

2023 PARTICIPANT GUIDE





Sunday, October 8, 2023

This Participant Guide is designed to prepare you for a successful experience at PUMA's Marathon VIP Experience. 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 >>

- Event Schedule
- Location
- Entrance Requirements
- Shoe Tag Pick-Up
- What to Expect
- Guest Policy
- Gear Check
- Food & Beverage

GOOD TO KNOW >>

- Distance to Start / from Finish
- Restrooms Available
- Clothes Changing Options
- Cancellation Policy
- Parking
- Public Transit

HELPFUL TO KNOW >>

- Chicago Area Runners Association

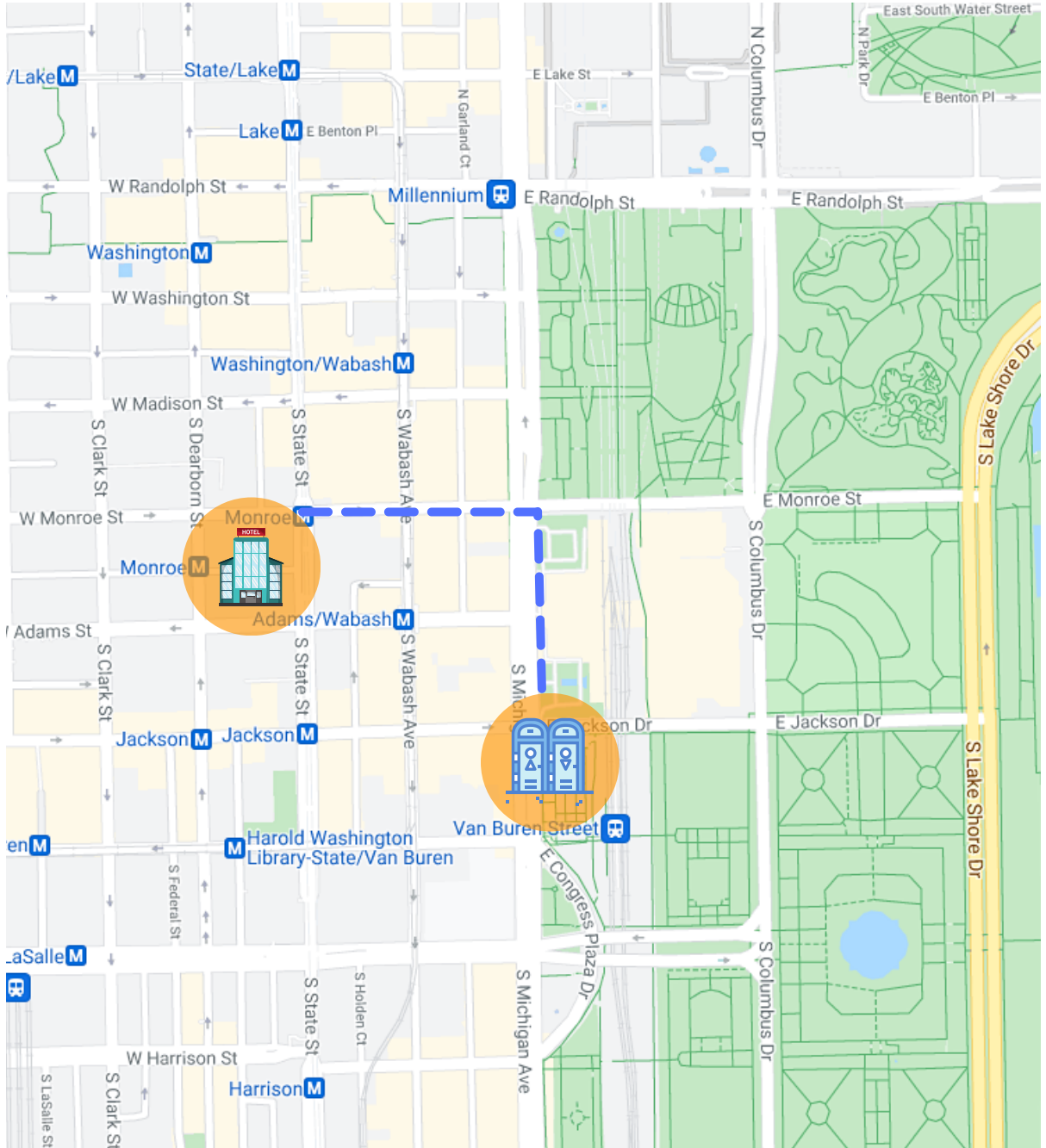


Event Schedule:

- 5:30 a.m. - Venue Opens (Pre-Race)
- 5:30 a.m. - Gear Check Opens
- 10:30 a.m. - Post-Race Amenities Begin and venue opens to free guests and Friends and Family
- 4:00 p.m. - Gear Check Closes / Venue Closes

Location:

- Indoor Area at Palmer House Hilton Exhibit Hall (4th Floor)
 - 17 East Monroe St (Chicago)
 - Use elevators closest to Monroe St Entrance and proceed to 4th floor.
 - 16,909 square feet of indoor space
- CARA Outdoor Private Toilets at Start Corral Gate
 - Located at Michigan Ave. & Van Buren St. (Start Corral Entrance Gate #2)



Entrance Requirements: Attendees must meet requirements below to attend and enter PUMA's Marathon VIP Experience.

