

ANTIETAM BREWERY 5K, BEER MILE & TACO MILE

ATHLETE GUIDE 2024



Saturday, May 11, 2024

www.racinemultisports.com/ab5k



Racine MultiSports

www.RacineMultiSports.com

WELCOME TO ANTIETAM BREWERY 5K, BEER MILE & TACO MILE



From the Race Director

Dear 5K and Beer & Taco Mile Participants,

Welcome to the 7th Antietam Brewery 5K, Beer Mile and Taco Mile! We are excited to have you join us in Hagerstown, Maryland, for this memorable event!

This document is being sent to help communicate to you the key pieces of information you will need to have a fun, safe and successful event. Within this document we outline rules, so it is important that you read it carefully.

Please take time to read the entire document and email us with your questions.

Ken@RacineMultiSports.com

Packet pickup will be Friday night and race morning at Antietam Brewery (the race site location). See guide for details.

We look forward to seeing you at the race!

Ken Racine
Race Director

CONTENTS

- 2 Welcome to Antietam Brewery 5K, Beer Mile & Taco Mile
- 3 Schedule of Events
Special Offers
- 4 Pre-Race Information
Physical Addresses
Directions to Antietam Brewery - Race Site
Lodging
Event Cancellation
Weather Conflicts
Volunteers
- 5 Race Day Information
Athlete Packet Pickup
Bib Number
Timing
Pre-Race Meeting
Race Morning Procedure
Race Day Parking
Restrooms
Security
- 6 The Race - 5K
5K Start Time
5K Race Format
5K Rules
Food/Water Stations
- 7 The Race - Beer Mile
Beer Mile Start Time
Beer Mile Race Format
Beer Mile Rules
Food/Water Stations
Special Offer
- 8 The Race - Taco Mile
Taco Mile Start Time
Taco Mile Race Format
Taco Mile Rules
Food/Water Stations
Special Offer
- 9 Course Map - 5K
- 10 Course Map - Beer/Taco Mile
- 11 Post-Race Information
Post-Race Food
Awards
Race Photographs
Race Results
- 12 Sponsors

SCHEDULE OF EVENTS

FRIDAY, MAY 10

START	END	EVENT	LOCATION
6:00 PM	7:30 PM	Packet Pickup	Antietam Brewery

SATURDAY, MAY 11

START	END	EVENT	LOCATION
8:00 AM	9:30 AM	5K Packet Pickup	Antietam Brewery
8:00 AM	11:00 AM	Beer Mile & Taco Mile Packet Pickup	Antietam Brewery
9:50 AM	10:00 AM	5K Pre-Race Safety Briefing	Race Site— Start Area
10:00 AM		5K Race Starts	Race Site— Start
10:50 AM		5K Awards Ceremony	Patio
11:10 AM	11:20 PM	Beer Mile Pre-Race Safety Briefing	Race Site— Start Area
11:20 AM		Beer Mile Wave 1 Race Start	Race Site— Start
11:40 AM		Beer Mile Wave 2 Race Start	Race Site— Start
NOON		Beer Mile Wave 3 Race Start	Race Site— Start
12:30 PM		Beer Mile Awards Ceremony	Patio
12:20 PM*	12:30 PM	Taco Mile Pre-Race Safety Briefing	Race Site— Start Area
12:30 PM*		Taco Mile Race Start	Race Site— Start
1:00 PM*		Taco Mile Awards Ceremony	Patio

*If the Beer Mile gets reduced to 2 waves, we will start the Taco Mile at Noon

After-Party starts immediately following the 5k.

You may redeem your drink ticket at Antietam Brewery when you are finished your race.

10:30 AM	9:00 PM	Food Available for Purchase - Antietam Brewery Outdoor Kitchen	Antietam Brewery Parking Lot
1:00 PM	4:00 PM	Live Music: High Street Communion	Antietam Brewery

SPECIAL OFFERS!

For ALL registered participants - Antietam Brewery is offering 10% off your food and drink bill for you and your guests from now until race day.

