

# EVERYTHING YOU NEED TO KNOW

ABOUT THE 2019





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

**STARTING TIMES:**

**Sunday, September 22<sup>nd</sup>:**

Marathon, ½ Marathon, 5 Person Relay start at 7:00 a.m.; 5k starts at 7:15 a.m.

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

**Saturday, September 21<sup>st</sup>**

- Fleet Feet Shake-Out Run 8:00 a.m.
- Rudy's 1-Mile Run & Walk for the Cause 10:00 a.m.
- Kid's Micro-Marathon (¼ Mile, ½ Mile & 1 Mile) starts at 12:00 p.m., outside the TaxSlayer 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 TaxSlayer 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.

**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. Your safety is our greatest concern!

**MARATHON RULES:** This is a USATF certified course. Baby strollers, bicycles, in-line skates, and 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 7:00 a.m. simultaneously with the Marathon and Relays; 7:15 a.m. 5K starting time. 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 7:00 & 7:15 a.m.,

respectively. 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 6:45 a.m. The start is a four-lane street. A center median starts about ¼ of a mile into the run. The 5K starts at 7:15 a.m., while the Marathon, ½ Marathon and the 5 person Relay all start together at 7:00 a.m. 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 off-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 GU! 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 2:00 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 East Street near Rodman Avenue (apx Mile 15). This is near the half and full marathon split area. You must reach this checkpoint by 11:00 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 9:30 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 Happy Joe’s Kids micro-marathon) 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 downloading the QCM app. See website for details. Search for the app on the app store or Google Play under TBK Quad Cities Marathon. Our free app allows you to track your runner(s) in the Marathon, 1/2 Marathon, and Relay. This app allows you to view real-time tracking via a mile-by-mile course map complete with scenic locations, water stations, and medical zones. Go to the race website at [qcmarathon.org](http://qcmarathon.org) for more information.

**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 21st at 11:30 a.m. The bus departs from the TaxSlayer 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. A gear check tag will be included on your race bib. Please use this tag as an identifier for your gear check. The number on the tag matches the number on your bib. 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 5:30 a.m.- 12:30 p.m. After 12:30 p.m. the remaining items will be moved to the INFORMATION TENT next to the start/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, chip container, 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.

• **Relay Chip Timing** – All relay teams will be given 5 bib numbers. Of the 5 bibs, one chip container will be affixed to the front of the bib. The first person will start the race with the chip container attached to his/her bib- "this is your baton". Each member will have velcro on his/her bib- allowing each member to reattach the chip container to his/her own bib. The last person on each team will be responsible for wearing or carrying the chip container across the finish line. Download the app to track your teammates along the course.

• **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 'O'Jonny portable toilets and entertainment for your enjoyment.

• **Bus Transportation** to the exchange locations will be staged at Centre Station. (Centre Station is located across from the TaxSlayer Center i.e. start/finish). The MetroLINK buses will be identified by exchange locations. Your bib number is your bus ticket.

• **Transportation Schedules:** Bus schedules are posted on our website under Relay

• **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).**

**FLEET FEET SHAKE OUT RUN:** Join us for a casual Shake Out Run on Saturday, September 21st at 8:00 a.m. This event is sponsored by Fleet Feet Sports. We'll have a fun, casual run with the pros to help us prepare for marathon day. This event is open to the public. Light refreshments will be served after the run.

### **RUDY'S TIMED 1 MILE RUN & WALK FOR THE CAUSE**

This event starts at 10:00 a.m. on Saturday, September 21st. Please be at the starting line no later than 9:45 a.m. There will be volunteers assisting at those specific turnaround points. This one mile timed event will end with a post-race party including Rudy's Tacos, Brudy's beer, and a live band for the adult participants. A valid ID is required.

### **PALMER CHIROPRACTIC 5K RACE**

**7:00 a.m.** The USATF Certified 5K is an out and back scenic course along Moline's River Drive. The 5K starts and finishes 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 21st
- 9:00 a.m. through 5:00 p.m.
- TaxSlayer 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 TBK Quad Cities Marathon store will have commemorative shirts, hats, gear, and accessories for sale. Admission is free. The Expo is open to the public.