1. CARA 2023 Summer Marathon Training Shoe Tag:

- The following ticket holders must have a Summer Marathon Training shoe tag to access VIP: **Summer Marathon Training Ticket, Charity Partner Ticket, and Supporter Member Ticket.** Shoe Tags must be attached to one shoe at all times while at the event. Tags must be worn on shoe, and should not be carried or attached to a bag. Persons may not enter the event by using another persons shoe tag. Refer to the next page for shoe tag pickup if you do not already have one.

2. Free guests + Friends and Family Check-In Pass or Photo ID:

- Free guests and Friends and Family ticket holders will need to use the QR code on their digital ticket or a printed out version to enter. Tickets are emailed after registering and can be accessed in your participant account. Persons may not enter the event by using another persons ticket.



Shoe Tag Pick-Up:

- You must pick up a shoe tag at the Chicago Marathon Expo at the CARA tent (**booth number 285**) October 5-7th. Booth location can be found on the map [here](#). To pick up your shoe tag, you must show your VIP ticket/QR code. Your shoe tag gives you access to all areas and amenities of PUMA's Marathon VIP Experience including entrance into the VIP area and the private toilet area near the start corals.
- There is NO shoe tag mailing.

What to Expect:

- Comfortable indoor climate-controlled space to relax pre and post-race
- Private toilet area near the start corrals
- Indoor Restrooms at the Palmer House Hilton
- Hassle-Free Private Gear Check at the Palmer House Hilton
- Pre-Race and Post-Race Hydration (Water and Gatorade Endurance)
- Stretching and injury prevention screenings provided by Rush Physical Therapy

Guest Policy :

- Registered attendees are allowed two free guest tickets and are allowed to purchase additional friends and family tickets until capacity limits are reached.
- Amenities are for paid guests only.
- Guests are not allowed in venue until 10:30 a.m.

Gear Check:

- Indoor VIP gear check provided at the Palmer House.
- Participants can check one bag. We highly recommend using the Chicago Marathon bag provided to you. No duffel bags.
- Please be sure you have all items needed for the race prior to checking your bag.
- Please use your Marathon gear check tag to identify your bag. However, additional tags will be available.
- If you do not return to retrieve your bag, it will be taken to the CARA office ([1540 S Ashland.](#)) where it may be picked up by appointment (email info@cararuns.org or call 312-666-9836) beginning Wednesday, 10/11 until Friday, 10/15. After this date, CARA will discard or donate items that remain.

Food & Beverage:

- A snack goody bag with items from various CARA partners will be available.
- Participants can purchase additional food/meals from the Palmer House in the main lobby.
- Participants may bring in personal food items, but not outside alcohol.
- Coffee is not available at VIP. There is a Starbucks inside the Palmer House lobby.



How far is the Palmer House from the start?

- 0.3 miles.

How far is the Palmer House from the "27th Mile Finish Line Party"?

- 0.4 Miles.

How many restrooms are available?

- There are eight (8) sets of multi-person restrooms (4 on 4th floor [event floor], 2 on third floor, and 2 on fifth floor).

Where can I change clothes?

- Please use venue restrooms. There is no dedicated changing room.

Can I cancel my registration?

- No. Should participants voluntarily choose not to attend, or are unable to attend 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.

Parking:

- See parking options from home at <https://www.palmerhousehiltonhotel.com/about-our-hotel/parking/>.
- Check out Spot Hero at <https://spothero.com/search?kind=destination&id=103>.

Public Transportation:

- [CTA Website](#) | [Metra Website](#)

Click transportation stop links for walking directions from there to the Palmer House Hilton.

- Metra: [Ogilvie Station](#) | [Union Station](#)
- Red Line: [Monroe](#)
- Blue Line: [Monroe](#)
- Brown Line: [Adams/Wabash](#)
- Orange Line: [Adams/Wabash](#)
- Pink Line: [Adams/Wabash](#)
- Green Line: [Adams/Wabash](#)
- Purple Line: [Adams/Wabash](#)

DIVVY Stations: [Location Map](#)





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.
- 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 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


CARA
CHICAGO AREA RUNNERS ASSOCIATION
Exclusive Physical Therapy
Provider for CARA