While supplies last Antietam Brewery is offering 4-packs of custom labeled official race beer in the keepsake cans for just \$7.50 (the beer that will be consumed by all Beer Mile participants).

To Claim: Just present your race confirmation (digital or printed) to receive this offer.

PRE-RACE INFORMATION

PHYSICAL ADDRESSES

Race Site and Packet Pick Up:

Antietam Brewery
140 Western Maryland Parkway
Hagerstown, MD
<https://antietambrewery.com>

DIRECTIONS TO ANTIETAM BREWERY

From the North– take Interstate 81 South to Maryland exit 6A, Rt. 40 East, and proceed to the first traffic light. Turn right onto Western Maryland Parkway. Proceed approximately 1/2 mile to the traffic circle and take the second right turn in the circle, remaining on Western Maryland Parkway. Proceed approximately 1 mile from the circle and turn left onto Tandy Drive. Take first left into the Antietam Brewery parking lot.

From the South– take Interstate 81 North to Maryland exit 6A, Rt. 40 East, and proceed to the first traffic light. Turn right onto Western Maryland Parkway. Proceed approximately 1/2 mile to the traffic circle and take the second right turn in the circle, remaining on Western Maryland Parkway. Proceed approximately 1 mile from the circle and turn left onto Tandy Drive. Take first left into the Antietam Brewery parking lot.

From the East– take Interstate 70 West to Maryland exit 26, Interstate 81 North. Proceed on 81 North to Maryland exit 6A, Rt. 40 East, and proceed to the first traffic light. Turn right onto Western Maryland Parkway. Proceed approximately 1/2 mile to the traffic circle and take the second right turn in the circle, remaining on Western Maryland Parkway. Proceed approximately 1 mile from the circle and turn left onto Tandy Drive. Take first left into the Antietam Brewery parking lot.

From the West– take Interstate 70 East to Maryland exit 26B, Interstate 81 North. Proceed on 81 North to Maryland exit 6A, Rt. 40 East, and proceed to the first traffic light. Turn right onto Western Maryland Parkway. Proceed approximately 1/2 mile to the traffic circle and take the second right turn in the circle, remaining on Western Maryland Parkway. Proceed approximately 1 mile from the circle and turn left onto Tandy Drive. Take first left into the Antietam Brewery parking lot.

LODGING

Hotel options within 6 miles of race site include:

- >> [Country Inn & Suites](#)
- >> [Spring Hill Suites](#)
- >> [Courtyard Marriott](#)
- >> [Ramada Plaza](#)
- >> [Holiday Inn Express](#)
- >> [Homewood Suites](#)

EVENT CANCELLATION

A Racine MultiSports event may be delayed or canceled due to adverse, inclement, or unsafe weather. Should the event be delayed, the starting time of the event will be moved back accordingly. The delay will be communicated to all participants. The Racine MultiSports management team and local law enforcement has the authority to cancel the event. If cancellation of the event takes place, please follow instructions of the event officials and local law enforcement personnel. Your entry fee is not refundable if an event is canceled due to adverse, inclement, or unsafe weather. The Race Director also reserves the right to modify the course at any time before or during an event by his/her own judgment or if instructed by local law enforcement personnel.

WEATHER CONFLICTS

The race will not be canceled for rain or cold conditions. Plan accordingly to the forecast. For severe weather please read “Event Cancellation” above.

VOLUNTEERS

Our events require many volunteers. We like to have more than needed to cover every possible detail. Please contact us if you or someone you know can volunteer for any amount of hours on Friday night or Saturday. Please visit the link below to register as a volunteer or email Shannon:
Shannon@RacineMultiSports.com

