

2017 Athlete Guide



40th Annual
Art Van Turkey Trot
CHICAGO 5K|8K
November 23, 2017



LIFETIME
HEALTHY WAY OF LIFE



HAPPY THANKSGIVING!

Welcome to the 40th Annual Art Van Turkey Trot Chicago.

We are honored that you have chosen to share your holiday with us, and have an incredible event in store for you. Please take a moment to read through the information within this Guide to ensure your event experience is as enjoyable as possible.

Event day offers a myriad of options to help you and the family kick off the holiday the right way, including our 5K, 5K Youth, 8K and Plymouth Rock Ramble races. The event also offers our holiday inspired Turkey Day Tailgate filled with games and fun for your entire family.

The 40th Annual Art Van Turkey Trot Chicago is proud to be one of 15 partners that make up the Greater Chicago Food Depository *No 1 Should Go Hungry Food Drive*. In 2016, we raised over \$15,000 and collected more than six tons of food to help the 1 in 6 Chicagoans who do not know from where their next meal will come.

This year, we challenge you, our runners, to help us grow those numbers via these three simple steps:

1. Make an online donation during registration
2. Bring two non-perishable food items to Packet Pick Up
3. Fill the brown bag, provided at Packet Pick Up, with non-perishable food and deposit it in the food collector on race morning.

Life Time would like to send a special thank you to the City of Chicago, Alderman Michelle Smith and the various City agencies that make this race possible, and to the 8,000 participants, their families and friends and to our volunteers, sponsors and charities.

You deserve tremendous credit for beginning your Thanksgiving with the Healthy Way of Life. Enjoy the day and have a great holiday!

Sincerely,

Turkey Tom & The Chicago Life Time Team

Julie Coleman, Race Director
Jose Rangel, Operations Manager
Quinn Cooper, Athlete Services
Scott Hutmacher, Tri Brand Manager
Tim Brazel, Director Partnership Sales
Gloria Aquilera, Accountant
Nick Dogali, Site Assistant
Trish Varner, Expo Manager

Dan Lakin, Run Brand Marketing Manager
Yasamin Sabeti, Volunteer Manager
David Rosenbrock, Marketing Coordinator
Justin Dela Cruz, Marketing Associate
Matt Rappaport, National Sales Director
Nikki Kim, Volunteer Assistant
Kira Leichter, Site Assistant





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THANK YOU TO OUR PARTNERS & SPONSORS



**GREATER
CHICAGO
FOOD
DEPOSITORY**



FOR MORE INFORMATION
visit turkeytrotchicago.com or contact chicagoregistration@lifetimefitness.com





PACKET PICK UP

All runners must pick up their packet prior to the race start. **To avoid lines and race morning delays, we encourage all participants to pick up at one of the pre-race dates and times.** For your convenience, we now provide early Pick Up opportunities (see schedule below).

Your packet includes: a bib number, a clear Gear Check bag, Greater Chicago Food Depository food donation bag and a few items from our sponsors.

Times and Locations

Saturday, November 18, 2017

[Fleet Feet Sports - Old Town](#)

1620 North Wells Street

10:00 AM - 6:00 PM

Sunday, November 19, 2017

[Fleet Feet Sports - Old Town](#)

1620 North Wells Street

11:00 AM - 5:00 PM

Wednesday, November 22, 2017

[Fleet Feet Sports - Old Town](#)

[Fleet Feet Sports - Lincoln Square](#)

1620 North Wells Street

4762 N. Lincoln Avenue

10:00 AM – 8:00 PM

10:00 AM - 8:00 PM



MEDICAL INFORMATION
FOR YOUR OWN SAFETY, PLEASE COMPLETE PRIOR TO THE RACE

**IN CASE OF MEDICAL EMERGENCIES,
PLEASE CALL 888-543-3133**

NAME, FIRST:	LAST:	AGE:
EMERGENCY CONTACT ON RACE DAY		
NAME:	PHONE:	
DOCTOR:	PHONE:	
ALLERGIES/INJURIES:	MEDICAL CONDITIONS:	
CURRENT MEDICATIONS:		

LIFETIME

NOTE: Please complete the medical information details on the back of the bib - which must be worn on the front of shirt or jacket during the run.

