



PARTICIPANT GUIDE

APRIL 13, 2025

Chicago, IL - 9:00AM

10 Mile Run | 5K Run



April 13, 2025

(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. 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 Bibs
- Strollers / Pets Policy
- Travel
 - Address
 - Location Map
 - Directions
 - Parking
 - Ride Share
 - Biking
 - Facility map
- Course Map
- Course Description
- Aid Stations
- Weather Alerts
- EAS System

GOOD TO KNOW >>

- Results
- 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 >>

- Chicago Area Runners Association



Start Time:

- 9:00 a.m. for both races (10 Miler and 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
- See page 4 for details on location and parking.

Start Procedures:

- Participants in the 10 Mile & 5K will start together in the same corrals. Participants can self select what pace and wave they want to be in.
- There will be 4 waves that line up and leave based on pace per mile. They are as follows:
 - A Wave: 8:00 min. pace and under
 - B Wave: 8:00 min. - 9:30 min. pace
 - C Wave: 9:30 min - 11:00 min. pace
 - D Wave: 11:00 min. pace and over
- Deadline to report to start 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.
- Each corral will be walked to the start line for a controlled mass start. Please remain behind the start corral volunteers for your pace until directed to start.

Packet Pick-Up:

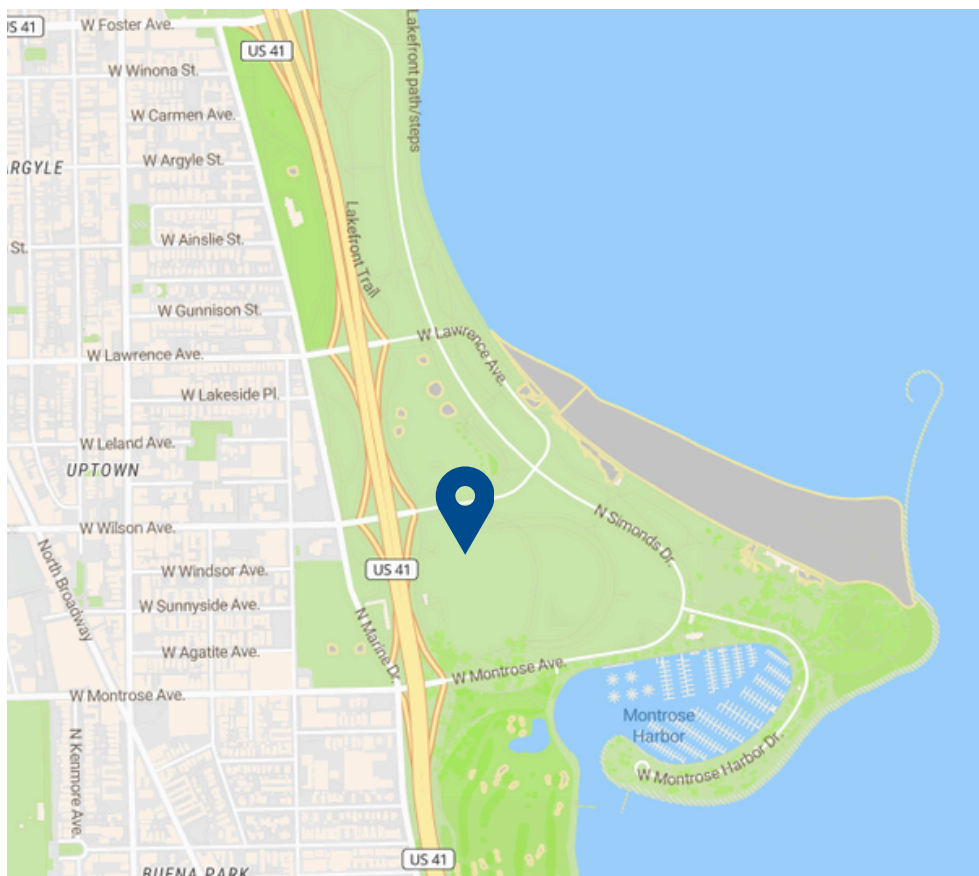
- Participants are encouraged to pick-up their bib prior to event day.
- Friends and family may pick up for a participant on pre-race day pick-ups with a copy (printed or digital) of the participant's check-in pass (emailed to participants prior to pick-up) or ID. Persons may pick up for up to four (4) 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. On race day, packets may only be picked up by the registered participants.
- Pick-Up Schedule:
 - Saturday, April 5, 2025 - Fleet Feet South Loop (3:00 p.m. to 6:00 p.m.)
 - Friday, April 11, 2025 - Fleet Feet Elmhurst (1:00 p.m. to 6:00 p.m.)
 - Friday, April 11, 2025 - Fleet Feet Lincoln Square (12:00 p.m. to 5:00 p.m.)
 - Saturday, April 12, 2025 - Fleet Feet Old Town (12:00 p.m. to 6:00 p.m.)
- Mailing: Participants have until March 30th to order packet mailing. Bibs will be mailed by April 2, 2025.

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.