<https://racinemultisports.com/volunteer/>

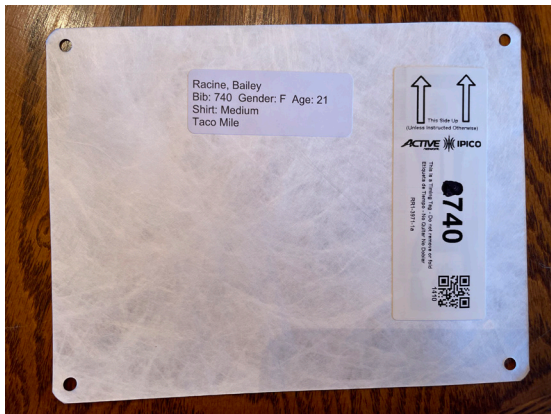
RACE DAY INFORMATION

ATHLETE PACKET PICKUP

You have the option of picking up your packet either the day before or the morning of the event at Antietam Brewery (the race site). (See Schedule of Events for more info) If you plan to pick up your packet on race morning, please arrive at least 30 minutes before packet pickup closes for your race, so that you have plenty of time.

BIB NUMBER

Wearing your bib number correctly is vital for timing and photo recognition. Bib numbers will be assigned to each participant and must be worn on the front of your shirt, unobstructed. You may not get a finishing time if you do not have your number at the finish line. If your bib is not showing when a photographer takes your picture it will not catalogue your photos automatically for you. If you are participating in **More than one race** (5K, Beer Mile, Taco Mile), you will have a separate bib for each race. For example if you are doing the 5K and the Beer Mile, remove your 5K bib after you complete the 5K and then put on your Beer Mile bib.



BIB TAG TIMING CHIP

TIMING

This race is chip timed by Racing Timing. A timing bib tag will be on the back of the bib. They will already be applied to your bib when you receive it in your race packet. Bib tags are disposable and do not need to be returned. **DO NOT BEND THE BIB OR TIMING TAG.**

PRE-RACE MEETING

The meeting (see Schedule of Events) is designed to give last minute instructions for a safe and successful race. We expect everyone to be on time for this meeting.

RACE MORNING PROCEDURE

Packet pickup area opens at 8:00 AM. Packet pickup closes promptly at 9:30 AM on race morning for 5K participants. Packet pickup area closes at 11:00 AM for Beer Mile and Taco Mile participants.

By 9:50 AM, 5K participants should be at the race start to attend the pre-race meeting. By 11:10 AM, Beer Mile participants should be at the race start to attend the pre-race meeting. By 12:20 PM, Taco Mile participants should be at the race start to attend the pre-race meeting.

RACE DAY PARKING

No Parking on Western Maryland Parkway or Tandy Drive. Western Maryland Parkway and Tandy Drive are part of the race course so we can not have any cars parked on those roads. There are a few different parking lots near the race site. Check the map on subsequent pages for parking lot locations. The earlier you arrive the closer you will be to the venue. You can have someone drop you off at Antietam Brewery. **PLEASE OBEY ALL PARKING SIGNS AND RACE OFFICIALS.** We encourage car pooling since parking will be tight and in remote locations. Please expect to walk up to a quarter mile to the race site. **Parking at Antietam Brewery will lock you in until 1:20pm.**

RESTROOMS

There will be restrooms inside Antietam Brewery with the addition of portable toilets outside.

SECURITY

All participants are responsible for their belongings. Racine MultiSports will not be responsible for lost or stolen items.

THE RACE - 5K

5K START TIME

The 5K will start at 10am. Your race will begin when you cross the starting mat. The Race Director has the discretion to alter the start of the event to ensure the safety of all athletes.

5K RACE FORMAT

3.1 mile Run. The 5K run will start and end at Antietam Brewery. The course has slightly rolling hills and is rated as an easy to moderate course.

5K RULES

You must wear your race number (bib#) on your front during the run. This is required for accurate timing at the finish line and will aid the photographers in identifying you on the run. If you have no number at the end of the race you may not get a finish time. **THE ROAD IS NOT CLOSED TO VEHICULAR TRAFFIC SO RUNNERS MUST BE OBSERVANT AT ALL TIMES.** Runners must obey all race official instructions. Cones will be placed along the route and runners must be on the inside of the cones to ensure runner safety. Volunteers will be placed in key areas to help direct race traffic. Cutting the course or interfering with other athletes will result in disqualification.