RACE DAY PACKET PICK UP SCHEDULE:

Thursday, November 23, 2017

Diversey Harbor I Race Site

2800 N. Lake Shore Drive

7:00 AM – 8:45 AM

Please Note:

- All participants must show a current photo ID.
- Participants may pick up for friends or family, however the friend's ID or confirmation email must be presented at Packet Pick Up.
- Please complete the emergency contact information on the back of the bib.
- Bibs must be worn on the front of your running shirt or jacket. The bib number **MUST** be visible during the run. Do not cut, fold, or alter the bib.
- If picking-up for five people or more, please contact Athlete Services to make arrangements for Group Pick Up: chicagoregistration@lifetimefitness.com
- New registrations will be available at Packet Pick Up based on availability, so bring your friends!





GENERAL RACE INFORMATION

Event Location

Lincoln Park, Chicago IL
Start Line: Cannon Dr. at Fullerton Ave.

Schedule of Events

Thursday, November 23, 2017

5:00 AM	Cannon Dr. closes to all vehicle traffic
7:00 AM – 8:45 AM	Packet Pick Up and Gear Check opens
7:00 AM	Turkey Day Tailgate opens
8:00 AM	Start Corrals Open
9:00 AM	Wave 1 - 8K and 5K Start Wave 1 - Runners sub 6 min/mile to 9 min/mile
9:24 AM	Wave 2 - 8K and 5K Start Wave 2 - Runners sub 10:00 min/mile to 12:00 min/mile + Wave 2 - WALKERS & STROLLERS (All participants pushing strollers)
9:30 AM	Start Line Closes
10:30 AM	Awards Ceremony
10:30 AM	Plymouth Rock Ramble staging begins
11:00 AM	Plymouth Rock Ramble Race Start
12:00 PM	Turkey Day Tailgate closes

Transportation

Due to road closures that affect the success and safety of the race experience, there will be extremely limited parking in and around Lincoln Park. We highly encourage riding mass transit, taxi cab or ride share programs.

Road Closures

- Cannon Dr. is closed between Fullerton Ave. and Diversey Pkwy. from 5:00 a.m. – 1:00 p.m.
- Fullerton between Stockton Dr. and Lake Shore Dr. Closed at 8:00 a.m. to 10:30 a.m.
- Fullerton **South Bound & North Bound** Ramps on & off Lake Shore Dr. closed 8:00 a.m. to 10:30 a.m.
- Belmont Harbor Drive closed at 8:30 a.m. to 11:00 a.m.
- Recreation Drive closed at 8:30 a.m. to 11:00 a.m.





- Recreation Drive exit from Lake Shore Drive closed at 8:30 a.m. to 11:00 a.m.
- Irving Park Road north bound to Lake Shore Drive closed 8:30 a.m. to 11:00 a.m.

Parking: Limited race day parking will be available at the Lincoln Park Zoo pay lot, easily accessible at Fullerton Parkway, immediately west of Lake Shore Drive. This lot will fill quickly, on a first come, first served basis.

Public Transit: Public transit is highly recommended. Consider riding the #22 Clark, #36 Broadway or #151 Sheridan Bus lines into Lincoln Park. NOTE: all CTA buses and trains will operate on a Sunday schedule en lieu of the holiday. For transit details, please contact (312) 836-7000 or visit transitchicago.com

Gear Check

Complimentary Gear Check services will be provided between 7:00 AM - 8:45 AM.

