



Welcome to
Your Next
Adventure!



1 DAY
1 TEAM **82 MILES**

Team Captain Meeting

Race Day: Saturday, June 7, 2025

Course Information



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	2.55

Course Overview

- Decoding the leg chart
- What? We're not on the Katy Trail for 82 miles?
- Difficult legs: things to know

How it Works

- Competitive Team Rotation
- Non-competitive Teams
- At the Exchange
- Injuries/Team Issues

Exchange Open/Close Times

KT82 Exchange Open and Close Times

FROM	TO	Distance	Open	Close
Maryland Heights / Aquaport	Lakehouse Bar & Grill	5.1	5:15 AM	8:15 AM
Lakehouse Bar & Grill	364 Access	3.93	6:00 AM	8:40 AM
364 Access	Greensbottom Trailhead	3.2	6:15 AM	9:00 AM
Greensbottom Trailhead	MO Research Park	7.25	7:50 AM	10:00 AM
MO Research Park	Lewis & Clark TH	4.72	8:45 AM	11:00 AM
Lewis & Clark TH	Weldon Spring TH	5.89	9:50 AM	11:30 AM
Weldon Spring TH	Weldon Spring CA	5.73	10:40 AM	12:45 AM
Weldon Spring CA	Matson	4.43	11:15 AM	1:00 PM
Matson	Klondike	3.75	11:45 AM	1:20 PM
Klondike	Augusta	2.6	12:00 PM	2:00 PM
Augusta	Dutzow	7.56	1:00 PM	3:15 PM
Dutzow	Marthasville	3.67	1:30 PM	3:40 PM
Marthasville	Treloar	6.96	2:00 PM	5:00 PM
Treloar	Bernheimer Road	4.17	2:45 PM	5:45 PM
Bernheimer Road	Gore-Case Community Center	6.14	3:15 PM	6:50 PM
Gore-Case Community Center	Case Rd	2.69	3:30 PM	7:20 PM
Case Rd	McKittrick	3.84	4:00 PM	7:50 PM
McKittrick	Finish Line	2.55	4:30 PM	8:30 PM

On the Trail

Carry Your Own Water Bottle

Pack Plenty of
Water



Water Stations (for refilling
handheld bottles ONLY):
7, 11, 13, 15



Carry Your Own
on the Run



Manage Your Team's Trash



On the
Course



At the Exchange

In the
Car



Exchanges:

Parking, safety, and our neighbors for the day

- Lots can get congested! Please take the first parking spot you find (i.e. don't drive further into a lot if there are already vehicles lined up on the side of the road.)
- Please follow the vehicle guide directions, especially as it applies to getting into / out of the exchange.
- Slow down! Your fellow competitors are on the course, and the roads, parking lots, etc -- all cross the course! Please be aware and drive slowly at crossings, through parking lots, etc.
- We are visitors in these communities on race day. Please don't park in areas that aren't for parking/not for our event. Noteworthy exchanges with parking issues...

Tricky Exchanges:

- Missouri Research Park: limited parking, can be tricky to find!
- Lewis & Clark Trail Head: **DO NOT PARK HERE** :) Park at Weldon Spring Interpretive Center Site and walk to L & C.
- Dutzow: the Dutzow Deli doesn't like us much, please don't park in their spots.
- Bernheimer Road: parking on the side of the road is limited.
- Case Road: parking on the side of the road is limited - please be careful & respectful of property.

Safety First!

- Pre-Dawn/Post-Dusk legs: headlamp/reflective item BOTH required.
(Dawn: 5:15am start time, Dusk: 8:15pm on the course)
- Hydration: water, electrolytes, salt ... it will be warm by afternoon!
- Nutrition: managing your food intake while running is tricky! Ask seasoned relay runners what works for them. Don't forget the salt!
- Team contact numbers: carry your phone, write numbers on back of your bib. But beware bad cell service!
- Wildlife – please be aware
- Medical Services:
Emergencies: 911
First Aid Supplies: available at exchanges 3, 6, 9, 12, 15

Finish in Hermann

- **Parking & Team Finish:**

- As you drive into downtown Hermann, turn left onto 3rd, 4th or 5th Street for parking.
- From any of those streets, walk to Gutenberg Street to wait for your final runner.
- Join your final runner as they pass on Gutenberg Street to finish as a team!

