

This race has applied for and received the Chicago Area Runners Association designation as a 2016 CARA *EMERGING RACE (16088)*. This distinction is given to races receiving CARA Race Certification for the first time. This race has agreed to adhere to and uphold CARA's Best Practices Guidelines. These Guidelines embody the highest standards for quality, safety and comfort for participants in a road race.

Due to CARA's advocacy efforts, runners in the Chicagoland area enjoy some of the highest quality road races in the country. To view the Guidelines and to learn more about CARA, visit www.cararuns.org.

The Chicago Area Runners Association (CARA) is a non-profit organization devoted to expanding, motivating, supporting and celebrating the running community of Chicagoland. CARA connects runners to resources that enable them to run – farther, faster, better, for life.

Bicycles, in-line skates, other wheeled vehicles (except wheelchairs) and dogs are not allowed in the race. In addition, Baby joggers and strollers are not allowed in the race.

IF LIGHTNING/THUNDER IS PRESENT, OR OTHER CONDITIONS DEEMED DANGEROUS BY RACE PERSONNEL, THE RACE MAY NOT PROCEED. The race may proceed once the danger of lightning and/or dangerous condition has clearly passed. The decision of whether to cancel the race (because of dangerous weather/environmental conditions have persisted over a period of time) will be made by race personnel.

Onsite registration will take place on race day (9-24-2016) at 7:00 AM at 5200 S. Hyde Park Blvd. The race will begin promptly at 8:00 AM.

If you register after 8/24/2016 a t-shirt is not guaranteed. We may charge an additional fee of \$10 if participants register after this date and request t-shirts.

The following are the 5K race award categories:

- Top male and female finishers overall.
- The first three finishers in each age group.

Age groups are as follows: Male and female – 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 and over.

For the purpose of determining age group awards, overall winners are removed from the results and do not receive age group awards. Overall winners are included in age group results for final reporting purposes.

Awards are distributed on race day. Runners must be present during distribution to receive awards.

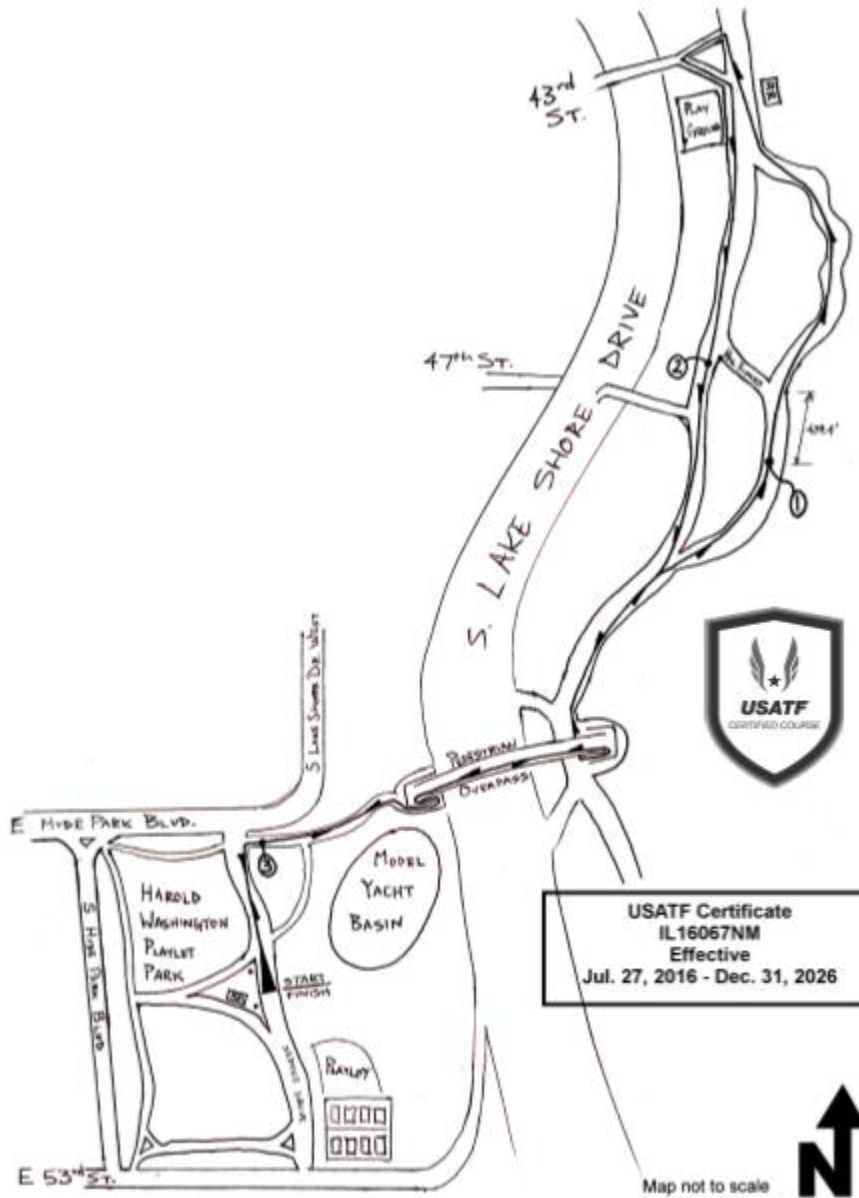
Online race results can be found at:

