May 18, 2019
Quincy, IL
5K
10K
Half Marathon
May 18, 2019
Quincy, IL
BRIDGETHEGAPTOHEALTH.COM
Welcome to the 19th annual Bridge the Gap to Health Race presented by the QMG Healthcare Foundation. We are proud to host this family-friendly event once again and sincerely appreciate your participation. We hope you will find this booklet helpful as you plan for this year’s event. You will not only find helpful information about packet pick-up and race day, but you will also see a few additions and improvements to this year’s race which include a shuttle service and new race swag.

Bridge the Gap – or BTG as we like to call it – has a little bit of everything. Stunning views of the Mississippi from the two bridges that connect Quincy to Missouri, a trip through The District and down historic Maine Street for our 10K and half marathon participants, a Kid’s Fun Run for the smallest of our participants, and some of the best volunteers you have ever met!

All proceeds from the race benefit Quincy Catholic Charities’ MedAssist Program. This program works with those who are not able to afford their prescribed medications. Since it began in 2001, BTG has raised nearly $800,000 which has been used to leverage more than $18 million in life-saving prescription medication for individuals in our community. This race changes lives, and we are thankful for your help to continue our mission to Bridge the Gap to Health.

We look forward to another successful year and hope you have a great experience.

Jenny Sousa  Sara Reuschel
BTG Race Coordinator  QMG Healthcare Foundation Director
EVENT SCHEDULE

Friday, May 17, 2019

QU’s Health and Fitness Center - Hall of Fame Room (Oak St. between 18th and 20th)
4:00pm–7:00pm Packet Pickup and Registration

Save the Date: May 16, 2020

Join us and celebrate 20 years of the Bridge the Gap Health Race!

Saturday, May 18, 2019

Clat Adams Park, Front and Hampshire Streets
6:30 am    Packet pickup and race-day registration opens
8:00 am    5K, 10K, and half marathon start
9:15 am    5K Overall Winners Awarded
9:30 am    Paul Arndt Kids Fun Run
10:00 am   10K Overall Winners Awarded
10:30 am   Half Marathon Overall Winners Awarded
11:30 pm   Race Courses Close
*Awards for age categories and overall results can be picked up in the WGEM Winners Circle.
PACKET PICK UP

Friday, May 17, 2019 | QU’s Health and Fitness Center - Hall of Fame Room (Oak St. between 18th and 20th) 4:00pm–7:00pm Packet Pickup and Registration

RACE TRANSFER
If you would like to change races, you may do so until the start of the race. If you increase your distance we do ask that you pay the registration cost difference. Refunds will not be given if you decide to decrease your race distance. To transfer races please visit the registration table at packet pick-up Friday evening or at the race Saturday morning.

APPAREL

Bella Canvas
5k walk, 5k run, 10k Shirt

Paul Arndt Kids Fun Run Shirt

Bridge the Gap Hats
Trucker hats will be available to purchase for $15.

Half Marathon Apparel
Men’s

Half Marathon Apparel
Women’s

RACE RULES

Only registered runners or walkers are eligible to participate in the events. Race bibs must be visible at all times. Unregistered individuals and / or those without visible race bibs will be asked to leave the course. Bicycles and animals are not allowed. In order to prevent a physical or psychological advantage to any registered participant, unregistered runners and cyclists will be considered illegal pacers and are strictly prohibited.

Bridge the Gap to Health course monitors will serve as race officials. Participants may be penalized or disqualified for:
1. Leaving the course
2. Joining the race after the start
3. Receiving pacing assistance from an unregistered runner or a cyclist
4. Failure to complete the registered event

Thank you for your help as we strive to make this event a safe one every year.
RACE DAY INFO

Parking
Parking is available in the following public lots.
Lot A – 7th and Jersey
Lot F – 5th and Vermont
Lot G – Maine and Hampshire & 5th and 6th
Lot I – 6th and Hampshire
Lot K – 6th and Jersey

Shuttle Info
Time Shuttle will Run:
Shuttles will run from 6:30 a.m.-7:45 a.m. AND from 9:30 a.m. until 11:45 a.m.
Parking Lot: QMG parking lot located between 11th and 12th and Hampshire and Vermont
Drop Off/Pick Up: McNay Parking Lot at the corner of Broadway and Bonansinga

