



FEBRUARY 9, 2025

Chicago, IL - 8:00AM

One Hour Run/Walk

PARTICIPANT GUIDE



February 9, 2025 (Sunday)

This Participant Guide is designed to prepare you for a successful experience at Toyota’s Miles Per Hour.

The sections of this guide are color coded based on their importance.

Need to Know >> Very important information you need to know before participating. Be sure to review all information.

Good to Know >> Important information good for you to know in order to have a safe and successful experience.

Helpful to Know >> Helpful information for you to know to be fully prepared.



NEED TO KNOW >>

- Location
- Start Time and Race Day Schedule
- Start Procedures
- Finish Procedures
- Post-Race Area
- Chicago Auto Show Access
- Packet Pick-Up
- Participant Bibs
- Gear Check
- Strollers / Pets Policy
- Travel
 - Address
 - General Travel Details
 - Suggested Parking
 - Suggested Public Transportation
- Facility Map
- Course Description
- Course Map
- Aid Stations
- Weather Alerts
- Event Alert System (EAS)

GOOD TO KNOW >>

- Timing
- Results
- Awards
- Photos
- Swag
- Spectators
- Post-Race Celebration
- Competition Rules
- Voluntary Cancellation
- Refund Policy
- Non-Registered Persons On Course
- ADA Accommodations
- Runner Drop Outs
- Frequently Asked Questions (FAQ)

HELPFUL TO KNOW >>

- Chicago Area Runners Association
- Volunteer Groups
- Miles Per Hour Past Winners & All-Time Records
- Chicago Auto Show History
- About McCormick Place



Location:

- McCormick Place Grand Concourse
- [2301 S. Martin Luther King Dr., Chicago, IL 60616](#)
- See page 5 for travel and parking details.

Start Time and Race Day Schedule:

- 6:30 a.m. - Doors to McCormick Place open
- 7:00 a.m. - Packet pick-up and gear check open
- 7:55 a.m. - Packet pick-up closes
- 8:00 a.m. - Race start
- 9:00 a.m. - Race ends and participants proceed to the Toyota display
- 9:00 a.m. - Finisher medal pick-up begins at the Toyota display and on the Lakeside Center bridge
- 9:00 a.m. - Early access to the Chicago Auto Show floor begins for participants and ticketed guests
- 9:30 a.m. - Overall award recognition at the Toyota display
- 9:45 a.m. - Finisher medal pick-up ends at the Toyota display
- 10:30 a.m. - Gear check closes

Start Procedures:

- All participants will start in a single wave. The start will not be staggered into multiple waves.
- Participants are to organize in their self-selected start corrals by their expected run/walk pace per mile. Pace signs will include: Under 7:00, 7:00 - 8:00, 8:00 - 9:00, 9:00 - 10:00, 10:00 - 11:00, 11:00 - 12:00, 12:00 - 13:00, Over 13:00.
- Corral signs with pace per mile will be spaced to allow for the expected number of participants per pace to line up correctly. Participants are encouraged to line up by a pace that accurately reflects their intended average pace for the entire race.
- Please arrive and start on-time. The start line will close at 8:05 a.m.

Finish Procedures:

- All participants will run/walk for one hour and finish the race at the same time. There is no formal "Finish" line.
- Air horns will signal the end of the race.
- Upon hearing the air horns, participants should proceed from their location to the Toyota display located on the Chicago Auto Show floor in the South Building (see map on page 7 for details).
- Course marshals and CARA staff will assist in directing participants to the South Building.

Post-Race Area:

- All post-race activities will take place at the Toyota display located on the Chicago Auto Show floor in the South Building.
- A race bib is required for participants to access the Toyota display.
- A Chicago Auto Show ticket is required for spectators to access the post-race area in the Toyota display. Spectators with a ticket will not be able to access the post-race area or the Toyota display until after the race has ended.

Chicago Auto Show Access:

- Participants receive early access to the entire Chicago Auto Show floor beginning at 9:00 a.m.
- Participants can purchase discounted early access tickets for family and friends to accompany them through Chicago Auto Show following the race. Participants were emailed a promotional code to purchase these tickets with.
- Participants can also purchase discounted tickets for family and friends on-site at the McCormick Center following the race.
- Only family and friends with Chicago Auto Show tickets will be able to access the floor where the vehicle displays are located (including the Toyota display and the post-race area).
- Entry for the general public begins at 10:00 a.m., so participants and their ticketed family and friends will enjoy one hour of the Chicago Auto Show privately.
- Please review the [Chicago Auto Show entry policy](#) prior to purchasing tickets.
- Re-entry is subject to Chicago Auto Show policies. Please ensure your hand is stamped prior to exiting the floor if you intend to re-enter.

