

BQ.2 Marathon Races

#1 Qualifiers In the USA



**2024 Last Chance BQ.2
Runner's Guide**

Welcome, Boston Hopefuls!

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 years with the Fox Valley Marathon Races and BQ.2 Chicagoland Marathon Races.

The BQ.2 Marathon Races Team is here to give you every advantage that we can to help you reach your best qualifying time possible.

Everything about the races— date, time of day, course, fellow runners, start, aid stations, bottle stations, pace teams, bibs—are designed to get you to Boston with a time far enough below your qualifying time to make the final cut.

Good luck as you aim for your dream. We'll be cheering you on!



Schedule

Friday, September 6, 2024

**Race Village, Fabyan Forest Preserve
1925 S. Batavia Ave., Geneva, IL**

Packet Pickup
11 a.m. - 5 p.m.

Course Preview Jog
4 p.m. - 5 p.m.

Saturday, September 7, 2024

**Race Village, Fabyan Forest Preserve
1925 S. Batavia Ave., Geneva, IL**

5:30 a.m. - Packet Pickup Begins

5:45 a.m. - Elite Bottle Placement Opens

6:30 a.m. - Race Starts

11 a.m. - Race Ends



Important Race Information

1. Bring your ID when you pick up your packet on 9/6 or 9/7. [See the packet pickup location.](#)
2. Race morning is Saturday 9/7, with a 6:30 a.m. start time. [See the race location.](#)
3. All elite bottles are considered single use. Runners may bring up to 7 of their own disposable bottles or purchase them for \$3 each, cash only, at Friday packet pickup. Bottles will not be available for purchase on race morning.
4. Headphones are allowed on the course.



Course Preview Jog



Friday, September 6, 4 p.m. - 5 p.m.
Fabyan Forest Preserve West Pavilion
1925 S. Batavia Ave., Geneva, IL

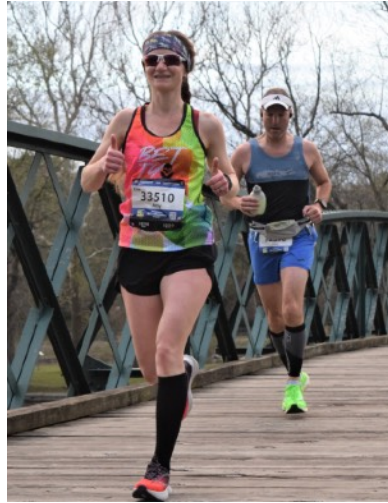
- One loop of the course (about 3 miles) at an easy pace.
- Free, no registration required.
- A great chance to see the course, parking, and race village to reduce race morning stress.
- Bottle taping station.
- Race official Q&A.
- Led by Dick Pond Athletics.

Course

The course is 8 clockwise loops with 1 spur that must be completed twice before the first lap.

See the map for the location of this spur. **It is your responsibility to know the course!**

Volunteers will be at every turn the first two laps, but it's your responsibility to know where you are on the course. Don't just follow the runner in front of you.



Please stay to the right on the path and always leave space to the left for passing runners. At most, please run two abreast. Finisher's chute will be on the left.

The course is on a public trail system. There will be bikes, dog walkers, and others on the path. Please be respectful of other path users so they are respectful of you. This course map and a course video can be viewed [here](#).



Packet Pickup

Pre-race pickup

Race Village, 1925 S. Batavia Ave., Geneva

Friday 9/6, 11 a.m. - 5 p.m.

Race Village Pavillion

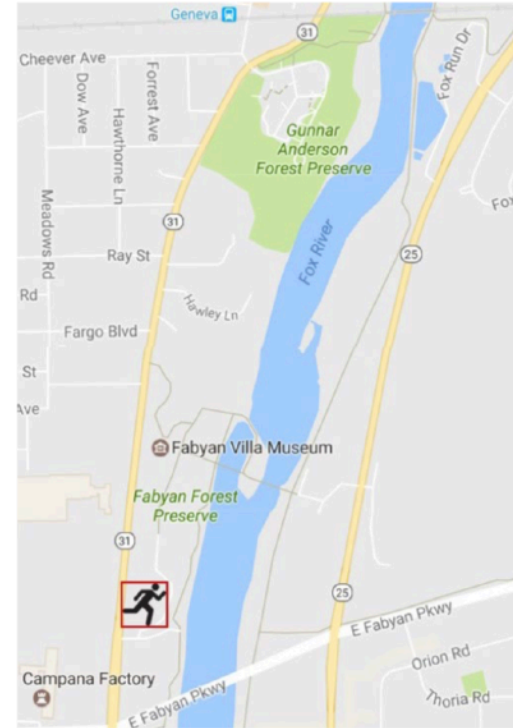
Race day pickup

Saturday, 9/7

5:30 a.m. - 6:15 a.m.

