



Directions

The event starts and finishes at Montrose Harbor, Grove #16.

Public Transportation:

The following bus lines will get you near the start; 78-Montrose, 151-Sheridan, 81-Lawrence, 145-Wilson/Michigan, 146-Marine/Michigan and the 36-Broadway bus. You may also take the Red Line Train to Wilson and head east about one mile to the start.

By Car:

Exit Lake Shore Drive at Montrose, Wilson or Foster Avenue. If coming from the South, turn right, into the Park. If coming from the north, turn left into the Park.

Parking

Ample parking is available in the Chicago Park District Parking lots at Montrose, Wilson and Foster Avenues.

Please take direction from our parking staff. We expect the Montrose lot to fill early. If you arrive later, head directly to the Wilson Avenue lot. It is about a 1 mile walk from the Foster Avenue lot to the Start Line.

The Chicago Park District has announced plans to install parking “payboxes” in these lots and on Simonds Drive before the end of April. It is possible that these payboxes could be installed by Race Day. Please be prepared to pay up to \$1.00 per hour for parking by bringing cash, quarters, or credit cards.

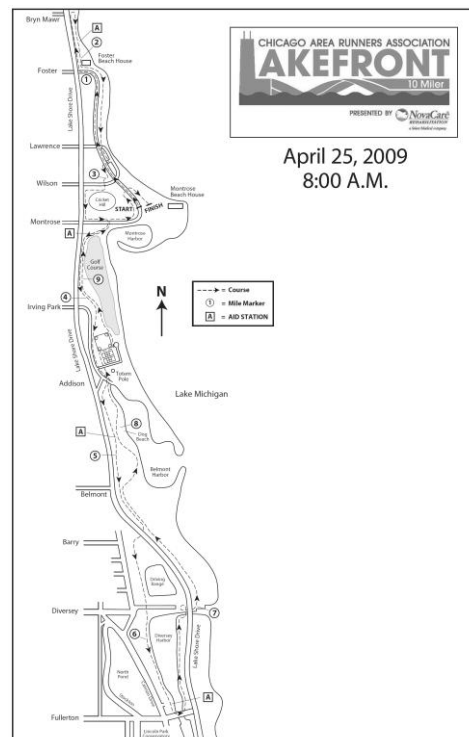
Due to the uncertainty of the Chicago Park District’s parking plan, please check the website for the most up to date information. <http://www.cararuns.org/Racing>

Schedule of Events

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| 6:30 am | Packet Pick-up Begins |
| 7:30 am | Packet Pick-up Ends |
| 7:00 am | Clydesdale Weigh-In (must weigh-in no later than 15 minutes prior to start) |
| 8:00 am | Race Starts |
| 9:00 am | Post Race Party <ul style="list-style-type: none"> • Massage by NovaCare • Goose Island Beer Tent • Food • Sponsors • Music |
| 10:00 am | Awards Ceremony |
| Ongoing | Raffle Prize Pick-up |

Course Map

The course Map can be downloaded and printed from the race website: www.cararuns.org/lakefront10



Chrono Track D-Tag Timing System

New in 2010!

All race bib numbers come with an attached individual D-Tag timing chip. Timing Strips must be removed from the bib and secured to the shoe as described in the instructions on the tag and on this page.

Do not fold the D-Tag in half or “cram” it under your shoe laces. This will damage the chip and may render it useless.

Participants must cross the finish line with the D-tag secured to their shoes in the proper D formation” to receive an official time. D-tags are for a one-time use and will not be collected at the finish.



"D" Race Timing Tag Instructions



Step 1
Remove shoe tag and directions from bib



Step 2
Separate shoe tag from directions by folding at perf and tearing apart



Step 3
Crease tag on fold lines



Step 4
Insert under lace face down



Step 5
Remove adhesive tab (located on backside of marked black area)



Step 6
Attach adhesive tab to non-adhesive tab



Step 7
Press together firmly forming a "D" shape



Step 8
Position tag number side up

Gear Check

Gear check will be available in Grove #16 from 6:30 am to 11:00 am.

Aid Station and Clocks

Water be available at the start line. Water and Gatorade will be available at the Start/Finish and at 6 Aid Stations along the course. Clocks will be located at each mile mark.

Porta-Potties

Porta-potties will be located along Montrose Harbor Drive, east of Simonds Drive, and at the north side of Grove #16.

Health Fair, Stretching and Massage

Before and after your race, don't forget to stop by the **NovaCare** Booth, who will have physical therapists on hand to provide complimentary pre- and post-race stretching and massage.

Entertainment & Post-Race Party with Goose Island

After your race, be sure to stay for the post race party with music supplied by our DJ, 312 Beer by **Goose Island** and food samples,

Your 1st Goose Island Beer is free! Beer is \$3 each thereafter. Bring singles :) All proceeds go to support CARA's very own **Road Scholars Youth Running Program!**

And don't forget our **Super-affle** of **200 prizes**. Check your bib number to see if you are an instant winner!