



Dear QCM Volunteer,

On behalf of the entire Quad Cities Marathon organization, thank you for volunteering your time and expertise for our event. As a volunteer, you play a vital role in the safety and enjoyment of thousands of participants and spectators. As you can imagine, the logistics involved are enormous. This manual is assembled in order to help you be a success in your role as a QCM volunteer and make your experience an enjoyable one.

Thanks again for the gift of your time and dedication in making the Quad Cities Marathon so special.

Sincerely,

Joe Moreno
Race Director



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Saturday Events

- [Quad Cities Marathon Health & Fitness Expo](#) - 9:00 A.M. - 6:00 P.M. - iWireless Center.
OPEN TO THE PUBLIC
- Race Registration for Happy Joe's Kids Races: 1/4, 1/2 or 1 Mile Fun Run
- Packet Pick-up
- Pump N Run 9:00 A.M. - 5:00 P.M
- Course Tour by MetroLink - 11:30 A.M. Due to construction, the tour will not cover Rock Island. It will more closely follow the Half Marathon course.
- [Walk for the Cause](#) 11:00 A.M
- Prostate Cancer Survivor Session - noon
- [Happy Joe's Kids' Micromarathon](#) - 1:30 P.M
- Runner's Clinics begin at 3:30 P.M
- [Noodles and Company Pasta Party](#) for runners & families - noon - 6:00 P.M - iWireless Center.
(Featured Guest Speakers Stephanie Freeman and Bart Yasso 5:00 P.M.)

Sunday Events

- The Quad Cities Marathon, Half Marathon, Marathon Relay, and 5K 7:30 A.M.
- APAC Post Race Party
- Awards Ceremonies: 5K/Half Marathon - Post Race Party Area at 9:30 A.M.
- Awards Ceremonies: Marathon/Marathon Relay - Post Race Party Area at 12:30 P.M.



Race Day Emergency Contacts

All of these people can assist with any concern problem or situation; however, they are listed in order of whom to contact first.

Race Director: Joe Moreno – 309- 912-1471

Medical Liaison: Trent Mull – 563- 940-8666

Asst. Race Director: Josh Sherrod - 309-236-9573

Asst. Race Director: Bruce Acton - 563-370-3820

Frequently Used Terms

Open Female Leader – lead female runner from the elite or professional field.

Open Male Leader - lead male runner from the elite or professional field.

SAG – the system used to sweep runners off the course who are unable to finish the race.

Sweep Vehicle – vehicle driven by a volunteer or police officer at a pace equal to the official course closing time.

Participant Bib colors

Marathon – White

1/2 Marathon – Blue

Marathon Relay – Red

5K – Green



Course Marshal Responsibilities

A Course Marshal's responsibility is to ensure the safety of runners and spectators. The duties aren't complex, but they are important. As a Course Marshal, you are the first line of defense to prevent motorists from entering the racecourse and injuring runners.

Before arriving at your designated meeting spot on marathon morning, please review information on when your intersection will be shut down and when the first marathon vehicles/runners are expected. You should arrive at your intersection at least 15 minutes before the first official vehicle enters your portion of the racecourse. It is important for you to wear your volunteer T-shirt which will identify you as a volunteer to runners and race officials.

Familiarize yourself with the area as well as the course crossing points on the course map. You must know at what mile of the course you are located and how far to the next aid station so you can quickly inform tired runners when they pass your location. Be sure you are sending runners in the proper direction. Encourage runners as they come through your intersection. Feel free to shout encouragement and cheer them on. They will appreciate these gestures even if they are unable to say so.

If you have a police officer at your intersection, the officer will be responsible for directing traffic. After the first official vehicles pass through your area, the only pedestrians on the course should be registered runners, medical personnel and police officers. The only bikes on the course should be the race officials accompanying lead runners. Unofficial vehicles should be directed to the nearest course crossing point.

Tell all unauthorized persons to leave the racecourse. Spectators should be told not to cut from one side of the racecourse to the other when runners are present. If the individual(s) refuse to get off of the racecourse, contact a nearby police officer for assistance.

Perform required clean-up duties after the last runner is through your area. Disassemble or move any barricades for pick-up and walk at least one block past your intersection towards the finish line to pick up litter in your assigned area of the racecourse.



