

## PACKET PICK-UP

### Pre-Race Day:

**Fleet Feet Sports - Elmhurst**  
Sat - 2/4 (All Business Hours)

**Fleet Feet Sports - Old Town**  
Sat - 2/4 (All Business Hours)  
Sat - 2/11 (All Business Hours)  
1706 N. Wells St, Chicago

### Pre-Race Day:

**McCormick Place**  
Sun., 2/12

\*Runners must pickup from location they selected on their registration.

## 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



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



# 2023 PARTICIPANT GUIDE

Thank you for registering for the inaugural 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 a enjoyable race day experience.

## THANK YOU TO OUR PARTNERS!



# TOYOTA



**FLEET FEET**

**RUSH**

**Physical Therapy**

In partnership with NovaCare Rehabilitation

# TRAVEL / PARKING

CARA's Toyota Miles Per Hour Run takes place entirely indoors, inside the massive McCormick Place convention center, including through the Chicago Auto Show floor!

## 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. Dr. Martin Luther King Jr. Drive, Chicago

## PARKING OPTIONS:

McCormick Place Parking Lot C (\$25)  
2227 Fort Dearborn Dr., Chicago  
(McCormick Place is not providing discounted parking rates)

31st Street Beach Parking #1 (Metered)  
548 Fort Dearborn Dr., Chicago (0.4 Mile Walk)

31st Street Beach Parking #2 (Metered)  
541 E. 31st Street., Chicago (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!**



# LOCATIONS

## START LINE

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

## RACE DAY PACKET PICK-UP

Race day packet pick-up will take place in the North Building Foyer, immediately adjacent to the start line area.

## GEAR CHECK

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

## POST-RACE AREA / FINISHER MEDALS

All post-race activities will take place from the Toyota display inside the Chicago Auto Show (North Building). Upon the completion of your run, please proceed to the Toyota display in the North Building.

At the Toyota display participants will receive their unique Finisher Medal. There, we will also award the top three overall finishers.



## START PROCEDURES

All participants will start in a single wave. Pace signs will be spread through 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 Big River Race Management. BRRM uses the 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.

For example, if a runner's final timing mat crossed was at 7.75 miles, and they crossed it at 59:75 on the clock. That would mean they were running an average MPH of 7.85. So "7.85 MPH" is their result.

This method avoids ties since many people will cross the same final timing mat, on the same lap, but not necessarily at the same time.

## 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 North 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 and are still considered finishers. Those who are unable to finish and need medical support will be assisted by our medical team.

## 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 2.4 mile loop through the McCormick Place Grand Concourse, Lakeside Center, North Building, 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.