WATER STATIONS

We will have water at the water stations on the 5K run course as well as at the finish line. The water station is located at mile 1.1 and 2.6. We will also have water at the finish line for volunteers and participants only.



THE RACE - BEER MILE

START TIMES

All participants will line up at the starting line and will be given a signal from the Race Director to begin the race. We will be using a wave format for the Beer Mile. The Beer Mile will start in 3 different waves they are scheduled to start at 11:20 AM, 11:40 AM, and Noon. The Race Director has the discretion to alter the start of the event to ensure the safety of all athletes. This includes combining waves.

BEER MILE RACE FORMAT

The Beer Mile will consist of four 1/4 mile laps around Antietam Brewery property, with a 12 oz beer consumed before each lap. The race begins with the sound of the starting horn and participants will drink their first beer prior to leaving the beer drinking zone. Once the beer is consumed they will run a lap counter clockwise around the building and return to the beer drinking zone. **Beer must be consumed in the designated beer drinking zone before the next lap can begin.** They will repeat until 4 beers and 4 laps are complete and on the final lap they will finish through the finish arch. The course is flat and fast!

The official beer that will be consumed during the Beer Mile will be General's Golden Ale. General's Golden Ale is the original beer of the beer mile and highly requested by past beer milers. It is a refreshing golden classic light ale brewed with wheat & a blend of American & New Zealand hops. The beer will be served in a can and served chilled! We will control the temperature to be colder than room temp but not too cold to chug. It meets the 5% alcohol by volume minimum requirement for the Beer Mile.



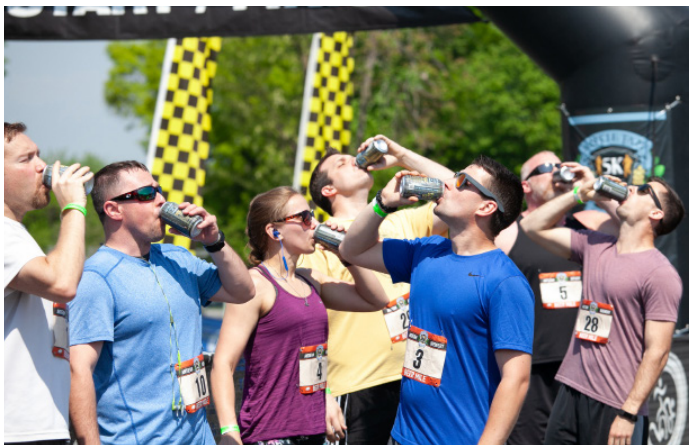
BEER MILE RULES

You must wear your race number (bib#) on your front during the run. This is required for accurate timing at the finish line and will aid the photographers in identifying you on the run. If you have no number at the end of the race you may not get a finish time. You will be disqualified if you do not complete the entire course. 5 minute time penalties will be added for the following infractions: vomiting, not finishing a beer, using the restroom during the race, leaving the beer zone without finishing their beer.

ID Required - Must be 21 to participate in Beer Mile. Please have your ID ready when checking in for the Beer Mile or purchasing beer at the Brewery.

NO ID = NO RACE, NO BEER.

Designated Drivers are Required. Upon check-in for the Beer Mile, we will be verifying your designated driver is available to pick you up after the event or you have a plan to use a taxi service.



THE RACE - TACO MILE

START TIMES

All participants will line up at the tables in front of their tacos. The Race Director has the discretion to alter the start of the event to ensure the safety of all athletes.

TACO MILE RACE FORMAT

The Taco Mile will consist of four 1/4 mile laps around Antietam Brewery property, with a soft taco consumed before each lap. The race begins with the sound of the starting horn and participants will eat their first taco at the taco tables. Participants will then proceed toward the exit of the taco zone. Prior to leaving the taco zone participants will need to open their mouth and stick out their tongue to show the course marshals that their taco is fully consumed and their mouth is empty. Participants will exit the taco zone and run a lap, counter clockwise, around the building, and return to the taco zone. **Tacos must be consumed in the designated taco eating zone before the next lap can begin.** They will repeat until 4 tacos and 4 laps are complete. On the final lap they will finish through the finish arch. The course is flat and fast!