Packet Pick-Up:

- Participants are encouraged to pick up their packet prior to race day.
- Friends and family may pick up for a participant at pre-race day pick-ups with a copy (printed or digital) of the participant's check-in pass or ID.
- Persons may pick up for up to four (4) packets at a time when there is a line. If picking up more than four and there is a line, please get back in line for each group of four to allow other persons in line to receive their bibs in a timely manner.
- On race day, packets may only be picked-up by the registered participants.
- Mailing: Participants who selected packet mailing (fee applied) will have their packets mailed by January 29 . Participants can add packet mailing in their [Participant Account](#) until January 26.
- Pick-Up Schedule:
 - Sunday, February 2
 - Fleet Feet Old Town - All business hours
 - Fleet Feet Elmhurst - All business hours
 - Saturday, February 8
 - Fleet Feet Old Town - All business hours
 - Race day: Sunday, February 9
 - On-site - 7:00 a.m. - 7:55 a.m. (located adjacent to the Start line area)

Participant Bibs:

- Bibs must be worn on the front torso or chest with the bib number fully visible.
- If multiple layers are being worn, the bib must be attached to the outermost layer of clothing.
- A chronotrack B-Tag is affixed to the back of each bib. Do not bend or break this tag.
- Bibs may not be transferred to another person.

Gear Check:

- Gear check will be available near the Start line area.
- Bags are NOT provided - please bring your own bag.
- Please attach the gear check ID tag from the bottom of your bib to your bag (zip ties will be available).
- A separate coat check is not available. If you are planning on checking winter gear, please ensure that your bag is large enough to fit your coat, hat, gloves, boots, etc.
- Please be sure you have everything you need for the race before checking your bag.
- Participants may check any standard backpack or duffel bag size (1 bag limit).

Strollers / Pets:

- Participants are not allowed to participate with baby joggers, strollers or animals.

Travel:

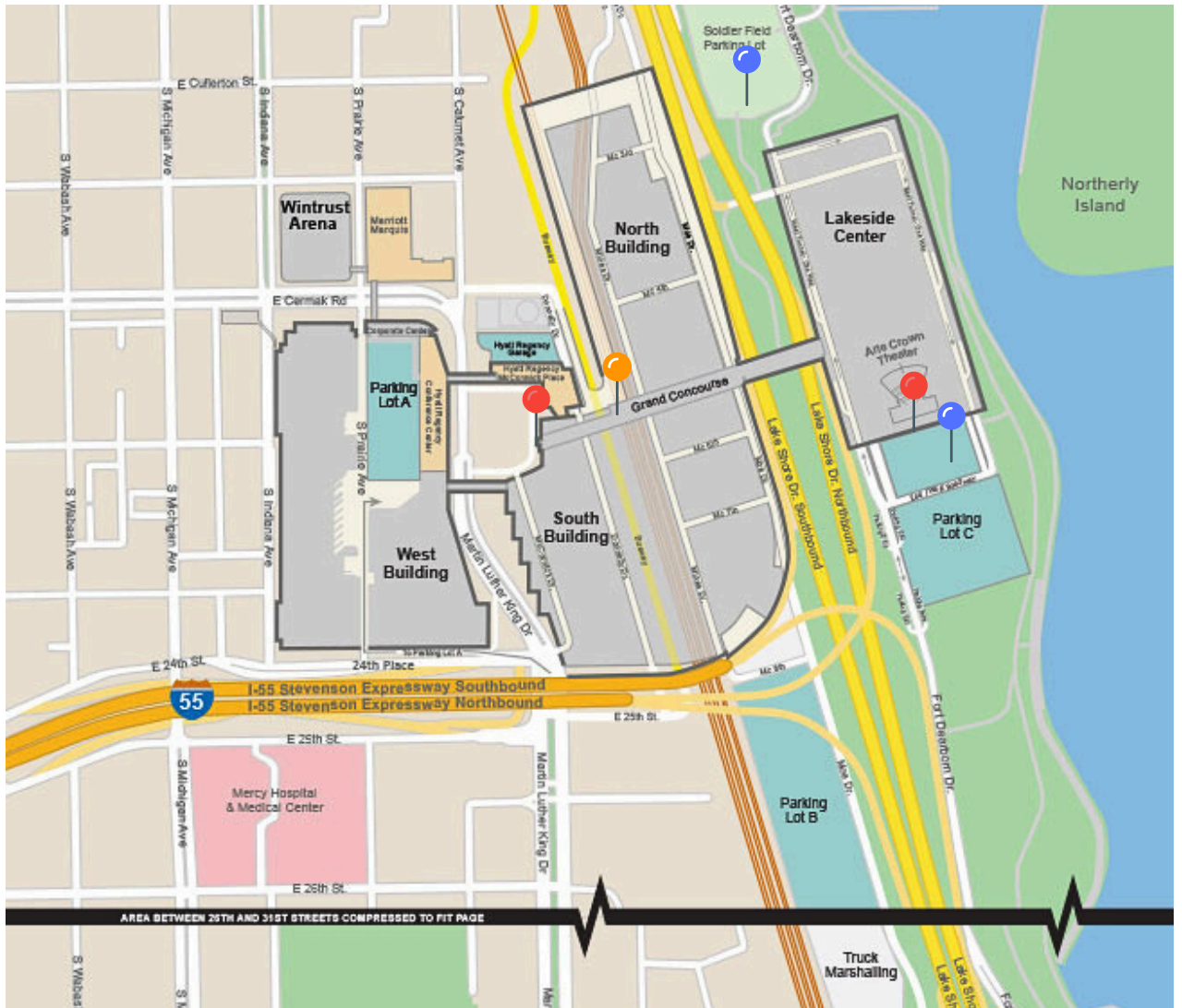
- Address: [2301 S. Martin Luther King Dr., Chicago, IL 60616](#)
- General Travel Details: [Getting to McCormick Place](#)
- Suggested Parking:
 - [McCormick Place Lot C - Underground Parking](#) : \$26
 - [31st Street Beach Parking](#) : Metered parking per hour
- Other Parking: [McCormick Place Parking Lots and Rates](#) : Prices vary
- Suggested Public Transportation: [McCormick Place Public Transportation Options](#)

