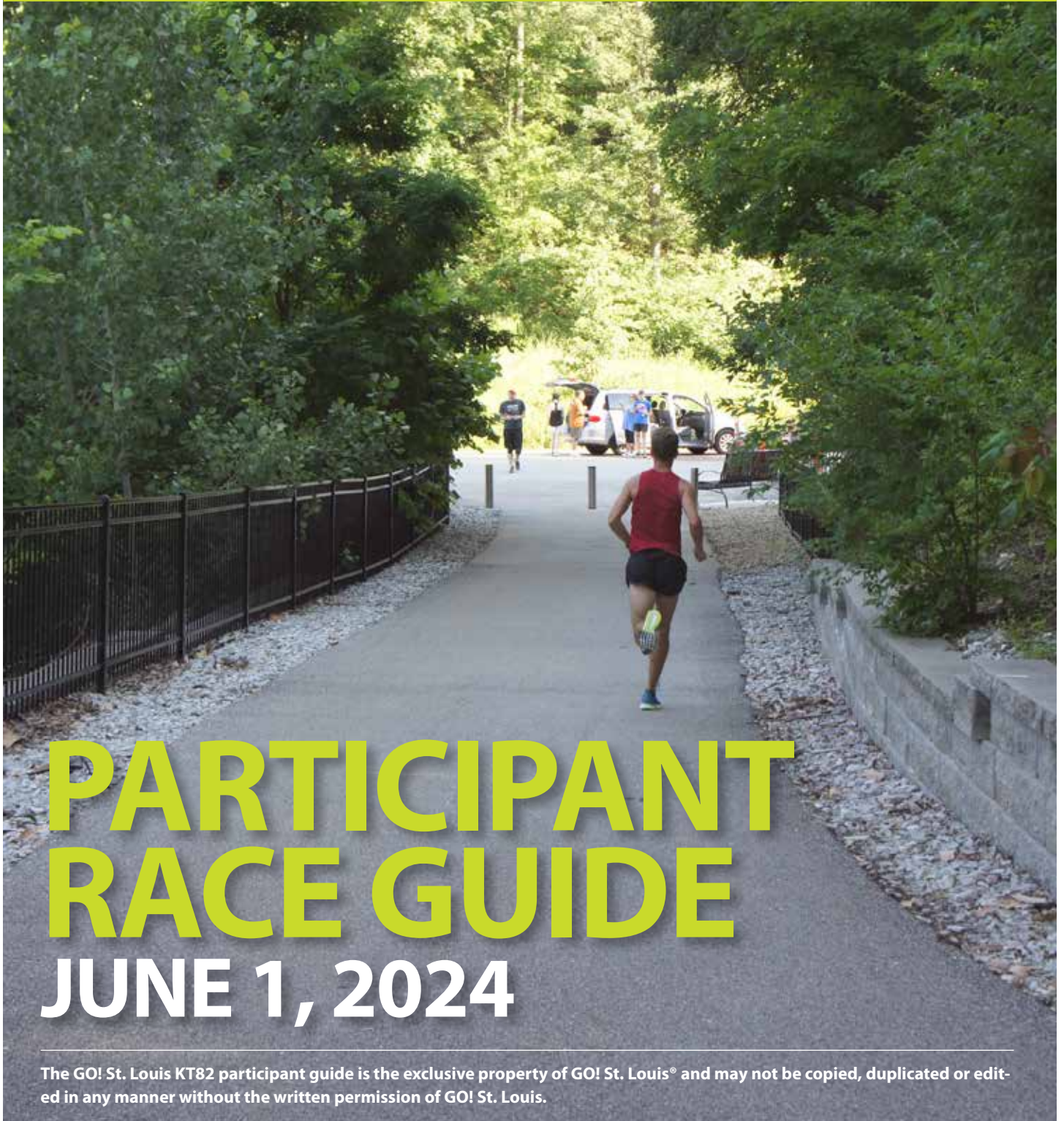




Welcome to
Your Next
Adventure!



1 DAY
1 TEAM **82 MILES**



PARTICIPANT RACE GUIDE

JUNE 1, 2024

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The Katy Trail cuts through the rolling hills and vast bottom-land fields of the Missouri River Valley from St Louis to Hermann. The broad valley is filled with breathtaking scenery, walkable small towns, significant historic sites and the vineyards of first American Viticultural Area in the country. There is no better perspective on this special landscape than from the Katy Trail and Highway 94 that follows the Trail west from St Louis.

