



Runner's Guide

Bix 43 • July 29, 2017



AWARDS CEREMONY

ATTENTION BIX 7 RUNNERS IT'S THE TOP 10 AT 10!

As part of the Bix 7 Post-Race Party the awards ceremony will be held in front of the Quad-City Times at 10:00 a.m. The Age Group Awards Ceremony will be held at noon in the Atrium of the River Center.

Top Ten at Ten Awards:

Awards will be announced and presented to the top ten male and female overall winners and winners in the following categories:

- Isle Casino's Beat the Elite Runner
- Caldwell & Newell Awards
- Premier Buick GMC Dealers' High School Challenge

Age Group Awards:

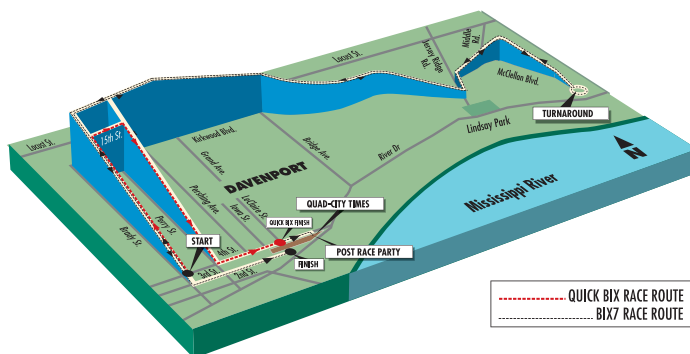
Ceremony will be held at noon at the River Center.

- All out-of-town award winners not present will be mailed their awards.
- Local award winners not present at the ceremony can pick up their awards after August 10 at: Running Wild, 3216 Brady Street, Davenport, Iowa

Get your results at BIX7.com!



INSTRUCTIONS



River Drive will be closed 5-11a.m. to through traffic from Federal St. to Marquette. River Drive will remain open for local traffic but will be blocked near the race course from 7:15 a.m. to 8:15 a.m. The entire race course will be closed 6-11 a.m.

PARTICIPANT NUMBER...

Your numbered bib must be securely pinned to the front of your running clothes (top or shorts) and must be visible at all times. Anyone running without an official bib will not be recorded as a finisher. Please check printed information on bib to assure that all your personal information is correct. Mark any medical information (diabetes, medication, etc.) on the back of your bib.

You must wear your assigned D-tag timing chip or you will not be timed. Attach the D-tag per the instructions and diagram found in your packet and later in this Runner's Guide to insure that it is secured properly. Timing and scoring are determined by the D-tag. Upon crossing the finish line you need NOT remove your D-tag; it is disposable and can be discarded in a trash receptacle.

IMPORTANT: Do NOT trade bib numbers or D-tags with anyone.

DRIVING AND PARKING...

The location of the finish line is the same as last year, 3rd St. at Iowa St. Please study the map carefully and note the detours. All lots which charge a fee will also be open on a first-come, first-serve basis, so arrive early.

STARTING LINE...

The race will begin at 8 a.m. sharp, and all runners must be in place by 7:40 a.m. Enter the starting area only from River Drive, 2nd St. or 3rd St. Please carefully study the separate instructions "STARTING LINE PROCEDURES" on page 5.

THE COURSE...