www.racetime.info

www.mychicagoathlete.com

www.cararuns.org

Race course information:



Course measured and drawn by Zack Edmonson.

Start: Northbound Harold Washington Playlot Park service drive, center, 79.3 feet north of first light pole north of path that is south of the bath house.

Mile 1: Northbound lakeside LFT, center, 409.4 feet south of east side of pavement intersection with continuation of lakeside LFT, north of 47th street pedestrian overpass.

Turnaround (1.563 miles): Northbound LFT, west edge, at intersection with northern access path leading to 43rd street pedestrian overpass.

Mile 2: Southbound LFT, west edge, 4.9 feet south of intersection with “hill bypass” path northwest of 47th street pedestrian overpass.

Mile 3: Westbound park path (that is south of intersection of east Hyde Park Blvd & south Lakeshore Drive west), center, 45.6 feet east of Harold Washington Playlot Park service drive.

Finish: Same as start.

Driving directions:

From north: Head southbound on I-90 E/I-94 E. Merge onto I-55 N/Adlai E Stevenson Expressway N via EXIT 53 toward Lake Shore Drive. Merge onto US-41 S/S Lake Shore Drive South. Take the 53rd street exit toward Hyde Park Blvd (the park can be seen from Lake Shore Drive). Park is to the right at 5200 S. Hyde Park Blvd. Street parking may be available (or find a local garage to park).

From south: Take I-57N. I-57N becomes I-94W. Exit at 59B, Marquette Road/67th Street. Head west on Marquette Road to Cornell Ave. Make a left onto Cornell Ave. Go to 57th street and make a left onto Hyde Park Blvd. Head north on Hyde Park Blvd. to 5200 S. Hyde Park Blvd. Street parking may be available (or find garage parking nearby).

From west: Take 290E. Merge onto I-55 N/Adlai E Stevenson Expressway N via EXIT 53 toward Lake Shore Drive. Merge onto US-41 S/S Lake Shore Drive South. Take the 53rd street exit toward Hyde Park Blvd (the park can be seen from Lake Shore Drive). Park is to the right at 5200 S. Hyde Park Blvd. Street parking may be available (or find a local garage to park).

Consider taking public transportation to avoid traffic congestion and parking challenges. To plan your trip, go to <http://www.transitchicago.com/planatrip/>. Also, go to https://www.train-us.com/metra?utm_source=bing&utm_medium=cpc&utm_campaign=metra-rail.

Race contact person:

Name: Ontisar Freelain

Phone number: 773-688-9186

Email: ofreelain@beyondammogram.com