

Bix 7 Race Guide

52nd Running of the Quad-City Times Bix 7

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 on the main stage at 10:00 a.m.



Top Ten at Ten Awards:
Awards will be announced and presented to the top ten male and female overall winners. In addition, we will announce the winners of the Russell Beat the Elite competition, Premier Buick GMC Dealers' High School Challenge, Prairie Farms Quick Bix Winners, Caesar's Sportsbook Team Competition and the Caldwell & Newell Awards. The Bix 7 is proud to host the 2026 PRRO (Professional Road Running Organization) World Championships.

Age Group Awards:
Age Group Awards, presented by GreenState Credit Union, recognize 1st-5th place from 15 and under through 85+. Age group awards will be held at 11am at R. Bittner Downtown YMCA, 630 E. 4th Street, Davenport.



Get your results at BIX7.com!

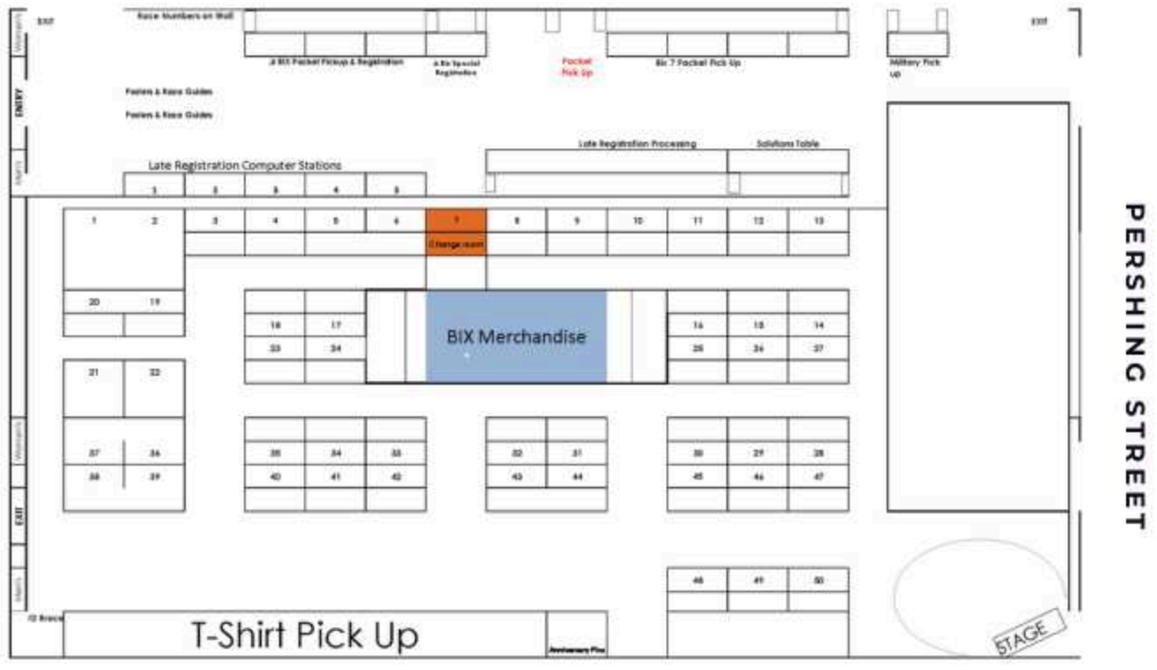
CONNECT WITH THE QCT BIX 7!

facebook.com/QCTBix7

quadcitytimesbix7

Running Wild Sports & Fitness Expo Floor Plan

Thursday, July 23, 5-9pm and Friday, July 24, 9am-8pm



RiverCenter, 136 East 3rd Street, Daven
Laurie McGrath, BIX7Expo@gmail.com

Floor plan subject to change

PLEASE NOTE:

River Drive will be closed 5-11 a.m. to through traffic from Federal to Marquette Streets. 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 5-11 a.m.

Scan to see a full Downtown Davenport Map featuring all the Bix 7 fun!

INSTRUCTIONS

Participant Number

Your numbered bib must be securely pinned to the FRONT of your clothes (top or shorts) and must be visi-ble 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 B-tag timing chip or you will not be timed. The B-tag is affixed to the back of your bib. Avoid bending it. Timing and scor-ing are determined by the B-tag. Upon crossing the finish line you need NOT remove your B-tag; it is disposable and can be discarded in a trash receptacle.

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

Driving & Parking

The location of the finish line is the same as last year, 3rd St. between Iowa and LeClaire Streets. 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 ar-rive 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 6.

All registrations (in-person and virtual) are final—no refunds, transfers, or deferrals. For the safety and security of all participants, a visible, official race bib must be worn at all times while on the course; individuals without a bib are not permitted on the course and anyone entering outside of the official start or without a bib will be removed and may be disqualified.

The Course

Splits will be given at all mile markers. There will be a timing mat at the "half-way" 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.

