



CHICAGO AREA RUNNERS ASSOCIATION  
**LAKEFRONT 10 MILER & 5K**



**FLEET FEET**  
presents

**LAKEFRONT 10 MILER & 5K**  
CHICAGO AREA RUNNERS ASSOCIATION

**APRIL 12, 2026**

Chicago, IL - 9:00AM  
10 Mile Run | 5K Run

**PARTICIPANT GUIDE**

# April 12, 2026 (Sunday - 9:00 a.m.)

This Participant Guide is designed to prepare you for a successful experience at CARA's Lakefront 10 Miler & 5K, presented by Fleet Feet.

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

**Need to Know >>** Very important information you need to know before participating.

**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
- Cut-Off Time
- Location
- Start Procedures
- Packet Pick-Up
- Participant Bibs
- Travel
- Course Map
- 10-Mile Route
- 5K Route
- Mile Markers
- Course Marshals
- Aid Stations
- Weather Policy and Alerts
- Event Alert System

## GOOD TO KNOW >>

- Results
- Finisher Medals
- Awards
- Gear Check
- Spectators
- Photos
- Competition Rules
- Refund Policy
- Voluntary Cancellation
- Non-Registered Persons On Course
- ADA Accommodations
- Runner Drop Outs
- Other FAQ

## HELPFUL TO KNOW >>

- About CARA



**START TIME**

- 9:00 a.m. for 10-mile
- 9:05 a.m. for 5K

**CUT-OFF TIME**

- Participants must finish within two (2) hours and thirty (30) minutes after the last on-time start (no late starts). Aid stations will support this pace.

**LOCATION**

- Montrose Wilson Track - Lincoln Park

**START PROCEDURES**

- **10-mile will start at 9:00 a.m. in 3 waves**
- There will be 3 waves that line up and leave based on pace per mile. Participants can self select what pace and wave they want to be in. They are as follows:
  - A Wave: 8:00 min. pace and under (90 second gap)
  - B Wave: 8:00 min. - 9:30 min. pace (90 second gap)
  - C Wave: 9:30 min. pace and over (2-3 minute gap)
- **5K will start at 9:05 a.m. in 1 wave**
  - Participants in the 5K will line up behind 10-mile participants
- Deadline to report to start for both race distances is 8:50 a.m.
- Corral signs with paces 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.



## PACKET PICK-UP

- Participants are encouraged to pick-up their bib prior to event day.
- Friends and family may pick up for a participant on pre-race day pick-ups with a copy (printed or digital) of the participant's check-in pass (emailed to participants prior to pick-up) 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 bibs in a timely manner.
- Pick-Up Schedule:
  - Saturday, April 4, 2026 - Fleet Feet South Loop (3:00 p.m. to 6:00 p.m.)
  - Friday, April 10, 2026 - Fleet Feet Elmhurst (1:00 p.m. to 6:00 p.m.)
  - Friday, April 10, 2026 - Fleet Feet Lincoln Square (12:00 p.m. to 5:00 p.m.)
  - Saturday, April 11, 2026 - Fleet Feet Old Town (12:00 p.m. to 6:00 p.m.)
- Mailing: Participants have until March 27 to order packet mailing. Bibs will be mailed by April 2, 2026.

## PARTICIPANT BIBS

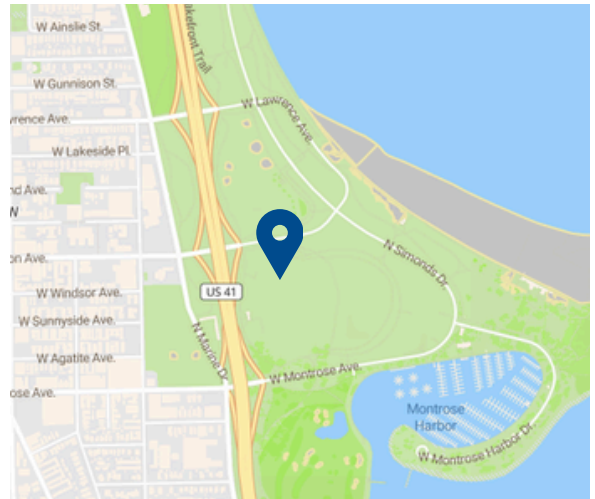
- Bibs must be worn on the front torso or chest. Please do not pin to back, legs, or under clothing.
- Bibs may not be transferred to another person.
- 10-mile participant bibs have white numbers and 5K participant bibs have red numbers.



