

MAY 21, 2017 ATHLETE GUIDE







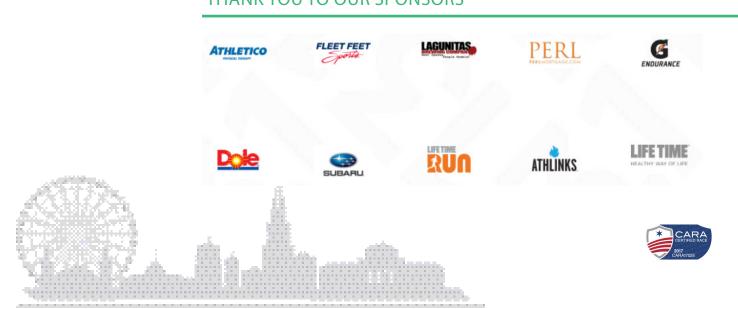
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MEDIA CONTACT

Those requesting official statements, media-related access to the venues or have general event related questions, please contact Ashley Pawlack, PR Liaison, at <u>AP@respublicagroup.com</u>

THANK YOU TO OUR SPONSORS









SPRING IS HERE!

Welcome to the 2017 Chicago Spring Half Marathon & 10K. We are thrilled that you will be joining us for the 9th annual running of this maginificent event! Most of you will be kicking off the start of your race season with this scenic course along Chicago's Lake Front Trail with a newly minted Spring Market Finish Festival out of Maggie Daley Park.

We know you've trained hard for this event and are rightfully very eager to hit the trail and give it your all. We have prepared some details regarding the event weekend to help make your experience enjoyable. Please take a few minutes to read through the information within this Athlete Guide.

We would like to share a special thank you to our host City of Chicago, Cook County, Alderman Reilly of the 42nd Ward, the Chicago Park District, CDOT, Magellan Development, Commander Klich of the 1st District, MDA Team Momentum our Official Charity Partner, all our valued sponsors and most importantly, the hundreds of dedicated volunteers and staff joining us this weekend. This race would not be possible without the support of all these individuals.

You deserve tremendous credit for your training and dedication to your goals. Remember to enjoy the moment and take it all in.

It is an honor and a privilege to have each and every one of you at our race. We wish you a successful and safe weekend.

Sincerely,

Your Chicago based race crew:

Iulie Coleman, Race Director	Matt Rapaport, Sales Manager
lose Rangel, Operations Manager	Tim Brazel, Sales Manager
Dan Lakin, Marketing Manager	Yasamin Sabeti, Volunteer Manager
David Rosenbrock, Groups & Charities	Justin Dela Cruz, Marketing Associate
Cassidy Kloss, Marketing Associate	Alejandra Toledo, Marketing Associate







RACE DAY APP

Be sure to download the new Race Day App powered by AthlinksApp for your iPhone or Android. Select Chicago Spring Half Marathon & 10K for race access.



SHARE YOUR SOLES

Subaru Loves to Care and we invite you to join us by filling the Subaru Impreza with your new/gently worn running shoes to benefit "Share Your Soles."

The Subaru will be located at Fleet Feet Sports during packet pickup hours.

To thank you for your commitment, Subaru will be giving you a gift when you donate a pair of new/gently worn shoes!

SCHEDULE OF EVENTS

	N A A V	10
FRIDAY,	IVIAY	19

4:00 p.m. - 8:00 p.m.

Packet Pick Up

Fleet Feet Sports - Old Town

SATURDAY, MAY 20

10:00 a.m. – 6:00 p.m.

