



RACE INSTRUCTIONS

***** PLEASE READ CAREFULLY *****

DATE

Sunday, March 21st, 2010.

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 at 9:51am. Your start time can be found online at www.fleetfeetstlouis.com/qq/qqregistrants.htm or on your race number. (Add the Wave Offset time on your race number to 9:00am to get the time of day that you will start.) In order to receive an accurate finish time, you must start with your prescribed wave and wear your race number on the front of your shirt or jacket.

DIRECTIONS, PARKING & SHUTTLING

CARPOOL: Parking will be extremely tight on race morning. Please carpool, if possible.

DRIVE TIMES: Please plan to arrive at the parking area within Cuivre River State Park at least 45 minutes before your start time – but 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: 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. Enter the park through the main entrance and follow the QQ signs to the parking area in Camp Sherwood Forest. Yield to oncoming traffic when crossing the one-lane bridge. After 2.1 miles, turn right on Lincoln Hills Drive. After 0.8 miles, turn left to stay on Lincoln Hills Drive. Drive 2.2 miles until you reach Camp Sherwood Forest. You will be directed up the one-way driveway and into a parking spot in a large field. (We do not anticipate problems, but if you have a choice of vehicles, you may want to choose the one that does better in mud.) **No cars will be permitted to leave the parking area until after 10:00am.** Visit www.fleetfeetstlouis.com/qq/directions for a link to MapQuest directions.

SHUTTLES: After parking your vehicle, walk down the 0.3 mile driveway and either board a shuttle van for the half mile trip to the start or carefully walk along the shoulder of the road. 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 orange 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 the approximately the following mile locations: 1.8, 4.6, 7.1, 8.5, 10.8 and 12.1. Pretzels or potato chips will be available at the final four aid stations. The 1.8, 7.1, 10.8 and 12.1 mile 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 2:51pm, five hours after the start of the last wave. If you reach any aid station behind the pace necessary to finish before 2:51pm (22:54/mile if you start in the final wave), you will be disqualified and driven back to the start/finish area.

RESULTS & AWARDS

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. Plaques that are not picked up on race day will be mailed. Results will be available online at www.fleetfeetstlouis.com.

ENJOY THE RACE!

and join us for our 9th Lewis & Clark Marathon and Half Marathon on October 3rd, 2010





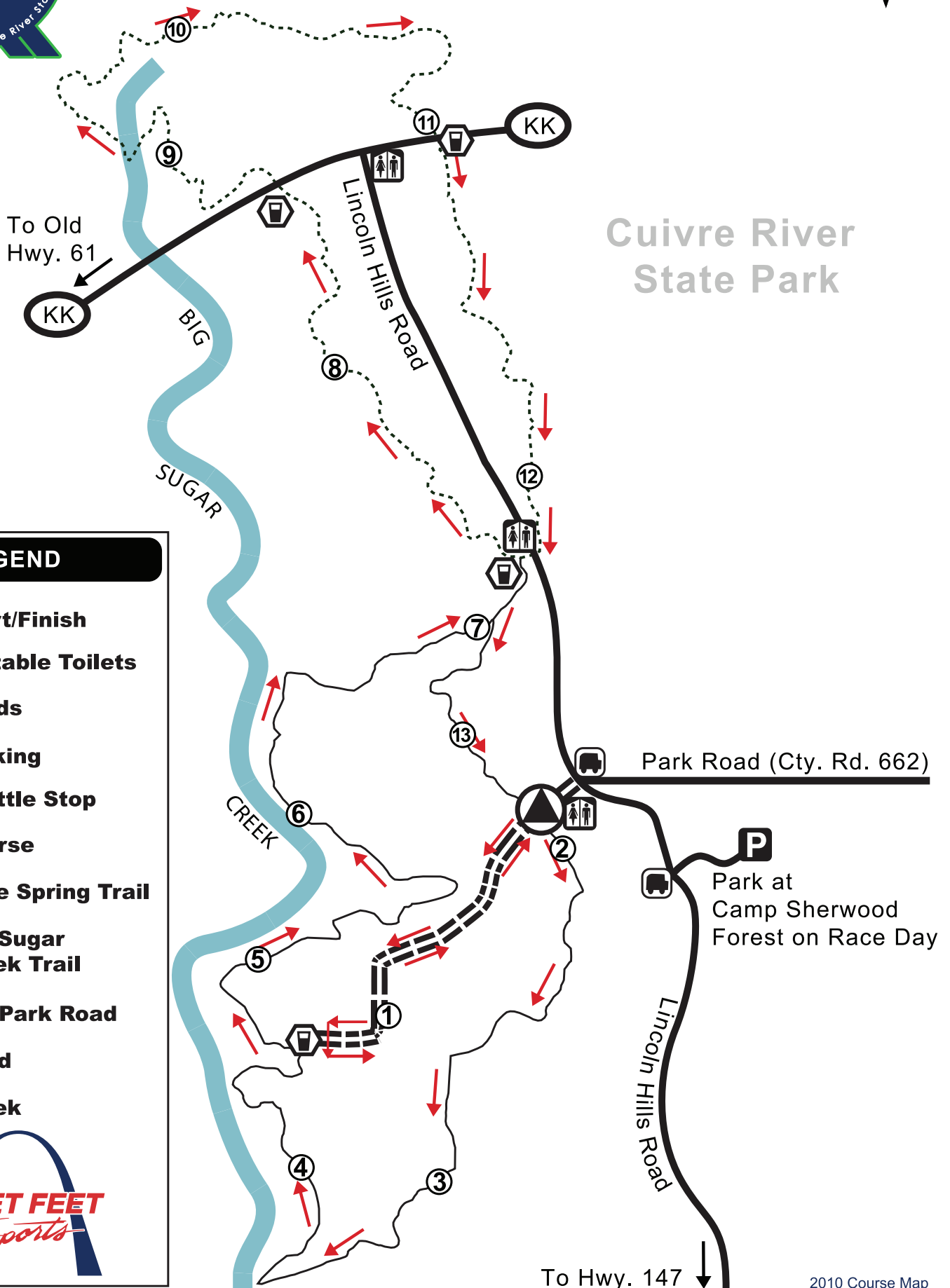
COURSE MAP



Cuivre River State Park

LEGEND

- Start/Finish**
- Portable Toilets**
- Fluids**
- Parking**
- Shuttle Stop**
- Course**
- Lone Spring Trail**
- Big Sugar Creek Trail**
- Old Park Road**
- Road**
- Creek**



QQ PARKING PLAN

The QQ field is limited to 400 participants because there is limited parking available at Cuivre River State Park. Participants will need to efficiently park in the field located at the top of Camp Sherwood Forest. Please examine the map below to familiarize yourself with the parking plan. Carpool if possible and obey the signs and parking volunteers.