Facility Map:

- Start Area: Grand Concourse
- Course Areas: Grand Concourse, South Building, and Lakeside Center
- Finish/Post-Race Area: South Building
- Chicago Auto Show Area: South Building

Map Key

-  Suggested entrance
-  Suggested parking
-  Race Start area



Course Information:

- Route:
 - The course is an approximately 2.2 mile loop through the McCormick Place Grand Concourse, Lakeside Center, South Building, and connecting bridge.
 - The course is primarily made of 200 meter long straightaways with routine turns. Participants may repeat the loop as many times as they can within the one hour race.
 - The surface is a combination of carpet, concrete and tile.
- Mile Markers:
 - Miles 1 - 11 will be marked along the course with A-frame signs.
- Course Etiquette / Passing:
 - The majority of the course is 12 feet wide, similar to the width of the Lakefront Trail.
 - Participants must stay to the right while running/walking and not run/walk more than two people abreast. This allows faster participants to pass safely.
 - Participants must pass on the left and leave room for the participants they are passing.
 - Please be courteous and encouraging of other participants. Unsportsmanlike conduct while passing or being passes with another participant may result in disqualification.
- Temperature:
 - The course is fully indoors and the temperature inside McCormick Place will be approximately 65 degrees.
 - Please hydrate and dress for conditions that will be warmer than the outside temperature.
- Course Map:
 - Please see next page for the course map.
 - The exact course map is subject to change based on the Chicago Auto Show and the McCormick Place set ups. CARA will do its best to provide timely updates in the case that the course changes.

Aid Stations:

- 2 aid stations are located on-course.
- The aid station in the Lakeside Center will provide water, Gatorade Endurance, and medical support.
- The aid station in the South Building will provide water and medical support.
- Multiple restrooms are located in the Lakeside Center and limited restrooms are located off the Grand Concourse.
- Participants are welcome to self-carry a hydration bottle or pack. Those that do, please fill your containers prior to arriving as aid stations are not organized to manage filling of large capacity containers.

Weather Alerts:

- The event is indoors and will go on rain or shine. If there are weather related issues affecting safe travel to the event, updates will be provided on www.cararuns.org/weather and on the event [Facebook page](#).

Event Alert System (EAS):

- EAS is a color-coded method of communicating to participants the potential for adverse conditions that can impact the event. A series of color codes is used to indicate the increasing severity of adverse conditions. EAS signs will be placed at the start line, at each aid station and at the finish line area.