Packet Pick Up

Fleet Feet Sports - Old Town

SUNDAY, MAY 21

5:30 a.m.	Gear Check & Will Call opens, Junior Dash registration opens	Maggie Daley Park
6:00 a.m.	13.1 Start corrals open	Columbus Drive
6:45 a.m.	13.1 Start corrals close	Columbus Drive
7:00 a.m.	Start of 13.1 race	Columbus Drive
7:40 a.m.	10K corrals close	Columbus Drive
7:45 a.m.	Start of 10K race	Columbus Drive
8:00 a.m.	Spring Market Finish Festival opens	Maggie Daley Park
8:30 a.m.	10K Overall Awards Ceremony	Main Stage
9:30 a.m.	13.1 Overall Awards Ceremony	Main Stage
10:00 a.m.	Junior Dash	"The Ribbon" at Maggie Daley Park
11:30 a.m.	13.1 and 10K courses close	Maggie Daley Park
11:45 a.m.	Gear Check closes	Maggie Daley Park

CHICAGO HALF MARATHON/5K M

SEP. 24, 2017 Don't miss Chicago's historic half marathon featuring a flat, fast and traffic-free course atop scenic Lake Shore Drive. Complimentary shuttle transit included for the first 5,000, plus a HUGE finisher medal worthy of Chicago's big shoulders.

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PACKET PICK UP

Location

Fleet Feet Sports - Old Town 1620 N. Wells Street, Chicago, IL 60614

Packet Pick Up Schedule

Friday, May 19 Saturday, May 20 4:00 p.m. - 8:00 p.m. 10:00 a.m. - 6:00 p.m.

Instructions

- All participants must pick up their race bibs at Fleet Feet Sports in Old Town prior to race day. There is NO RACE DAY PACKET PICK UP*.
- You may pick up on behalf of other participants with a copy (hard or electronic version copy) of that participant's photo ID <u>and their respective</u> bib assingment.
- Participants will each receive a race bib (with timing tag attached), race shirt, safety pins and a clear plastic bag.
- The plastic bag is to be used for Gear Check on race day. Attach the Gear Check tab from your bib to the bag before dropping it off at Gear Check tent located in the southeast end of Maggie Daley Park.
- IMPORTANT: Race bibs MUST be worn by all participants and must be visible to race staff at all times. Failure to wear your assigned race bib will result in disqualification and removal from the race course.
- Those who plan to utilize the complimentary beer ticket at the post race party must first present a photo ID at Packet Pick Up or at the Finish Festival ID Check table. In exchange, a mandatory beer wristband will be issued and must be worn on race day.

*Will Call

Participants who pre-purchased the Will Call option during online registration may pick up their race packet starting at 5:30 a.m. race morning. The Will Call tent will be located in the southeast corner of Maggie Daley Park; across from the Volunteer tent.

Please note: You will not be refunded the Will Call fee if you pick up your packet at Fleet Feet Sports.

IMPORTANT!

Participants must complete the Medical Information on the back of the bib - which must be worn at all times during the event on front of the torso.





O MEDICAL INFORMATION FOR YOUR OWN SAFETY, PLEASE COMPLETE PRIOR TO THE RACE







RACE DAY LOGISTICS

Race Location Maggie Daley Park 337 E Randolph Street Chicago, IL 60601 Race Schedule7:00 a.m.13.1 Race Start7:45 a.m.10K Race Start10:00 a.m.Junior Dash Start

PARKING & TRANSPORTATION

The race venue is hosted in the heart of downtown Chicago. Due to existing traffic congestion, as well as road closures throughout the venue, participants are discouraged from driving to the event. Instead, consider ride share, biking or using mass transit.

Ride Divvy

Participants living within a few miles of Maggie Daley Park are encouraged to use the Divvy bike share. Special valet service will be provided from 6:00 - 11:00 a.m. at the Divvy station in front of the Blue Cross Blue Shield Building at 300 E. Randolph St. Plan your Divvy trip at divvybikes.com.

CTA

Several Chicago Transit Authority rail and bus lines provide service to the downtown area. Research all bus and train schedules at www.transitchicago.com.

Road Closures

Starting at 3 a.m. on race morning, expect road closures on Columbus Drive, Monroe Street and Intermediate Randolph Street.

Millennium Park Garage

If you choose to drive and park, we advise that you confirm the parking garage rates, times and location before race day-posted rates at all Millennium Garages will apply on race day. To reserve discounted, online parking, go <u>here</u>.

The vehicle entrance for the Millennium Park Garage or Millennium Lakeside Garage is on S Columbus Drive, just south of Randolph St, accessible from the southbound lanes. An additional entry/exit is located on lower Randolph Street, just east of the Harris Theater lower level entrance.