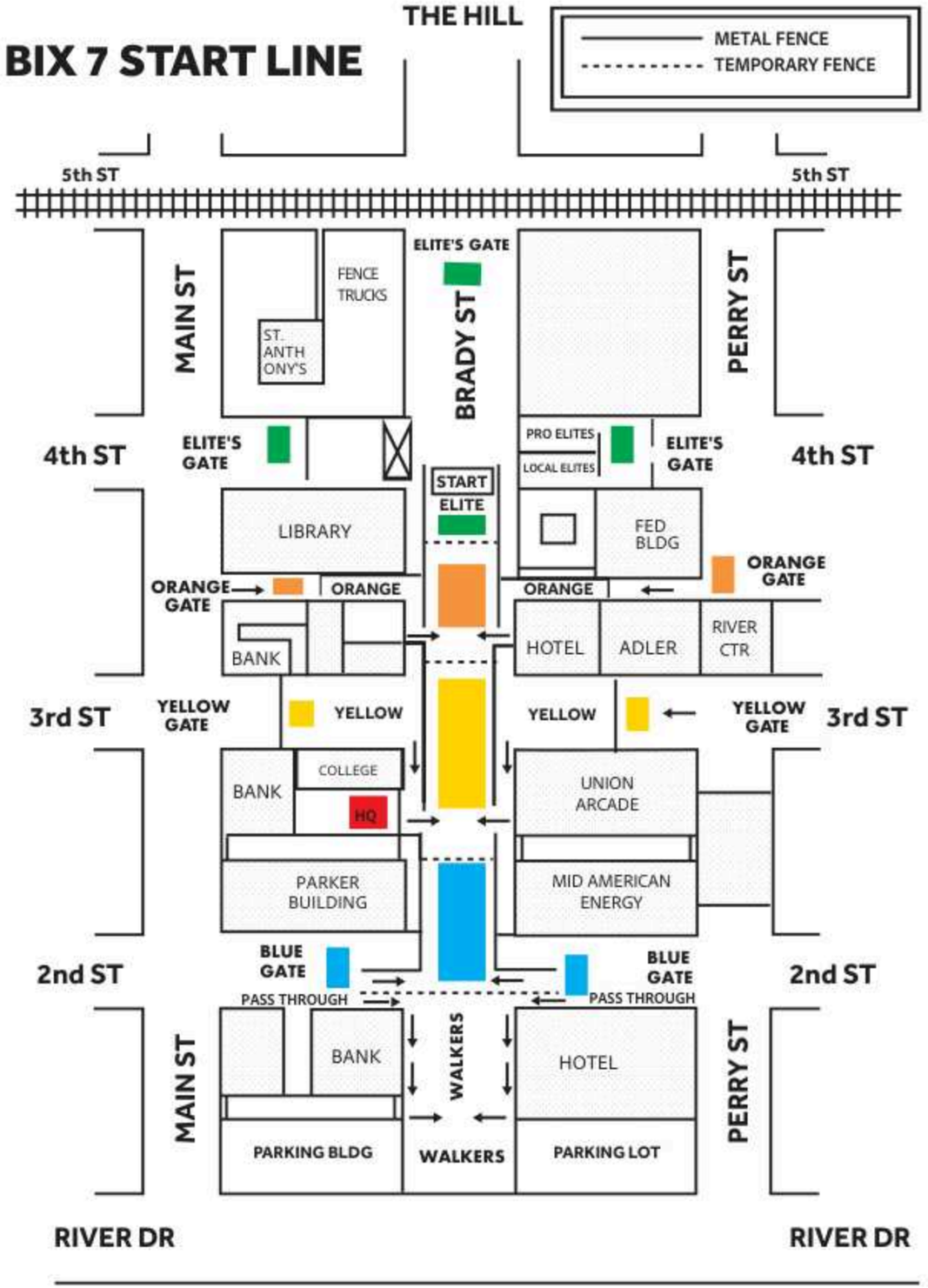
Finish Line

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. Be-cause of the large number of runners, we must keep participants moving rap-idly through the finishing area.
Please follow these instructions:

- Do not stop at the finish line.

Proceed through the finishing area. Get your medal.

- Follow the path to the Quad-City Times Bix 7 Walmart's Post-Race Party.





STARTING LINE PROCEDURES

Start Line

You only have one 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 area from 4th Street east of Brady Street.

High School Challenge Runners

If your 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 5.)

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.)

PLEASE 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. Notice: No backpacks or bags are allowed in the race lineup.

Reminder:

NO BACKPACKS, BAGS OR STROLLERS ARE ALLOWED. This will be strictly enforced.



HEALTH NOTES



1. Get a good night's rest before the race.
2. Don't abuse alcohol or medication the night before the race. In addition to other problems, alcohol causes dehydration.
3. Wear cool, loose-fitting clothing.
4. Drink water one hour before the race and take plenty at the water stops.
5. 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.
6. 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 purple t-shirts.

First Aid Stations

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

In Case of Emergency

If you find yourself in need of medical assistance:

- ▸ Dial 911
- ▸ Move toone of the colored flag banners at the post race party at 4th and River Drive.





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.