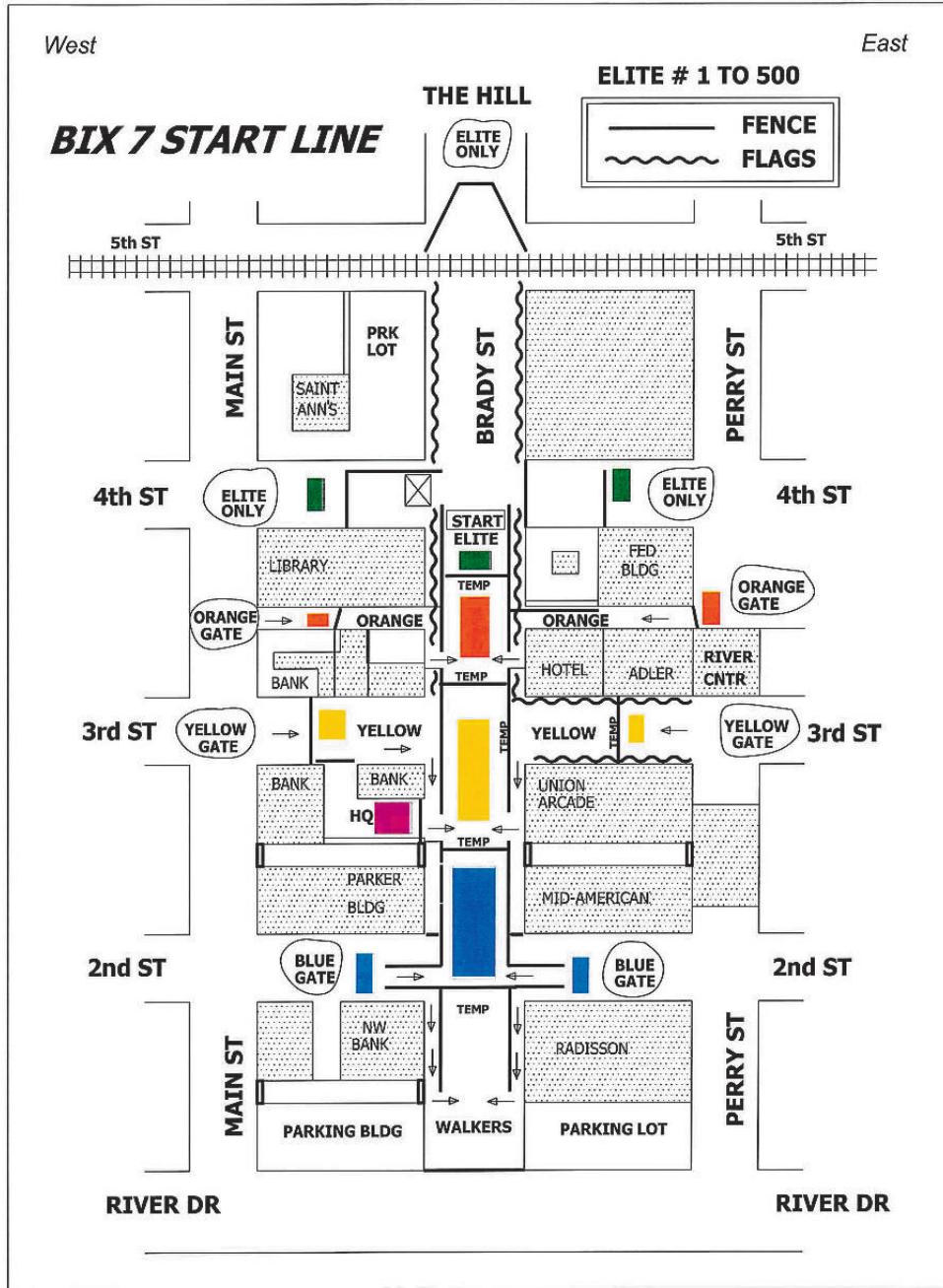
Splits will be given at all mile markers. There will be a timing mat at the "halfway" point on the course to record a mid-way split. Water will be available on the course. Run on the right side of the street, with traffic. The Quad-City Times Bix 7 is held on a difficult course. If you feel any danger signals of hypothermia (dizziness, dry skin, cessation of sweating, nausea, cramps, goose bumps or incoherent thought or speech), get into the shade and wait for a wagon to pick you up.

FINISH LINE...

Unofficial times will be displayed as you cross the finish line. Complete results with your official chip time will appear Sunday in the Quad-City Times. Because of the large number of runners, we must keep participants moving rapidly through the finishing area.

Please follow these instructions:

- ▼ Do not stop at the finish line. Proceed through the finishing area.
- ▼ Congratulations! Now just follow the path to the Quad-City Times Bix 7 Walmart's Post-Race Party.





STARTING LINE PROCEDURES



YOU ONLY HAVE 1 PLACE TO LINE UP...

At the start based on the colored label on your race number. Elite runners please see specific instructions below. You will only be allowed to line up in the appropriate colored area. The color label corresponds to your estimated finish time based on the information you provided on your race application.

IMPORTANT...

If you line up in the wrong area, YOU will be asked to LEAVE, so be careful to get in the right colored area. (Study the map on page 4 for your colored area.)

ELITE RUNNERS...

If your bib number is below 500, you must enter the start line area elite runners pen from 4th Street east of Brady Street.

HIGH SCHOOL CHALLENGE RUNNERS

If bib number is 501-849, you must enter the start line area at 4th and Brady Street and lineup behind the Elite runners.

ORANGE LABEL AREA...

