

Thanks for registering for **The “Q” presented by Fleet Feet Tulsa** on Saturday September 18, 2021.

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

MORE VOLUNTEERS NEEDED!!

We have a quite 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>.

This is our most complicated race with all the different distances and combinations so the need for volunteers to help it all run smoothly is great!

PACKET PICKUP

Your packet IS READY and can be picked up at the Fleet Feet Sports Tulsa location you selected during registration.

For details on packet pickup visit: <https://runsignup.com/Race/QuarterMarathon/Page-8>

Packets can also be picked up on race day, Saturday September 18, starting at 6:15 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.**

When you pick up your packet help us out by double checking that we assign the correct bib for the correct distance or distance combination and that we give you the same size shirt as you registered for. Note that you cannot change shirt sizes at packet pickup – if you want a different size shirt after all races have begun, we will have a shirt exchange available on race day at packet pickup. We do this as we expect that nearly every shirt ordered will be sold as the race will be close to sold out by Saturday.

****** 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.

CHANGING EVENTS

If you want to change events, here's how:

Please contact us at race@fleetfeettulsa.com if you want to change event distances.

If you know you will want to drop from the half marathon to the quarter marathon, please do this before race day. Changes on race day are confusing as we will have you identified for the longer distance race in our scoring software and if you drop during the race will be shown as a very fast half marathon finisher until we can move you over to the shorter event. If you do end up changing distances during the race (dropping down), please let us know after the race (come to the timer tent right by the finish line) and please take a medal for the distance you signed up for, not the distance you completed. After the race if we have extra medals for the distance, you actually completed, you can trade medals.

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. Please note the course closure times and that the finish line will be closed at Noon.

Course maps:

5km: <https://runsignup.com/Race/QuarterMarathon/Page-13>

Quarter: <https://runsignup.com/Race/QuarterMarathon/Page-16>

Half: <https://runsignup.com/Race/QuarterMarathon/Page-22>

HALF MARATHON TIME LIMIT

All half marathon participants must finish within 4 hours – from the main field start time of 8:00 am. Finish line will be closed at 12:00 pm (NOON) sharp!

If you are not on a pace to finish by 12:00 pm (NOON), you will be asked to move to the sidewalks by Tulsa Police and volunteers. Streets will re-open on a rolling basis based on the finish line closure time of 12:00 pm (Noon).

Visit this page for details on the rolling street re-opening schedule:

<https://runsignup.com/Race/QuarterMarathon/Page-10>

AID STATIONS

It is expected it will be very warm on Saturday. **WE STRONGLY RECOMMEND THAT ALL PARTICIPANTS CARRY THEIR OWN WATER BOTTLE! THIS IS ESPECIALLY TRUE FOR THE LONGER DISTANCE EVENTS!**

Please review this map for the aid station locations. Aid stations will be approximately every two miles on the half marathon course (7 total). The 5k will have one aid station, and the quarter marathon will have three aid stations.

At each aid station we will have small 8 oz bottles of water, plus coolers of Nuun Hydration drink. The bottles of water will be set up as grab and go. Take a bottle with you or fill your own bottle. We will have trash cans at each aid station – please dispose of any trash in the trash can! The Nuun will be self-serve – fill your own bottle of drink the water from the 8 oz bottle and then fill that bottle with Nuun. **NO CUPS WILL BE PROVIDED**

DUE TO THE HEAT, WE STRONGLY SUGGEST THAT QUARTER AND HALF MARATHONERS CARRY THEIR OWN WATER BOTTLES!

RACE SHIRT

You will receive the size shirt your registered for at packet pickup. No size changing will be allowed. After the race, we will have a shirt swap table at the post race party where you can exchange sizes based on availability.

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. 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!

Food: We will have great breakfast tacos from Chimi's. Vegetarian options available. Fruit cups also available.

Entertainment: We will have a DJ 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 in 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 awards 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!

Special Offer!

Only for race participants – during packet pickup and continuing through September 26, make a qualifying purchase in any of our three stores and be entered into a raffle for some great prizes, including a \$100 Fleet Feet gift card.



**Make a purchase of
\$10 (pre-tax) or more
and be entered to win!**

Prizes include:

\$100 Fleet Feet Gift Card (1 Winners)

\$20 Fleet Feet Gift Cards (3 Winners)

9/13/21 - 9/26/21

Open to The Q participants only. Offer valid for in-store purchases only.

Winners will be selected and contacted on 9/27/21.

Raffle ticket from race bib must be collected at time of purchase.



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