## TRAVEL

- **Address:** Wilson Drive & Lake Shore Drive, Chicago, IL
- **GPS:** For best results, search for "Montrose Beach Track & Field"

**E** FROM LAKESHORE DRIVE, take the Wilson Drive exit EAST.



- **Parking:** Free street parking is available within the park on Montrose Ave., Simonds Dr., Lawrence Ave. (except by Dog Beach and Foster Ave.) Paid parking is available at the Wilson Lot, at Foster Avenue and Lakeshore Dr. (Foster Beach), and Montrose Harbor Drive.
- **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 on Montrose Ave. and walk North to the track. Rideshare drivers should avoid Wilson Dr.
- **Bike:** Bike racks are available near the track entrance for participants who choose to ride to the race. Please bring a bike lock. A Divvy station is located immediately north of the event area.



**10-MILE ROUTE**

- It is each participant's responsibility to know their course route. Please review the course maps.
- The course begins on Wilson Track and proceeds **south** on the Lakefront Trail. There will be a turnabout around Castaways at North Ave and continues North on the Lakefront Trail, and takes the underpass at Diversey to continue around Diversey Harbor. The course will finish with going up and over Cricket Hill and on the final straightaway of Wilson Track.

**5K ROUTE**

- The course begins on Wilson Track and proceeds **north** on the Lakefront Trail. At Foster Beach, the course follows the trail east and carries on south along the lakefront and Montrose Harbor before finishing up and over Cricket Hill and on the final straightaway of Wilson Track.

**MILE MARKERS**

- Mile markers will be posted at each mile.

**COURSE MARSHALS**

- Course marshals will be present to assist runners. Please remove headphones when approaching marshals so instructions can be heard. It is each participant's responsibility to know their course route.