Race Day Parking

You can park in all three city parking ramps at...

1. River Center ramp: Enter East of Brady on 2nd & 3rd Streets.

2. 101 Main Street ramp: Located North of River Drive.

3. 202 Harrison Street ramp: Enter on Harrison and on Ripley between 2nd & 3rd Streets.

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.

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 and map.

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.

How the Clock Works

It will take some time after the starting gun is fired for many to reach the starting line. Your official B-tag (net) time will appear in the Quad-City Times the morning after the race. Please check your official finish time at Bix 7.com.

NOTE: **Quick Bix!** A clock will be at the start and finish lines. Official B-tag (net) timing will take place. Gun time will be used to determine top male and female winners.

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!



HOW DO I GET TIMED?

Your timing device is the ChronoTrack B-tag which is attached to the back of your race bib. In order to receive an accurate time, please follow these guidelines:



1. **Attach Bib to the FRONT of your shirt**
(So it is visible to the timers and photographers)

2. **Do not fold or wrinkle**
(Or you risk breaking the chip)

3. **Pin it in the corners**

4. **Do not cover bib when crossing the timing mats**
(with jackets, runner belts, water bottles, etc.)

CHRONOTRACK
FARMER OWNED Prairie Farms
SRS SUPER RACE SYSTEMS



RESTRICTIONS

Warning

Due to the large number of participants, safety for all, 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*

No Backpacks/Bags*

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

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.



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 B-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. Do not stop at the finish line. Grab some water and proceed to the Walmart post-race party for refreshments, live music, & fun!



The Party

After you cross the finish line, you'll be on a path that will take you to 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.

Share Pictures

Post your pictures on social using hashtags #qctbix7, #qcthatswhere, #RunwiththeBest, #bix7

Get Your Official Photo

Marathonfoto will be on site before, during, & after the race.



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 MercyOne Genesis walkers starting line located on Brady St. be-tween 2nd St. and River Dr. (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.

Reminder

Everyone's safety depends on an orderly start. Your official B-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!



MERCYONE GENESIS



WALMART POST-RACE PARTY

Join more fun after you run!

After the Race

Join the best post-Race party in the US! Refuel with good food, such as Whitey's popsicles, Chick-Fil-A sandwiches, Keurig Dr. Pepper beverages, Bobo's, That's It, and plenty of snacks from WalMart.

Please enjoy everything you can eat at the party! However, we do not allow bags or cartons in the area and food and beverage being taken off the premises. Leftovers will benefit those in need in the Quad Cities, and are donated to local food pantries. Thank you for your cooperation!

Friends & Family Gathering Area

Across from the Quad-City Times lot on 4th Street, the **Geifman Group Friends and Family Gathering Area** is the place to reconnect and keep the celebration going - featuring music from Identity Crisis, local food trucks, and an all-ages, high-energy vibe! Watch race coverage on the Jumbotron!

Walmart









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 Parents Banner

For everyone's convenience and safety, we request that the stage area of the Post-Race Party be used as the meeting place for children who are lost. There is a Lost Parents sign located at the northwest corner of the Times parking lot.

For friends that have been separated, you may meet on 4th Street at the Friends & Family Gathering Area 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.

Order your limited-edition commemorative

BIX 7 BOOK

Chronicling 50 years of the Quad-City Times Bix 7

200 PAGES of Bix history and photographs



This book was made to foster happy memories and provides an enduring historical outline of this world-class event.

SPECIAL PRICING $12

Order at Bix7.com or Scan Here

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 10,000 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 $19.00 each. The souvenir section in-cludes dozens of photos, plus a complete listing of names and times of all Bix 7 finishers. All Jr. Bix, Bix7, & Quick Bix finishers' names will be in Sunday's edition. Order yours today! Simply complete the form. **Orders must be received by Friday, Aug. 7, 2026.**

Mail to:
Quad-City Times Bix Souvenir
PO Box 1508, Davenport, IA 52809

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 $19.00 each

Total Enclosed: $ _____

Alert Iowa

Text **Bix7** (no space) to **67283** to receive weather watches and warnings around the race area. On 7/26/26, you will automatically be opted out.

Weather

Watch your email, visit our website, follow our social media pages, and follow KWQC TV 6 during race week for weather updates, preparation tips, and important race information. On race day, follow directions from race officials and announcers, and be prepared for changing weather conditions.

THANK YOU TO ALL OF OUR SPONSORS

TITLE SPONSOR

Quad-City Times

This magnificent community event owes its continuing success to the Platinum, Gold Medal and Contributing Sponsors, to the many other supporting businesses and organizations, and to the thousands of individual volunteers, The Quad-City Times, Cornbelt Runnning Club and the entire Quad-City community deeply appreciate theat dedication and generosity.

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TAG

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Quad City Bank & Trust

That's it

THANK YOU QUAD CITIES FOR ANOTHER SUCCESSFUL QUAD-CITY TIMES BIX 7

Join us for the 53rd Bix 7 race on July 24, 2027!

From your Quad-City Times & Bix 7 Race Committee