



2024 PARTICIPANT GUIDE

Review your participant guide for all these details and more!

- ➔ Bib Pick-Up Options
- ➔ Start Procedures
- ➔ Travel Information
- ➔ Aid Station Info



SUNDAY, FEBRUARY 11, 2024 - 8:00 AM



Thank you for registering for the Toyota Miles Per Hour run! This unique indoor run has been developed by the Chicago Area Runners Association in partnership with the Chicago Auto Show.

This Participant Guide will provide you all of the details you will need for an enjoyable race day experience.

THANK YOU TO OUR PARTNERS!



TOYOTA



ENDURANCE



PUMA



PACKET PICK-UP

Sunday, 2/4/24

~~Fleet Feet Elmhurst - All business hours~~

~~Fleet Feet Old Town - All business hours~~

Saturday, 2/10/24

Fleet Feet Old Town - All business hours

Sunday, 2/11/24 - Race Day

McCormick Place - 7AM to 7:55AM

Located in the South Building Foyer, immediately adjacent to the start line area.

RACE DAY SCHEDULE

7:00 a.m. - Packet Pick-Up & Gear Check Open

7:55 a.m. - Packet Pick-Up Closes

8:00 a.m. - Race Start

9:00 a.m. - Run Ends / Chicago Auto Show Early Access Begins at the Toyota Display!

9:00 a.m. - Finisher Medal Pick-Up Opens (Toyota Display)

9:30 a.m. - Overall Awards Recognition (Toyota Display)

9:45 a.m. - Finisher Medal / Pick-Up Ends (Toyota Display)

10:30 a.m. - Gear Check Closes

TRAVEL / PARKING

MCCORMICK PLACE TRAVEL DETAILS (INCLUDING PUBLIC TRANSPORTATION OPTIONS):

<https://www.mccormickplace.com/getting-here/>

WALKING / TAXI / RIDE SHARE / DIVVY / DROP OFF:

McCormick Place Grand Concourse

2301 S Martin Luther King Dr, Chicago, IL 60616

PARKING OPTIONS:

McCormick Place Parking Lot C (\$25)

2227 Fort Dearborn Dr, Chicago, IL 60616

(McCormick Place is not providing discounted parking rates)

31st Street Beach Parking #1 (Metered)

548 Fort Dearborn Dr, Chicago, IL 60616 (0.4 Mile Walk)

31st Street Beach Parking #2 (Metered)

541 E 31st St, Chicago, IL 60616 (1.2 Mile Walk)

Spot Hero Options (Pre-Pay Options Within Walking Distance)

<https://spothero.com/chicago/mccormick-place-parking>

Car-pooling or public transportation are highly encouraged!



GEAR CHECK

Please bring a bag big enough to fit your coat also. Gear Check will take place in the North/South Building Foyer. Be sure to pick-up your gear by 10:30 a.m.

AWARDS

Overall: The top male and female will be awarded the MPH Cup, and the second and third overall males and females will be awarded custom novelty license plates.

Age Groups: The top three male and female runners in the following age groups will be awarded custom novelty license plates: 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.

(Note, age-group awards will be mailed within 2 weeks of the event).

POST-RACE AREA / FINISHER MEDALS

All post-race activities will take place from the Toyota display inside the Chicago Auto Show (South Building).

Participants will receive their Finisher Medal in this area. There, we will also award the top three overall finishers.



COURSE

Start: The run will begin from the McCormick Place Grand Concourse under the famous Chicago Auto Show globe.

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 made of mostly of 200-meter long straightaways with routine turns. Participants may repeat the loop as many times as they like in one-hour. The surface is a combination of carpet, concrete and tile.

Mile Markers: 1-13 with will be along the course.

Aid Stations: Two aid stations will be on course. In the Lakeside Center an aid station will serve water and Gatorade Endurance. In the South Building foyer an aid station will serve water only. Medical support will be located at both aid stations.

