



RACE DAY INSTRUCTIONS

*** MORE INFORMATION AND INTERACTIVE MAPS ARE AVAILABLE AT tinyurl.com/QQtrailhalf***

DATE

Sunday, March 6th, 2016.

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 around 10am. Your start time can be found on the Quivering Quads web page: tinyurl.com/QQtrailhalf. The participant label on your race number also includes your start time. This year, QQ race morning is NOT the first morning after the clocks "spring forward" one hour. Please wear your race number visibly 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

CARPPOOL: 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 45 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 farthest 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 and drive towards the first of multiple parking areas that we will be filling on race day. Follow the directions of the volunteers to the first lot with open spaces and park your vehicle as efficiently as possible. Visit tinyurl.com/gg-directions to get directions to the park's Visitors Center.

SHUTTLES: A shuttle van will take you to the race start/finish area. The vans will be marked with Fleet Feet Sports and their hazard lights will be on. Pickup locations will be marked with numbered signs. Before getting on the shuttle, make note of your lot number so you know where you're going after the race. Shuttles will begin at 7:15am and continue until the last finisher has been returned to their vehicle.

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 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 lime green 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-offs 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.

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, please wear only one earbud and keep the volume low. During this race, you WILL need to hear what other racers and volunteers are saying. (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 any aid station behind the pace necessary to finish before 3pm (approximately 23:00/mile if you start in the final wave), you will be disqualified and 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.

AWARDS, RESULTS & PHOTOS

Medals will be awarded to all finishers. Plaques will be awarded to the top three overall finishers and the top three in five-year age groups. Award winners who do not pick up their plaques on race day will receive an email explaining how they can get their award. Results and photos will be accessible from tinyurl.com/QQtrailhalf.

ENJOY THE RACE!





RACE COURSE AND PARKING MAP



Cuivre River State Park

LEGEND

- Start/Finish**
- Portable Toilets**
- Fluids**
- Course**
- Trail**
- Old Park Road**
- Road**
- Creek**
- Parking Area**

