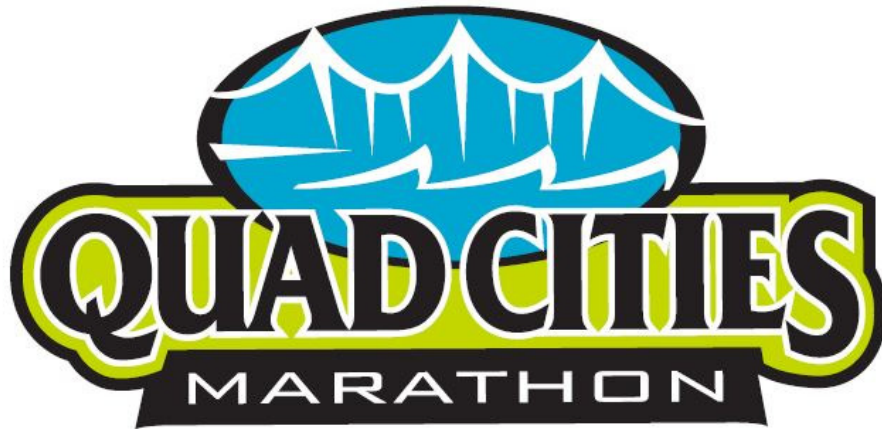


EVERYTHING YOU NEED TO KNOW

ABOUT THE 2016



Presented by Triumph Community Bank

**IMPORTANT INFORMATION ABOUT
THE MARATHON
PLEASE READ CAREFULLY**

STARTING TIMES: Marathon, ½ Marathon, 5 Person Relay and 5K all start at 7:30 a.m. Sunday, September 25th.

- All events start/finish and/or take place on John Deere Commons, 1400 River Drive (downtown), Moline, Illinois.

Saturday, September 24th

- 1-Mile Walk for the Cause 11:00 a.m,
- Kid's Micro-Marathon (¼ Mile, ½ Mile & 1 Mile) starts at 1:30 p.m., outside the iWireless Center and the Radisson, River Drive Moline, IL. Registration available until 15 Minutes prior to race times.

RACE DAY PACKET PICK-UP FOR THE MARATHON, ½ MARATHON, RELAY AND 5K RACES: There is NO race day registration or packet pick-up. Packets may be picked up on race day for extreme circumstances at the Gear Check area at Centre Station-just below the clock tower. Arrangements MUST be made in advance (see website).

RACE DAY PARKING: Free parking will be available at the iWireless Center parking lot. This lot can accommodate all the race participants, volunteers and spectators for the Start/Finish area.

YOUR RACE BIB NUMBER: Please leave your bib number whole, clean, and neat. All participants must wear their bib number on the front of their shirt or shorts. You will not be able to compete or complete the event without your correct race number. Marathon photographers will be taking pictures of participants during the race and at the finish line. It is very important that bib numbers are visible and identifiable. Please DO NOT detach the bottom tear-away portion. This contains the "Gear Check", "Free Beer & Food Tickets", necessary for these to be offered.

EMERGENCY INFORMATION: Please fill out the back of your bib number to notify us of any information you feel would be helpful in case of an emergency (allergies, past medical history, medications, person to contact, etc.). If necessary, Medical Alert Tags should be worn. Medical Assistance will be available between miles 6/7 and miles 8/9 in Davenport, between miles 12/13 in Rock Island, between miles 18/19 on Arsenal Island, mile 24 in Moline and at the finish line. Please remember that the nearest medical help might be behind you. Your safety is our greatest concern!

MARATHON RULES: This is a USATF certified course. Baby strollers, bicycles, in-line skates, or dogs are not allowed in the Marathon. Due to the use of the Interstate 74 Bridge, only race participants are allowed. Although we have excellent traffic control, it is still possible for an errant car to enter the course. We will not disqualify you for wearing a head set, but it is safer for you and all competitors if you do not. Please run the course as marked and directed. We have several videotaped checkpoints along the course. If you are not visible and your number is not readable at each of these points, you may be disqualified. Unregistered participants will be removed from the course and absolutely not allowed on Arsenal Island. Bicyclist will NOT be allowed on the course (only certified event staff bicyclists will be allowed).

½ MARATHON: The USATF Certified course starts at 7:30 a.m. simultaneously with the Marathon, Relays, and 5K. Same course as marathon for approximately 8.5 miles then separates and finishes at Marathon finish line.