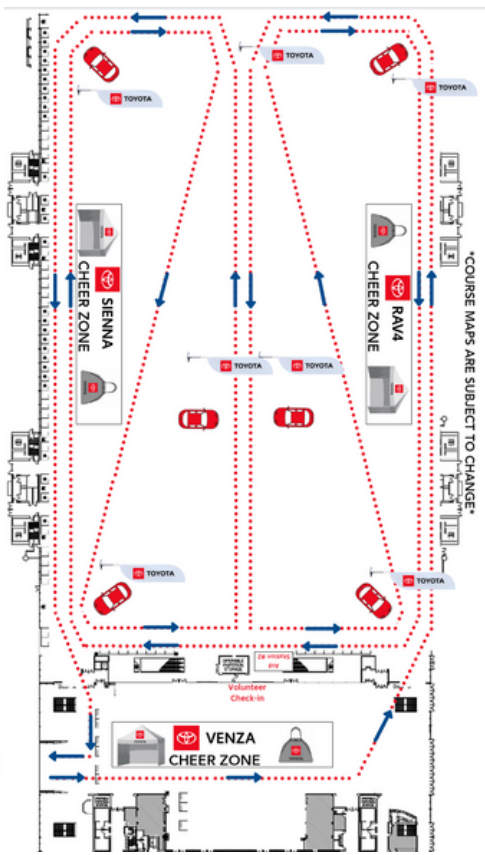
Course Etiquette / Passing: The course width is generally 12 feet wide, similar to most parts of the Chicago Lakefront Trail, with some spots between 8 and 15 ft wide. Participants must stay to the right, and not run/walk more than two abreast/two across to allow faster runners to pass on subsequent laps. Runners should pass on the left, being sure to give those participants they are passing plenty of room. Please be courteous and encouraging to other participants. Unsportsmanlike conduct while passing (or being passed) with another participant may result in disqualification.

Temperature: The temperature inside McCormick Place will be approximately 65 degrees. Be sure to hydrate and to dress for conditions that will be much warmer than they are outside.

Course Map Next Page.

LAKESIDE CENTER

COURSE MAPS ARE SUBJECT TO CHANGE



SOUTH HALL

COURSE MAPS ARE SUBJECT TO CHANGE



The Lakeside Center and the South Building are connected by a 1/4 mile straight Grand Concourse and bridge.

START PROCEDURES

All participants will start in a single wave. Pace signs will be spread throughout the start corral. Participants should line up by their expected average pace. This ensures a smooth and safe start.

TIMING / RESULTS

Our official timer is Red Panda Race Productions, which uses Chronotrack B-Tag timing system.

A runner's result will be their average miles per hour run during the hour. The runner's result will be determined by their final timing mat crossed. Timing mats will be located approximately every 0.4-mile.

Results will be available at www.athlinks.com

FINISHING

At the end of the 1-hour run, the sound of air horns will signal the end of the run. At this time, participants should proceed from their location to the Toyota display in the South Building (directly adjacent to the start line).

STOPPING EARLY

Those who do not wish to complete an hour may stop at the Toyota display at any time. Those who are unable to finish and need medical support will be assisted by our medical team.

SPECTATING

Spectators may view the run from off the run-route. Spectators may not be on the run-route at anytime while the race is active (8 a.m. to 9 a.m.), even to move from one part of the course to another. We recommend that spectators choose a single location to remain during the run.

Recommended areas include the interior of the Lakeside Center lanes, or outside of 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 active.

Spectators will not be able to view the race from inside the Auto Show floor, even if they have an Auto Show ticket.

RESTROOMS

The most accessible restrooms are located within the Lakeside Center. Limited restrooms are located off the Grand Concourse.

PHOTOS

Free digital photo downloads will be available on flashframe.io.

If we do not get a photo of you, we do sincerely apologize. Our goal is to capture a photo of all of our valued participants.

Please note on the searchable site, if your bib number was not visible (back, leg, or under clothing, we were not able to tag you).

CHICAGO AUTO SHOW EARLY ACCESS

Toyota Miles Per Hour participants will receive early access to the Chicago Auto Show floor. Once the run ends, participants will be directed to the Toyota display area where they can check out the latest from Toyota, pick up a unique finishers medal, and enjoy the awards ceremony for the top finishers. At 10:00 a.m., you will already be in the show, and can visit all of the displays within the Chicago Auto Show.



Participants have the opportunity to purchase discounted early access Chicago Auto Show tickets for friends and family to walk through the Chicago Auto Show following the run. All registered runners should have been emailed a promo code to use on the [Chicago Auto Show website](#). Final emails with codes will be sent on February 2nd and February 9th.

Note, those 3 and under, who are accompanied by a ticketed person, do not need a ticket to enter the Chicago Auto Show.

Friends and family who are not going to visit the auto show floor can spectate in the Lakeside Center (start area) and at specific spectator zones outside of the show floor without purchasing a ticket. However, only those with an Auto Show ticket will be able to enter the main hall where auto show displays are located.

Learn more about the Chicago Auto Show at www.ChicagoAutoShow.com

GENERAL FAQ

Strollers / Pets? For the safety of all runners, participants are NOT allowed to participate with baby joggers, strollers or animals. To request accommodation for service animals please e-mail events@cararuns.org.

How will I be timed? Each runner will have the chronotrack B-Tag affixed to the back of their race bib/number. Do not bend or break this tag. Place your race bib on your outside layer of clothing on your front chest or abdomen. The number must be fully visible while participating. Please do not pin number to leggings, back or behind layers of clothing. Please do not hand carry number.