The tacos consumed during the Taco Mile are made of 4" soft tacos tortilla shells. The taco will include mild taco seasoned beef, topped with shredded cheddar cheese. We will have water bottles served with your tacos, however you are not required to drink any of the water.



TACO MILE RULES

You must wear your race number (bib#) on your front during the race. This is required for accurate timing at the finish line and will aid the photographers in identifying you on the run. If you have no number at the end of the race you may not get a finish time. You will be disqualified if you do not complete the entire course. 5 minute time penalties will be added for the following infractions: vomiting, not finishing a taco, using the restroom during the race, leaving the taco zone with food in their mouth.



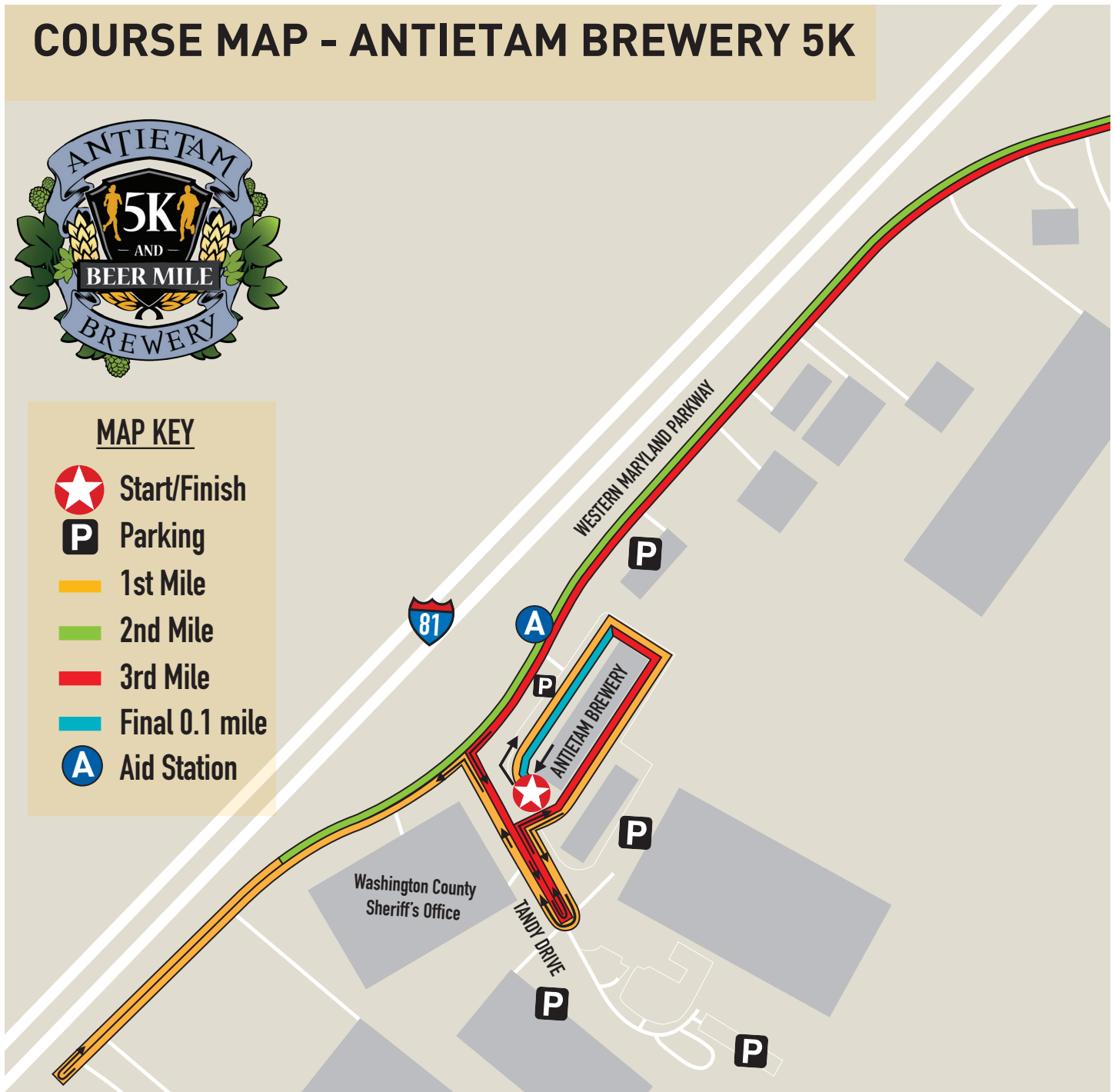
COURSE MAP - 5K

COURSE MAP - ANTIETAM BREWERY 5K



MAP KEY

- Start/Finish
- Parking
- 1st Mile
- 2nd Mile
- 3rd Mile
- Final 0.1 mile
- Aid Station



Course Turn By Turn Directions

- Begin in the Brewery parking lot and run clockwise around the building
- Turn left onto Tandy Drive staying on the left side
- Make a U Turn (setup by race officials)
- Proceed down Tandy Drive on the left side
- Turn Left onto the left shoulder (running against traffic) of Western Maryland Parkway
- Proceed through the u-turn (setup by race officials)
- Proceed up Western Maryland Parkway on the left shoulder (running against traffic)

- Proceed through the u-turn on the north end of Western Maryland Parkway (setup by race officials)
- Proceed down Western Maryland Parkway on the left shoulder (running against traffic).
- Turn left onto Tandy Drive and run on the right side (with traffic)
- Proceed through the loop (counter clockwise) at the end of Tandy Drive
- Proceed down Tandy Drive on the right side (running with traffic)
- Turn right into Antietam Brewery parking lot
- Proceed around the building (counter clockwise) to the finish

COURSE MAP - BEER & TACO MILE

COURSE MAP - ANTIETAM BREWERY BEER/TACO MILE