Runner Protocol

The following behaviors may cause a runner to be disqualified:

- Accompaniment by an unregistered runner
- Accompaniment by children and/or strollers
- Cutting the Course
- Climbing fences
- Urinating in public

Numbered bibs must be worn properly

- Runners must wear numbered bibs on the front of their clothing
- Bib number must be visible at all times
- Runners must have their numbered bib at the finish line
- Security may escort runners without numbered bibs from the race

Volunteer spotters will ensure runners are following race guidelines

- Spotters will be placed strategically throughout the race to:
 - Photograph runners along the course to prove runner is being paced or assisted by an unauthorized (non-registered) runner
 - Photograph runners for proof of numbered bibs

As a volunteer, if you encounter any of the inappropriate behaviors listed above, you must order them to stop the behavior or get off of the course.



Emergency Medical Protocol

Recognizing a runner in trouble:

If a runner is weaving, running with poor posture, appears uncoordinated, or is carrying his/her arms in a waving fashion, offer medical assistance.

Assisting runners who stop or fall:

- If a runner stops or falls and then tries to continue, ask the runner:
 - ♣ What city are you in?
 - ♣ What is your name?
 - ♣ What was the last mile marker you passed?
- If the runner has trouble answering the questions, keep him/her stationary until medical help arrives if you are able.

Directing injured runners to the nearest Medical Aid Station.

- For any minor injuries, send runners to the nearest Medical Aid Station – remember, it may be behind you!
- If you identify a runner who doesn't want to leave the course and they are able to continue on: Take down their bib number and report to the Medical Liaison.

If a runner requires emergency assistance, take the following steps:

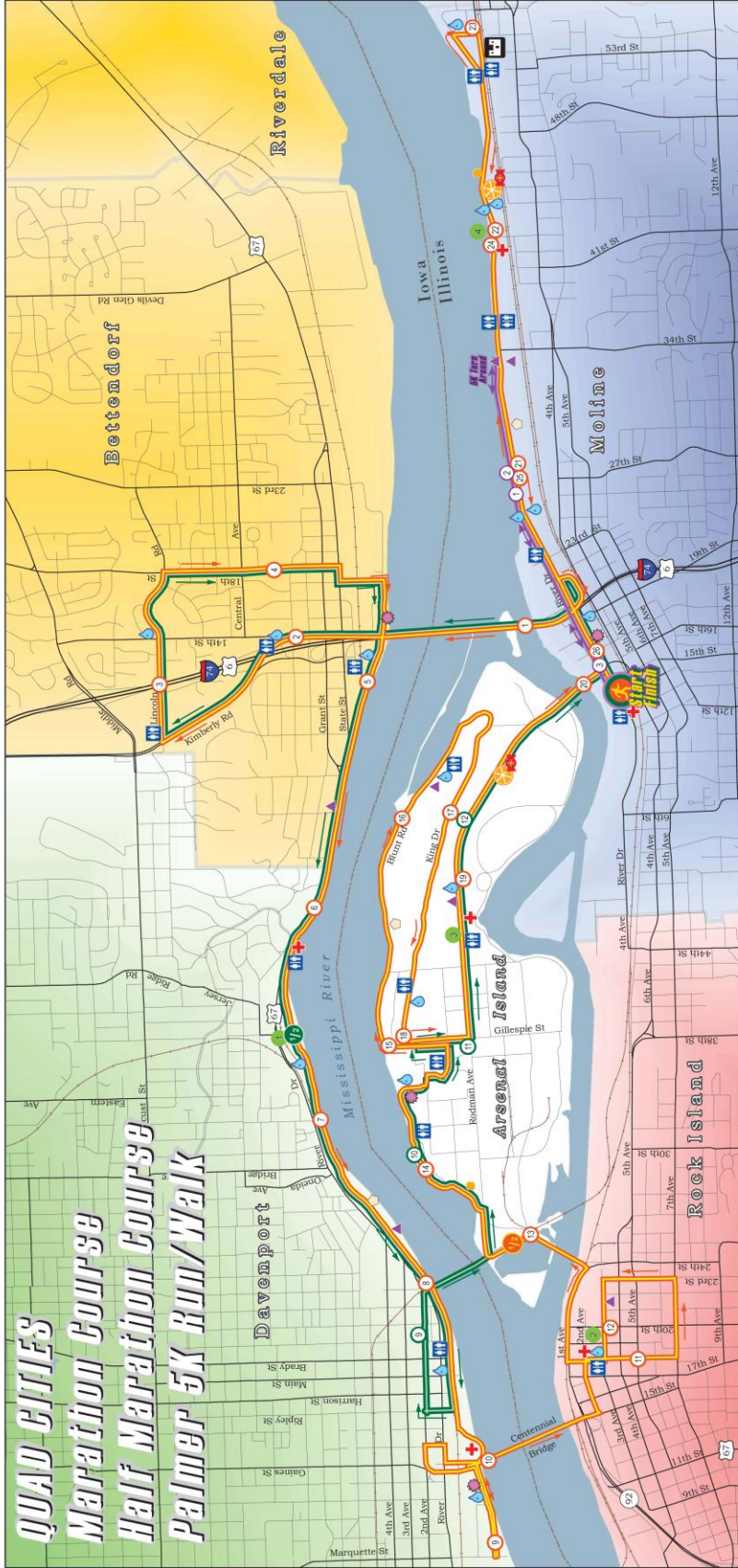
- If you are near a medical station call the medical volunteer over.
- If you are not near a medical station dial 911.
 - ♣ Notify the EMS, Police or other Emergency Service. Be sure to report your exact location including the city you are in.
- The first Course Marshal to notice the incident should contact a course medical volunteer.
- Second Course Marshall should stay at site and assist police in filing a report.