**AID STATIONS**

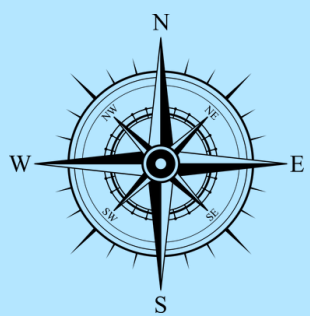
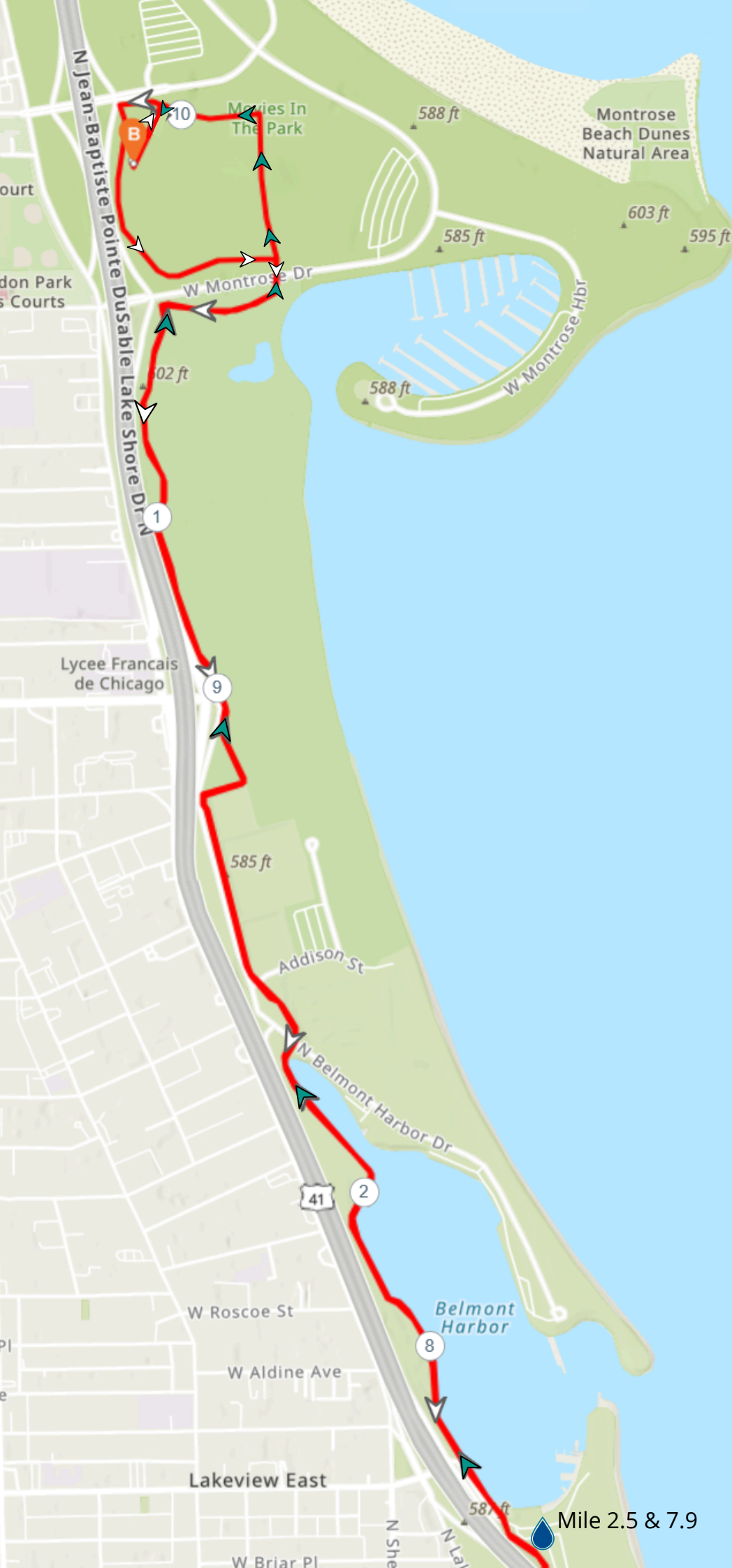
- Water and Gatorade Endurance be available at the start, finish and at aid stations along the course.
- **10-Mile Aid Stations:** Miles 2.5, 3.5, 6, & 7.9. Medical support will be available at all on-course aid stations.
- **5K Aid Station:** Mile 1.5. Medical support will be available.

**VIEW COURSE MAPS ON FOLLOWING PAGES**

# 10-MILE COURSE MAP

[LINK TO PLOTAROUTE](#)

-  **Start/Finish**
-  **10-Mile Course**
-  **Mile Markers**
-  **Aid Station**
-  **Out Route**
-  **Return Route**



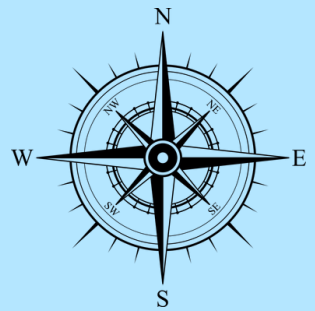
Mile 2.5 & 7.9



# 5K COURSE MAP

[LINK TO PLOTAROUTE](#)

-  **Start/Finish**
-  **5K Course**
-  **Mile Markers**
-  **Aid Station**



## 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. CARA reserves the right to decrease the race distance if deemed necessary. Our evaluation will include present and probable conditions through the run.
- On event day, all weather alerts and announcements will be posted to 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.
- 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 run, even if they are not present at the start, the event may be canceled or altered.

