Advocate Health Care

Spring Chance BQ.2 Marathon

Chicagoland

Runner's Guide 2017

Run—Qualify

As runners, we know how important Boston is to you. And we know what it takes to get there. We've been there ourselves, and we've helped thousands of runners get there in our 7 years with the Fox Valley Marathon Races. Starting in 2014, we added our fall Last Chance BQ.2 Marathon to help you get there with a race focused completely on getting you to Boston. That event became the America's #1 qualifier and has sold out every year, so we decided to offer a new, earlier version, the Spring Chance BQ.2 marathon.

Your Spring Chance BQ.2 team is here to give you every advantage that we can to help you to your best qualifying time possible. Everything about the race—date, time of day, course, fellow runners, start, aid stations, pace teams, bibs—is designed to get you into 2018 Boston with a time far enough below your qualifying time to make the final cut.

Schedule at a Glance for 2017

Friday April 21

Packet Pickup:	11:00 am–5:00 pm Geneva Running Outfitters 221 W State St, Geneva, IL 60134
Course Preview Run	4:00 pm Fabyan Forest Preserve, West 1925 S Batavia Ave (Rte 31), Geneva, IL 60134

Saturday April 22

Packet Pickup	5:15 am–6:15 am Race Village, Fabyan Forest Preserve, West 1925 S Batavia Ave (Rte 31), Geneva, IL 60134
National Anthem	6:15 am
Race Starts	6:30 am Fabyan Forest Preserve, West 1925 S Batavia Ave (Rte 31), Geneva, IL 60134

Course Preview Run

Another special feature of this race, the free course preview run is:

- Friday April 21, 4:00 pm
- One loop of the course (about 3.2 miles) at an easy pace
- Led by the Dick Pond Racing Team, who will also be your pacers on race morning
- A great chance to see the course, parking location, and race village area, which will all reduce your stress on race morning.

Packet Pickup

Pre-race pickup: Friday April 21, 2017, 11:00 am–5:00 pm
Geneva Running Outfitters
221 W State St, Geneva, IL 60134 (see map below)

Race day pickup: Saturday April 22, 2017, 5:15 am–6:15 am
Fabyan Forest Preserve, West (Race Village/Start)
1925 S Batavia Ave (Rte 31), Geneva IL (also see map p. 6)

Details

Please bring your photo ID with a birth date (e.g., driver's license) to pick up your packet. No packets will be given out without a valid photo ID.

Only the registered runner will be able to pick up a packet and the date of birth on the photo ID must match the date of birth provided when you registered.

If you want to confirm your registration, go to this link: https://secure.marathonguide.com/register/SpringChanceBQ/SearchBox.cfm

Please safeguard your official race bib and disposable timing D-tag, as well as your gear check tag. Make sure you remember to bring them on race day!

Race Integrity

You've worked hard to get to this point, some of you for years, and we want to give all our runners an equal chance at achieving their goal of qualifying for Boston. To ensure race integrity:

- Runners must pick their own bib and race packet, with no exceptions
- Photo IDs with a date of birth must be presented at packet pickup. The date of birth on the ID must match the date provided when you registered.
- A photograph of each runner will be taken at packet pickup, with their bib. This photo will be used to compare to race-day photos to verify that the person picking up the packet and the person running are the same.
- A continuous video recording will be made of the race
- Photographs will be taken at multiple points along the course
- Race splits will be examined for unusual patterns
- Anyone running with a bib for which they are not registered will be disqualified from this race as well as future races. The original bib registrant will also be disqualified from future races.
- Each runner must cross each timing mat on the course to assure you receive an official time
- Runners MAY NOT be accompanied or assisted by bicyclists and will be disqualified if this occurs. This practice is unfair and dangerous to other runners.
- The entire Spring Chance BQ.2 staff, volunteers, and all official pacers are committed to help each runner achieve their goal of qualifying for Boston. For all runners to have their best chance on an uncrowded course, we ask that runners not run with personal pacers or coaches. Runners may be disqualified, at the discretion of the race directors, if such individual support interferes with other runners.