**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. 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:** All trophies will be available for immediate pick up at the following times. The overall awards ceremony will take place at the post race party stage at the following times; divisional awards by Johnny's. **LOOK FOR THE AWARDS FEATHER FLAG:**

- 9:00 a.m. 5K awards

- 10:30 a.m. Half Marathon awards
  - 11:00 a.m. Full Marathon awards
  - 11:30 a.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, the average temperature (deg F) at 7:00 a.m. is 59°F and at noon is 78°F:

**THE CHARITY BIB PROGRAM** was created to raise funds for local non-profit organizations who may have not previously benefited from our event. The core principle of the program is to raise money for a specific charity, and in return, receive a free race bib for one of the five TBK Quad Cities Marathon race events.

### **NEWSPAPER, RADIO, TV COVERAGE**

• **NEWSPAPER:** The Dispatch/Argus will publish special marathon articles and updates prior to the race. Articles and photos of race day will be published Monday, September 23rd.

### **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 every marathon since the start. We are delighted to see that each of them are signed up to run this year’s TBK Quad Cities Marathon:

Kevin Carrigan	Mike Oliver
Clara Decoster	Paul Parry
Cindy DeWulf	Theresa Peschang
Denise Eberhardt	David Peters
Steve Hammann	John Roets
Michelle Juehring	Joel Thomas
Rick McGrath	Jamie Thomas
Steve Monk	Lisa Vaughn

### **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 Pump-n-Run awards!

### **ALEXA SKILLS**

\*New this year! Our awesome sponsor, Aquent IT Solutions has created an Alexa Skills. The TBK Quad Cities Marathon Skills will answer all your questions about signing up, race day, and what to expect!

#### How Alexa Works:

Alexa is a cloud-based voice service from Amazon. Alexa is the brain behind Amazon Echo and other Alexa-enabled devices. Using Alexa is as simple as asking a question—just ask, and Alexa will respond instantly. Ask Alexa questions about the TBK Quad Cities Marathon such as "How long until the race?" and "What will the weather be like?" Head to the Amazon app store and simply say “Alexa. Enable the Quad Cities Marathon Skills app” to download the TBK Quad Cities Marathon Skills today!



# MANY, MANY THANKS TO OUR 2019 SPONSORS & SUPPORTERS

## PRESENTING SPONSOR:



## THE CITIES OF:

Moline  
Bettendorf  
Davenport  
Rock Island  
and the Rock Island Arsenal

## OUR OTHER KIND SPONSORS:

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Build To Suit  
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Fleet Feet Davenport  
Frontline Spine and Sport  
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Radisson on the John Deere Commons  
Rhythm City Casino  
Rock Valley Physical Therapy  
Rudy's Tacos  
Running Wild  
Shive-Hattery  
Stoney Creek Inn  
Sunbelt Rentals  
Under Armor  
UnityPoint Health – Trinity

Visit Quad Cities  
Western Illinois University  
WQAD News 8  
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## OUR CHARITIES

Us Too Prostate Cancer  
Shoes for Quad Cities Kids

## FRIENDS OF THE MARATHON

50 State Half Marathon Club  
Biaggi's  
Dubuque Running Club  
The River House  
Texas Roadhouse  
Genesis Firecracker Run  
Clinton Half Marathon  
Cornbelt Running Club  
Corridor Running Club  
Ganzo's 5K  
QC Triathlon  
Trinity Freedom Run  
The Micro Brew Mile  
Road Runners Club of America (RRCA) Championship Event  
Springfield Road Runners Club  
Starved Rock Runners

**THANK YOU TO ALL PARTICIPANTS AND VOLUNTEERS  
IN MAKING THE 2019 QUAD CITIES MARATHON A GREAT SUCCESS!**



# **MANY, MANY THANKS TO OUR 2019 SPONSORS & SUPPORTERS**

## **RACE EVENT SPONSORS**

**MARATHON SPONSOR:** TBK Bank

**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:** Rudy's Tacos

**PACE TEAM SPONSOR:** Quad City Safety, Inc.

**TIMING SPONSOR:** Necker's Jewelers

**MEDICAL SPONSOR:** UnityPoint Health - Trinity

**HEALTH & FITNESS EXPO SPONSOR:** Active Endeavors

**PUMP-N-RUN SPONSOR:** Build to Suit

**MARATHON TRAINING SPONSOR:** Frontline Spine & Sport

**POST RACE PARTY SPONSOR:** Illinois Farm Bureau

**OFFICIAL RUNNING STORE:** Running Wild

**OFFICIAL CHOCOLATE MILK SPONSOR:** Prairie Farms

**OFFICIAL COFFEE SPONSOR:** Dunkin' Donuts

**SHAKEOUT RUN SPONSOR:** Fleet Feet Sports

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