

Thanks for registering for The “Q” presented by Fleet Feet Tulsa on Saturday September 15, 2018.

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

MORE VOLUNTEERS NEEDED!! We have a few volunteer tasks that still need to be filled – if you can help out before or after your race or if you have friends or family who can – please sign up or share this link – Thanks!

<https://runsignup.com/Race/Volunteer/OK/Tulsa/QuarterMarathon>

Your packet will be ready beginning Wednesday, September 12, 2018 and can be picked up at the Fleet Feet Sports Tulsa location you selected during registration. Packets will be available Wednesday, Thursday, and Friday during normal business hours (<http://www.fleetfeettulsa.com/about/directions>). Your packet will remain at the store until 7 pm on Friday September 14. Packets can also be picked up on race day, Saturday September 15, 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.

Special Offer!

Only for race participants – during packet pickup and continuing on Saturday, September 15 and Sunday September 16, show your race bib and receive \$5.00 off every \$50.00 purchased at any of our three Tulsa area Fleet Feet locations!

Thanks to Our Sponsors!

Gold Sponsor – Tulsa Federal Credit Union



Beer provided by Marshall Brewing



On course hydration provided by Nuun (half marathon only)



Timing:

For all races, you will find a MYLAPS timing device on your race bib. Do not remove the device from your bib. Do not fold, mangle, cut, or otherwise destroy the device as doing so will render it useless. Simply wear the bib on the front of your shirt! **IMPORTANT:** If you are in the DOUBLE or SUPER 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: 7:15 am

Quarter Marathon/HALF MARATHON: 8:00 am

Course Map: See the attached links for the course maps. If you are in the Quarter Marathon or Half Marathon, please stay at least 20 feet away of the FINISH LINE as you line up for the start of your race, so we don't read your timing tag while the 5k is finishing. The FINISH LINE will be active as the 5 km will be underway. If you are a DOUBLER or SUPER DOUBLER and will finish the 5 km in more than 45 minutes, once you finish the 5km proceed to the start line to begin the Quarter Marathon or Half Marathon. Note the Quarter Marathon/Half Marathon will start 45 minutes after the 5km starts.

Course maps:

5km: http://files.www.fleetfeettulsa.com/races/2017-quarter-marathon/Fleet_Feet_Blue_Dome_5k_8.pdf

Quarter: http://files.www.fleetfeettulsa.com/races/The-Q-2018/Fleet_Feet_Blue_Dome_Quarter_Marathon_2_2018_Update.pdf

Half: http://files.www.fleetfeettulsa.com/races/The-Q-2018/Fleet_Feet_Blue_Dome_Half_Marathon_3.pdf

Parking: There is limited free parking on the surface streets near the store. The large parking lot across the street to the north of Fleet Feet Blue Dome is a pay lot and is now partially closed due to construction. 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 Brewing! Sometime next week Marshall's will be opening their new tap room on 6th street – check it out!

Food: We will have great breakfast tacos from T-TOWN TACOS! (<https://www.t-towntacos.com/welcome-marquee/#menu-1>) at the post-race party! Vegetarian options available.

Entertainment: We will have a LIVE BAND playing in the back-parking lot for your post-race entertainment.

Awards: We will do age group and overall awards at the conclusion of the 5k and quarter marathon the back parking lot. We will only announce the overall winners of the half marathon. If you win a half marathon age group award, you can pick it up at the awards tent in the back parking lot. If you are a DOUBLER or SUPER DOUBLER and won a 5k award, you can get your 5k award after you have finished your race at the awards tent.

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!

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

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

4 Seasons Challenge Medals: Go to the awards tent to claim your 4SC medal piece after the race – show your finisher medal and 4SC bib!

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)