Race Morning Details

Below is a map showing areas for:

- Runner parking
- Packet pick-up
- Bathrooms and gear check
- Start area
- Elite water bottle tables
- Information

Race Packet and Gear Check

Packet Contents

- Racing bib
- Disposable timing D-tag
- Gear check tag
- 2 water bottle tags
- Official race shirt

About Your Packet

Your race packet is a special commemorative 2017 Advocate Health Care Spring Chance BQ.2 sport back pack. The bag will also serve as your gear check bag.

The official race shirt is a gender-specific performance tech shirt. You will receive the size you indicated on your registration form.

If you want a different size shirt, you can bring your shirt with its original plastic bag to the Command Center AFTER the race has begun. You can request an exchange after you are done racing, or you can have a friend request an exchange during the race. We have a limited supply of available shirts and sizes, but we will do our best to give you the size you desire. There will also be a limited number of shirts for sale after the race ($20, *cash only*).

Gear Check

Attach the gear check tag from your race packet on the bag you received at packet pickup. Because of heightened security, we can accept only an official gear check bag, labeled with an official tag that matches the bib number of the runner dropping off the bag. We appreciate your cooperation with this safety procedure.

Volunteers will watch your bags carefully, but we don't recommend checking any valuables and **all bags are left at your own risk**. You must show your matching race bib to retrieve your gear check bag.

Any items dropped during the race should be dropped at:

- Aid station near the race village: this gear will be recoverable until the event is over, after which it will be discarded.
- Remote aid station in Batavia: items given to charity.
- Please do not drop any clothing, bottles, cups, or gel packs anywhere else along the course.
- Do not leave any bags unattended. They will be treated as suspicious and will be destroyed or discarded.

Aid Stations

You will pass numerous aid stations on this 8-loop course. Please note that only registered runners with official Spring Chance BQ.2 race bibs will be served.

- Aid Stations
  - Two locations; you will pass them a total of 16 times
  - Water, lemon-lime Gatorade Endurance Formula, Porta-Johns, and medical personnel are available at each.
- Clif Shot Energy Zone
  - One location on course

Elite Water Bottle Tables

- Pre-fill your own bottle with your favorite, personalized race drink.
- One location on course; you will pass it 8 times
- Volunteers will help you tape your bib number on it **very securely** at either the Friday course preview run (4:00 pm) or on race morning.
- At the tables, we can accept up to 2 bottles per runner labeled with your official bib number. You can put whatever you want in the bottle.
- Bottles will be organized on 10 numbered tables based on the LAST digit of your bib number.
  - Table 1 will have bottle for bibs XXX01, xxx11, xxx21, xxx31 and xxx41, etc.
  - Table 2 will have bottles for bibs xxx02, xxx12, xxx22, xxx32 and xxx42, etc.
- The last two numbers on the bib has the specific location on the table.

Elite Water Bottle Tables (*cont.*)

- On race morning, volunteers will help you put your bottle on the right table, so you'll know exactly where it will be when you are running.
- Each lap, volunteers at the tables will have your bottle ready for you to grab as you run by.
- Drink while you run, then throw your bottle in the drop zone about 300 ft beyond the last table.
- Volunteers will put it back on the table for your next lap (as long as it remains marked with your bib number).
- A water/Gatorade station will be available shortly after the drop zone in case you miss your bottle on any loop.

- Only the registered runner and official volunteers will be allowed to handle bottles after they are placed on the tables.
- Any bottles not retrieved at the end of the race will be discarded.
- If a friend is handing you your own personal water bottle, they must do this in a different area and may not use the drop zone.

Tips for Elite Water Bottles

Use only sport bottles with pop-up style tops. Flip tops won't stay closed when you throw them and your personalized race drink will end up on the volunteers in the drop zone rather than in your mouth.

GOOD

BAD

Get creative and make your bottle easy for you to spot.