You must enter the orange label area either east or west (Perry or Main) of Brady St. Proceed through to Brady St. Entrance through the alley behind the Davenport Library or the alley behind the River Center. (See map on page 4.)

YELLOW LABEL AREA...

You must enter the yellow label area either east or west (Perry or Main) of Brady St. Proceed through 3rd St. to Brady St. entrance. (See map on page 4.)

BLUE LABEL AREA...

You must enter the blue label area either east or west (Perry or Main) of Brady St. Proceed through 2nd St. to Brady St. entrance. (See map on page 4.)

WHITE LABEL AREA...

You must enter start line area from River Dr., either east or west (Perry or Main) of Brady St. Proceed to walker banner located on Brady St. and 2nd St. (See map on page 4.)

NOTE

NO ONE except seeded runners will be allowed to enter the lineup from the front at 4th St. and Brady St. start line area.



HEALTH NOTES



GET...

A good night's rest before the race.

DON'T...

Abuse alcohol or medication the night before the race. In addition to other problems, alcohol causes dehydration.

WEAR...

Cool, loose-fitting clothing.

DRINK...

Water one hour before the race and take plenty at the water stops.

MONITOR...

Yourself carefully. If any of the following symptoms begin, don't try to "tough it out," GET HELP: cramping, dizziness, shivering, cessation of perspiration.

MARK...

The following details on the back of your bib:

- Any medical conditions
- Any medications taken
- Emergency contact & phone (make sure this person is not a registered runner and please use a local contact if possible.)

MEDICAL VOLUNTEERS...

Will be in gray t-shirts.

FIRST AID STATIONS...

Are located at the Finish Line and Medic EMS will be stationed along the race route.



TIPS FOR A GOOD START



ARRIVE EARLY...

Many thousands of entrants and spectators will converge on the downtown area, so allow plenty of extra time for parking and plan to arrive at the starting area no later than 7:30 a.m. Enter the lineup early. It may take 10 minutes or longer to find your spot. All runners should be in place and ready to start by 7:40 a.m.

WARM-UP AREA...

Because Brady, 3rd St. and 4th St. will be blocked off, runners should warm up along 2nd St. both to the east and west of Brady St. Then proceed to your color coded area for lineup. See map for directions to your color coded area.

WATER...

It is vitally important for entrants to be fully hydrated before starting this race. Water will be available at all line-up areas. Take advantage of it!

LINEUP...

Color Coded Lineup Areas! Brady St. from the starting line back to River Drive will be flagged off for the lineup. Only those wearing an entrants' number will be allowed within that area. NO ONE except seeded runners will be allowed to enter the lineup from the front at 4th & Brady. All other runners must enter from their own color coded area. See separate color coded area instructions & map.

RACE DAY PARKING...

You can park in all 3 city parking ramps for \$2 Starting at 5pm on Friday, all day Saturday or all day Sunday. The locations are...

1. River Center ramp- Enter East of Brady on 2nd & 3rd.
2. 101 Main Street ramp- Located North of River Drive.
3. 202 Harrison Street ramp - Enter on Harrison and on Ripley between 2nd & 3rd.

HOW THE CLOCK WORKS...

It will take some time after the starting gun is fired for many to reach the starting line. Your official D-tag (net) time will appear in the Quad-City Times the morning after the race. Please check your official finish time at Bix7.com.

NOTE: **Quick Bix!** A clock will be at the start and finish lines. Official D-tag (net) timing will take place.

SPECTATORS...

Spectators may enter on 5th St. using both the East & west sidewalks on Brady St. ONLY to the north sides of 4th St. NO spectators will be allowed on Brady St. or south of 4th St. until after all participants have cleared the Start Line.

ChronoTrack D-Tag Instructions



STEP 1

Remove tag from bib



STEP 2

Separate D-Tag from directions by tearing at "Tear Along Here"



STEP 3

Insert D-tag under laces where laces cross



STEP 4

Form a CIRCLE by joining ends of D-Tag using adhesive tab



STEP 5

Rotate D-Tag correct side up



STEP 6

DO NOT flatten! Round is good, flat is bad!

You do not need to return your D-Tag after the race!

www.superracesystems.com

www.chronotrack.com



RESTRICTIONS



WARNING...