- **Party at the Hermann Amphitheater**

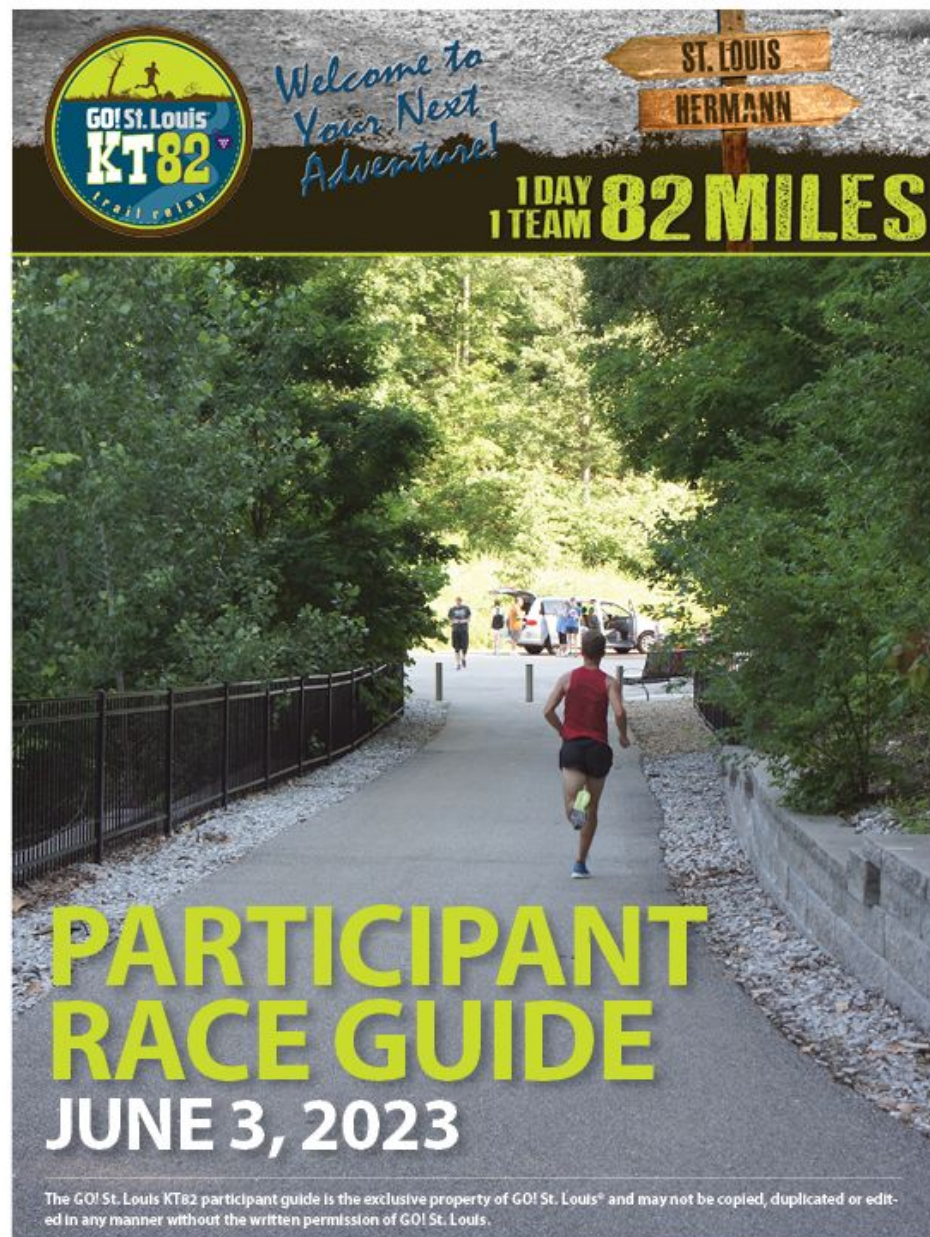
- Salt + Smoke BBQ
- Extra meal tickets available for pre-purchase only on our registration page
- Wine provided by the St. Louis Frontrunners
- Beer from 4Hands Brewing
- No seating - bring lawn chairs, picnic blankets

**Preparing
for
Race Day**

Have your Guides with You!

The KT82 Race Guide

The KT82 Vehicle Guide



VEHICLE GUIDE - JUNE 2023



(We printed a copy for you)

Packing List

- ☐ 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 & 9
- ☐ Trash Bags
- ☐ Sun Block
- ☐ Head Lamps & Reflective Vests (mandatory for teams running prior to 7a.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
- ☐ Shower Supplies
(shower facility available in Hermann City Park)
- ☐ Hat
- ☐ Sunglasses
- ☐ Toilet Paper
- ☐ Ice Packs
- ☐ Ace Bandages/First Aid Kit
- ☐ Wet Clothing Bag
- ☐ Anti-Bacterial Gel
- ☐ Tape
- ☐ Phone Chargers
- ☐ Camera
- ☐ Car Freshener (Febreze or other)

Here's an idea...create a timeline for your team!