The Northbound entrance on Columbus, between Monroe and Randolph will be closed down due to the race.

USE DIVVY VALET



Divvy will provide special valet service from 6:00 -11:00 a.m. on race day. The service infinitely expands capacity of the Divvy dock in front of the Blue Cross Blue Shield Building at 300 E. Randolph St.





SPOT HER

SPOT HERO

Reserve your parking in advance and get there on time, Gear Check stress free!

SpotHero is the nation's leading parking reservation app to book convenient and affordable parking, whether it's for an event, commute to work or even airport parking.

Parking

We strongly encourage you to use mass transit, walk or ride Divvy. If you choose to drive, make parking easy and stress free with Spot Hero!

Try SpotHero today! To reserve your parking spot for this event, visit the Chicago Spring Half Marathon & 10K SpotHero Parking Page and book a spot with rates up to 50% off drive-up. You can also use SpotHero to park all over Chicago – learn more here.

New to SpotHero? Download the SpotHero iPhone Android app and enter promo code CHISPRING for an extra 10% off your first park!

On race morning, participants may store their bags at a dedicated Gear Check facility at the southeast corner of the park. Gear should be dropped-off prior to entering the Start corrals.

In order to leave your personal items at Gear Check, participants must:

Step 1 - Remove all contents from your backpack or purse, place them inside the clear plastic bag provided at Packet Pick Up, and fold up your backpack to place it in the clear bag. Extra bags will be available on race morning.

Step 2 - Attach the Gear Check tab from your race bib to the bag for easy identification. You must display your race bib to drop off and pick up items from Gear Check. Baggage will not be accepted if your items are not properly stored inside the bag. All checked items must be visible.

Please note:

- All items must be placed inside the CLEAR PLASTIC BAGS provided at Packet Pick Up. Baggage will not be accepted if your items are not properly stored inside the bag.
- Do not give your items to anyone other than the volunteers assigned to work at Gear Check. Life Time is not responsible for any lost or stolen items.
- All bags are subject to search and seizure by the Chicago Police, event security and race officials.
- Gear Check closes promptly at 11:45 a.m. If you do not claim your items in time, please contact Athlete Services by email: info@chicagohalfmarathon.com. All unclaimed items will be donated to a local charity 30 days after the event.



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GENERAL RACE INFORMATION

Start Corrals

All Half Marathon participants will be assigned a corral prior to race day, indicated by a corral letter found on your bib (labeled "A" through "I"). Runners may move down (to a slower corral) if they so wish. All 10K participants will use the last corral, labeled "10K."

Changes to a higher (faster) corral are not permitted on race morning. However, upgrades will only be issued with proof of a qualifying time from an event within the last year. If you have questions about your corral, please see Athlete Service representatives at Packet Pick Up.

Start Corral Schedule

- 6:00 a.m.6:45 a.m.
- 13.1 Start corrals open
- 13.1 Start corrals close
- 7:40 a.m. 10K Start corral closes (self seeding)

Pace Team

Life Time has partnered with Chicago Endurance Sports to help you reach your next half marathon personal record! Pacers will be available for the following goal finish times: 1:30 1:40 1:45 1:50 2:00 2:10 2:20 2:30 2:45 3:00 *

* Goal pace does not supersede corral assignment. Participants must start in assigned corrals.

Pacers will be wearing a specific purple "PACER" bib on their back and will be holding their respective pace time on a sign. Look for the Pace Team wearing orange/yellow Chicago Endurance Sports (CES) shirts near the start corrals. You do not need to sign up for a pace group in advance. Simply join the group on Race Day.

COURSE DETAILS

Both the Chicago Spring Half Marathon and 10K courses begin on Columbus Drive, south of Monroe. The majority of the course is hosted along Chicago's Lakefront Trail - extremely flat, fast and incredibly scenic. See the Course map on the following page.

Course Safety

Participants should keep right while running on the course. Due to the popularity of the







Lakefront Trail, the course will remain open to the public and participants should expect general public traffic during the race. For your safety and the safety of others, please be courteous and yield at all intersections.