— **Daniel Burkhardt**

Founder,
Katy Land Trust

Editor,
Missouri River Country

Dear Participant,

Welcome to the GO! St. Louis KT82 Trail Relay — your next great adventure!

The KT82 is a team relay run of approximately 82 miles, spanning from Maryland Heights Aquaport in St. Louis County to Hermann, MO. The route includes 17 exchange points between start and finish. The Katy Trail provides a unique and special racing venue.

Due to the nature of the trail and limited parking at the exchange zones, a staggered start will be utilized. Accurate team pace data is critical for construction of the staggered start. In general terms, slower teams start earlier and faster teams start later. This approach is essential to guarantee daylight arrival of all teams in Hermann.

Please be aware that the Katy Trail is open to the general public so you may see recreational bikers and walkers. As good stewards of the trail, please discard trash in appropriate receptacles along the course or carry a large trash bag in your vehicle.

Again this year, the GO! St. Louis staff had a great time testing out the course by running many of the legs as well as scouting out all of the exchange zones to ensure a great day for all of you. There were a lot of “high fives” between the legs and a big finale in Hermann. We assure you this event will be a great team experience!

Good Luck and enjoy!

GO! St. Louis Staff

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Introduction

Thank you for supporting GO! St. Louis! We are thrilled to be able to bring this event to you in 2024 and appreciate your team's willingness to join us. Be safe, run well, and have a BLAST!

This guide is designed to give you information about the event and answer as many questions as we can about the format and logistics of race day. Please read the information so that you are familiar with the plans prior to June 1.

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1. Runner Information

Your most important job on race day is ... running! And since that's the case, we want you to be prepared for what it will look like to run in the KT82.

Race Legs/Distance

Runners on 6-person teams will run 3 legs, and runners on 3-person teams will run 6 legs. Competitive teams are required to stay in rotation (meaning: runner 1 runs leg 1, 7 and 13) but non-competitive teams may alter the sequence or skip legs completely. Not all legs are equal distance, therefore not all total distances per runner for the day are equal either. Please refer to the leg chart at the back of this guide for details.

Leg Rating

Legs are rated by distance and challenge. Legs with a difficult rating are because they are either longer, or partially on single-track trails. Single-track trail refers to a hiking trail - rocks, roots, climbs up and down hills, etc.

Time of Day/Running

Please note that your legs later in the day might be WARM! Be careful and plan accordingly.

Water

All runners, especially on legs over 4 miles long, should carry water. Handheld water bottles, camelbacks - whatever device suits your needs. There will be very few water stations on this course. It is mostly self-supported, with the exception of a few water stations on the longer legs - that will be for REFILLING the bottle you are carrying.

On-Course Etiquette

We are on Missouri State Park property for the majority of this race. Please abide by all park rules, and please carry your trash, or put in the appropriate receptacle. When our runners don't help us keep the parks clean, GO! St. Louis suffers the consequences! We want to be able to keep hosting this race year after year - please help us make that possible!

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2. Safety

Safety is paramount and everyone's responsibility. All roads will be open during the KT82. It is imperative that runners give way to oncoming traffic in all circumstances. Numerous roads and driveways cross the Katy Trail and other trails utilized in the KT82. **In EVERY instance, runners MUST yield to vehicles!**

Traffic & Driving

Automobiles have right of way at any and all trail crossings. Roads are not closed and the trail is subject to traffic crossing at multiple points. Runners must remain alert at all crossings, whether security personnel are present or not. Runners must look both ways prior to crossing any road and should use caution, and do not cross until it is clear to do so.

Remember, roads are OPEN and traffic hazards exist. Be careful exiting any vehicle, entering any vehicle or crossing any roads. Exchange points will, by definition, put vehicles and runners into close proximity.

Support vehicles must adhere to all traffic rules, driving regulations and signage. Race specific signage will be in place to support safe support vehicle movement around the course.

Driving Directions

Driving directions from exchange point to exchange point have been configured to minimize the number of trail crossings by support vehicles. Compliance with written driving directions as well as law enforcement, security personnel and volunteer commands is necessary to ensure race day safety.

Please follow the Support Vehicle Guide directions explicitly.

