



## RACE DAY INSTRUCTIONS

\*\*\* MORE INFORMATION IS AVAILABLE AT [ffstl.com/QQ](http://ffstl.com/QQ) \*\*\*

### DATE

Sunday, March 4<sup>th</sup>, 2018

### START TIMES

In order to reduce trail congestion, racers will start in waves of 25, with each wave separated by three minutes. Racers were placed in waves based on their estimated road half marathon paces, with the fastest runners in the earliest waves. (Do NOT expect to match your road time for 13.1 miles at QQ!) The first wave will start at 9am and the last wave will start just before 10am. Your start time can be found on the Quivering Quads web page: [ffstl.com/QQ](http://ffstl.com/QQ). The participant label on your race number also includes your start time. Please wear your race number visible on the front of your torso so we can make sure everyone starts at the correct time and can be identified in the photographs.

### DIRECTIONS, PARKING & SHUTTLING

- **CARPOOL:** Parking will be extremely tight on race morning. Please carpool, if possible.
- **DRIVE TIMES:** Plan to arrive at the parking area within Cuivre River State Park at least 50 minutes before your start time – and not before 7:15am. If you are coming from the St. Louis area, it will take 55 minutes to reach the parking area from the I-70 river crossing and 50 minutes from the I-64 river crossing. You will be about 35 minutes away when you reach the I-70/Hwy. 61 intersection in Wentzville and 15 minutes away when you reach the park entrance.
- **DIRECTIONS:** You must enter the park through the main entrance. When you reach Troy on Hwy. 61, exit east on Hwy. 47. Drive 3.1 miles and turn left into the park on Route 147. Yield to oncoming traffic when crossing the one-lane bridge. 2.1 miles from Route 147, you will reach the [Visitor's Center](#) and be directed to turn right on Lincoln Hill Rd. Once you reach the stop sign at the top of Lincoln Hill, you will be directed to take a right and drive towards the parking area in Camp Cuivre. Follow the directions of the volunteers to the first open spaces and park your vehicle as efficiently as possible.
  - [Click here](#) for directions to participant parking. (Online directions may take you a non-preferred way to this location.)
- **SHUTTLES:** Participants are required to use the shuttle service, which will take you to the race start/finish area, please allow for 15-20 mins for the shuttle ride from the parking lot to race headquarters. The vans will be marked with Fleet Feet Sports and their hazard lights will be on. Shuttles will begin at 7:15am and continue until the last finisher has been returned to their vehicle.
- **RESTROOMS:** There will be a couple portable toilets available in the parking area, and more available at the start/finish area.

### START/FINISH AREA

Portable toilets will be available at the start/finish area. Water will be available at the start and a selection of food and drink, including grilled cheese and beer, will be available at the finish. Personal

supplies can be left in a designated location at the start/finish area. All bags and coolers should be marked with your name and race number. A limited number of changing tents will be available after the race.

### **COURSE MARKINGS**

The course will be clearly marked with **blue and white striped flagging**, directional signage and notifications. The flagging and directional signage will keep you on course. The notification signage will keep you safe. Please take note of the signs warning of the road crossings, dangerous drop-off, and sections of two-way traffic.

### **AID STATIONS**

Aid stations providing water, sports drink and first aid kits will be located at approximately the following mile locations: 4.0, 6.4, 7.5, 10.1, 11.1 and 12.5. Pretzels will be available at the final four aid stations. The 6.4, 10.1, and 11.1 aid stations will have portable toilets nearby.

### **COURSE ETIQUETTE**

(1) Immediately before passing another athlete, clearly announce "On your left!" or "On your right!" and then make the pass on that side. (2) If you must listen to music while competing, we require you to only wear one earbud and keep the volume low. During this race, you WILL need to hear what other racers and volunteers are saying to keep everyone safe. (3) We must leave the trail cleaner than we found it. Please help by carrying any trash you find to the next aid station.

### **MEDICAL SUPPORT**

The Lincoln County Ambulance Service will have a crew at the start/finish area. A first aid kit and cell phones will be available at all aid stations. In case of emergency, locate a cell phone as quickly as possible and call 911. In case of a minor injury, make your way to the closest aid station and ask them to call for a shuttle. If requested, we will gladly refund the entry fee for any participant who stops or delays their race to assist an injured athlete.

### **CUTOFF TIME**

The course will remain open until 3pm, approximately five hours after the start of the last wave. If you reach an aid station behind the pace necessary to finish before 3pm (approximately 23:00/mile if you start in the final wave), you will be driven back to the start/finish area.

### **SPECTATORS**

QQ is a great race – but not an ideal spectator event. You will be visible to spectators at the start, 1 mile mark, 12.1 mile mark, and the finish. There are no other safe viewing locations along the course. Your friends and family, however, are invited to join us at the start/finish location. Please suggest they dress warm and bring a folding chair. Spectators are required to park in participant parking and take the shuttles.

### **AWARDS, RESULTS & PHOTOS**

Medals will be awarded to all finishers. Awards will be awarded to the top three overall finishers and the top three in ten-year age groups. Award winners who do not pick up on race day will receive an email explaining how they can get pick up their award after the event. Results and photos will be accessible from [fstl.com/QQ](http://fstl.com/QQ).

**GOOD LUCK RUNNERS! OWN THE TRAILS & ENJOY THE RACE!**