Race Village Parking Lot

- Photo ID with birth date is required (e.g., driver's license) to pick up your packet. Date of birth must match your registration data.
- Only the registered runner will be able to pick up a packet.
- Confirm your registration
- Bring your official race bib and gear check tag on race day!



Race Morning Details

WARNING! Park across the street (1950 S. Batavia Ave.) on race morning in designated spaces only. Anyone parking on driveways or grass will be towed and disqualified!



To the right is a map showing areas for:

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



Race Packet

Packet Contents

- Race bib with timing chip and tags.
- Gear check bag.
- Official race shirt
- Safety pins.

Race Bag

Your race bag also serves as your gear check bag.

Race Shirt

The race shirt is a gender-specific performance tech shirt. You can exchange your shirt in its original bag or purchase additional shirts (\$20/shirt) at the Race Pavilion. You can have a friend exchange/purchase during or exchange/buy after the race, subject to availability.

Gear Check

Attach the gear check tag from your race packet on the bag you received at packet pickup. We can accept bags 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.

Please respect the parks and preserves. Any items dropped during the race will not be recoverable.

- Discard items at one of the 16 aid stations along the loop.
- 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 discarded.

Bibs and Timing Tag

Your **bib with timing tag must be in full** view for gear check bag drop-off and pickup, and access to aid stations along the course and for timing your run. Do not remove or cover it.

A Special thanks goes to The Preserve of Geneva for years of hosting BQ.2 Marathon Races parking needs.



The Preserve
of Geneva

*Geneva's largest
office location*

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.

A special thanks goes to Race Guards for providing Medical Assistance on- course.



Elite Water Bottles

- Runners may bring up to 7 of their own disposable bottles or purchase them for \$3 each, cash only, at Friday packet pickup. Bottles will not be available for purchase on race morning.
- Bottles are considered disposable and will not be returned to runners
- Runners may use only sport bottles with pop-up style tops.
- Volunteers will direct you how to mark your bottles at Friday's early packet pickup, the course preview run, or race morning.
- Volunteers will help set up the bottles on race morning. Bottles will be organized on 10 numbered tables based on the LAST digit of your bib #.
 - Table 1: bibs xxx01, xxx11, ...
 - Table 2: bibs xxx02, xxx12, ...



- **Grab your bottle as you run by each lap.** Unique colors or tape make your bottle easy to spot.
- Drink while you run and **toss your bottle in the drop zone** about 300 meters beyond the last table.
- **All bottles are considered single use and will be discarded once tossed in the drop zone.**
- An aid station is available shortly after the drop zone in case you miss your bottle on any loop.
- If a friend is handing you your own personal water bottle, they must do this in a different area and may not use the bottle zone (to avoid congestion).



Aid Stations

You will pass **16 aid stations** on this 8 loop course. Only registered runners with official race bibs will be served.

- **Water, Lemon-Lime Gatorade** Endurance Formula at each Aid Station, 16 times, **two stations per loop.**
- **Energy Zone** 8 times, one per loop, featuring Honey Stinger Gold and Honey Stinger Strawberry Kiwi. These are located just before the elite bottle station and north aid station.
- **Bananas** at South station, beginning lap 4.
- **Oranges** at South aid station, beginning lap 5.
- **Ice** if temperatures warrant: >68 degrees F at North station only.



Pace Groups

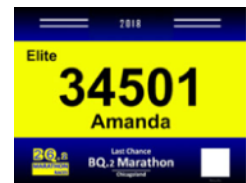
We're excited to announce that Dick Pond Athletics will provide the Pace Team for the BQ.2 Marathon Races! Pacers will target a finish time 3 minutes under your qualifying standard.



If you'd like a time more than 3 minutes under your standard, we suggest staying with your pacer for 4 laps (14 miles) and finding runners in your group ready to run the last 12 miles faster. 10 seconds faster per mile buys you another 120 seconds to get you 5 minutes under your qualifying time. [Learn more about the pace team.](#)

If you would like to find someone within the race to run with, your bibs are numbered based on your Boston Qualifying standard for 2024. Feel free to communicate with other runners in your wave or out on the course.