- All items MUST be placed inside the clear plastic bag provided at Packet Pick Up. Baggage will not be accepted if the items are not properly stored inside the bag.
- Life Time is not responsible for any lost or stolen items.
- Please arrive early. The Start Line is approximately 1/4 mile from Gear Check.
- Gear Check closes promptly at 12:00 PM. Those who fail to pick up checked gear must contact Athlete Services by email: chicagoregistration@lifetimefitness.com. Unclaimed gear will be donated to a local charity after 30 days.

Gear Check Instructions

Step 1 – Remove all contents from backpacks or purses, place them inside the clear plastic bag provided at Packet Pick Up. Fold up your backpack to place it inside the clear bag. All checked items must be visible.

Step 2 – Attach the Gear Check tab from the race bib to the bag for identification. Participants must have a race bib to drop off and pick up items from Gear Check.

Personal Belongings

Participants must ensure that anything carried onto the course remains in the athlete's possession. Please do not leave garbage, clothing, etc. on the course. Please respect the course and the City that allows the Event Organizers to use City parks and streets thus allowing this event to flourish.

Conduct

The Turkey Trot Chicago is a family-friendly event. Unsportsmanlike conduct during any portion of the race will not be tolerated and will result in disqualification.

Restroom Facilities

Portable toilets will be available near the Start Line, throughout the Turkey Day Tailgate (at the Finish Line) and at all Aid Stations along the Run Course.

Headphones

Headphones, iPods or any personal audio devices are permitted but not recommended. Participants wishing to listen to headphones should keep the volume set on low to remain aware of the surroundings and hear any safety alerts.



Each athlete is asked to bring at least two canned food items to Packet Pick Up to be donated to the Greater Chicago Food Depository.





Lost & Found

Lost and Found items should be turned in or claimed at the Results Tent. Unclaimed items will be relocated to the Life Time warehouse. Items remaining after 30 days will be donated to a local charity.

Volunteers

Please remember to thank the Volunteers. The race wouldn't be possible without the help of these generous people. There are still volunteer opportunities available. Ask friends or family to help make the race a success. Please visit <http://www.turkeytrotchicago.com/chicago/volunteer/>

Spectators

Spectators are welcomed and encouraged at the event. Spectators will be able to see participants at various points along both the 5K and 8K courses, as well as at the Finish Line and inside the Turkey Day Tailgate area.

COURSE DETAILS

The Art Van Turkey Trot Chicago is held in Chicago's Lincoln Park (see Course Map on p. 8).











The Art Van Turkey Trot 5K and 8K will step off from Fullerton Parkway and Cannon Dr at 9:00 A.M. in a wave start. (Wave details below.) Participants will go east toward the Lake Front Trail. After passing under Lake Shore Drive runners will run north along the Lakefront Trail to Recreation Dr. 5K participants will run north and turn on the Lake Front Trail. 5K Turnaround will be south of Addison and Recreation Dr. 8K participants will run north on Recreation Dr. and rejoin the Lakefront Trail north of Irving Park (running north in the western lane of the Lakefront Trail). The 8K course will u-turn just south of Montrose Ave. following the Lakefront Trail south. Southbound runners will follow the Lakefront Trail until just south of Recreation Dr and transfer to the path along Belmont Harbor. Runners will rejoin the Lakefront Trail at Belmont Ave. Following the trail participants will traverse under Lake Shore Dr south of Belmont Ave. following the cinder path into the Finish Line located just south of the Diversey Driving Range parking lot.

- Portions of the course runs contraflow to normal lake front trail traffic, in these sections please stay along the outer portion of the lake front course.
- Chicago's Lake Front Trail is open to the public and participants should expect minimal but general public traffic during the race. For your safety and the safety of others, please be courteous and yield at all intersections.
- This course is wheelchair and stroller friendly. Para-athletes are welcome and encouraged to participate.
- Anyone with special needs is encouraged to contact Athlete Services via email at chicagoregistration@lifetimefitness.com prior to Race Day to make arrangements for an individual's needs.



