

Welcome to the 2020 Beer & Bagel Off-Road Race Series, coming soon to the beautiful Hazel Valley Ranch, just outside of Fayetteville! The 4(ish)-mile course - through the woods and across the wild meadows - will feature hills and flats and great scenery all along. Mother Nature at her finest. Come prepared for anything and have a fun time!



Your Race Registration Includes:

- Race Entry into a USATF Sanctioned event
- Timed Race with Awards
- NEW Sasquatch Finishers Medal
- NEW "Drinker with a running problem" Shirt
- Free craft beer from Saddlebock Brewing
- Free fresh bagels from Einstein Bros.
- Free homemade chili
- Free Parking
- Post-Race Hoedown with music and games
- Free race pics photo booth

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 still have a question, don't hesitate to contact us. But READ THIS FIRST!

BEER & BAGEL RUN - ARKANSAS

DATE - Saturday, March 21, 2020

TIME - Check-In 7:30AM - 8:30AM. Race starts at **9:00AM**. Come a little early if you want so you're not racing just to get to the race! Give yourself plenty of time for parking and check-in.

PLACE - Hazel Valley Ranch - 16330 Olive Road, Fayetteville AR 72701 ([map it](#)). The recommended route from Fayetteville is on Highway 16 through Elkins, turn on Hazel Valley Road.

PARKING - All parking will be at or near the race start, no shuttles! When you approach, there will be volunteers guiding you to the best available parking. The ranch road is gravel and the parking area is off-road. So, don't even think about bringing your fancy Ferrari 'cuz it may get dirty.

PACKET PICKUP - NEW LOCATION this year:

Friday, March 20 - 4:00 to 7:00PM

[Ozark Natural Foods Co-op](#)

1554 N. College Ave., Fayetteville AR 72703 ([Google Map](#))

It's right behind Einstein Bros. and near Rush Running. Please pick up your packet in advance if possible. 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.

DAY-OF REGISTRATION - Invite friends to join you! Online registration closes Friday, March 20. If it's after that, just bring 'em on out and we'll get them signed up that morning before the race.

COMPANION PASSES - Companion Passes are for those people who want to enjoy the fun, food and beverage - and cheer those who are running. Companion passes are \$25 and can be purchased online, or during race day check-in. If you purchased a Companion Pass along with your original registration, it will be in your race packet. Make sure this is given to your companion before the race starts.

PHOTO ID FOR BEER - We love being able to offer you a cold refreshing adult beverage after the race, but we may need to "card" you first. 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. Just to be safe...BRING IT!

GROUPS AND TEAMS - There are 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. But, hey, we hope you're planning on it because that's what makes it fun! By the way, once a group is registered, we have no way to add or change members. If more friends are wanting in 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. Positions include parking, registration, race course and after-party. 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 17 must be accompanied by a parent or guardian during the event. And, underage attendees 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. Runners who registered March 15 or later will get a shirt from sizes and colors available.

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 change up our course each year. We do not publish a course map. There will be markings, but mainly you will follow the crowd in front of you. Like any good trail run, the course will take you through dense woods, open meadows, low water crossings, and puddles of mud. We recommend you wear older clothes and shoes. And you may want to bring 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 custom race bib will come with 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. 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 categories and to overall winners by gender. 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 check to U2CANRUN, LLC to cover postage and handling.

PHOTOS - Have you heard the rumors of Sasquatch hiding in the woods around here? You may want to bring your phone/camera just in case he makes an appearance. Feel free to take photos of all the fun and festivities and post them to <https://www.facebook.com/beerandbagelarkansas/>.

THE AFTER-PARTY - When you cross the finish line you will receive a one-of-a-kind Sasquatch Finishers Medal, followed by great tasting homemade chili and locally crafted beer served by the brew masters of Saddlebock Brewing in Springdale. There will be yard games, dance music and a photo booth. More fun than you can shake a muscle roller at! So, come for the RUN but stay for the FUN!

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. If possible, we'll make sure the party goes on!

CORONAVIRUS CONCERNS - This is a public gathering and in these times everybody understands there is a risk of infections spreading. You can protect yourself by avoiding unnecessary contact, washing or sanitizing your hands often and **by being a good health steward**. DO NOT spit or "farmer blow" your nose in public - bring along tissues or a small towel or a good old fashioned hanky if you need to get rid of some snot during the race. Don't show up if you are feeling ill or have flu-like symptoms. It's no fun and we'll miss you, but...

And seriously, please know that we are watching reports from local officials and will take all appropriate precautions and recommended actions to protect our runners, staff, volunteers and hosts.

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!