Cell Service

Cell reception on the Katy Trail and KT82 exchange routes is spotty and varies by carrier. Communication may be impaired, please plan accordingly.

Runner Safety & Weather

Be safe! Safety is everyone's responsibility and number one concern. There are many potential hazards along the race route including, but not limited to, automobile traffic, weather events, trail conditions and animals. We ask that all teams please take appropriate precautions to ensure a fun and safe event.

Please help us keep the race safe by being safe runners, safe support crews and safe drivers.

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2. Safety (continued)

Team members should use great care in crossing any parking lot, street or roadway. Additionally, runners finishing legs may be particularly vulnerable due to exhaustion. Protect your teammates. Drivers should be especially vigilant in watching for runners who are either in the act of running or have just finished their leg. Take care of one another out there.

Running in heat requires special consideration and caution. Staying hydrated is critical to having fun and staying safe. Remaining hydrated is essential in the prevention of heat exhaustion and heat stroke. Hydrate regularly and remind your fellow team members to hydrate, too.

Use of Headphones

The use of personal music devices with headphones while running is **strongly discouraged**. Runners must be alert and aware of all surrounding conditions and variables that may impact their personal safety. Looking and listening are critical.

3. Support Vehicles

We recommend that teams use the following types of vehicles: 15 passenger vans, mini vans, or large SUVs. Campers, RVs, Buses and limousines are specifically prohibited. If you have questions about a particular vehicle, please contact GO! St. Louis.

Please obey all laws, vehicular and other. Traffic is an inherent element of the KT82 as it is any race. Drive alertly and cautiously. Please remain cognizant that there are other support vehicles on the course.

NOTE: Teams are limited to one or two support vehicles per team. Absolutely no more than ONE support vehicle per team is allowed at any given exchange. If you have two support vehicles and they need to meet, they MUST do so away from an exchange point.

Your team number must be clearly displayed on any team support vehicle. Identification of support vehicles is critical to maintaining adequate flow in and out of exchange points as well as parking. Vehicle identifiers will be provided at check in and must be placed inside the rear window and inside the windshield on the passenger's side.

Support Vehicle Exchange Procedures

At each exchange, the team vehicle will park in the parking area pictured in the Support Vehicle Guide found in your race packet. In terms of general procedure, the runner starting their leg at that exchange point will replace the team's finishing runner.

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3. Support Vehicles (continued)

If your team falls behind the slowest allowed pace and must skip an exchange, please follow the driving directions included in the Support Vehicle Guide. It is critical to keep Support Vehicle crossings of the Katy Trail to an absolute minimum.

Spectators

Friends and family who wish to observe the race are asked to please not jeopardize participation or safety by parking at exchanges. Spectating is encouraged but spectators are asked to park AWAY from exchange points.

Team Driver

Having a team driver is an excellent idea, particularly for teams of three runners. Your team driver will prove valuable in keeping your team vehicle positioned for exit and entry. Additionally, the team driver will allow the runners to focus on running and not expend energy on driving, following directions and interacting with race administrators. Please note that race signage may be removed and that, ultimately, race teams are responsible for safe navigation around the course. Please follow the explicit directions provided in the support vehicle guide, they have been compiled to provide everyone with a safe and enjoyable race day experience!

4. Support Vehicle Guide

Your Support Vehicle Guide is located in your race packet, and is required to be in your vehicle on race day.

Driving Directions

The Support Vehicle Guide provides specific driving directions from the Start and to each successive exchange point, all the way to the Finish in Hermann. Each team's cooperation in following the directions explicitly is necessary to ensure race day safety.

Teams are responsible for safe transport of team members in keeping with the directions provided from exchange point to exchange point. The directions provided are specific and explicit and intended to find the safest and lowest trail crossing routes possible. Please adhere to the Support Vehicle Guide directions, race signage and race personnel as you move from exchange point to exchange point.

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4. Support Vehicle Guide (continued)

Exchange Points

The starting runner will watch for the arrival of their team's finishing runner and begin their leg as close to the exchange point as possible.

The Support Vehicle Guide also provides Exchange Point specifics regarding approach and departure. Again, these rules have been developed for your teams safety. Please follow all directions!