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

Timing

- The one hour time limit will be determined by the “gun time” that began the race and is not based on a participant’s individual chipped start time.
- A participant’s result will be their average speed (miles per hour) during the one hour race.
- The first timing mat will be located approximately .2 miles after the Start line.
- Subsequent timing mats will be located approximately every .4 miles.
- The average speed of a participant result will be calculated using the final timing mat that the participant crosses.
- The official timer of Toyota’s Miles Per Hour is Red Panda Race Productions.

Results:

- Results are typically finalized within two hours of the race ending. Due to the unique nature of this event, results may take longer to fully compile.
- Participants will receive an email once the results are finalized.
- Results will also be published online once they are finalized.

Awards

- Overall awards:
 - The top three male and female runners will be recognized in a ceremony following the race at 9:30 a.m. in the Toyota booth on the Auto Show floor.
 - The first place male and female runners will be awarded the Miles Per Hour (MPH) Cup.
 - The second and third place male and female runners will be awarded custom novelty Miles Per Hour license plates.
- Age group awards:
 - The top three male and female participants in the following age groups will be awarded a custom novelty Miles Per Hour license plate: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85 & over
 - Overall award winners will not be included in age group awards.
 - Awards will be mailed to winners within two weeks of the race.

Photos:

- Free digital photos will be available for download within 72 hours of the event.

Swag:

- All participants will receive a short sleeved t-shirt at packet pick-up prior to the race.
- For participants who elected to have their packets mailed to them, they will receive their t-shirt via mail.
- T-shirts will be provided in the size chosen during registration. Size changes are only available if there is extra inventory.
- All participants who finish the race will be awarded a Finisher medal.



Spectators:

- Friends and family are welcome and encouraged to spectate the race.
- A Chicago Auto Show ticket is NOT required for spectators to enter the McCormick Center or watch the race from outside the Auto Show floor.
- Recommended viewing areas include the interior of the Lakeside Center lanes and outside the running lanes in the Grand Concourse near the start.
- Spectators will NOT be able to cross the bridge between the Grand Concourse and the Lakeside Center while the race is ongoing.
- Spectators will NOT have access to the Chicago Auto Show floor during the race.
- If spectators wish to attend the Chicago Auto Show or accompany their racer to the Toyota booth following the race, a ticket is required.
- Participants can purchase discounted early access tickets for family and friends to accompany them through Chicago Auto Show following the race. Participants were emailed a promotional code to purchase these tickets with.

Post-Run Celebration:

- Post-run activities will be hosted at the Toyota display in the South Building.
- The celebration will include announcing by Dave Kappas, the voice of Chicago running.
- Water, bananas and protein bars will be available at the finish.

Competition Rules:

- The event expects all participants to respect fair competition, including following the RRCA's Fair Competition Policies: <https://www.rrca.org/resources/event-directors/fair-competition-policies>.

Voluntary Cancellation:

- Should participants voluntarily choose not to participate, or are unable to participate for reasons out of the control of the event (including, but not limited to injury, illness, personal matters, work conflicts, etc.), refunds will not be issued.

Refund Policy:

- In all other circumstances, participants must agree that refunds and deferrals will NOT be issued for any reason out of the control of the event, including, but not limited to cancellation due to weather.

Non-Registered Persons On Course:

- Non-registered persons may not participate on-course in this event.

ADA Accommodations:

- Individuals may submit a request for an accommodation due to an asserted disability. The request must be submitted at least 4 weeks prior to the event. Based upon information provided, the event/race director and/or medical director will then respond to the request.

Runner Drop Outs:

- Participants who do not wish to complete the one hour race may stop at the Toyota display at any time.
- Should a participant not be able to complete the run while they are on course, they should proceed to the nearest aid station to request an on-course pick-up. Participants needing a pick-up should expect an extended wait to arrive at the finish.
- If a participant is unable to proceed to an aid station, inform the closest course marshal for support.

Frequently Asked Questions (FAQ)

Is the course the same as the 2024 race?

- The course varies slightly from the 2024 due to changes in the Chicago Auto Show floor. Notable changes include two Electric Vehicle tracks rather than one and the addition of multiple Cheer Zones in the Lakeside Center.

Do my family and friends need a Chicago Auto Show ticket to watch me run?

- No. Guests are permitted to spectate in specified areas outside the Chicago Auto Show floor. If spectators wish to attend the Chicago Auto Show or accompany their racer to the Toyota booth following the race, a Chicago Auto Show ticket is required.

What are the event's pacing rules?

- The event will abide by USATF competition rules. The event expects all participants to respect fair competition. However, due to the nature of the indoor course, the course is not USATF certified/measured.