THE START OF THE MARATHON, ½ MARATHON, RELAY & 5K EVENTS: Start is promptly at 7:30 a.m. Listen carefully for announcements and weather updates at the John Deere Commons area of downtown Moline. Water and portable toilets will be

provided at the starting area. Race participants should be at the starting line no later than 7:15 a.m. The start is a four-lane street. A center median starts about ¼ of a mile into the run. The 5K, the Marathon, ½ Marathon and the 5 person Relay all start together. The 5K participants should line up and stay to the left side (the river side). Marathon, ½ Marathon and Marathon Relay participants will turn right at ¾ of a mile and run onto the ramp of the I-74 Bridge. The 5K runners will go straight and do a hairpin turn at the halfway point.

CROSSING THE I-74 BRIDGE: All participants must have their race number visible at the turn onto the on-ramp to the I-74 Bridge. No one will be allowed on the bridge without a bib number! Remember wheels (of any type), animals, or headsets will not be allowed on the bridge. The one lane of the bridge will be coned for the participants. Please stay in the lane reserved for runners because automobiles/traffic will be moving in the other lane. Please be careful and cautious.

WATER AND FLUID REPLACEMENT: Approximately 15 Water stations and approximately 6 Gatorade Energy drink stations (with Gatorade Endurance Formula), as well as 4 Boom! Energy Gel Stations will be located throughout the course.

MEDICAL ASSISTANCE: Medical Stations will be located throughout the course to provide assistance. Locations include:

- Between Mile 6 & 7 Davenport
- Between Mile 8 & 9 in Davenport
- Between Mile 12 & 13 in Rock Island
- Between Mile 18 & 19 on the Rock Island Arsenal
- At Mile 24 in Moline
- At The Finish Line

Please remember that the nearest medical help might be behind you. Your safety is our greatest concern! If anyone is unable to complete the race due to medical reasons, or you are transferred to a local hospital, the information will be forwarded

to the Finish Line Aid Station. Your family or friends will be notified as soon as possible. Please be aware that medical staff may pull any runner from the race if they believe the participant is unfit to continue. Please fill out the medical information on the back of the bib.

PORTABLE TOILETS: Portable toilets will be available along the course and at each relay exchange — as well as start/finish.

UNABLE TO COMPLETE THE MARATHON: There is no shame in dropping out of the race. Sometimes, it is just not your day! If you need to drop out of the race, please report to a volunteer on the course.

This volunteer will contact the sweep van. These vans will periodically return to the finish area or simply go to the nearest relay transition area for a ride back on the shuttle bus. Once in the van/bus, your race is over. You may not re-enter the course or cross the finish line.

MARATHON 7 HOUR ALLOTTED TIME: The race course will be open for seven hours. At 2:30 p.m. anyone who is still on the marathon course will be asked to use existing sidewalks, and must obey pedestrian traffic rules.

IMPORTANT REMINDER: There is no guarantee of traffic control, fluid stations, official finish time, a finish medal, or post-race refreshments if you run over a 16 minute per mile pace. A ‘Sag Wagon’ vehicle will be on course following the last participants. A minimum 16 minute per mile pace must be maintained. NOTE: There will be a “pace checkpoint” at Gillespie Street near Rodman Avenue (apx Mile 15). This is near the half and full marathon split area. You must reach this checkpoint by 11:30 a.m. in order to continue the full marathon at a minimum of a 16 minute mile pace.

HALF MARATHON ALLOTTED TIME: Half marathoners must be on Rock Island Arsenal before the 10:30 a.m. bridge closing.

After that, participants will be diverted to the Illinois side bike path and directed to the finish.

FINISH LINE (MYLAPS SPORTS

TIMING): Every participant (except kid's micro-marathon and 1 Mile Walk participants) will be issued a disposable computer chipped bib.

NO CHIP – NO TIME: This event will be timed using MyLaps Sports Timing. You **MUST** wear your computer chipped bib number or you will **NOT** be timed. Timing and scoring is determined using the chip, therefore you **MUST** cross the mat at all points in order to be eligible for a finishing time.

Tracking your Runner: Friends and family can track your progress by signing up here: <http://tracking.endresultcompany.com/2016/qcm/index.php>

COURSE TOUR: (*Drivers License or government issued photo ID required for entrance on Arsenal Island*) Free bus tour of the marathon course will be held on Saturday, September 24th at 11:30 a.m. The bus departs from the iWireless parking lot (1201 River Drive, Moline) and there will be a tour guide to answer any questions regarding the course. This scenic USATF marathon course takes you across four bridges and along the mighty Mississippi. This course is a Boston Marathon qualifier. We hope you enjoy the scenic and fast course. A virtual course tour will be on display at the Active Endeavor's Expo all day on Saturday.

NOTE: There is only one bus, so seating is limited and is on a first come, first served basis.