| ALERT LEVEL     | EVENT CONDITIONS                                | RECOMMENDED ACTIONS  |
|-----------------|---|--|
| <b>EXTREME</b>  | EVENT CANCELED/EXTREME AND DANGEROUS CONDITIONS | PARTICIPATION STOPPED<br>FOLLOW EVENT OFFICIAL INSTRUCTIONS                                |
| <b>HIGH</b>     | POTENTIALLY DANGEROUS CONDITIONS                | SLOW DOWN / OBSERVE COURSE CHANGES / FOLLOW EVENT OFFICIAL INSTRUCTION / CONSIDER STOPPING |
| <b>MODERATE</b> | LESS THAN IDEAL CONDITIONS                      | SLOW DOWN / BE PREPARED FOR WORSENING CONDITIONS   |
| <b>LOW</b>      | GOOD CONDITIONS                                 | ENJOY THE EVENT<br>BE ALERT  |

## RESULTS

- Results will be available for look-up kiosks at the Results & Awards Tent.
- Results will be posted live to the [event website](#), allowing for participants to look up their results on mobile devices.

## FINISHER MEDALS

- Finisher medals for the 10-mile and 5K will be available to all finishers.



## AWARDS

- Awards will be provided to the top three overall individuals in the male, female, and non-binary categories in both the 10-mile and 5K. Prize money will also be offered in the 10-mile in male, female and non-binary categories as follows:
  - First: \$500
  - Second: \$350
  - Third: \$150
- Recognition awards provided to the top three men and women in each age-group:
  - 10-mile: 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
  - 5K: 19 & Under, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & Over
- Note: Overall award winners will not be awarded in age groups.
- An awards ceremony will be held for overall award winners (top three). Age group awards must be picked up from the results & awards tent post-race. Awards will not be mailed.

## GEAR CHECK

- Gear check will be available 7:30 a.m.-12:30 p.m.
- Participants may check any standard backpack or duffle bag size (1 bag limit).
- We are unable to provide a covered gear check. Please plan accordingly in case of inclement weather. If wet weather is forecast, we recommend using a waterproof bag for your gear check.

## **SPECTATORS**

- Friends and family are welcome to attend and spectate at the start, along the course, and at the finish.

## **PHOTOS**

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

## **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.

## **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 proceed to the nearest aid station to request a 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.

## **OTHER FAQ**

- You may NOT give (sell or transfer) your registration to another person, and another person may NOT participate in another person's place.
- Quarter-zip exchanges will only be provided if there is available inventory.
- Participants are not allowed to participate with baby joggers, strollers, or animals.
- Running clubs may make requests to set up tents if done so at least two weeks prior to the event. Tents must be weighted with at least 20 pounds per leg.



CARA is Chicago's largest running community, providing accessible opportunities for all runners to learn, be social, volunteer, train and race. We are a non-profit organization committed to serving and advocating for the running community.

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](http://www.cararuns.org).

## MEMBERSHIP

### Community Support & Advocacy

Membership directly impacts the local running community and empowers CARA to continue its long record of advocacy work

### Training & Race Discounts

10-15% off CARA Training Programs  
10% off CARA races  
Over 100 local race discounts

### Early Access

Early registration access to CARA races (Miles Per Hour, Lakefront 10 Miler & 5K, Spring Trail Chase, Chi-Town Miles)

### Exclusive Programs & Event Perks

Boston Bus & Marathon weekend  
CARA Marathon VIP Experience  
5 + 1 Hidden Gem Half Marathon

### Partner Discounts

Receive unique discounts from CARA partners

### Accessibility

Membership dollars help fund our free programming; keeping running accessible to all ability levels

- 'Go Run™
- Run Crews
- Lakefront Hydration Stations





CHICAGO AREA RUNNERS ASSOCIATION

- ✓ Races
- ✓ Training
- ✓ Expert Coaching
- ✓ Supportive Community



[www.cararuns.org](http://www.cararuns.org)

***Join CARA Today!***

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# CHI-TOWN MILES

**JULY 18**

All Levels. All Ages.

1-Mile | Kids Dash  
Chicago, IL



[cararuns.org/chitownmiles](http://cararuns.org/chitownmiles)





**FREE  
TIMED  
RUNS!**

**5K & 1-MILE**



**9 A.M. SATURDAYS - CHICAGO PARKS**



[gorunchicago.org](http://gorunchicago.org)



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