This course is NOT open to dogs or strollers of any style. Anyone with special needs is encouraged to reach out to Athlete Services at info@chicagohalfmarathon.com prior to race day to make proper arrangements based on your individual needs.

Course Time Limit

While there is no maximum pace per mile required for this event, all participants must cross the Finish Line no later than 11:30 a.m.

Aid Stations

There will be a total of 10 aid stations throughout the course as well as the Start/Finish areas. Consult the course map for exact locations. Each station will include:

- Water
 - Gatorade Endurance
 - Gatorade Endurance energy gels at Aid Station D/G (approx. Mile 4 and Mile 8.3)
 - (2) Porta Toilets
 - (1) Medical Tent, equipped with First Aid, AED and medical volunteers at all locations

Mile Markers and Split Times

Each mile marker will have a large display clock that will indicate the running time of the event. These display clocks will show the elapsed time from the official start of the race, not your personal "chip time".

Restroom Facilities

Portable toilets will be added in select locations throughout the course. Toilets will also be located at each fluid station. See the Course Map for more information.

SAG Support and Back of the Pack Crew

The Back of the Pack Crew will signify the end of the field. They will not start timing until the last person crosses the start line and will be with you throughout the race. This crew will support runners in need of any assistance.

Medical Support

Medical assistance will be available at each fluid station along the route. In addition, a



GATORADE ENDURANCE

A proud partner of the Chicago Spring Half Marathon, helping fuel runners to the finish line. Grounded in years of hydration and sports nutrition research, Gatorade Endurance products are developed to meet the specific needs of endurance athletes.

With nearly double the sodium and triple the potassium of original Gatorade Thirst Quencher, Endurance Formula is a specialized sports drink designed to hydrate athletes engaging in prolonged training and racing when fluid, electrolyte and carbohydrate losses can be significant.

Learn more about Gatorade Endurance Formula <u>here</u>.





You Can Do This.

Since 1983, the Chicago Triathlon has welcomed more than 100,000 first-time triathletes across the finish line. Five event distances, free training clinics and coach support make it more attainable than you think. Don't miss out. Learn more at **ChicagoTriathlon.com/YouCan** August 27, 2017 ChicagoTriathlon.com









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Men'sHealth *chicago athlete*

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medical facility will be located near the Finish Line. Participants requiring greater medical assistance may be transported to one of the nearby hospitals, and will be billed by the hospital and ambulance provider. Choice of hospital is at the sole discretion of the on-site medical personnel.

IMPORTANT! Each participant must complete the medical information form on the back of their bib. Please take time to fill out your medical information and provide emergency contact information. This makes your information available to health care professionals in the event you are unable to communicate with them. Bibs must be worn and fully visible on the front of your body.

Race Guards

Race Guards are back! Race Guards are a unique set of race volunteers whose sole purpose is to keep an eye out for participants who may need assistance along the course. They provide supplementary medical support to the existing medical plan for an added level of race participant safety by running along side the participants. They will patrol the course and help out where needed.

They will be easily identifiable with red Medical bibs located on their back. Safety is our top priority so be on the look out and say hello when you pass them!

Event Alert System (EAS) This race will employ the EAS system, emcompassing a color -coded system to display current event conditions.

Participants will notice flags posted throughout the race venue, as well as at each mile marker and Aid Station on race day.

1	ALERT LEVEL	EVENT CONDITIONS	RECOMMENDED ACTIONS
	EXTREME	EVENT CANCELED/EXTREME AND DANGEROUS CONDITIONS	PARTICIPATION STOPPED Follow event official Instructions
	HIGH	POTENTIALLY DANGEROUS CONDITIONS	SLOW DOWN / OBSERVE COURSE CHANGES / FOLLOW EVENT OFFICIAL INSTRUCTION / CONSIDER STOPPING
	MODERATE	LESS THAN IDEAL CONDITIONS	SLOW DOWN / BE PREPARED For Worsening Conditions
	LOW	GOOD CONDITIONS	ENJOY THE EVENT BE ALERT

Lost and Found

Life Time is not responsible for any lost or stolen items. We encourage everyone to turn in found items at the Information Tent, where owners can claim their lost items. Unclaimed items will be donated to charity 30 days after the event.