A sample bib is shown below. **The first 3 digits of each bib indicate a qualifying time**, i.e. 3:45 for Amanda.



Post Race

Congratulations on a great run!



Note: A valid bib and timing chip are required for all post race amenities.

Finish Line

Immediately at the finish line you will have self-serve access to:

- Blankets
- Finisher medals
- Water and Gatorade

Volunteers are instructed to not make physical contact with runners. If you need to lay down, there will be a designated area. **If you need medical assistance, communicate this to a volunteer and the medical team will arrive shortly.**

Results

Preliminary results are available by scanning your bib QR code, by asking a volunteer at the race pavilion or checking our [website](#).

We will submit results to Boston as soon as they are confirmed and official.

Race Village

Once you have cleared the immediate finish area, the race village offers:

- **Water and Gatorade**
- **Food** to help you recover and celebrate. Chocolate milk and PB&J sandwiches are a runner favorite.
- **Photo ops** are available at the **BQ Bell** area to capture your accomplishment.
- **Main Medical** is in the picnic pavilion.



Runner Tracking

Friends and family can easily track you throughout the race via text or Facebook messaging, thanks to Chronotrack and the 8-loop course. [Sign up for runner tracking.](#)

Awards

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. Male and female champions will receive awards.

Finisher Medals

All finishers will receive a beautiful finisher medal



Spectating

The 8-loop course makes it a great spectator race. Bring friends and family to help cheer you on. They can set up a blanket or lawn chairs in a beautiful riverfront park setting and see you 8 times without moving. **Parking in Fabyan Forest Preserve West is for credentialed volunteers only until 7 a.m.**

Spectators can park in the runner parking area (across Rte 31 from Fabyan West) based on space availability. **Spectators may also park on the east side of Fabyan Forest Preserve** (1349 S. Batavia Ave., Geneva). Please yield to runners while crossing the pedestrian bridge. Foot traffic over the pedestrian bridge could impede the runners.

Parking is also available in Batavia (south end of the loop) at 150 Houston St., Batavia, for spectators who wish to see you in another part of the course.

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

Race Integrity

The entire BQ.2 Marathon Races staff of leaders, volunteers, medical staff, and official pacers work hard to give all our runners a safe, equal, and best chance at achieving their goal of qualifying for Boston. To ensure race integrity:

- **Pick up your own race packet.** No exceptions.
- **Present a photo ID with your date of birth at packet pickup.** The date of birth on the ID must match the date you provided when you registered.
- **Wear your bib with tag at all times.**
- **Cross over each timing mat** on the course to assure you receive an official time. Do not run around the mats.
- **Bib transfers are not allowed.** Anyone running with a bib for which they are not registered will be disqualified from this race and future races. The original registrant will also be disqualified from future races.

- **Do not run with bicyclists or personal pacers.** You may be disqualified if this occurs. The course capacity is limited. This practice may interfere with other runners' chances of a good race. Please respect their hard work and good faith efforts to qualify.
- Falsified Eligibility Requirement data will disqualify a runner. Entry fees will NOT be refunded.



Runner Safety

Weather

The event will take place regardless of rain or cold weather. Runner or volunteer safety issues may cause delays or cancellation, including forecasts or occurrences of:

- lightning
- a tornado watch/warning
- dangerously hot weather
- public health issues
- other safety hazards

Pre-Race Notification System

Delays or cancellations will be announced via the race village public address (PA) system or website and through our social media channels (Facebook, Twitter, Instagram).

In-Race Condition Flags

Safety notifications will prominently display at each aid station and at race village showing the current race status via a multi-color flag system. They should be heeded to avoid serious problems.



Local Amenities

Geneva, Batavia, and St. Charles offer an array of dining and entertainment options while you're in town. Extend your race experience by a few days to see what they have to offer!

- [Geneva, IL Visitor Information](#)
- [St. Charles, IL Dining Guide](#)
- [St. Charles, IL Itineraries](#)
- [St. Charles, IL Breweries](#)
- [Downtown Batavia, IL](#)
- [Chicago, IL](#)

ST. CHARLES BUSINESS ALLIANCE

Listen
Live Music Listing

Dine
Happy Hour Hub

Explore
Travel St. Charles App

www.stcalliance.org

Live like a local!

