

Thanks for registering for The Quarter Marathon presented by Fleet Feet Sports Tulsa on Saturday September 17, 2016.

Please take a moment to read this document as it contains important race information.

MORE VOLUNTEERS NEEDED!! We are quite short on volunteers for the race – both on race day and during packet pickup at all of our three stores. If you can help before race day that would be great! If you know of family or friends who can help on race day please pass this link along – Thanks! <http://signup.com/go/uBqa86>

Your packet will be ready tomorrow Thursday, September 15, 2016 and can be picked up at the Fleet Feet Sports Tulsa location you selected during registration. Thursday packet pickup will be from 10 am to 7 pm (7:30 pm at KingsPointe Village). Your packet will remain at the store until 7 pm on Friday September 18. Packets can also be picked up on race day, Saturday September 17, starting at 6:30 am in the back parking lot of Fleet Feet Blue Dome. **** We suggest you pick up your packet in advance – the race will be large and packet pickup on race day can get congested.**

** If you are in the 4 Seasons Challenge, we have already assigned your bib number. So when you come in to pick up your packet please tell the staff member or volunteer at registration that you are in the 4 Seasons Challenge so they can pull your pre-assigned bib for you.

Timing:

For the timed races (5 km and Quarter Marathon) you will find a MYLAPS timing device on your race bib. Do not remove the device from your bib. Simply wear the bib on the front of your shirt! IMPORTANT: If you are in the DOUBLE, you will wear the same race number and MYLAPS tag for both races!

Wear your race number on the front of your body! This is very important as our second back-up timing method requires us to see your race number. Do not cover your race number and do not wear it on your back!

Race Start Times:

5KM: 7:30 am

Quarter Marathon: 8:30 am

Course Map: See the attached links for the course maps. If you are in the Quarter Marathon, please stay clear of the FINISH LINE as you line up for the start of your race. The FINISH LINE will be active as the 5 km will be underway. If you are a DOUBLER and will finish the 5 km in more than an hour, once you finish the 5km proceed to the start line to begin the Quarter Marathon. Note the Quarter Marathon will start one hour after the 5km starts.

Course maps: http://files.www.fleetfeettulsa.com/races/2016-quarter-marathon/2016_certified_quarter_marathon_maps.pdf

Parking: There is free parking on the street near the store. The large parking lot across the street to the north of Fleet Feet Blue Dome is a pay lot. Lots near McNellie's north of 1st Street are free to park. Most other lots in the area are pay – so be sure to check.

Post-Race Details:

Beverages: Enjoy post-race beverages by showing your race number (please bring your ID if you wish to have an adult beverage in order to receive an over 21 wristband – you can get a wrist band before the race at registration/packet pickup or after the race at the beer tent). Beer provided by Marshall's Brewing!

Food: We will have Mazzio's Pizza at the post-race party!

Entertainment: Enjoy post-race music by Seven Feathers playing the back parking lot.

Awards: We will do age group and overall awards at the conclusion of each race in the back parking lot. If you are a Doubler and won a 5k award, you can get your 5k award after the quarter marathon. **At each awards ceremony we will also be giving away a free pair of Under Armor shoes! You must be present to win, so you will want to stick around for the awards ceremonies!

Race Results: Printed listings of age group winners will also be posted. During the race results will be posted online; see the scan-able signs that will be posted in and around Fleet Feet Blue Dome in order to access results with your smart phone.

Medals and Doubler Awards:

5 km: As you finish the 5 km, you will receive your 5 km finisher medal!

Quarter Marathon: As you finish the Quarter Marathon, you will receive your Quarter Marathon finisher medal!

DOUBLERS: Collect your special CUSTOM WATER BOTTLE in the back parking lot by showing your DOUBLER BIB and two finisher medals.

TULSA TRIPLE! In case you missed it, the Quarter Marathon is the first leg of the TULSA TRIPLE! Earn a pint glass by completing a timed race at the Quarter Marathon, Tulsa Run, and Route 66 Marathon! You must register for the TULSA TRIPLE – visit here for more details: <http://www.fleetfeettulsa.com/races/2016-tulsa-triple>

Thanks again for registering! Engage with us on Facebook and watch our website for any race related announcement.

Post-race results will be posted online to our website and Facebook, and follow us on Facebook to see race photos and video! Our photos are always free for you to download and use. A link to the photo album for the event will be provided after the race on both our Facebook page and our website (www.fleetfeettulsa.com)