VOLUNTEERS

Special thanks to all of the individuals and groups of volunteers who are joining us in supporting the thousands of athletes at the Chicago Spring Half Marathon & 10K! This event wouldn't be possible without the hard work and dedication of more than 400 volunteers. Be sure to take a minute and thank a volunteer!

Volunteering is a great way to get a close-up and behind the scenes view of the event, so encourage your friends and family to join the fun by signing up <u>here!</u>

JUNIOR DASH

Children 12 years of age and younger are invited to compete in the Junior Dash around "The Ribbon" at Maggie Daley Park. The race begins at 10:00 a.m. Please assemble by the Cafe/ Concession Area. The Junior Dash will consist of the following age group heats:

- 2-4 years 50 yards
- 5-6 years 1/4 mile
- 7-12 years 1/2 mile

Each participant will receive a T-shirt and a Junior Dash medal to celebrate their achievement. Registration for the Junior Dash is \$15 at Packet Pick Up, or \$20 on race day.

ATHLETE TRACKING

The Chicago Spring Half Marathon Race Day powered by Athlinks mobile app allows you to track your athlete in real time! Download the app today!

Participant

- Download the race app*
- Select the "Track" icon
- Choose "Competitor"
- Enter your bib number and select "Login"
- Select "Start Tracking" as you line up to start the race

Spectator

- Download the race app
- Select the "Track" icon
- Choose "Spectator"
- Type athlete name or bib number
- Track your athlete to the Finish

*Location Services must be on in order for live tracking to function. Athlete rosters are updated at noon CST each business day leading up to race day.



RACE DAY APP

Be sure to download the new Race Day App powered by AthlinksApp for your <u>iPhone</u> or <u>Android</u>. Select Chicago Spring Half Marathon & 10K for race access.





TIMING / AWARDS

Race Results

Live race results will be available at the Athlinks Results Tent on race morning and within the Race Day by Athlinks App. Results will be updated regularly online throughout the day.



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Age Group Awards

Awards will be distributed on stage to the top three overall male and female finishers, within both Half Marathon and 10K distances. Age group awards will be provided from the Results Tent to the top three men and women in the following age groups:

10K (10 Year Age Groups)

Half Marathon (5 Year Age Groups)

- Ages 19 & under
- Ages 20-29
- Ages 30-39
- Ages 40-49
- Ages 50-59
- Ages 60-69
- Ages 70 & up

- - Ages 19 & under Ages 55-59
 - Ages 20-24 • Ages 60-64
 - Ages 25-29 • Ages 65-69
 - Ages 30-34 • Ages 70-74
 - Ages 35-39 • Ages 75 & up
 - Ages 40-44
 - Ages 45-49
 - Ages 50-54

NEW! CHICAGOLAND RUN CLUB CHALLENGE AWARDS

The Run Club Challenge, where groups compete for local bragging rights and top prizes, is a complimentary program open to non-elite, half marathon distance participants. For more information or to enroll, click here!

Top three performing teams with the highest combined scores will receive awards:

- 1st Place: \$1,000
- 2nd Place: \$500
- 3rd Place: \$250







Awards Schedule

8:30 a.m. 10K Awards9:30 a.m. 13.1 Awards

Note: Overall awards will be based on clock time and presented as such. All age group awards are based on chip time (NOT clock time) and will distributed at the Results Tent once the timer has confirmed official results..

Clock Time vs. Chip Time

Clock time commences when the race begins and ends when you cross the Finish Line timing mat. Overall male and female winners of the 13.1 distance are determined by the fastest clock time.

Your Chip time begins when you cross the Start Line timing mat and ends when you cross the Finish Line timing mat. Age group awards are determined by the fastest chip time in each division.

FREE PHOTOS!

SMILE for the cameras! Free race photos will be available fordownload courtesy of Athlinks!



Race Photos

Chronotrack will photograph you multiple times throughout the course as well as before and after the race. Be sure to smile when you see the photographers and make sure your bib number is clearly visible so they will be able to identify you. Photos can be downloaded post-race via the race website. Allow 2-5 days for processing and upload time.