40th Annual
Art Van Turkey Trot
 CHICAGO 5K|8K

KEY

-  **5K Route**
-  **8K Route**
-  **Plymouth Rock Ramble**
-  **Medical**
-  **Aid Station**
-  **Volunteers**
-  **Packet Pick-Up**
-  **Gear Check**
-  **Toilets**
-  **Parking**
-  **Turkey Tailgate**

RACE START
 8:00 AM - Start Corrals Open
 8:55 AM - National Anthem
 9:00 AM - Wave 1 Start
 (RUNNERS sub 6 min/mile - 9 min/mile)
 9:24 AM - Wave 2 Start
 (RUNNERS 10:00 min/mile - 12 min/mile)
 (WALKERS)
 (Participants with STROLLERS)

*****ROAD CLOSURES*****

CANNON DR. CLOSED AT 5:00 AM
 FULLERTON FROM STOCKTON DR. TO
 LAKE SHORE DR. CLOSSES 8AM

ACCESS TO RECREATION DR FROM
 LAKE SHORE DRIVE CLOSSES AT 8:00 AM

LIMITED PARKING IS AVAILABLE
 AT LINCOLN PARK ZOO

GO TO
TURKEYTROTCHICAGO.COM
 FOR A COMPLETE LIST OF
 ROAD CLOSURES
 AND RESTRICTIONS.

FOLLOW ALL PARKING SIGNS AND
 POSTED PARKING RESTRICTIONS

*****ARRIVE EARLY*****





Aid Stations

Participants will be supported by two Aid Stations along the course, located at the 8K turnaround (at Wilson Drive, approximately Mile 3.5) and the other at 5K/8K split (at Recreation Drive at Irving Park, approximately Mile 2/4). Each station will provide water, Gatorade Endurance Formula and toilets.

Medical Support

Medical support can be found at the Medical Tent (located at the Finish Line), and will roam the venue and course on BLS carts. In case of emergency, please call the Medical Emergency Hotline: 888-543-3133. This number can be found on the back of each race bib.



Safety is our top priority. Be on the lookout for Race Guards along the course and say "Hello" as you pass them.

Race Guards

Race Guards are a unique set of volunteers whose sole purpose is to keep an eye out for participants who may need assistance along the course. The Guards provide supplementary medical support to the existing race medical plan by running along side the participants for an added level of athlete safety.

Guards will be easily identifiable by the red Medical bibs located on the back of their clothing.

Event Alert System (EAS)

This race will employ the EAS system, comprised of color-coded indicators to reflect current event conditions. Participants will notice flags posted throughout the race venue, as well as at each Fluid Station on Race Day.

Please note the color of the flag at these locations and follow the recommended actions listed here.

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



PLYMOUTH ROCK RAMBLE

The littlest of gobblers, ages 2 to 12, can participate in their own Turkey Trot adventure - the Plymouth Rock Ramble. Each registered kid will receive a special youth size T-shirt

The Plymouth Rock Ramble begins at 11:00 AM. Plymouth Rock Ramble participants (parents are welcome) are asked to congregate at the kids staging area just north of the Diversey Driving Range Parking Lot by 10:30 AM at the latest. Volunteers will help escort each heat to the designated starting line located north along the running path (see map below).

The race will be staged in the following age group heats, starting with the youngest:

- o 2-4 year olds (50 yards)
- o 5-6 year olds (1/4 mile)
- o 7-12 year olds (1/2 mile)



Kids Course

The kids will run along a special course, heading entirely south and using the same Finish Line as the "Big Turkeys." Parents are welcome to run alongside for support and encouragement. Parents should claim their children at the end of the Finish Line chute upon completion of the race.

Each Plymouth Rock Ramble finisher will receive a special turkey Finisher award medal and snacks.

Kids are also invited to hang out in the Kids Zone, within the Turkey Day Tailgate area, for special activities, game, bounce houses and more.



TURKEY DAY TAILGATE

Race Day will feature the Turkey Day Tailgate, a fun and festive addition for your entire family to enjoy both before and after your race.