Due to the large number of participants in this year's race, for everyone's safety and for insurance concerns, it is necessary to prohibit the following:

NO STROLLERS*

NO BIKES*

NO ROLLER BLADES*

NO ROLLER SKATES*

NO WHEELED VEHICLES*

NO DOGS*

WHEELCHAIR ACCESSIBLE VIEWING AREAS

- 5th St. and Brady St. (west side of Brady)
- Kirkwood Blvd. and Brady St. (west side of Brady)
- Kirkwood Blvd. and Belle Ave. (green space in the Village of East Davenport)
- 3rd St. and Pershing Ave.

EXCEPT...

Wheelchairs are allowed.

**Police and volunteers are instructed to remove from the race anyone attempting to participate using any of the items listed.*



THE FINISH



YOUR TIME...

The race's "start/gun" time will be displayed on the clock when you cross the finish line. Your actual "net/running" time will be recorded into the computer from your D-tag once you cross the finish line mat. This official time along with complete results will appear Sunday in the Quad-City Times.

THE FINISH AREA

Because of the large number of runners, we must keep participants moving rapidly through the finishing area.

Please follow these instructions:

- ▼ Do not stop at the finish line.
- ▼ Your D-tag timing ring is disposable and can be removed and discarded in any trash receptacle inside the Bix 7 post-race party area.

THE PARTY...

After you cross the finish line, you'll be on a path that will take you to the Quad-City Times Bix 7 Walmart's Post-Race Party, located on 3rd St. leading into the front parking lot of the Quad-City Times building. Eat, drink, relax, and be merry! The party is open only to finishers and official race volunteers.

MEETING FRIENDS...

Look for the reunion area located on 4th St. marked by the reunion banner. You must exit the party from 4th St. exit going west. Plan to meet your friends in this area after the race party (only runners and volunteers are allowed to enter the Post-Race Party).

SHOWERS...

Showers are available at the Davenport Family Y, 606 W. 2nd St. Towels provided - cost is \$5.

TOP TEN @ TEN

Awards will be announced and presented in front of the Quad-City Times to the top ten male and female overall winners at 10 a.m. Awards also presented to winners in the following categories:

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- Caldwell & Newell Awards
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Age Group Awards Ceremony

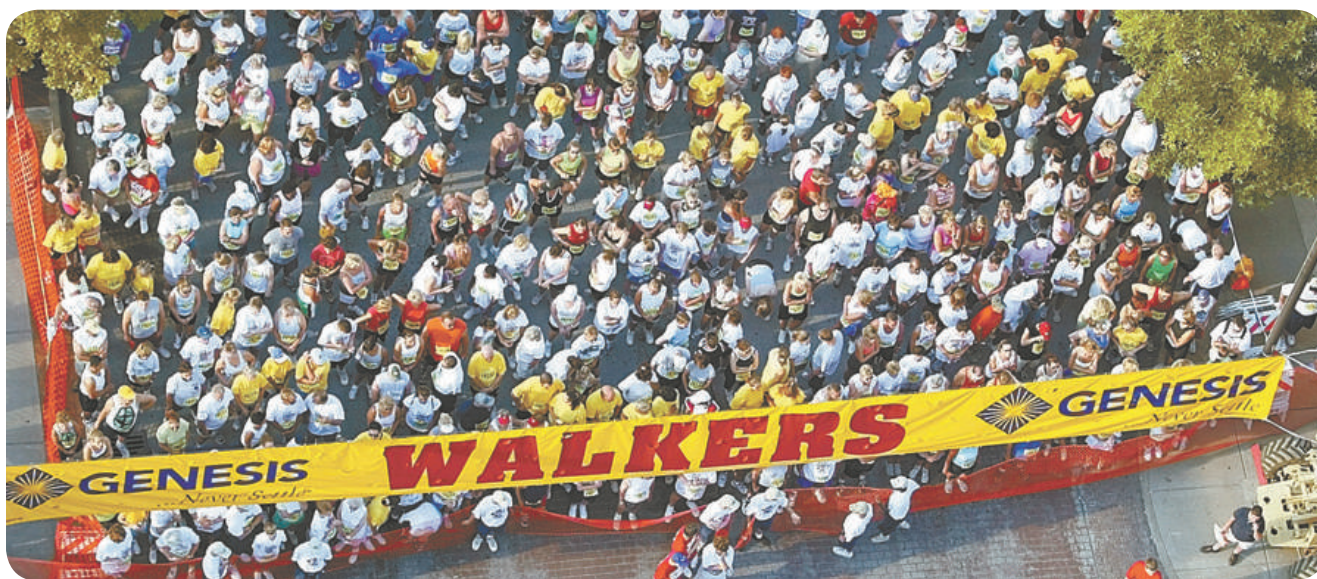
Held at noon in the River Center Atrium:

- All out-of-town award winners not present will be mailed their awards.
- Local award winners not present at the ceremony can pick up their awards after August 10 at:
Running Wild
3216 Brady Street, Davenport, Iowa

Get your results at BIX7.com!