Collect witness information and report to supervisor. You should collect the names, addresses and phone numbers of witnesses. Provide any or all of the information above in full to the Race Director. If necessary, the Race Director or Executive Director will follow-up the incident with any appropriate actions such as contacting the insurance company.

- Volunteers: Give their contact information to the police.

**** Remember: Only the Race Director, Executive Director, or Medical Director are authorized to speak with the media.**

QUAD CITIES MARATHON



Legend

- All Courses**: start/finish icon
- Full Marathon**: Course (orange line), Halfway Point (orange circle with 1/2), Mile Markers (orange circles with 1-8)
- Half Marathon**: Course (green line), Halfway Point (green circle with 1/2), Mile Markers (green circles with 1-8)
- Palmer 5K**: Course (purple line), Mile Markers (purple circles with 1-5)

Amenities & Points

- Water (blue drop icon)
- Medical (red cross icon)
- Sport Drink (purple triangle icon)
- GU (orange star icon)
- Fruit & Candy (red apple icon)
- Sponge (yellow square icon)
- Vaseline (blue square icon)
- Portable Toilet (blue toilet icon)
- 5-Person Relay Point (green square icon)
- The Wall (black square icon)

Map prepared by:
 BI-State
 August 2014

Disclaimer: This map is for reference only. Data provided is derived from multiple sources with varying levels of accuracy. BI-State Regional Commission disclaims all responsibility for the accuracy or completeness of the data shown herein.

Scale:
 0 1 2 3 Kilometers
 0 0.5 1 1.5 2 Miles

QUAD CITIES
MARATHON

PRESENTED BY **TRIUMPH**
COMMUNITY BANK



Race Course Street Closures

City of Moline

- River Drive (all lanes) will be closed from 12th Street to 23rd Street from 6:30 am to 1:30 pm
- River Drive (1 lane) will be closed from 23rd Street to 55th Street from 6:30 am to 1:30 pm
- The I-74 off ramp to River Drive will be closed from 6:30 am to 9:00 am
- The I-74 on ramp at River Drive will be closed from 6:30 am to 9:00 am

I-74 Bridge

- 7:00 One lane of Northbound span will be closed from 7:00am to 8:30 am
- State Street Exit into downtown Bettendorf will be closed from 7:00 am to 8:30 am

City of Bettendorf

- One lane of State Street from 15th Street to 23rd Street will be closed from 7:00 am to 9:00 am
- One lane of 23rd Street from State to Grand Street will be closed from 7:00 am to 9:00 am
- One lane of Grant Street from 23rd Street to Davenport will be closed from 7:00 am to 9:00 am