The tailgate zone features the following, free interactive zones: Turkey Bowling, Football Toss, Cornhole, Warm Apple Cider Station, Lagunitas Brewing Co. Beer (ID Required), bounce houses for the kids, and more!

Lagunitas Brewing Co. Tent: Participants 21 years and older can enjoy a complimentary Lagunitas (additional beers available by donations) at the Turkey Day Tailgate. Spectators can secure beers with tips that support The Greater Chicago Food Depository.



Race Results & Awards

All Results will be available both on-site and online following the race. Visit the Results Tent for details. Please allow 10-15 minutes after crossing the Finish Line to ensure that results are correct.

Overall awards will be given to the top three males and females in the 5K, 5K Youth and 8K divisions. This year we are bringing back age group awards! Overall awards will be presented on the Main Stage at 10:30 AM. Age group awards will be given to the top three men and women in each of the following age groups:

- 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+

*Age group awards may be picked up at the results tent.

All kids participating in the Plymouth Rock Ramble will receive a miniature Turkey Day football upon completing the race.

Race Photos

Chronotrack Photography will be on site to photograph the race, which are provided FREE of charge courtesy of Athlinks. Visit www.turkeytrotchicago.com after the race to view and download the complimentary race photos. Photographers will tag photos of participants whose bib numbers are clearly visible. Please allow up to 48 hours after the event for photos to be uploaded.





FAQs

Q: What do I need bring to pick up my bib?

A: Please present your photo ID and/or your email confirmation at Packet Pick Up.

Q: Can I pick up bibs for a friend or family member?

A: Yes, you must bring a copy of their photo ID and/or their email confirmation.

Q: Can I pick up bibs for a group of people?

A: Yes, please email Athlete Services at chicagoregistration@lifetimefitness.com to set up a Group Will Call. They will bundle your packets and expedite your pick up process. All Group Will Calls must be pre-arranged.

Q: Can I register on race day?

A: Yes, registration will be available on Race Day as long as the race is not sold out.

Q: Can I exchange my t-shirt?

A: You can exchange your shirt post race only at the Results Tent by bringing back your originally assigned shirt (unworn). Exchanges only available while supplies last.

Q: Will the race be timed?

A: Yes, the 8K, 5K Adult and 5K Youth will be chip timed. Your packet includes a B-tag timing chip, already affixed to your bib.

Q: Will there be awards?

A: Awards will be given to the top (3) males/females in the 8K, 5K Adult. The Awards Ceremony is tentatively scheduled to take place at 10:30 AM at the stage in the Turkey Tailgate area. All Plymouth Rock Ramble participants will receive a turkey finisher medal. Age group awards will also be awarded and can get picked up at the Results Tent.

Q: Will there be any road closures?

A: Yes, please review the chart below, as well as the Driving/Parking map on p.13.

- Cannon Dr. is closed between Fullerton Ave. and Diversey Pkwy. from 5:00 a.m. – 1:00 p.m.
- Fullerton between Stockton Dr. and Lake Shore Dr. Closed at 8:00 a.m. to 10:30 a.m.
- Fullerton **South Bound & North Bound** Ramps on & off Lake Shore Dr. closed 8:00 a.m. to 10:30 a.m.
- Belmont Harbor Drive closed at 8:30 a.m. to 11:00 a.m.
- Recreation Drive closed at 8:30 a.m. to 11:00 a.m.
- Recreation Drive exit from Lake Shore Drive closed at 8:30 a.m. to 11:00 a.m.
- Irving Park Road north bound to Lake Shore Drive closed 8:30 a.m. to 11:00 a.m.



PARKING & ROAD CLOSURES



PARKING KEY

- Road Closure
- Zoo Pay Lot
- Lots Closed

Free Street Parking:
 Inner Lake Shore Dr.
 N. Stockton Dr.
 Lakeview Ave.