WALKERS



Congratulations on taking part! Even more than the runners, you'll enjoy sights and sounds that make the Bix 7 one of the truly special races in the world.

PLEASE...

Read the first-aid and instruction sheets carefully. Everything that applies to the runners applies to you, too. Also, please look for the special walkers starting line located on Brady St. between 2nd St. and River Drive. (See map on page 4.)

GO...

To River Drive and Brady St. to line up for the start.

Runners will line up in front of you. The reason is that all entrants are required to line up in the order of expected finish. That means the world-class runners will be at the very front, followed by good runners, followed by occasional runners, followed by walkers.

EVERYONE'S...

Safety depends on an orderly start. Your official D-tag time begins when you cross the start line and ends when you cross the finish line. Your official race time will appear in the Quad-City Times the next day. The race clock begins when the starter's pistol is fired. Whatever your time, you'll have plenty of company and a wonderful experience. Welcome!



POST-RACE PARTY



After the race you'll get the opportunity to be rejuvenated with good food and refreshments and lots of entertainment.

THERE WILL BE...

Plenty of refreshments for everyone. All leftover product will be distributed to local food pantries. **No one will be allowed to leave the party area with any food or beverages!** Take only what you can eat "at the party." Anyone with more than they can eat will be asked to put it back and will not be allowed to participate in next year's race.

UNFORTUNATELY...

Because of a very few, we've had to take these drastic measures to insure that all participants receive their share. Absolutely no bags or cartons will be allowed! We need everyone's cooperation on this.

Thank you, and have a great race and a fun party!



LOST FRIENDS/CHILDREN



It is not uncommon to lose track of friends and children at an event the size of the Quad-City Times Bix 7.

LOOK FOR LOST KIDS BANNER...

For everyone's convenience and safety, we request that the band area of the Post-Race Party be used as the meeting place for children who are lost or for friends that have been separated. You may also meet under the reunion banner at the exit of the post-race party. Make sure everyone in your party understands where to go. This will save time and worry later.

Follow Us: #Bix7

 facebook.com/QCTBix7

 @BixSeven



SHARE THE BIX 7 EXPERIENCE!

Share everything you and your friends are doing for Bix 7. Just tag **#bix7** or **#bixselfie** on Twitter or Instagram. See what others have shared on **bix7.com**.

#Bixselfie treasure hunt at the #Bix7

This year we want you to up your selfie game. Our selfie treasure hunt has seven targets to snap a photo with:

1. The starting line
2. A costumed character
(bonus points for Elvis, Marilyn or the Spine)
3. Your running shoes
4. A slip and slide
5. The finish line
6. Your post-race food or drink
7. Bill and Joan statues at
4th Street and River Drive
(bonus points for the actual Bill or Joan!)



One lucky winner who tweets all seven pics will receive a \$100 VISA gift card!



SOUVENIR SECTION

It's Easy to Spot the Winners

Just order a copy of our special Quad-City Times Bix 7 Souvenir Package! Would anyone believe it if you said you finished with more than 15,000 other runners and walkers? Well, here's your chance to prove it!

We will send you any number of copies, anywhere in the country, for only \$10.00 each. The souvenir section includes dozens of photos, plus a complete listing of names and times of all Bix 7 finishers.

Order yours today! Simply complete the form below. **Orders must be received by Friday, August 11, 2017.** Mail to: Quad-City Times Bix Souvenir, 500 E. 3rd St., Davenport, IA 52801

Souvenir Package

Complete package of Friday, Saturday, Sunday and Extra souvenir Bix 7 editions of the *Quad-City Times* mailed anywhere in the U.S.



Please send to:

(print additional names and addresses on a separate sheet and attach to this coupon)

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____ PHONE (required) _____

Please send:

_____ Copies x \$10.00 each

Total Enclosed: \$ _____



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@BixSeven

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— EST. 1891 —



THANK YOU FOR ENTERING THE QUAD-CITY TIMES BIX 7

Join us for the 44th Bix 7 race on July 28, 2018!

The Quad-City Times & Bix 7 Race Committee