Are Finisher medals provided to participants who do not run on race day?

- No. Finisher medals are only provided to participants who complete the race on race day.

Are participation items provided to participants who do not run on race day?

- Yes. The event t-shirt can be obtained by attending a packet pick-up or by scheduling a time to meet a CARA staff member at our office. Please email info@cararuns.org for more information.

What is the event's cancellation policy?

- Event staff reserves the right to cancel or to modify the race if deemed necessary to protect the participants, the volunteers, or the host community as a result of unforeseen course/venue conflicts. Cancellations out of the control of the event will be recognized as unforeseen acts. Since the staging of the event results in substantial up-front expenses, regardless or whether the race is completed, cancellation or modification of the event will not result in the refunding of fees or future event credits.

Can I defer my registration or receive a refund?

- No. Deferrals and refunds are not issued for any reason.

When can I access the Chicago Auto Show post-race and how long can I stay for?

- Participants and ticketed guests can access the Chicago Auto Show floor immediately following the race at 9:00 a.m. Participants will need to display their race bib and ticketed guests will need to provide their ticket to gain entry. Participants and ticketed guests may stay at the Chicago Auto Show until close.





The Chicago Area Runners Association, CARA, is a non-profit organization committed to serving and advocating for the local running community. We are Chicagoland’s running club, providing accessible opportunities for all runners to train, race, learn, be social and volunteer.

CARA is the nation’s third-largest running club, serving as the voice of local runners, as well as providing over 1,300 dates of programming and events per year. Learn more at www.cararuns.org.



Membership Supports:

- Helping charity runners raise over \$1-Million through charity training partnership program.
- Advocacy and community service like running safety, park clean-ups, and keeping the Lakefront Trail open and maintained.
- Improving access and equity to organized running through programs like 'Go Run which provides free and welcoming 5K and 1 Mile events in under-served parks.
- Hydration stations which serve over 1-million ounces of water and Gatorade Endurance to the public.
- Better Races: CARA Race Certification and free race director clinics helping local races improve their safety and operational standards.
- Education: Clinics from top experts to help runners gain the knowledge to take their running to new levels.

Member Benefits Include:

- Discounts to local races and CARA programs and events.
- Weekday Run Crew group runs.
- Weekly supported group track workouts from March to October.
- Private gear check, race discounts, and awards eligibility for the CARA Runners' Choice Circuit.
- Access to the RUSH Physical Therapy Injury Hotline.
- And more!

Volunteer Groups:

- Toyota's Miles Per Hour is supported by members and supporters of the Chicago Area Runners Association, as well as several incredible volunteer groups. Please support them on-course and beyond!
- Black Chicago Runners
- Chicago Business School Run Club
- South Chicago Track Club
- UIC College Prep
- CARA Racing Team



Miles Per Hour Past Winners & All-Time Records

2020

- **Male:** Zach Hird, 11.02 Miles (*All-Time Record*)
- **Female:** Maureen Miller, 8.62 Miles

2023

- **Male:** Derek Weber, 9.8 Miles
- **Female:** Brittany Matteson, 9.0 Miles (*All-Time Record*)

2024

- **Male:** Norb Nieves, 10.2 Miles
- **Female:** Mandy Kompanowski, 8.6 Miles

Chicago Auto Show History

- First staged in 1901, the Chicago Auto Show is one of the largest auto shows in North America and has been held more times than any other auto exposition on the continent.
- This year marks the 117th edition of the Chicago Auto Show.

About McCormick Place

- McCormick Place is the premier convention facility in North America. Located just minutes from downtown Chicago, approximately 3 million visitors attend events at McCormick Place yearly.
- The campus includes more than 2.6 million square feet of exhibition space, a 10,000 seat collegiate basketball arena, a 4,188 seat proscenium arch theater, nearly 3,000 attached guest rooms and a variety of onsite dining options, all connected by a network of pedestrian bridges and promenades.



EST. 1978

RUN CHICAGO'S LAKEFRONT



APRIL 13, 2025

Chicago, IL - 9:00AM

10 Mile Run | 5K Run/Walk

cararuns.org/lakefront10



10K RUN/WALK

Lemont, IL - 8:00AM

18
MAY



cararuns.org/springtrailchase



Request an appointment today at
injuryhotline@rushpt.com or visit us online
at RUSHpt.com

 **RUSH**
Physical Therapy


CARA
CHICAGO AREA RUNNERS ASSOCIATION

Exclusive Physical Therapy Provider for CARA
for over 20 years