No Parking: Cannon Dr.
 from Fullerton to Stockton
 between 1:00 AM - 1:00 PM

CHICAGO SPRING HALF MARATHON/10K

MAY 20, 2018 Awaken the Spring with the Chicago Spring Half Marathon & 10K. Just steps away from Chicago's Lake Michigan waterfront; enjoy the intimate urban venue and gorgeous lakefront course. Every participant is treated to a gourmet hot breakfast buffet and the Market 14 Finish Festival.

CHICAGOSPRINGHALF.COM

CHICAGO HALF MARATHON/5K™

SEP. 23, 2018 Don't miss Chicago's historic half marathon featuring a flat, fast and traffic-free course atop scenic Lake Shore Drive. Complimentary shuttle transit included for the first 5,000, plus a HUGE finisher medal worthy of Chicago's big shoulders.

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CHICAGOLAND HALF MARATHON SERIES.

2 GREAT RACES, ONE AMAZING CITY
Take on the 26.2 Challenge: Complete both races with the Chicagoland Half Marathon Series, Chicago Spring Half Marathon and Chicago Half Marathon, to receive the 26.2 Challenge Finisher's Medal.



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WIN!
A **FITBIT**

**5 WINNERS!
DRAWING EVERY
20 MINUTES
(10:20am - 11:40am)**

Must be present to win.



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To the first 200

FREE!
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the Test!

While supplies last.

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exclusive 5-Minute
Diagnostic Test and
we'll give you the
best sleep of
your life!**

We Carry The Best Brands



STEARNS & FOSTER



19 CONVENIENT CHICAGOLAND LOCATIONS TO SERVE YOU

PURESLEEP STORES: ASHLAND / BLOOMINGDALE / BURBANK / DEER PARK / PLAINFIELD / WILLOWBROOK **COMING SOON!** JOLIET
ART VAN STORES: ALGONQUIN / BATAVIA / BEDFORD PARK / DOWNERS GROVE / ELSTON AVENUE / GLENDALE HEIGHTS / MERRILLVILLE /
NAPERVILLE / ORLAND PARK / SCHAUMBURG / ROCKFORD / WOODRIDGE / **NOW OPEN!** KILDEER / **COMING SOON!** DEERFIELD & HARWOOD HEIGHTS

See it all at artvan.com

IT'S NOT

MIAMI

WITHOUT

YOU



REGISTER BEFORE PRICES INCREASE ON DEC. 7!

MIAMI MARATHON AND HALF MARATHON

JANUARY 28, 2018
THEMIAMIMARATHON.COM



305

HALF MARATHON 5K

MARCH 4, 2018

305HALFMARATHON.COM

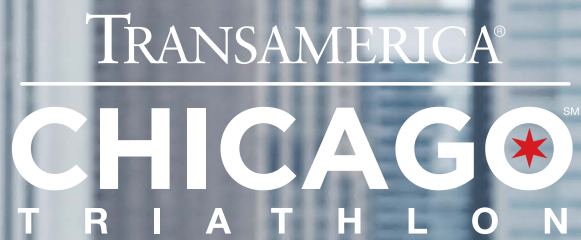
The new 305 Half Marathon & 5K (March 4, 2018) is all about local vibes, attracting visitors from all over the world and those who are fired up to call Miami their home.

Once known as the 13.1 Miami Beach & 5K, this ultimate 305 experience is a cultural gem that will have you running like you live here. Count on a fast and coastal course with a fresh and vibrant Miami soul.

It's how we do it in the 305.

DO IT LIKE A LOCAL





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CHICAGO™
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You Can Do This.

Since 1983, the Chicago Triathlon has welcomed more than 100,000 first-time triathletes across the finish line. Five event distances, free training clinics and coach support make it more attainable than you think. Don't miss out. Learn more and register today at ChicagoTriathlon.com

August 25-26, 2018
ChicagoTriathlon.com

   #ChiTri



Registration Now Open