SPRING MARKET FINISH FESTIVAL

After you cross the Finish Line, invite your friends and family to celebrate your accomplishment at our newly minted Spring Market Finish Festival located within Maggie Daley Park up the hill from the Finish Line and open to the general public. It includes:

Hot Breakfast Buffet

Hands down, this is the city's BEST post-race amenity. All registered race participants will receive a hot, complimentary breakfast buffet by Jewell Events Catering where you will be able to make your own breakfast tacos with your choice of All Whites[©] scrambled eggs, veggies, bacon, sausage, potatoes and more!





Concessions

Home Run Inn will be selling coffee, drinks, and snacks from the Start to Finish! Look out for the HRI food truck!



. People Mumble

Lagunitas Brewing Co. Beer Garden

Participants 21 years and older can enjoy a complimentary and refreshing Lagunitas beer at the Lagunitas Brewing Co. Beer Garden. Additional beers will be available by making a donation to the TEAM TO END AIDS.

Do It Yourself Flower Station

Sponsored by the Chicago Half Marathon, participants and spectators alike can build their own little tribute to Spring. At this complimentary station, visitors will be given a flower pot, then they can select from a variety of blooming bulbs and plugs, add soil and water, then walk away with their own living garden. No green thumb necessary!

Sponsor Village

Sponsors and groups will be located within the park providing a variety of giveaways and offering hands-on activities throughout the day.

FREQUENTLY ASKED QUESTIONS

Q: Is registration still available for the race?

A: Yes! Registration for the 2017 Chicago Spring Half Marathon, 10K & Junior Dash will be available at Packet Pick Up and on race day, pending availibility.

Q: Can I exchange my T-shirt if it does not fit properly?

A: We have to ensure that all athletes receive the size that they ordered. Any remaining T-shirts can be found at the Results Tent after the race and exchanged while sizes remain. Race staff cannot guarantee availability of all sizes other than those ordered at the time of registration.

Q: Can I defer until next year?

A: The 2017 Chicago Spring Half Marathon & 10K has a strict no refunds, no transfers policy. Should you need to defer, please visit our <u>Deferrals page</u> for more instruction.







Q: Can I switch from the Half Marathon to the 10K?

A: All changes will be completed in person, pending availability, at the Solutions desk during Packet Pick-Up hours only.

Q: I have a friend who cannot participate in the event, can I take his/her place? A: No. Each participant must have his/her own registration. In the event of an emergency, race officials must have emergency contact information on hand, therefore you are NOT allowed to participate using another person's registration. There are NO exceptions.

Q: What if I do not know my bib number at Packet Pick Up?

A: There will be an area set up near the entrance of Packet Pick Up where you can look up your bib number both digitally and by hard copy. To avoid this delay, please make sure to check for your bib number which you will receive by email on race week.

Q: Will there be on-site parking?

A: There will not be any parking provided on site at either Packet Pick Up or the race venue. We recommend riding public transit or Divvy.

DID YOU KNOW?

All Chicagoland Half Marathon Series qualifiers earn special perks, including custom bibs and commemorative 26.2 Challenge Medals.



Q: Can a friend pick up my packet?

A: Yes, they will need to provide us with a copy of your photo ID (a mobile copy will suffice) and your bib assingment. No exceptions.

CHICAGOLAND

The Chicago Spring Half Marathon is the first in the 2017 Chicagoland Half Marathon Series - also consisting of the Chicago Half Marathon (September 24). Particpants who complete both half marathon distances will earn a custom, 26.2 Challenge finisher medal and Chicagoland Series bib at the Chicago Half Marathon event in the Fall. Currently, more than 1,800 individuals are enrolled in the Chicagoland Half Marathon Series Challenge. Series awards will also be provided to the fastest (cumulative) runners across both events. Visit the Chicago Half Marathon tent in the Spring Market Finish Festival area to learn more!

BEST OF LUCK WITH YOUR RACE FROM ALL OF US HERE AT LIFE TIME ATHLETIC EVENTS!



'5 NOT REGISTER TODAY

JANUARY 28, 2018

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