



JULY 27, 2024

Chicago, IL - 5 - 9 P.M

1-Mile

PARTICIPANT GUIDE



July 27, 2024

5:00 - 9:00 P.M.

This Participant Guide is designed to prepare you for a successful experience at PUMA's Chi-Town Miles.

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 >>

- Start Time
- Finish Cut-Off
- Location
- Start Procedures
- Packet Pick-Up
- Participant Numbers
- Strollers / Pets Policy
- Travel
 - Address
 - Location Map
 - Parking
 - Ride Share
 - Biking
- Event Schedule
- Kids Dash Information
- Course Map
- Course Description
- Bathrooms
- Warm-up / Cool-down
- Weather Policy and Alerts
- Event Alert System (EAS)

GOOD TO KNOW >>

- Results
- One-Mile Awards
- One-Mile Prize Money
- Gear Check
- Spectators
- Photos
- Swag
- Competition Rules
- Refund Policy
- Voluntary Cancellation
- Non-Registered Persons On Course
- ADA Accommodations
- Runner Drop Outs
- Other FAQ

HELPFUL TO KNOW >>

- Chicago Area Runners Association

Start Time:

- 5:00 p.m. - Kids Dash
- 5:20 p.m. - Wheelchair Division Mile
- 5:40 p.m. - Open One-Mile Heats
- 8:50 p.m. - PUMA Nitro Mile Heats

Finish Cut-Off:

- Participants must finish within their one-mile race in 15 minutes.

Location:

- Montrose Beach - Wilson Track (southeast corner of Lake Shore Drive and Wilson Drive).
- See page 5 and 6 for details on location and parking.

Start Procedures:

- Participants will be called to gather near the Check-In tent with their assigned heat approximately 15 minutes before their heat's start time. Please listen for announcements throughout the night.
- Once gathered, a track clerk will bring participants of each heat to the Start Line at the appropriate time. Please do not go to the Start Line unaccompanied.
- Participants must race with their assigned heat. No heat changes or late starts are permitted.

Packet Pick-Up:

- Participants are encouraged to pick-up their packet prior to event day.
- Friends and family may pick up for a participant at the pre-race day pick-up with a copy (printed or digital) of the participant's check-in pass or ID .
- Persons may pick up for up to four (4) people at a time when there is a line. If picking up for 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 packets in a timely manner. On race day, packets may only be picked up by the registered participants.
- Pick-Up Schedule:
 - Friday, July 26 - Fleet Feet Old Town (all business hours).
 - Race day: Saturday, July 27 - Montrose Beach Wilson Track / North side of the infield (4:00 p.m. to 8:55 p.m.).
 - There is no pre-race day packet pick-up for Kids Dash (race day only).
- Mailing: Participants who selected packet mailing (fee applied) will have their packet mailed to their home address. The deadline to add packet mailing is July 15th.

Participant Numbers:

- Sticker numbers will be provided to participants on race day.
- Numbers must be worn on the front, left side of the chest. Please do not stick to back, legs, or under clothing.
- Numbers may not be transferred to another person.

Strollers / Pets Policy:

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

Travel:

- Address: 4400 N. Lake Shore Drive, Chicago, IL 60647
- GPS: For best results, search “Montrose Beach Wilson Track”



Parking:

- Free street parking is available on Montrose Ave., Simonds Dr., and parts of Lawrence Ave. and Foster Ave. Paid parking is available in the Chicago Park District lots - “Wilson Lot” and “Foster Beach Lot”

Ride Share:

- Ride shares should request to be dropped off in the Wilson Lot.

Biking:

- The nearest Divvy stop is located directly across from the track on W. Wilson Ave.
- There is also a Divvy stop at the corner of N. Clarendon Ave. and W. Leland Ave.
- If using your own bike, please bring a bike lock and do not lock your bike to the track fence.

Event Schedule: Tentative and subject to change

Tentative Heat Assignments will be available no later than 7/23/24.

Final Heat Assignments will be available no later than 7/25/24.

- 5:00 p.m. - Kids Dash
 - 100 meters (1-4 year olds)
 - 400 meters (5-10 year olds)
- 5:20 p.m. - Wheelchair Division Mile
- 5:40 p.m. - Heat 1 - One-Mile (Entries 10:00 to 15:00+)
- 6:05 p.m. - Heat 2 - One-Mile (Entries 8:00 to 9:59)
- 6:25 p.m. - Heat 3 - One-Mile (Entries 7:30 to 8:00)
- 6:40 p.m. - Heat 4 - One-Mile (Entries 6:54 to 7:30)
- 6:55 p.m. - Heat 5 - One-Mile (Entries 6:30 to 6:53)
- 7:10 p.m. - Heat 6 - One-Mile (Entries 6:17 to 6:30)
- 7:24 p.m. - Heat 7 - One-Mile (Entries 6:00 to 6:17)
- 7:37 p.m. - Heat 8 - One-Mile (Entries 5:50 to 6:00)
- 7:49 p.m. - Heat 9 - One-Mile (Entries 5:45 to 5:50)
- 8:00 p.m. - Heat 10 - One-Mile (Entries 5:22 to 5:40)
- 8:10 p.m. - Heat 11 - One-Mile (Entries 5:00 to 5:20)
- 8:20 p.m. - Heat 12 - One-Mile (Entries 4:50 to 5:00)
- 8:30 p.m. - Open Women - Heat 13 - One-Mile (Entries 5:25 to 5:45)
- 8:40 p.m. - Open Men - Heat 14 - One-Mile (Entries 4:26 to 4:48)
- 8:50 p.m. - PUMA NITRO Mile (Top Women) - Heat 15 - One-Mile (Entries 4:47 to 5:20)
- 9:00 p.m. - PUMA NITRO Mile (Top Men) - Heat 16 - One-Mile (Entries 4:00 to 4:25)