GEAR CHECK/LOST & FOUND: You can temporarily store your warm-ups, personals, keys, etc. here. No valuables please. Not responsible for lost or stolen items. Gear check will be located outside the Centre Station Lobby below the clock tower (or inside in inclement weather). Look for signs upon entering the

facility. The gear check will be open on race day from 6:00 a.m.- 1:00 p.m. After 1:00 p.m. the remaining items will be moved to the INFORMATION TENT next to the finish line until event concludes along with the lost & found items. Please pick your items up as soon as you finish your event.

FIVE (5) PERSON MARATHON RELAY: TEAM CAPTAINS of your relay or designated person may pick up your team's packet, which will include your bib numbers, relay bibs, slap bracelet, pins and T-shirts.

- **Bib Numbers** will be worn in the front. The bib reading "RELAY" should be worn on the back of every relay member. *This will be enforced.

- **Chip/Slap Bracelet** – All teams will be given 5 bib numbers and a slap bracelet. Of the five bibs, one computer chip will be affixed to the back. The first person will start the race with the slap bracelet on their wrist. Relay participants will hand off the slap bracelet — this is your baton. The last person will be responsible for wearing the computer chipped bib and will cross the finish line with it and the slap bracelet on his/her wrist.

- **Exchange areas** are well marked. Please look for your exchange areas when approaching the transition locations. Please try to be courteous to faster participants. It is often advisable for teams to wear bright matching shirts, hats, shorts, etc. (If you plan to exchange clothes, have that prearranged with your team members). We are not responsible for lost or stolen items. Each relay exchange area will include refreshments, port-a-potties, and entertainment for your enjoyment.

- **Bus Transportation** to the exchange locations will be staged at Centre Station. (Centre Station is located across from the iWireless Center i.e. Start/Finish). The MetroLINK Buses will be identified by exchange locations. Your bib number is your bus ticket.

- **Transportation Schedules:** will be handed out with your relay packets.

• **Finish as a team** Relay regroup area about one block before the finish line for those relayers wishing to finish together as a team across the finish line.

BUS TRANSPORTATION

Relay Legs (Approximates)

- 1st Leg — 6.6 miles, start line to Lindsay Yacht Club, near Village of East Davenport
- 2nd Leg — 5.6 miles, Lindsay Yacht Club to District of Rock Island. (at mile 6.6)
- 3rd Leg — 6.5 miles, District of Rock Island to Memorial Park on R.I. Arsenal Island. (at mile 12.2)
- 4th Leg — 3.3 miles, R.I. Arsenal Island to 3700 Block of River Drive, Moline (George Evans Corp.). (at mile 18.7)
- 5th Leg — 4.2 miles, River Drive, Moline to Finish Line. (at mile 22).

“1 MILE NON-COMPETITIVE WALK”– WALK FOR THE CAUSE

This event starts at 11:00 a.m. on Saturday, September 24th. Please be at the starting line no later than 10:45 a.m. This is a non-competitive, walking event. There will be volunteers assisting at those specific turnaround points. Strollers, baby joggers and wheelchairs ARE allowed for this event.

PALMER CHIROPRACTIC 5K RACE

The USATF Certified 5K is an out and back scenic course along Moline’s River Drive. The 5K, Marathon, ½ Marathon, and Relay all start and finish on John Deere Commons. This event is ideal for runners and walkers of all ages and abilities. All 5K runners are asked to gather on the left side (river side) of the start area that allows easier access to your racecourse. Walkers, strollers, and wheelchairs will be allowed in the 5K. However, we ask that

you form to the rear of the starting line (for safety reasons).

THE ACTIVE ENDEAVORS HEALTH AND FITNESS EXPO:

The Expo will be held in conjunction with packet pick-up.

- Saturday, September 24th
- 10:00 a.m. through 6:00 p.m.
- iWireless Center
- 1201 River Drive, Moline, IL

The Expo will feature many exhibits offering the latest in running gear, shoes, sports and fitness, and nutrition. The Quad Cities Marathon Store will have commemorative shirts, hats, gear, and accessories for sale. Admission is free. The Expo is open to the public.

RACE INFO SESSION:

The Quad Cities Marathon Race Information Session will be held in conjunction with the Active Endeavors and Fitness Expo.

- Saturday, September 24, 2016 @ 3:30 p.m.
- iWireless Center, 1201 River Drive, Moline, IL
- Seating is very limited so come EARLY!!
- Course overview, general information, Q & A, will be discussed

MEDALS FOR FINISHERS: All finishers in every event will receive a finisher’s medal. There will be a distinction between the medals/ribbons for each event.

POST RACE PARTY: There will be free refreshments available for all participants after each race. All participants will need to have their race number to enter the party area. Musical entertainment will be provided. Only those participants 21 years of age or older will be eligible for beer. No under-age consumption will be allowed. Be prepared to provide proper ID.