Remember to close the top before throwing it in the drop zone.

Course and Aid Stations

The course is 8 clockwise loops. **Please stay to the right side of the path and always leave space to the left for passing runners. At most, please run two abreast.**

The course is on the Fox River Trail, which is a public trail system. Although we have taken many steps to inform the public of the race, there will be bikes and others on the path. Please be respectful of other path users.

Headphones are allowed, but please use responsibly and be aware of those around you.

Please listen to volunteers directing you on the course.

This course map and a course video can be viewed at: http://www.fv26.com/bq-2-marathon/bq-2-info/bq-2-course/

Bibs and Timing Tags

This year we are using a disposable RFID tag that is worn on the shoe (D-Tag).

As you run across the various timing mats, it records your number and time. **It is very important that you follow the instructions included with your D-tag on how to attach it.** In order for it to record your time it must be attached correctly. **Make sure to attach the portion with the bib number, NOT the half with the instructions.** Also, you cannot make a sharp crease, crimp, or hole in the D-tag – that will make it non-functional. **Remember, no D-tag, no time, so don't forget to bring it race morning!**

The D-tags are disposable, so there is no need to return them.

Bibs need to be in full view at all times.

Your bib is required throughout the Race Village and on the course. Do not remove it. Bibs are required for gear-check bag drop-off and pickup, and access to aid stations along the course. Bibs are not required for access to portable toilets.

If you need assistance race morning with your bib or timing D-tag, or if you have footwear that has no place to attach the tag, please visit the Command Center located in the picnic pavilion in the Race Village.

For a variety of reasons including insurance, race logistics, race integrity and medical preparedness, we must strictly enforce the following rule: **Only the registered runner may wear the bib assigned to them.**

You may not transfer your bib to another runner in any way.

Anyone running with a bib for which they are not registered will be disqualified from this race as well as future races. The original bib registrant will also be disqualified from future races.

Pace Groups

Pace Groups

Pace leaders from Dick Pond Racing Team will help you reach your time goal.

The goal times for the pacers will be 4 minutes *below* the official qualifying standard for Boston. For example, if the qualifying time is 3:05, the pace leader will be running to finish in 3:01. This will give you the best chance of securing a spot at Boston and will allow you to run within sight of the pacer rather than having to run in a tight pack.

Pacers will have pace time signs in the starting area before the race, so find the pacer with your goal time.

While every effort will be made to have a pace leader for each of these groups, we reserve the right to adjust pace groups as needed based on leader availability and unforeseen circumstances.

Your pace group is also indicated by the first three digits of your bib number. Thus, bib 33524 indicates a qualifying time of 3:35. Use the bib number to connect with other runners in your pace group.

Marathon Pace Groups
(subject to change)

Goal Finish Time	Pace (min./mile)
3:01	6:54
3:06	7:05
3:11	7:17
3:21	7:40
3:26	7:51
3:31	8:02
3:36	8:14
3:41	8:25
3:51	8:48
3:56	9:00
4:06	9:23
4:21	9:57
4:29	10:15

A sample bib is below. Amanda (runner 34501) has a qualifying time of 3:45 and should run close to the pacer targeting 3:41.

Timing

The race is being timed by Lakeshore Athletic Services. You can access your **unofficial** finishing time by scanning the QR code on your bib with your smart phone (if you have a QR code reader). Volunteers will also be in the Race Village to scan your bib and show you electronic results. There will be no printed results. Unofficial results will also be online that evening and can be accessed through www.fv26.com/bq-2-marathon/bq-2-results/

All timing results are subject to review before they become official. Since we are a certified Boston qualifier, we will submit race results directly to Boston once they are official.

Spectating

Spectators can park in the runner parking area (across Rte 31 from Fabyan West) as space is available.

Parking in Batavia is available on the west side of the Fox River on or near Houston Street, near McDonald's and Panera.

Spectators are asked not to use the pedestrian bridge over the river in Batavia near Houston Street to avoid impeding the runners. Walk 1/2 block south and cross the river on Wilson Street instead.