Park Map

Clat Adams Park – Front & Hampshire

Start
Finish

= Porta Potties

Gear Check
Packet Pick Up
Reg. & Awards

Mercantile Fun Run

Drink Tent
Post Race Food

Packet Pick Up
Reg. & Awards

Fun Run Reg.
Post-Race Food
Finishers will have access to complimentary drinks and snacks at the finish line courtesy of Hy-Vee, Dot Foods, and Kohl Wholesale. Don’t forget to utilize your drink ticket located on your bib after the race. The Pier will be in the park serving beverages. Tickets can also be used on race day at

Awards
The 5K, 10K, and Half Marathon are competitive events. 1st, 2nd, and 3rd awards are given to top finishers in each category per event. 1st, 2nd, and 3rd awarded in each competitive age category for male and female. 1st, 2nd, and 3rd place awards are given for top overall male and female finishers in each event. All awards are based on chip time, NOT gun time.

Age categories for the 5K are: 10 & Under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+


3 Year Medals

2019 Medal
2020 Medal
2021 Medal
3 Interlocking Medals
RACE DAY ROUTES

Route Time Limit
The race routes will be closed to vehicular traffic according to a 16:30 min/mile pace. If you fall behind that pace race volunteers will ask that you move to a sidewalk and regular traffic will resume. The race route closes at 11:45 am. This cutoff is necessary to preserve the flow of vehicular traffic and the future of the event.

Water Stations
There will be seven water stations with water and Gatorade positioned at approximately 2-mile intervals on the race course. There will be GU energy gel available on the 10K and half marathon routes. You will also find basic medical items at these locations.

Medical
All medical staff and medical volunteers will wear red shirts. There will be vehicles throughout the course route and medical attention will be available at the race finish line. In the event of an emergency that would cause the race to be altered, shut-down, or if any other situation would steer you from your original route, please listen to information given by a course volunteer (dressed in teal volunteer shirts) as they will be in contact with the Race Director.

(Athletic Trainers work under the direction and supervision of QMG physicians and are constantly being utilized in many different capacities making it difficult to list all possible duties and care scenarios)

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* GU will be available for participants
EMERGENCY WEATHER POLICY

Weather Policy/Cancellation Policy

It is the primary goal of Bridge the Gap to Health to ensure a safe event for all involved. There may be times when we feel it is unsafe to proceed with the race and while we recognize the aspirations and commitment of those who have entered the race, we will make decisions about the race based on the participant population as a whole.

When weather conditions present a danger to participants as a whole, we maintain the right to cancel the race. Less threatening conditions may result in an alteration to the course or race length to promote a safer result for participants. These conditions will be recognized as an “Act of God” and will not result in the refunding of race entry fees or future race credits. The Race Officials along with government officials will make decisions regarding the alteration of the race course or cancellation of the event.

To receive emergency notifications and weather updates during the event, please text bridgethegap to 888777.

The Illinois State Police, Missouri State Highway Patrol, City of Quincy, Adams County Emergency Management Agency, and many Bridge the Gap volunteers will be stationed along the routes to ensure the safety of participants. If there are emergencies on the race course (weather, injuries, etc.) an orange flag will be displayed at all of the water stations. Race Volunteers will provide instructions. Your safety is our top priority on race day.
Enjoy discounted rates at any of the hotels listed. Just ask for the Bridge the Gap to Health 2019 Race discount or QMG discount.

**Mircotel Inn & Suites**  
217-222-5620  
200 S 3rd St, Quincy, IL 62301

**Hampton Inn Quincy**  
217-224-8378  
225 S 4th St, Quincy, IL 62301

**Quality Inn & Suites**  
217-222-2666  
201 S N 3rd St, Quincy, IL 62301

**Town and Country Inn**  
217-214-0400  
110 N 54th St, Quincy, IL 62305

While you are in town, take a moment to look around. Quincy offers a variety of historical sites as well as shopping, dining and entertainment.

**Quincy Convention and Visitors Bureau**  
The District
Thank you to all our sponsors for your support of this event.

### Other sponsors and in-kind donors:

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