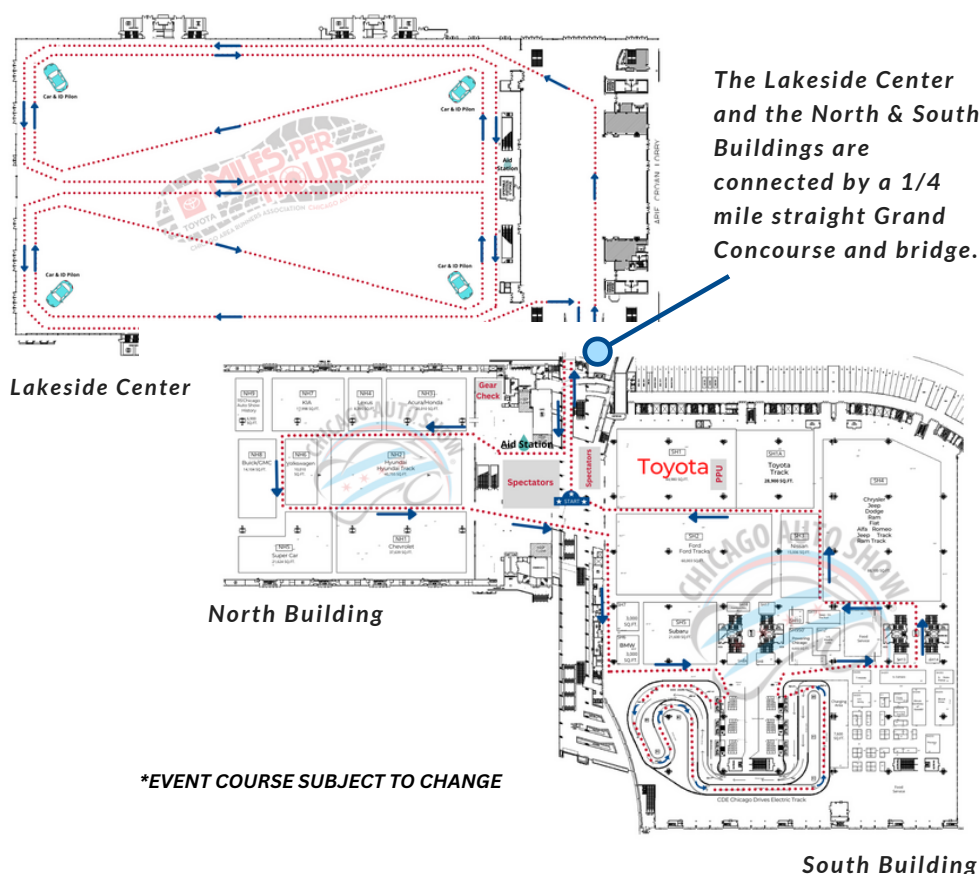
**Mile Markers:** 1-13 with their associated lap number will be along the course.

**Aid Stations:** Two aid stations will be on course. In the Lakeside Center and aid station will serve water and Gatorade Endurance. In the North 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.

**Spectators:** Spectators are welcome to cheer along the course. Spectators should not be on the run route at any time. Please note, those spectators without Auto Show tickets will not be able to enter the north or south halls at any time where the Auto Show is located.





# 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](mailto: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.

**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.

**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](https://www.twitter.com/cararuns) and at [cararuns.org](http://cararuns.org) in the twitter feed box.

## AWARDS

**Overall:** The top three 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 2-4 weeks of the event).



## 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](https://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).

## 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.

## 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 a Auto Show ticket.

## CHICAGO AUTO SHOW EARLY ACCESS

Toyota Miles Per Hour participants and their ticketed guests 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 had the opportunity to purchase early access guest tickets during registration for a discounted rate of \$10 (\$13 value) to allow their friends and family not running to access the auto show floor during the run. Regular Auto Show tickets not purchased through the run do not provide early access. Note, those 6 and under, who are accompanied by a ticketed person, do not need a ticket to enter the 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 two main halls where auto show displays are located.

Learn more about the Chicago Auto Show at [www.ChicagoAutoShow.com](http://www.ChicagoAutoShow.com)

# JOIN CARA!

Join at: [cararuns.org/membership](https://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:** 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.

**Education:** Clinics from top experts at no cost to help runners gain the knowledge to take their running to new levels.

## Member Benefits Include:

**Local Race Discounts:** Discounts for over 120 local races. 2023 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, CARA 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, Spring Trail Chase 10K, Chi-Town Miles, Ready to Run 20 Miler, Marathon VIP, and Toyota Miles Per Hour Run.

**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 CARA Runners' Choice Circuit.

**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

2/12/23 - Toyota Miles Per Hour

2/25/23 - CARA Awards Party

4/16/23 - Lakefront 10 Miler & 5K

5/20/23 - Spring Trail Chase 10K

7/29/23 - Chi-Town Miles

9/17/23 - Ready to Run 20 Miler

10/8/23 - Marathon VIP Experience

[cararuns.org/racecalendar](https://cararuns.org/racecalendar)

## CARA TRAINING PROGRAMS

11/7/22 - Winter Half Marathon Training

12/26/22 - Winter Marathon Training

12/26/22 - Boston Performance Training

3/14/23 - Spring Half Marathon Training

6/5/23 - Summer Marathon Training

[cararuns.org/trainingprograms](https://cararuns.org/trainingprograms)