

THANK YOU TO OUR
PARTNERS!



2023 PARTICIPANT GUIDE

MONTROSE HARBOR WILSON TRACK / CHICAGO
SATURDAY, JULY 29, 2023
CHITOWNMILES.COM

Thank you for registering for PUMA's Chi-Town Miles! Presented by Chicago Area Runners Association, the event will feature a series of one-mile races on the track for all ages and abilities.

This participant guide will provide you all of the details you will need for a safe and enjoyable event experience.



PACKET PICKUP

July 28 (11:00 a.m. to 7:00 p.m.) - Fleet Feet Old Town

July 29 (Race Day 4:00 p.m. to 8:45 p.m.) - Montrose Harbor Wilson Track

Packet mailing is available during registration for a fee. The deadline to order is July 17th at 12:00AM CST and it may be added to your registration through your participant account.

*Packets include a performance tank.

NOTE: There is no pre-race day packet pick-up for the Kids Dash. Kids Dash athletes should check-in on race day only.

GEAR CHECK

Gear Check will be provided. You may check a bag of your choice. Please note the gear check area is not covered. In the event of inclement weather, you may wish to choose a plastic or weather-proof bag. The event is not responsible for lost or damaged items checked at gear check. Please do not check valuables.

KIDS DASH INFORMATION

Kids Dash participants should check-in at the check-in tent on race day at least 15 minutes before their start time. There is NO pre-race day packet pick-up for Kids Dash athletes.

- A kids warm-up activity will take place at 5:00 p.m.
- The Kid's 400 meter Dash (1 lap / 1/4 mile) is open to kids 10 years old and younger only.
- Kid's Dash participants will receive a participation ribbon. A shirt is not provided.
- Results will not be produced for the Kid's 400 meter Dash. A display clock will show athlete's times as they finish.
- Parents / Guardians may run along with the kids.

START PROCEDURES

Runners will be called to gather with their heat (race) approx. 15 minutes before their assigned heat's start time. A track clerk will make announcements to gather near the check-in tent. From there, the clerk will bring each group to the start line at the correct time.

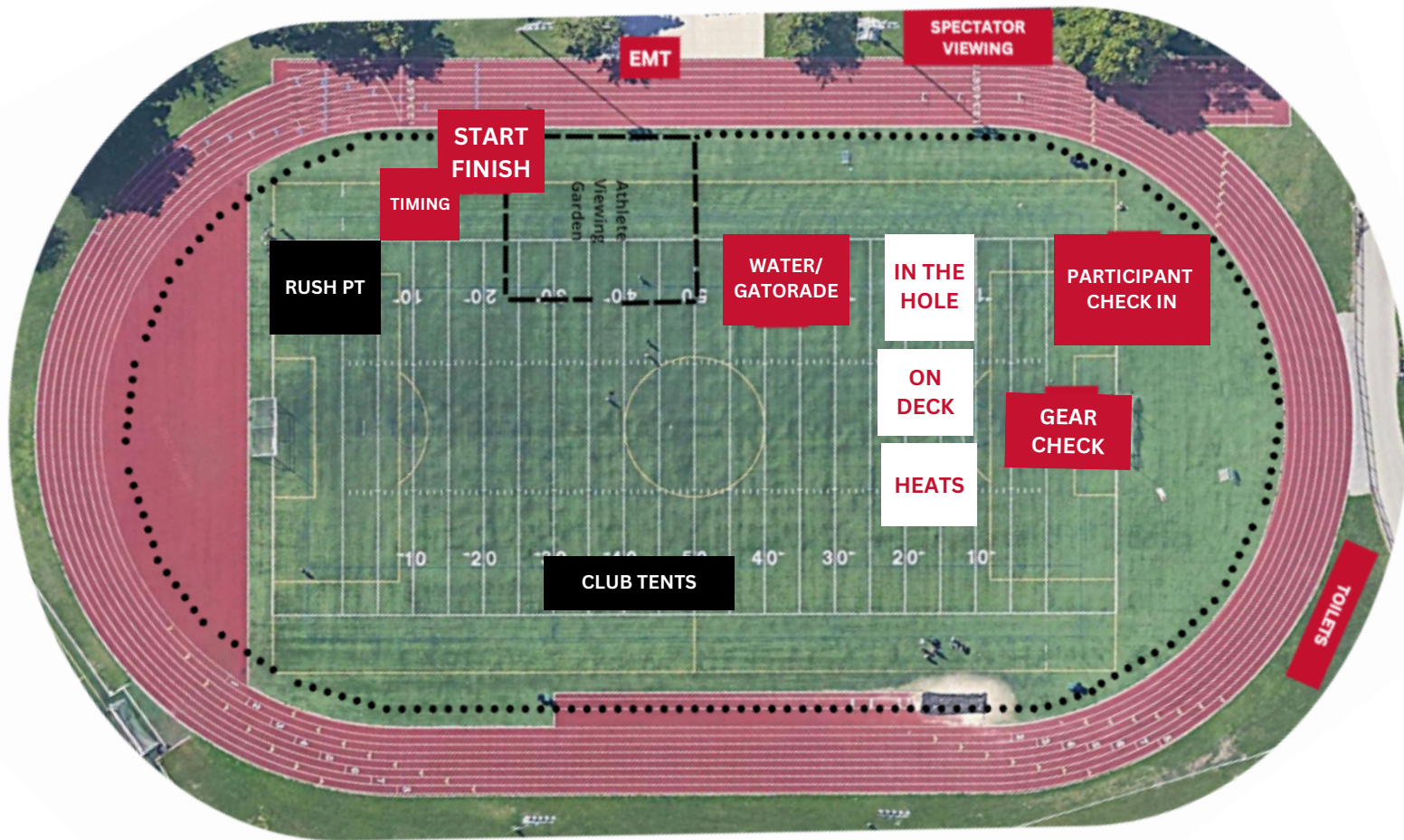
Runners must race with their assigned heat. No assignment changes or late starts are permitted.