MAP KEY

-  Finish
-  Parking
-  Course
(4 Laps Needed)
-  Beer/Taco Zone/Start



POST-RACE INFORMATION

POST-RACE FOOD

Post race food is available for purchase at Antietam Brewery. Antietam Brewery will also be open to purchase beverages as well as to redeem your free drink.

AWARDS

Awards will go to the following categories.

5K Awards:

Top 3 Overall Male and Female

Top 3 in each Age Group Male and Female: 12 and under, 13-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

Beer Mile:

Top 3 Overall Male and Female

Top Male and Top Female Masters (Age 40+)

Taco Mile:

Top 3 Overall Male and Female

Top Male and Top Female Masters (Age 40+)

Please note: Awards will be handed out at the awards ceremony following the race. No award will be mailed automatically. For a fee of \$15 we will mail your award upon your request or you can pick up at Antietam Brewery at a later time at No Charge.



RACE RESULTS

We will be providing you LIVE race results throughout the event. LIVE results gives you the ability to have family and friends follow your progress as you navigate through the separate timing points along the course. We will also have a kiosk on site for you to use as you finish your event.

<https://runsignup.com/Race/Results/101485/>

We are offering Double Results for athletes who complete both the 5k and the Beer Mile. It will be posted a few days after the race here:

<https://racinemultisports.com/ab5k-double/>

RACE PHOTOGRAPHS

You will be photographed throughout your race. Please remember to smile and have your bib number clearly visible so they will be able to identify you.

Participants will receive email notification once all photos are uploaded. Photos will begin uploading on race day and will be completed by Monday evening following the race. Photos captured of you (by bib recognition) will be viewable on your individual results page [here](#).

You can also view all photos in the photo gallery [here](#).



SPONSORS



Racine MultiSports

www.RacineMultiSports.com



ENDURANCE FUELS
& SUPPLEMENTS