5. Captains Meeting

The Captains Meeting is scheduled for **Wednesday, May 29**, at The Alpine Shop, 440 N. Kirkwood Rd., Kirkwood, MO 63122. There are two Captains Meeting time options: **12:00 pm** and **6:00 pm**.

Packet pick-up for your team materials will be available AFTER each meeting time for approximately 30 minutes. Packets will ONLY be available to teams in the 30 minutes following the meeting and cannot be picked up from Alpine Shop staff.

The meeting will provide important KT82 updates. Attendance is strongly encouraged.

KT82 rules, exchange points, the Support Vehicle Guide and other topics will be covered during the meeting. Attendees will have an opportunity to ask questions, as well.

Registration

Teams will receive team member bibs, support vehicle numbers, and event shirts at the captains meeting.

The registration process will verify team SIZE, DIVISION and CLASSIFICATION and validate registration data.

6. Check In & Support Vehicle Inspection

Check in for the KT82 will take place on race day, June 1, 2024 at Maryland Heights Aquaport. Teams and their support vehicle(s) are asked to report to the start area **at least 40 minutes prior to assigned start time**. Time is required for the team check in process as well as support vehicle inspection.

Each team will receive two team number identifiers per support vehicle. Team number must be displayed on the passenger side of the windshield and in the rear window.

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6. Check In & Support Vehicle Inspection (continued)

Support Vehicle Inspection

Support Vehicle inspection will also take place at Maryland Heights Aquaport race day morning. **Again, teams and their support vehicle(s) are asked to report to the inspection point at AT LEAST 40 MINUTES PRIOR to assigned start time.**

Parking

Only Team Support Vehicles may park in the lot at Maryland Heights Aquaport which includes the Check In, Support Vehicle Inspection Area and KT82 Start. The Support Vehicle Guide contains a visual of this area. **There will be absolutely NO PARKING at Aquaport for the duration of the race. Please plan accordingly!**

7. Relay Runner Exchange Points

Team Timing Belt

A belt with a timed bib will be given to each team. This belt functions as the team's 'baton' being passed from finishing runner to starting runner at each exchange point. The belt will be transferred from finishing runner to starting runner at each exchange point. The belt must be worn at all times by the team runner currently on course. Only runners wearing the team belt will be allowed to exit the exchange point and begin a leg.

Bib Numbers

Bib numbers must be worn and visible on the front of each runner at all times. Bib numbers must be on the outer most layer of clothing and visible. This visibility will help to ensure runner safety and efficient exchanges.

Exchange Procedures

Volunteers will be in position, in advance of the exchange point, to notify the exchange point that a team runner is close to finishing that leg and prepare the next runner for the exchange. A volunteer AT the exchange point will receive finishing runner information from the advance volunteer and announce approaching team numbers at the exchange point. The starting runner should be cognizant of this process, listen and watch for their approaching team member.



8. Rules & Regulations

COMPETITIVE TEAM RULES

Runner Legs

The KT82 is designed to be run by a fresh runner on each leg. For six person teams, runners will run three legs each. For three person teams, runners will run six legs each. As examples, runner 1 will run legs 1, 7 & 13 on a six person team while runner 2 will run legs 2, 8 & 14. On a three person team, runner 1 will run legs 1, 4, 7, 10, 13 & 16.

This rotation is necessary for those teams competing for awards. A volunteer will be recording runners arriving and departing at each exchange zone for correct bib sequence.

Injury / Team Member Attrition

In the case of injury, any of the remaining runners can replace the injured runner. The legs which would have been run by the injured runner can be run by any other team member(s). No new runners may join any team during the KT82.

NON-COMPETITIVE TEAM RULES

Teams not competing for awards may deploy runners as they wish.

Non-competitive teams may also skip legs; however, we ask that you alert the exchange captain that your team will be bypassing a leg so that we may account for all teams on the course on race day.

RULES FOR ALL TEAMS

On Course Rules

Items prohibited on course include but are not limited to rollerblades, pacing support of any kind, dogs, strollers, scooters, skateboards or any other device or mode of transport that may endanger others or put one runner at an advantage over other participants.

Alcohol

Alcohol may not be consumed at any point on the course. Alcohol may be responsibly consumed at the after-race party in Hermann. If you plan to consume alcohol after the race and travel, please designate a driver who did not consume alcohol. This will ensure you will arrive safely at your destination.