When does my time start? The run will last one-hour from the start time, regardless of when a runner crosses the actual start line.

How will I receive my result? Due to the unique nature of the run, results will be available online within approximately 1-2 hours of the race finish. Participants will receive an e-mail when they are ready.

Can a friend pick-up my packet? Yes, a person may pick-up up to four packets at a time if they have the registration confirmation e-mail or copy of the drivers license (printed or on phone) of each person they wish to receive a packet for. If a person wishes to pick-up more than four packets and there is a line at packet pick-up they must return to the back of the line to receive additional packets

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

AUTO SHOW HISTORY

First staged in 1901, the Chicago Auto Show is the largest auto show in North America and has been held more times than any other auto exposition on the continent. This year marks the 112th 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 each year attend events at McCormick Place.

The campus includes more than 2.6 million square feet of exhibit 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 skybridges and promenades.

GENERAL FAQ

Can my friends or family run with me if they are not registered? No, unregistered persons may not run or walk with you on the course.

Do my friends or family need a Chicago Auto Show ticket to watch me run? No, guests are permitted to spectate in specified areas outside the show floor. If guests wish to walk through the Auto Show following the run, they **MUST** have a ticket.

What are the events pacing rules? The event will abide by USATF competition rules. The event expects all participants respect fair competition. However, due to the unique nature of the indoor course, the course will not be USATF certified/measured.

If I do not run on race day do I receive a finisher medal? No, finisher medals are only provided to finishers on race day.

Can I defer or receive a refund? Refunds and deferrals will **NOT** be issued for any reason, including injury and other unforeseen issues. Registering early comes with discounted entry fees and registrants should understand their risk by choosing to register early, including no opportunity for refunds.

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 participation item? Yes, but you must come to a scheduled packet pick-up.

What is the events weather policy? This event is indoors. If there are weather related issues affecting safe travel to the event, they will be posted at www.twitter.com/cararuns, the [Facebook event page](#), and at cararuns.org/weather

JOIN CARA!

Join at: cararuns.org/membership

Annual Dues:

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



Membership Supports

Charity Running: Subsidized training for charity runners raising funds for over 50 local and national charities.

Advocacy and Community Service: Initiatives including trail improvements and clean-ups.

Removing Barriers: Making running more accessible through the neighborhood park-based, 'Go Run™' program which provides free and welcoming 5k and 1 Mile events in underserved parks.

Hydration: CARA/Fleet Feet Hydration stations along the Lakefront Trail and at six different suburban trailheads 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.

Member Benefits Include:

Local Race Discounts: Discounts for over 120 local races. 2024 discounts included favorites such as the Bank of America Shamrock Shuffle, Bank of America Chicago 13.1, F^3 Half Marathon, Under Armor Chicago 10K, Chicago Racing Circuit races, and many more!

CARA Events: 10%-15% discount on all CARA events (up to \$35 per event) including the Lakefront 10 Miler & 5K presented by Fleet Feet, Spring Trail Chase 10K, PUMA's Chi-Town Miles, Ready to Run 20 Miler, PUMA's Marathon VIP, and Toyota Miles Per Hour.

CARA Training: 15% discount on all CARA training programs (up to \$35 per program), including our popular summer marathon training program.

Group Run Network: Weekday group runs at locations around the city and suburbs.

Member Speedwork: Weekly supported group speed workouts from March to October.

Racing: Private gear check, race discounts, and awards eligibility for the Chicago Racing Circuit by CARA.

Hotline: Access to the Rush Physical Therapy Injury Hotline.

Online Tools: Access to an online member account with online training and race log, and access to members-only parts of the CARA Runs mobile app.

Newsletter: Digital subscription to the CARA Connection e-newsletter

ABOUT CARA

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 was founded in 1978. With over 10,000 members, CARA is the third-largest local community of runners in America.

KEY CARA EVENTS

2/11/24 - Toyota Miles Per Hour

2/25/24 - Circuit Awards Party

4/7/24 - Lakefront 10 Miler & 5K

5/19/24 - Spring Trail Chase 10K

7/27/24 - PUMA's Chi-Town Miles

9/22/24 - Ready to Run 20 Miler

10/13/24 - PUMA's Marathon VIP Experience

cararuns.org/racecalendar

CARA TRAINING PROGRAMS

3/18/24 - Spring Half Marathon Training

6/10/24 - Summer Marathon Training

cararuns.org/trainingprograms



EST. 1978

RUN CHICAGO'S LAKEFRONT



APRIL 7, 2024

Chicago, IL - 9:00AM

10 Mile Run | 5K Run/Walk

cararuns.org/lakefront10



10K RUN/WALK

Lemont, IL - 8:00AM

19
MAY



cararuns.org/springtrailchase