Spectators are asked not to park on the east side of Fabyan Forest Preserve (east of the Fox River). We do not want any foot traffic over the bridge to impede the runners and there are multiple other events occurring in that area on race day.

Parking in Fabyan Forest Preserve West is for credentialed volunteers only.

DICK POND ATHLETICS

Runner Safety

Weather

The event will take place rain or shine. Only lightning, tornados, a tornado watch, or dangerously hot weather may cause race delays or cancellation. Delays or cancellations will be announced via the start area public address (PA) system and through our website: http://www.fv26.com/bq-2-marathon/

Race Condition Flags

	Running on schedule: Course and weather acceptable
	Delayed start: waiting for weather or the course to clear
	Heat advisory: runners take appropriate precautions
	Extreme heat, runners advised to slow or walk
	Race is closed. Make your way back to the finish line, but no official finish times will be given

Geneva Running Outfitters

Runner Safety (*cont.*)

Medical

The Main Medical tent is in the Race Village, under the direction of our Medical Director, Dr. Marc Hilgers from Advocate Health Care. On the course, there is medical personnel at every aid station.

Race Guards will be on the course as well. They are comprised of volunteers trained in CPR, AED and First Aid who are committed to assisting race participants with any medical or physical support need in a race.

To help the medical staff in case of an emergency, on the back of your bib please write the following:

- Full name
- Age
- Medical conditions
- Allergies
- Medications and supplements
- Emergency contact

If you cannot get to an aid station, alert a passing runner who will notify the nearest aid station or alert a Race Guard.

All medical personnel will be wearing a lime neon green medical vest as well as their race credentials.

Finish

After crossing the finish line and timing mat, please move through the finish chute and quickly off the course to avoid impeding runners who still have additional laps to complete.

Volunteers will give you your Finishers Medal, water, and direct you to the Food Tent. Medical personnel will be at the finish line to help you if needed, and the Main Medical area is in the picnic pavilion.

We have great finisher's medals for you! You earned them and congratulations! **You will need to have a valid bib and D-tag to receive your medal.**

The result from scanning the QR code on your bib (or having a volunteer scan for you) at the Results Tent is UNOFFICIAL. These results must be confirmed before they are official. We will submit our official results to Boston as soon as they are certified.

Once you are in the Race Village, proceed to the Food Tent for some much-needed recovery food. **The food is for registered runners with race bibs only.**

There will be complimentary post-race massages available outside the picnic pavilion from:

- Bond Chiropractic
- Ginsberg Chiropractic

Awards

For the Spring Chance BQ.2 marathon, there will be awards for the top female and top male. Because the focused goal of this race is to help you secure your spot in the Boston Marathon, there will be no age group awards.

The Spring Chance BQ.2 marathon will qualify as one of the races for an Endurance Award as part of the Fox Valley Marathon family of races. If you've officially finished one of the Fox Valley Marathon races 2 or more years in a row, any distance, you're an Endurance Award Winner. With medals for each year, and special awards for 5-10-15 years in a row, you'll want to keep your streak alive year after year!

The Spring Chance BQ.2 marathon will also qualify as one leg of the Chicagoland Distance Challenges:

Valley & 'Ville™ – The TWO-Race Challenge

To earn the Valley & 'Ville medal, complete the Naperville Half Marathon (October 22) plus ONE of the following:

- Spring Chance BQ.2 (April 22)
- Last Chance BQ.2 marathon (September 9)
- Fox Valley Marathon Races, any distance (September 17)

Chicagoland Triple Crown™ – The THREE-Race Challenge

Complete the Valley & 'Ville requirements, plus either the Shamrock Shuffle 8K (April 2) or any one race 10 miles or longer in the City of Chicago beginning April 11, 2017 through October 16, 2017 to earn the 2017 Chicagoland Triple Crown medal.

See more at: http://runnaperville.com/distance-challenge/

24/7

"aahhh...chooo"

scheduling.

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