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9. Team Classifications & Awards (Competitive Teams Only)

KT82 teams are comprised of six or three runners. A six person team is a 'REGULAR' team while a three person team is an 'ULTRA' team.

DIVISIONS inside Regular and Ultra teams include OPEN & MASTERS.

Masters teams are comprised of six (or three) members ALL over the age of 40.

Inside each division, teams are classified as MALE, FEMALE or MIXED. For six person teams, a team with six females is defined as FEMALE, a team with three to five females is defined as MIXED and a team with zero to two females is defined as MALE.

For Ultra teams, a team with three females is defined as FEMALE, a team with one or two females is defined as MIXED while a team with zero females is defined as MALE.

The top two teams in each age category will be recognized with an award, as outlined in the chart.

Division	Classification	REGULAR	ULTRA
OPEN	Female	Award	Award
	Male	Award	Award
	Mixed	Award	Award
MASTERS	Female	Award	Award
	Male	Award	Award
	Mixed	Award	Award

10. Hermann & The Post-Race Party

The 18th leg delivers the final runner into Hermann and the KT82 finish! The post-race party will take place at the Hermann City Park. Team members are encouraged to join their finishing runner on Gutenberg St. and finish as a team.

Schlafly Beer and wine samples courtesy of St. Louis Frontrunners will be available at the post-race party. Your bib will have three tags - one for beer, wine and dinner. Photo identification will be required for alcohol samples.

Dinner will be served beginning at 5:30 at the post-race party. Additional meal tickets are available for presale only for \$15. Any additional food or drink will be at participant expense. Relax and enjoy the food, you'll have earned it!

Safety of all participants is the primary goal. The weather may be warm and some runners may become dehydrated. While there will be lots to celebrate, please consider selecting a designated driver in advance.

Timetable

Arrival of Finishing teams 4:00 pm - 8:00 pm Dinner service & tasting hours 5:30 pm - 8:30pm

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10. Hermann & The Post-Race Party (continued)

Fuel in Hermann

Fuel availability is limited on the KT82 route other than in Marthasville. If you need to fill up in Hermann, gas is available. These stations are open until at least 10p.m.

- Casey's at 811 Market Street
- BP at 500 Market Street
- Phillips 66 at Highway 19 & 13th
- BP at 1385 South Highway 19

11. Team Pace

Time realities of running 82 miles during daylight hours on June 3, 2023 dictate that a maximum 10:30 pace per mile be strictly enforced. Accurate team pace data is critical in building the staggered start. Team captains are in charge of managing team pace. Please keep in mind that some runners will run further than others and that legs 5, 6, & 7 are partially off of the Katy Trail and more challenging in nature. An accurate pace time estimate helps reduce course congestion, allows us to staff the course appropriately and facilitates a better race day experience for each and every team.

While it is understood that perfectly predicting team pace is a nearly impossible task, pace data is critical for support of the KT82. A one minute pace variance, faster or slower, adds or subtracts 82 minutes from a team's time on course. If too far ahead of pace, your team runs the risk of entering an unsupported part of the course. Too far behind estimated pace time may put your team at risk of not finishing prior to darkness. Teams lagging behind pace estimates and at risk of not finishing prior to darkness may be asked to skip a leg or multiple legs.

Please DO NOT alter your team's pace data in an attempt to get a specific start time.

12. Race & Contingency Planning

Participant safety is the paramount concern. A relay event calls for specialized contingency planning. Plan your day thoroughly.

Fuel Up

Make certain your team vehicle(s) is / are fully fueled. There is very little gas along the route, the notable exception being in Marthasville. Bring adequate quantities of water, food and beverages to fuel team members.

Weather

Weather conditions may cause the course to be adjusted, legs deleted or changed and / or the race canceled in the event of extreme weather. Each team member should prepare to run in a variety of weather conditions.

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12. Race & Contingency Planning (continued)

Food & Drink

Each vehicle should carry a variety of snacks and beverages for team member consumption.

Hydration is critical in combating the ill effects of high temperatures and water loss. Support vehicles should carry large quantities of water and other beverages to refuel team members and replenish lost electrolytes.

Team Communication

Captains should collect cell numbers from team numbers for communication during race day.

Emergencies

In the event of serious emergency, please call 911. Limited medical services are available at three points on the course and at the finish area in Hermann.

