



20th Annual Komen Quad Cities Race for the Cure® June 13, 2009

Frequently Asked Questions for Team Captains

How many people do I need to have a team?

Teams must have at least 10 members and can be as big as you'd like. If you have a group of less than 10 people, we encourage you to register as individuals. Of course, you can still participate together!

How do I register a team?

If you have submitted a Team Intent Form, your team is registered. If you have not, you can register in one of two ways. Contact Honey Bedell, Corporate/Community Teams Coordinator, at hbedell@eicc.edu or 563-336-3302 to register your team. Or go to www.komenquadcities.org, click on the "Register Online Now" box on the left side, choose "click here to join a team" and follow the directions.

How do team members register for the Race?

Online Registration: You as a team captain can register your team name online by going to www.komenquadcities.org, click on the "Register Online Now" box on the left side, then choose "click here to join a team." Follow the directions to register yourself, then, under "Questions for Team," create your own team under #2. If you are paying for a group by credit card, you can register up to ten people online yourself at one time. If your team members are paying their own registration fees by credit card, they can register online by going to www.komenquadcities.org, clicking on the "Register Online Now" box on the left side, then choosing "click here to join a team" and completing the online form. Under "Questions for Team," they will need to select your team name from the drop down menu and fill in the team captain's name.

Paper Registration: Included in your Team Captain Packet is a Team Race Application. Each member of your team should complete and **SIGN** a race application, and return it to the team captain with payment. As Team Captain, you'll compile the applications and payment, complete the Team Registration Form and the Team Packing List/Reconciliation Form, and submit the complete packet by 4:30 p.m. on May 15, 2009.

As team captain, how do I take advantage of my complimentary registration?

In appreciation for your extra efforts, we're offering team captains free registration this year. To register, use the team application marked "Comp" included in your team captain packet. Complimentary registration is not available online at this time, so please submit your paper application to 306 W River Dr, Davenport, IA 52801, ATTN: Honey Bedell.

How do I compile my team packet for submission?

Set a deadline for your team members to return their signed applications and payment to you that will give you enough time to complete the packet for submission by May 15. Make sure that all **applications are signed** and that payment is stapled to the appropriate application(s). Please complete both the Team Registration Form and the Team Packing List/Reconciliation Form. Your assistance with these forms helps us process your information quickly and pack your team materials accurately.

Can some of my team members register online and others by paper?

Yes. As long as the online registrants select your team name when they register, they will be considered part of your team. You do not need to include them in your paper registration totals.

Can my corporate team include friends and family members, not just employees?

You bet!

What are the registration fees?

5K event: \$22 for adults 13+, \$15 for children 12 and under.

1 Mile Family Walk/Run: \$15 for adults 13+, \$12 for children 12 and under.

Sleep In for the Cure: \$22.

There is no separate sponsorship fee for a team.

Do very young children need to be registered?

Children who will be in strollers or wagons do not need to be registered. All walkers and runners must be registered.

What is Sleep In for the Cure?

Sleep In for the Cure is a great way for people who are not able to participate in the Race to still be a part of your team. "Sleepers" count toward your team total and will receive a Race t-shirt, packed with your team materials.

What are the deadlines for team registration?

Paper team registrations are due by 4:30 p.m. on Friday, May 15. Online team registration must be completed by 6 p.m. on Friday, May 22.

Where do I send or take my team registration packet?

Team packets can be mailed to or dropped off at the Scott Community College Urban Center, 306 West River Drive, Davenport, IA (downtown Davenport on top of the bus station), ATTN: Honey Bedell. **This building closes at 4:30 p.m. on Friday, May 15.**

What if I have people who want to register after the deadline?

We will not be able to add people to your team after the deadline. However, individuals may register for the race online through 4 p.m. on Friday, June 12; at Packet Pickup on Friday, June 12; and prior to the race on Race Day, June 13. These racers won't be counted as part of your team, but they are, of course, welcome to run or walk with you!

Where and when do I pick up my team's materials?

We will pack your team box with your race number bibs, t-shirts and goodie bags. You can pick them up at our special Team Packet Pickup on Wednesday, June 10 at the Carver Physical Education Center at Augustana College in Rock Island (for directions and a map of the campus, visit www.augustana.edu/x560.xml) between 7:30 a.m. and 6 p.m. If that time is not convenient for you, your team's box will be available at the regular Packet Pickup on Friday, June 12, 8 a.m. – 6 p.m. at the i wireless Center in downtown Moline.

What about timing for the race?

This year's race will be a non-timed event. Money previously used for a formal timing system will be used to fight breast cancer. Each participant will be responsible for timing themselves. Visual timing clocks will be available at the finish line. There will be no chips to return.

Are strollers allowed?

Strollers, wagons, wheelchairs and service animals are welcome. We ask that participants with strollers please line up toward the rear at the starting line to allow runners and faster walkers the right of way. No bicycles, skates, skateboards, rollerblades or pets, please.

What special recognition is offered for Survivors?

In addition to the race t-shirt, Survivors will receive a pink Survivor t-shirt, a pink Survivor cap and a special goodie bag, which will be packed with your team materials. Survivors may pick up a special pink ribbon sticker for each year of their survival at the Survivors VIP tent next to the stage the morning of the race. Survivors also enjoy special VIP parking – available on a limited basis until 6:45 a.m. in the i wireless Center parking lot by showing their pink Survivor bib number.

A program honoring Survivors will begin at the main stage at 7 a.m., followed immediately by the annual Survivor photo and a Jazzercise warm up session.

What about parking and shuttles?

Limited parking for survivors with pink bib numbers is available until 6:45 a.m. in the i wireless Center parking lot. On-street parking can be found in downtown Moline, off the Race route.

Shuttle service will be available between the **QC Expo Center**, 2621 4th Avenue in Rock Island and Centre Station in Moline, beginning at 6:30 a.m. The last shuttle will leave the Race area at approximately 10 a.m. ***Please note this is a change in shuttle location from previous years.***

Is there a special place for teams to meet the day of the Race?

We've added a special location for team members to gather before the race. After you've parked or taken the shuttle to the Race area, meet your teammates in the west parking lot of the American Red Cross of the Quad Cities Area at 1100 River Drive, Moline, across from the i wireless center parking lot, so you can line up and start the Race together. (There won't be any events going on there; it's just a convenient place to meet, and we thank the American Red Cross for making it available!)

How can my team help raise additional funds for a cure?

Participate in the "Friends for the Cure" pledge program. This is an easy and convenient way to raise additional support for the fight against breast cancer. To create your personal or team pledge page, go to www.komenquadcities.org and click on the "Friends for the Cure Pledge Program" box on the left side. This page will walk you through registering and creating a site that you can share with others to raise additional funds. It truly is easy, and it's a good way to involve more supporters, including friends and co-workers who can't participate in the race itself.

Will there be awards for the biggest teams?

Yes! At the awards ceremony following the race, we will recognize several teams: Largest School Team; Largest Organizational Team; Largest Community Team; Largest Corporate Team 0-50 employees; Largest Corporate Team 51-100 employees; Largest Corporate Team 101-500 employees; Largest Corporate Team 501-1000 employees; Largest Corporate Team 1000+ employees; and Team with the Most Pledges per Team Member.

What if I have more questions?

Contact Honey Bedell, Corporate/Community Teams Coordinator:

hbedell@eicc.edu; daytime phone 563-336-3302; evening phone 563-355-0043;
cell (please use this the week of Race only) 563-343-5686

Or call the Race Office at 1-877-921-CURE (2873)

Or visit our Teams web page at <http://www.komenquadcities.org/2009/teams.php>