



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

STARTING TIMES:

Saturday, September 23rd:

- 7:30 am Yoga & Stretching
- 8:00 am Fleet Feet Shake-Out Run
- 10:00 am Rudy's 1-Mile Run & Walk for the Cause
- Noon - Kid's Micro-Marathon (1/4 Mile, 1/2 Mile & 1 Mile) starts outside the Vibrant Arena at the Mark and Wyndham Hotel, River Drive, Moline, IL. Registration available until 15 minutes prior to race times.

Sunday, September 24th:

Marathon, 1/2 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.

10k starts between 7:15 a.m. - 10:15 a.m. near the 20 mile mark of the Marathon (near Davenport Ave. & North Ave. on Rock Island Arsenal). Take MetroLink bus transportation to the 10k start from Centre Station.

RACE DAY PACKET PICK-UP FOR THE MARATHON, 1/2 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 Information Tent 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 Vibrant Arena at the Mark 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.

The Half Marathon participants will start with the Full Marathon participants, but then split to go across the new I-74 Bridge while the Full Marathon participants will continue on River Drive. The new Half Marathon course is flat, fast and very scenic.

THE START OF THE MARATHON, ½ MARATHON, RELAY, 10K & 5K EVENTS:

Start is promptly at 7:00 a.m. for the Marathon, Half Marathon & Relay. The 5K starts promptly at 7:15 a.m. The 10K starts at 7:15 a.m. but has a rolling start until 10:15 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 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 Marathon and the Marathon Relay participants will continue straight on River Drive, turning around at the Bend in East Moline, then heading back to the new I-74 Bridge. The Half Marathon participants will turn on River Dr. at about the ¾ mile marker and access the bike/pedestrian path that will take them under the I-74 bridge and then up on to the pedestrian path crossing the Mississippi River. The 5K runners will

go east through the WIU Campus, then back on River Drive.

WATER AND FLUID REPLACEMENT:

Approximately 13 Water stations and approximately 3 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:

- John Deere Commons (Moline)
- Traveling Gator (between Mile 1-6, Moline)
- 16th & State Street (coming off I-74 Bridge, Bettendorf)
- Village of East Davenport (Mile 4.5, Davenport)
- Modern Woodman Park (Mile 17, Davenport)
- Traveling Gator provided by the Davenport Fire Dept (between Mile 14-17, Centennial Bridge to Village of East Davenport)
- Foot of Centennial Bridge (Mile 18, Rock Island)
- Rock Island Arsenal Island (Mile 24)
- Finish Line

Please remember that the nearest medical help might be behind you. Your safety is our greatest concern! If a runner has a medical emergency – Call 911! The closest available medical unit will respond to your location. Please fill out the medical information on the back of your 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 mile marker 22.5 along Blunt Road on Arsenal Island. You must reach this checkpoint by 1:00 p.m. in order to continue the full marathon at a minimum of a 16 minute mile pace.

HALF MARATHON ALLOTTED TIME:

Half Marathoners must maintain a 16 minute mile pace or will be asked to run on the sidewalks, where available.

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 for more information.

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 perforated tear off 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, multisport strap, pins, T-shirts and swag.

• **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. The first person will start the race with the Multisport strap, which is your team's baton that is worn on your ankle. You must return the strap at the finish line or you will be invoiced.

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, 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 Vibrant Arena at the Mark 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 – 5.8 miles, Starting Line to Moline River Drive near Western IL University
- 2nd Leg – 4.2 miles, Moline River Drive across from WIU, over the I-74 bridge, to Pizza Ranch

- 3rd Leg – 5.7 miles, Lincoln Road, Bettendorf, near Pizza Ranch to Davenport riverfront
- 4th Leg – 5.0 miles, Lindsay Yacht Club, River Dr., Davenport riverfront to Arsenal Island
- 5th Leg – 5.5 miles, Arsenal Island by Old Country Club to Finish Line
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FLEET FEET SHAKE OUT RUN: Join us for a casual Shake Out Run on Saturday at 8:00 a.m. This event is sponsored by Fleet Feet Davenport. 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. 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.

PALMER CHIROPRACTIC 5K RACE

7:15 a.m. The USATF Certified 5K is an out and back scenic course along Moline's River Drive. The 5K has a gun start with a chip finish and finishes on John Deere Commons. This event is ideal for runners and walkers of all ages and abilities. 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).

XPAC 10K RACE 7:15 a.m. - 10:15 a.m.

The XPAC 10K, new in 2023, is a point to point race starting on Arsenal Island near the 20-mile marker of the marathon. Follow the final 6.2 miles of the marathon route through the historic island and finish in downtown Moline. Participants will take the shuttle bus

from Centre Station to the start line. Not a morning person? Miss your bus? That's fine. You're welcome to start the XPAC 10K at any time you choose before 10:15 AM, and your time will be recorded from when you start to when you finish!

THE ACTIVE ENDEAVORS HEALTH AND FITNESS EXPO:

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

- Saturday
- 9:00 a.m. through 5:00 p.m.
- Vibrant Arena at the Mark
- 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 awards tent (LOOK FOR THE AWARDS FEATHER FLAG). The overall awards ceremony will take place at the post race party stage at the following times; divisional awards by Johnny's.

- 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.

10K Awards: Awards will go to the top 10 overall male & female finishers and the top 5 overall masters male & female finishers (regardless of start time).

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 low temperature (deg F) at 7:00 a.m. was 50°F and average high temperature at noon was 71°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.

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 located at 1701 1st Ave, Moline (next to Stoney Creek Inn). This is 1½ blocks east of the start/finish line. BYOT (Bring Your Own Towel) 10:30 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 years' TBK Quad Cities Marathon:

Kevin Carrigan	Teresa Peschang
Cindy DeWulf	David Peters
Denise Eberhardt	John Roets
Steve Hammann	Joel Thomas
Mike Oliver	Jamie Thomas
Paul Parry	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!

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!

