on the course, at about the half-way point.

THE RACE BIB - Your personalized race bib will come inside your race packet. You **MUST** pin the bib number on the outside of your clothing and on the front of your person so it is clearly visible to timekeepers. Wear a giant parka if you need to. Wear a bunny suit if you wish (Sasquatch bait?). But **ALWAYS** keep the race bib front and center on your outermost layer. Also, the name on your bib must match your ID. All runners must have their own personalized bibs to enter the race and we do not allow transfers under any circumstances.

RACE RESULTS - We'll be working hard to post race results as the race finishes and the after-party gets underway. At the after-party, medals will be given to top three finishers in age and gender categories and to the overall winners. Results will also be posted later on our event website and Facebook page. If you are not present to accept your award, you can have someone else pick it up for you during

presentations. Or, you can send a request to U2CANRUN, LLC at 519 N. 78th St., Omaha NE 68114. The request must include your name, age and award won. Also include a \$5 payment to U2CANRUN, LLC to cover postage and handling.

THE AFTER-PARTY - Our famous Hoedown! We'll have beer, bagels and BBQ for all. Plus, we'll have tailgating games, dance music, party pics, and more fun than you can shake a muscle roller at! It's all included in your race registration so you should plan on sticking around and enjoying the fun with your fellow runners. The after-party will end about three hours after race start.

WEATHER - If it happens to be raining on race day, don't be discouraged. We'll be out there having fun, rain or shine. The race will be postponed or cancelled if dangerous conditions develop. Please understand that we may or may not be able to provide advance notice, and refunds will not be offered. If possible, we'll make sure the party goes on!

FINALLY - Thank you for being a part of this year's Beer & Bagel Race Series. We sincerely appreciate you and your enthusiasm and welcome any feedback you have.

Let's **#RunEatParty!**