EVENT SCHEDULE

(Final Heat Assignments are posted in your participant account)

- 5:00 p.m. - Kids Dash 1/4 Mile (1 Lap / 400 meters)
- 5:45 p.m. - Open K - Section 1 - One-Mile (Entries 10:20 to 15:00+)
- 6:05 p.m. - Open J - Section 2 - One-Mile (Entries 9:15 to 10:15)
- 6:25 p.m. - Open I - Section 3 - One-Mile (Entries 8:05 to 9:10)
- 6:40 p.m. - Open H - Section 4 - One-Mile (Entries 7:30 to 8:00)
- 6:55 p.m. - Open G - Section 5 - One-Mile (Entries 6:52 to 7:25)
- 7:08 p.m. - Open F - Section 6 - One-Mile (Entries 6:34 to 6:50)
- 7:21 p.m. - Open E - Section 7 - One-Mile (Entries 6:05 to 6:30)
- 7:35 p.m. - Open D - Section 8 - One-Mile (Entries 5:53 to 6:00)
- 7:47 p.m. - Open C - Section 9 - One-Mile (Entries 5:30 to 5:45)
- 8:00 p.m. - Open B - Section 10 - One-Mile (Entries 5:02 to 5:26)
- 8:10 p.m. - Open A - Section 11 - One-Mile (Entries 4:52 to 5:00)
- 8:20 p.m. - Open Women - Section 12 - One-Mile (Entries 5:45 to 6:10)
- 8:30 p.m. - Open Men - Section 13 - One-Mile (Entries 4:35 to 4:50)
- 8:40 p.m. - PUMA Nitro Mile (Top Women) - Section 14 - One-Mile
(Entries 4:50 to 5:40)
- 8:50 p.m. - PUMA Nitro Mile (Top Men) - Section 15 - One-Mile (Entries
4:15 to 4:30)

FACILITY



Warm-Ups / Cool-Downs: Participants are encouraged to use the adjacent Lakefront Trail or infield for warm-ups / cool-downs.

General: One-Mile equals 1609.33 meters, or four laps of the track, plus 9.33 meters.

Spectators: Spectators are welcome to cheer from the infield or outside lanes of the track.

Bathrooms: Toilets are available at the northeast corner of the facility.