Leg	Location	Distance	Runner	Runner Pace	Run Time
1	Parkway North	2.29	Karen	10	22.9
2	Lakehouse Bar & Grill	3.93	Mona	7.5	29.475
3	364 Access	3.2	Frank	7.5	24
4	Greens Bottom Rd	7.25	Brian	6.5	47.125
5	MO Research Park	4.72	Alison	10.25	48.38
6	Lewis and Clark TH	5.89	Nancy	9.5	55.955
7	Weldon Spring TH	5.73	Karen	13	74.49
8	Weldon Spring Conservation	4.43	Mona	7.5	33.225
9	Matson	5.7	Frank	8	45.6
10	Augusta	7.56	Brian	6.5	49.14
11	Dutzow	3.78	Alison	10.25	38.745
12	Marthasville	3.46	Nancy	9.5	32.87
13	Concord Hill Rd	3.56	Karen	10	35.6
14	Treloar	4.17	Mona	7.5	31.275
15	Bernheimer Rd	6.14	Frank	7.75	47.585
16	Gore-Case Comm Ctr	2.41	Brian	6.5	15.665
17	Case Road	3.84	Alison	10.25	39.36
18	McKittrick	2.59	Nancy	9.5	24.605
	FINISH in HERMANN!				695.995
					9.401666667

Check-In Process

Start Line Venue: Aquaport

**Race
Morning
Process:
Arrive
30 Minutes
Early**



Questions?

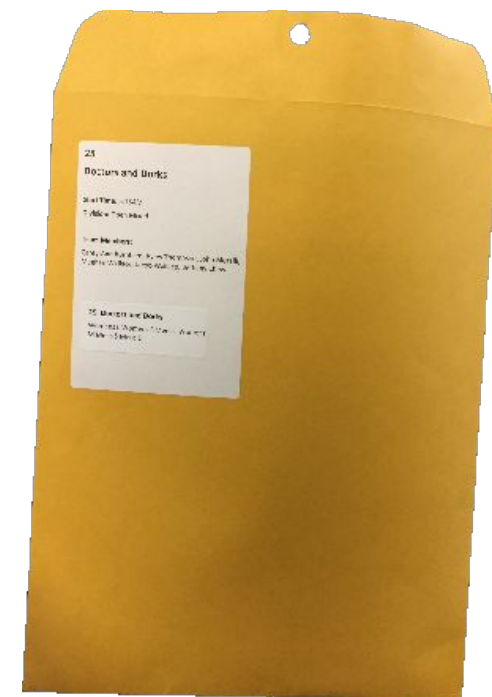
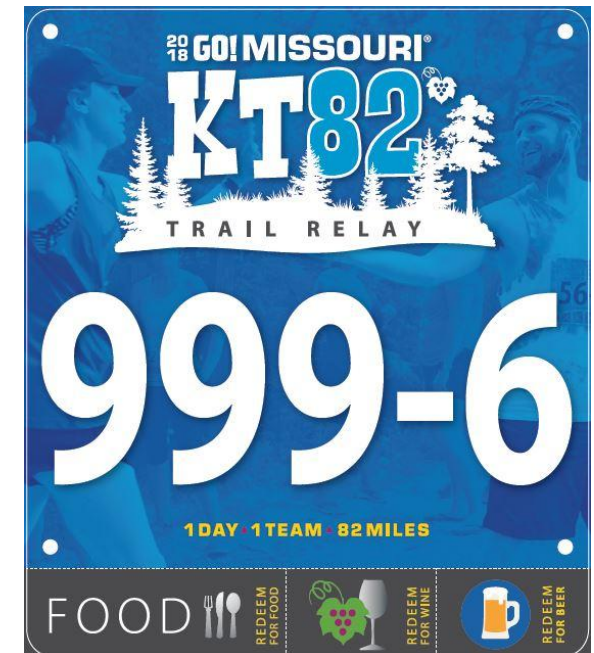
Packet Pick-Up

Competitive vs. Non-competitive

Packets are sorted by Team Name

Your patience is appreciated

Inside your packet...



Thank You!

Special thanks to...