Exchange Medical Services will be located at:

Exchange 6: Weldon Spring Trail Head

Exchange 12: Marthasville

Exchange 14: Bernheimer Road

Finish Line

Teams must monitor the condition of fellow team members throughout the day. Check and see how they feel after finishing a leg and prior to starting a new one. Runners should be fully hydrated prior to the race and prior to each of their running legs. Runners are advised to carry water during their leg. Water stations are positioned along the course where appropriate and feasible.

Water intake should be supplemented with electrolytes!

Review challenging situations that may arise on race day. A critical planning question for your team's consideration — what does a runner do if they arrive at an exchange point and their team is NOT there?



13. Key KT82 Dates & Events

EVENT	DATE
Late Substitution/Change Fee of \$5 per change	5.13.24 – 5.27.24
Staggered Start Times Announced	5.22.24
Late Substitution/Change Fee of \$10 per change	5.28.24 – 6.1.24
Captain's Meeting at Alpine Shop	5.29.24
Team Check In & Support Vehicle Inspection	6.1.24
KT82 RACE DAY!	6.1.24

14. References & Links

Special Thanks!

GO! St. Louis sends special thanks to the cities of Hermann, Maryland Heights, St. Charles, Weldon Spring, Defiance, Matson, Augusta, Dutzow, Marthasville, Peers, Treloar, Pinckney, Gore, Case and McKittrick. Additionally, GO! St. Louis appreciates the support of the following counties — St. Louis, St. Charles, Warren, Montgomery & Gasconade.

Also, critical for the KT82 are the supporting ambulance districts, Weldon Spring Conservation Area, Volunteers and MODOT. Finally, we'd like to thank the great citizens along the Katy Trail, Missouri State Parks, Great Rivers Greenway, the Katy Land Trust, Hermann Chamber of Commerce and the Hermann Police Department.

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15. Leg Chart

KT82 TRAIL RELAY LEG CHART

NOTE: ALL LEGS SUBJECT TO CHANGE.

LEG	START	END	RATING	MILEAGE
1	Maryland Heights Aquaport	Lakehouse Bar & Grill	Medium	5.10
2	Lakehouse Bar & Grill	364 Access	Medium	3.93
3	364 Access	Greens Bottom Road Trail Head	Easy	3.20
4	Greens Bottom Road Trail Head	MO Research Park/ Busch Greenway	Difficult (Distance)	7.24
5	MO Research Park/ Busch Greenway	Lewis & Clark Trail Head	Difficult (Single track trail)	4.72
6	Lewis & Clark Trail Head	Weldon Spring Trail Head	Difficult (Single track trail)	5.89
7	Weldon Spring Trail Head	Weldon Spring Conservation Area	Difficult (Single track trail)	5.73
8	Weldon Spring Conservation Area	Matson	Medium	4.43
9	Matson	Klondike Park	Easy	3.61
10	Klondike Park	Augusta	Easy	2.58
11	Augusta	Dutzow	Difficult (Distance)	7.56
12	Dutzow	Marthasville	Medium	3.67
13	Marthasville	Treloar	Difficult (Distance)	6.96
14	Treloar	Bernheimer Road	Medium	4.17
15	Bernheimer Road	Gore-Case Community Ctr	Difficult (Distance)	6.14
16	Gore-Case Community Ctr	Case Road	Easy	2.69
17	Case Road	McKittrick	Medium	3.89
18	McKittrick	Hermann & Finish!!	Medium	3.15

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16. Items to Bring

- Copies of Support Vehicle Guide
- KT82 Race Guide
- Identification (required for team check-in)
- Food
- Water
- Water Bottles & Bottle Carrier (hand held or belt)
- Electrolyte Sources
- Trail Shoes (optional) for legs 5, 6, 7
- Trash Bags
- Sun Block
- Head Lamps & Reflective Vests (mandatory for teams running prior to 6a.m. and after 7p.m.)
- Ice
- Cooler(s)
- Cash for food / refuel stops
- Towels
- Wet Wipes
- 2 or more sets of running / traveling clothes
- Extra Clothes for Post-Race
- Hat
- Sunglasses
- Toilet Paper
- Ice Packs
- Ace Bandages/First Aid Kit
- Wet Clothing Bag
- Anti-Bacterial Gel
- Tape
- Phone Chargers
- Car Freshener (Febreze or other)

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