Club Tents: Clubs are welcome to set up tents on the grass outside the track along the back stretch. Tents must be weighted securely with at least 25 pounds per leg. Unsecured tents will be taken down. If high winds are present, tents may be required to come down.

TIMING/RESULTS

Results will be posted on a scoreboard and live on the website.

Our official timer will use FinishLynx timing. Finish placement will be determined using USATF rules (when the finisher's torso crosses the finish line).

AWARDS

Top 3 athletes in the Top Men's and Women's heats.

A total of \$3,000 in prize money will be awarded to the top five athletes in the Top Men's and Women's PUMA Nitro Mile

First: \$500

Second: \$400

Third: \$300

Fourth: \$200

Fifth: \$100

Top 3 males and females in each age-group (9 and under, 10-14, 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 section's results.

Overall award winners will not be counted for age-group awards.

Awards will be mailed within two-weeks of the event.

TRAVEL / PARKING

Address: Wilson Drive & DuSable Lake Shore Drive, Chicago, IL

GPS: For best results, search for "Montrose Beach Track and Field"

**FROM DUSABLE
LAKE SHORE DR.**



Take the Wilson Drive exit EAST.



Parking: Free street parking is available within the park on Montrose Ave., Simonds Dr., and parts of Lawrence Ave. and Foster Ave. Paid parking is available in the Chicago Park District lots at Wilson Dr. and Lakeshore Dr. (Wilson Lot) and at Foster Avenue and Lakeshore Dr. (Foster Beach).

Public Transit: The following bus lines will get you near the start; 78-Montrose, 81-Lawrence, 145-Wilson/Michigan, and 146-Marine/Michigan. Be sure to check the bus schedule with your desired departure time. The 145 and 146 routes start running later on the weekends. You may also take the Red-Line Train to Wilson and head east about one mile to the start.

Ride Share: Those traveling to the event by rideshare should drop off inside the Wilson Lot. Rideshare drivers will not be able to a turn-around on Wilson Dr.

Bike: Please bring a bike lock, and do not lock on track fence. A Divvy station is located immediately north of the event area.

GENERAL FAQ

Strollers / Pets? Participants are NOT allowed to participate with baby joggers, strollers or animals. Pets will not be permitted within the facility.

Can I wear track spikes? Yes, track spikes are permitted with spikes up to 1/4 inch in length.

Can a friend pick up my packet? Yes, packets for this event may be picked up by friends or family at pre-race day pick-ups. On race day, packets may only be picked up by the registered participant.

Can I give my registration to another person? You may NOT give (sell or transfer) your registration to another person and another person may NOT run with another person's entry.

Can my friends or family run with me if they are not registered? No, unregistered persons may not run with you on the track or through the finish line.

What are the events competition rules? The event will abide by USATF competition rules. The event expects all participants respect fair competition, including following the RRCA's Fair Competition Policies: <https://www.rrca.org/resources/event-directors/fair-competition-policies>.

Is there a finisher medal? No, this event does not include a finisher medals.

Can I defer or receive a refund? Participants must agree that refunds and deferrals will NOT be issued for any reason, including participant injury, illness, personal conflict, and any other issues out of the control of the event, including, but not limited to cancellation due to weather/lightning.

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

I am not able to run the race. Can I still get my shirt? Yes, but you must come to packet pick-up. Shirts are not available at the CARA office pre- or post-race.

My shirt does not fit; may I exchange it for another size? Yes, if you have not yet worn or washed your shirt you may exchange it post-race at the shirt tent while supplies last.

What is the events weather policy? Safety is our number one priority. If weather threatens our ability to safely run the event we will postpone if possible or cancel. We will not run in lightning. If there are weather delays or cancellations up to date information will be posted at cararuns.org/weather.

SUPPORT CARA

Join at: www.cararuns.org

Supporter Level Membership :

- Individual - \$35
- Family - \$65 (Two adults and unlimited students (under 24) living in the same household)
- Student - \$15 (Students 24 & Under)

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 up to 20,000 cups of water and Gatorade Endurance on a given weekend.
- 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 Rush Physical Therapy's Injury Hotline.
- And more!



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.





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or visit us online at rushpt.com.

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