City of Davenport

- One lane of River Drive from Bettendorf border to Mound Street from 7:00 am to 9:00 am
- Davenport bike path along the River from Mound Street to Gaines Street from 7:00-9:00 am
- Gaines Street (one lane) from Beiderbecke Drive to River Drive from 7:00 am-9:30 am
- One lane of River Drive from Gaines to Centennial west on ramp from 7:00 am to 9:00 am

Arsenal Bridge (Government Bridge) will be closed to barge traffic from 7:30 am to 11:00 am

- RIA vehicle traffic may exit into Davenport or Rock Island

Centennial Bridge

- The Southbound lane will be closed from 7:30 am to 9:30 am

City of Rock Island

- Both lanes of 16th Street from 1st Avenue to 4th Avenue from 7:00 to 10:00 am
- North lane of 4th Avenue closed from 16th Street to 18th Street from 7:00 am to 10:00 am
- One lane of 18th Street closed from 4th Avenue to 3rd Avenue from 7:00 am to 10:00 am
- Both lanes of 18th Street closed from 4th Avenue to 1st Avenue from 7:00 am to 10:00 am
- One lane of 1st Avenue from 18th Street to Arsenal viaduct from 7:00 am to 10:00 am

Rock Island Arsenal

- Traffic can enter RIA from Moline via Moline 14th Street or Davenport
- Traffic can exit from the Arsenal into Davenport and Rock Island

Residents and businesses: Please help out by not parking on the above streets



Runner Time Line Estimates

Mile #	City	Mile Location	First Runner	Last Runner
1	I-74 Bridge	1/4 Way Across S to N	7:35 AM	7:45 AM
2	Bettendorf	14th St. Past Ross's Restaurant	7:40 AM	8:00 AM
3	Bettendorf	Lincoln Rd./ I-74	7:45 AM	8:15 AM
4	Bettendorf	18th St., Bottom of Hill	7:50 AM	8:30 AM
5	Bettendorf	Bikepath / West of Leach Park	7:55 AM	8:45 AM
6	Davenport	Bikepath / East of Lindsay Yacht Club	8:00 AM	9:00 AM
7	Davenport	Bikepath / By Lake Davenport Yacht Club	8:05 AM	9:15 AM
8	Davenport	Bikepath / By #15 Roller Dam	8:10 AM	9:30 AM
9	Davenport	Bikepath / Before Marquette St.	8:15 AM	9:45 AM
10	Centennial Bridge	1/4 Way Across N to S	8:20 AM	10:00 AM
11	Rock Island	18th St. / By 4th Ave.	8:25 AM	10:15 AM
12	Rock Island	3rd Ave. / By 22nd St.	8:30 AM	10:30 AM
13	Rock Island Arsenal	Rock Island Ave. / Viaduct	8:35 AM	10:45 AM
14	Rock Island Arsenal	Davenport Dr. Col. Davenport House	8:40 AM	11:00 AM
15	Rock Island Arsenal	Blundt Road / East of East Ave.	8:45 AM	11:15 AM
16	Rock Island Arsenal	Blundt Road / Past Sports Complex	8:50 AM	11:30 AM
17	Rock Island Arsenal	King Drive / Near Child Development Ctr.	8:55 AM	11:45 AM
18	Rock Island Arsenal	Gillespie Ave. / North Ave.	9:00 AM	12:00 PM
19	Rock Island Arsenal	Rodman Ave. / East of Housing	9:05 AM	12:15 PM
20	Moline	River Dr. / Bass Street Chop House	9:10 AM	12:30 PM
21	Moline	River Dr. 2400 Block	9:15 AM	12:45 PM
22	Moline	River Dr. / 41st St.	9:20 AM	1:00 PM
23	Moline	55th St. Case IH	9:25 AM	1:15 PM
24	Moline	River Dr. 41st St.	9:30 AM	1:30 PM
25	Moline	River Dr. 2400 Block	9:35 AM	1:45 PM
26	Moline	River Dr. / 15th St.	9:40 AM	2:00 PM