AWARDS CEREMONY FOR ALL

RUNNING EVENTS: Awards ceremony will take place at the post race party stage.

- 8:30 a.m. 5K awards
- 9:30 a.m. Half Marathon awards
- 11:30 a.m. Full Marathon awards
- 12:30 p.m 5-Person Relay awards

Awards to the top three male and female overall and divisional winners. Overall winners are not eligible for age division awards. Prize money will be awarded to both male and female top five Marathon finishers. The top three Marathon finishers in age divisions will be awarded trophies. Prize money winners are not eligible for age division awards. Prize money will be awarded to both male and female Top Three Master winners.

Please Note: Master winners are eligible for open division awards. Marathon Relay awards for the top three teams in each division will receive plaques for each team member. Prize money will be awarded in The Half Marathon to the top three male and female finishers. For prize money amounts please visit our website.

RACE DAY WEATHER IN PAST FIVE YEARS: On race day over the past five years, average temperature (deg F) at 7:30 a.m. is 52°F and noon is 76°F:

NEWSPAPER, RADIO, TV COVERAGE

• **NEWSPAPER:** The Dispatch/Argus, the official newspaper of the Quad Cities Marathon, will publish special Marathon articles and updates prior to the race. Articles, photos and race day results will be published Monday, September 28th.

ENTERTAINMENT ON THE COURSE:

The entertainment on race day will be the “Party In Motion” which will be comprised of many bands and entertainers along the 26.2 mile course. This awesome entertainment experience not only will boost the spirits of the racers on the course that will accommodate over 5,500 runners and volunteers but will also provide entertainment for the thousands of spectators.

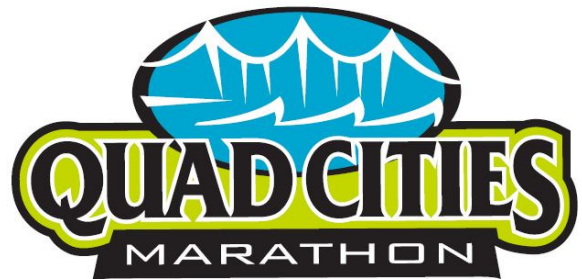
SHOWERS: Showers will be available at the YMCA Boat House by the river on 18th Street (next to Stoney Creek Inn). This is 1½ blocks east of the start/finish line. BYOT (Bring Your Own Towel) 9:30 am- 1:30 pm.

INTERSTATE ROAD WARRIORS: We are proud to recognize the runners who have participated in all 18 Quad Cities Marathons. We are delighted to see that each of them are signed up to run this years Quad Cities Marathon:

Kevin Carrigan	Paul Parry
Clara Decoster	Lisa Vaughn
Cindy DeWulf	Kevin Dumser
Denise Eberhardt	Terry Erickson
Steve Hammann	Scott Harvey
Scott Hoag	Michelle Juehring
Dean Mathias	Rick McGrath
Steve Monk	Jamie Thomas
Joel Thomas	John Roets
Mike Oliver	Jeff Snicker
Theresa Peschang	David Peters

PUMP-N-RUN

Back Again! Offered as an “Optional” division for the 5K, Half and Marathon events. On Saturday at the Expo, athletes will bench and curl a percentage of their body weight based upon age and gender and earn a reduction in their run-time for each bench and curl (combined) repetitions. Then on Sunday morning at the races, your run time will be reduced for every rep you accomplished on Saturday. You’ll still be eligible for the standard run awards in your registered race as well as the Body Dynamics Pump-N-Run awards!



MANY, MANY THANKS TO OUR 2016 SPONSORS & SUPPORTERS

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Rock Valley Physical Therapy
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WQAD News 8
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OUR CHARITIES

Erika Kate Hope Alliance
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OUR CHARITY BIB PROGRAM

Boys & Girls Club
Children's Therapy Center
Epilepsy Foundation
Hand in Hand
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Vera French Foundation

**THANK YOU TO ALL PARTICIPANTS AND VOLUNTEERS
IN MAKING THE 2016 QUAD CITIES MARATHON A GREAT SUCCESS!**

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HALF MARATHON SPONSOR: Mel Foster Co.

5K SPONSOR: Palmer College of Chiropractic

RELAY SPONSOR: Rock Valley Physical Therapy

KIDS MICRO MARATHON SPONSOR: Happy Joe's

ONE MILE WALK SPONSOR: WQAD TV8

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PUMP-N-RUN SPONSOR: Body Dynamics

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OFFICIAL RUNNING STORE: Running Wild

OFFICIAL CHOCOLATE MILK SPONSOR: Prairie Farms

OFFICIAL COFFEE SPONSOR: Dunkin' Donuts

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