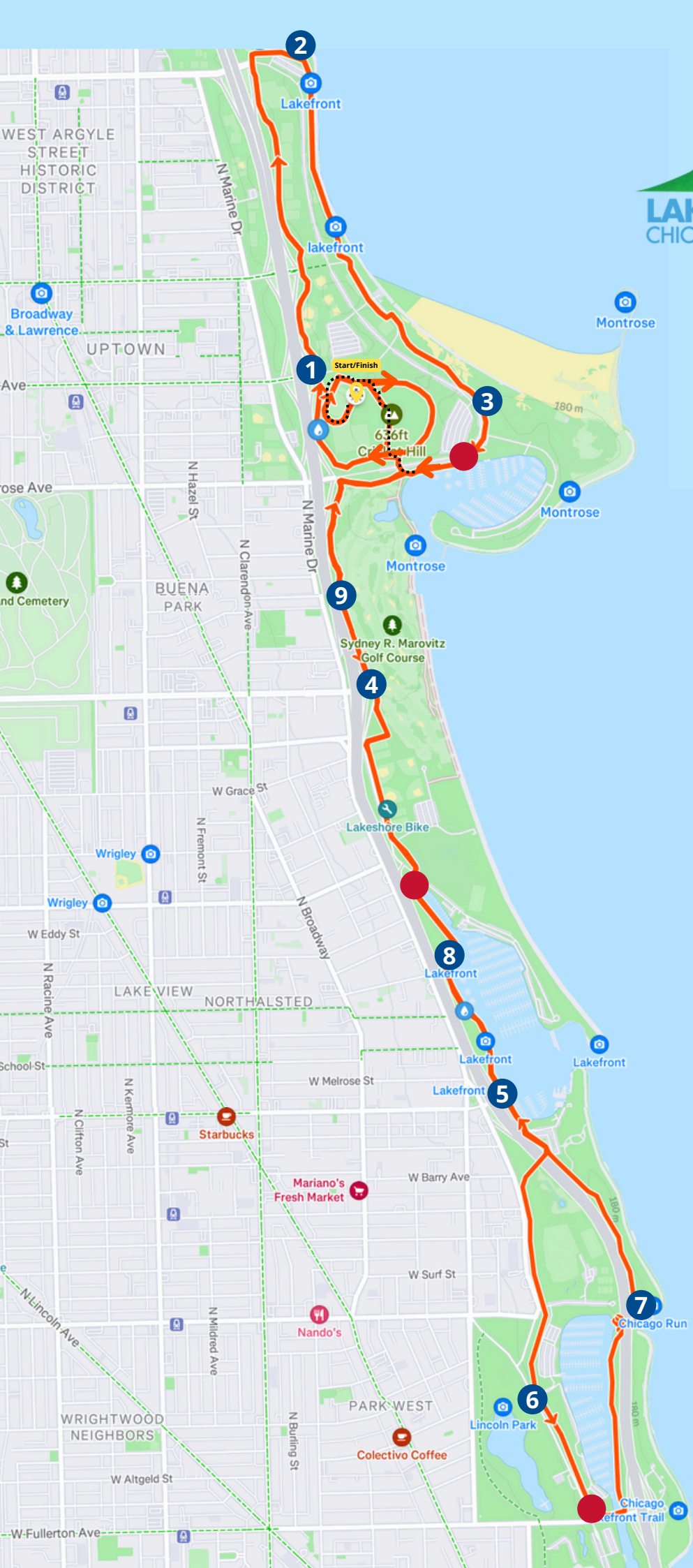
Travel:

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



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 in the Chicago Park District lots at Wilson Dr. and Lakeshore Dr. (Wilson Lot) and 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 COURSE MAP

[LINK TO STRAVA](#)

-  Start/Finish
-  10 Mile Course
-  Mile Markers
-  Aid Station
-  To Finish

5K COURSE MAP

[LINK TO STRAVA](#)



Route:

It is each participant's responsibility to know their course route. Please review the course maps on pages 5 and 6.

The course begins on Wilson Track and progresses along Chicago's scenic Lakefront Path. Throughout the course runners will enjoy breathtaking views of the lake shore, the Chicago skyline and those of Montrose, Belmont, and Diversey Harbors. Participants in the 10 Miler will run south to Fullerton before returning north toward Montrose Dr. Participants in the 5K will split off at the first pass of Montrose Dr. In the final mile, 10 Mile and 5K participants will run up and down Lincoln Park's landmark Cricket Hill, before an exciting finish on Wilson Track!

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 instruction can be heard. It is each participant's responsibility to know their course route. Please review the course maps on pages 5 and 6.

Aid Stations:

Water and Gatorade Endurance be available at the start, finish and at aid stations along the course. Aid Stations will be located at 2.1 miles, 4.6 miles, 6.7 miles, and 9.2 miles. Medical support will be available at all on-course aid stations.



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](#) and our twitter page @cararunsweather. 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 run, even if they are not present at the start, the event may be canceled or altered.

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:

- 10:15 AM: Awards provided to the top three overall individuals in the male, female, and non-binary categories in both the 10 Miler and 5K. Prize money will also be offered in the 10 Mile in male, female and non-binary categories only as follows:
 - First: \$500
 - Second: \$350
 - Third: \$150
- Recognition awards provided to the top three in men's and women's categories in age-groups:
 - 10 Miler: 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.

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.

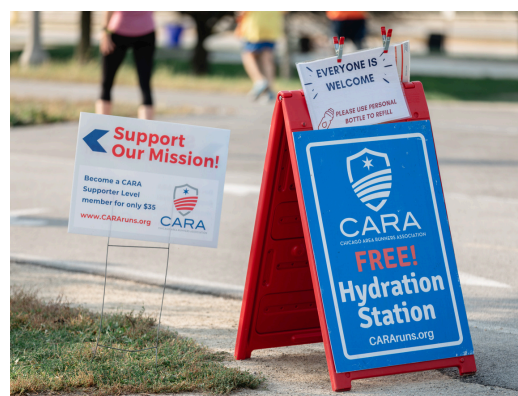
Other FAQ:

- You may NOT give (sell or transfer) your registration to another person and another person may NOT participate in another person's place.
- Shirt 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.



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.
- 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.
- 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