

BREW TO BREW



April 3, 2011



Brew to Brew 2011 is an RRCA State Championship Race!

Every spring, teams and solo runners leave Kansas City and make their way along country roads and gravel paths to Lawrence, KS. Runners have a blast while helping to defeat Cystic Fibrosis. The median life expectancy of someone with the disease is 37 years, but the Kansas City Track Club is working with the Cystic Fibrosis Foundation to add more years.

From *Runner's World*, February 2011, p. 21 "What it takes to..."

2011 promises to be the best run yet, with the same challenging 44-mile course, or an easier 6-Leg Special option, great food and beer at the post race party, costumes and of course, the boat crossing. This year will be special - Brooks Williams, an ultra runner with CF will be doing his first Brew to Brew and has a good chance of coming in first.

Brew to Brew is such a special run that it always fills up fast. So pull your team together and sign up today! Don't want to run?

Volunteers are needed all along the route. You can get information on CF, the KC Track Club, our sponsors and sign up on line or print an entry form at www.brewtobrew.com or call 816-228-3842.

Run ultras with cystic fibrosis



BROOKS WILLIAMS, 28, was born with CF, which causes mucus to build up in his lungs. He found that running improved his condition. The Colorado Springs project engineer has done 11 marathons and 15 ultras, including the Leadville 100-miler in August. —G.K.

"My body doesn't process or absorb sodium properly, so I have to take six to 10 salt pills each hour during a race. I cough heavily while running, but it's better than not running."



Help us spread the word about this great fitness activity!