Kids Dash Information:

- There is NO pre-race day packet pick-up for Kids Dash participants.
- All Kids Dash participants should check-in at the Check-In tent at 4:45 p.m.
- A kid-focused, coach led warm-up will be held at 4:50 p.m. before the Dash starts.
- Kids aged 1-4 will run a 100-meter dash.
- Kids aged 5-10 will run a 400-meter dash.
- Parents or guardians may run along side your registered participant.
- Kids Dash participants will receive a participation ribbon. A shirt is not provided.
- Results will not be produced for the Kids Dash 100m or 400m races. A display clock will be at the Finish Line.

Course Map:

- All races will take place on Wilson Track.
- Kids Dash 100m will take place on the final straight-away of the track, starting on the North end and ending at the Finish Line.
- Kids Dash 400m, Wheelchair Division Mile, and Open/PUMA NITRO One-Mile races will start and finish at the Start/Finish lines indicated on the course map.

Course Description:

- Wilson Track features a lighted, eight-lane, synthetic track surface and an artificial turn infield.

Bathrooms:

- Toilets are located at the Northeast corner of the facility.

Warm-up / Cool-down:

- Participants are encouraged to use the adjacent Lakefront Trail or infield for warm-ups and cool-downs.



Weather Policy and Alerts:

- The event will go on rain or shine. However, if there is lightning or other hazardous weather we will cancel or postpone. Our evaluation will include present and probable conditions through the run.
- On event day, all weather alerts and announcements will be posted at www.cararuns.org/weather, on twitter at [@CARArunsweather](https://twitter.com/CARArunsweather), and the [Facebook event page](#).
- Prior to event day, announcements will be made by email.

Event Alert System (EAS):

- EAS is a color-coded method of communicating to participants the potential for adverse conditions that can affect 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 |

- If conditions move to yellow or red, participants are expected to slow down their pace at least 30 seconds per mile.
- If conditions are probable to progress into unsafe conditions during the event, even if they are not present at the start, the event may be canceled or altered.

Results:

- Results for all one-mile heats can be found [here](#) and will be posted at the event. Printed results will not be posted on site. Our official timer will use FinishLynx timing.
- Results will not be produced for the Kids Dash. A display clock will be at the finish.

One-Mile Awards:

- Overall awards will be provided to the top three male and female finishers of the PUMA NITRO Mile heats.
- Age group awards will be provided to the top three males and females in each age group (14 and 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 and over). Age group standings will be compiled by combining all heat results. Overall award winners will not be included in age group awards.
- Overall awards will be presented after the PUMA NITRO Miles at 9:10 p.m.
- Awards will be mailed within approximately two weeks of the event.

One-Mile Prize Money:

- A total of \$5,000 in prize money will be awarded to the top five male and female finishers of the PUMA NITRO Mile heats.
 - First Place: \$1,000
 - Second Place: \$750
 - Third Place: \$400
 - Fourth Place: \$250
 - Fifth Place: \$100

Gear Check:

- Gear check will be available on the infield at the north end of the track. Please attach the gear check ID tag from the top of your bib to your bag (zip ties will be available). Please be sure you have everything you need for your race before checking your bag.
- Participants may check any standard sized backpack or duffel bag (1 bag limit).
- We are unable to provide a covered gear check. Please plan accordingly in case of inclement weather. If wet weather is forecasted, we recommend using a waterproof bag for your gear check.
- Gear check closes at 9:30 p.m.

Spectators:

- Friends and family are welcome to attend and spectate along the outside of the track. The infield is reserved for participants and Racing Team members only.

Photos:

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

Swag:

- Custom PUMA's Chi-Town Miles performance tank.

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>.

Refund Policy:

- Participants must agree that refunds and deferrals will NOT be issued for any reason, including participant injury, illness, and any other issues out of the control of the event, including, but not limited to cancellation due to weather/lightning.

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.

Non-Registered Persons On Course:

- Non-registered persons may not participate with participants on course. Parents or guardians of Kids Dash participants may participate with their registered child.

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:

- Should a participant not be able to complete the run, they should safely make their way off of the track and over to the Start/Finish area.

Other FAQ:

- This event does not include a finisher medal. Kids Dash participants will receive a ribbon.
- Shirts are not available to persons who do not come to a packet pick-up (pre-race or race day).
- There is no pick-up at the CARA office pre- or post-race.
- Shirts were ordered only in the quantities provided by registration.
- Running clubs may make requests to set up tents if done so at least 7 days prior to the event. Tents must have appropriate weights to be set (at least 20 pounds per leg).



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, with over 10,000 members, 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 program which provides free and welcoming 5K and 1 Mile events in underserved parks.
- Hydration stations which serve over 1-million ounces of water and Gatorade Endurance to the public.
- Better Races: CARA Race Certification help 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!



Movement is Medicine

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

 **RUSH**
Physical Therapy



Exclusive Physical Therapy
Provider for CARA