



Turkey TrotSM

CHICAGO 5K|8K

presented by **Byline Bank**



2019 Athlete Guide

www.turkeytrotchicago.com

HAPPY THANKSGIVING

Welcome to the 42nd Annual Invisalign Turkey Trot Chicago presented by Byline Bank a signature event produced by Life Time!

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, 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 42nd Annual Invisalign Turkey Trot Chicago presented by Byline Bank is proud to be one of 15 partners that make up the Greater Chicago Food Depository No 1 Should Go Hungry Food Drive. In 2018, we raised over \$16,000 and collected more than eight 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 at least 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 Michele 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 | Site Operations

Trish Varner | Course Operations

David Rosenbrock | Brand Manager

Jeremy Weitzman | Marketing Specialist

Yasamin Sabeti | Athlete Services Manager

Colleen Mary Kelley | Volunteer Coordinator

Sara Mahan | National Account Manager

Gloria Aguilera | Operations Assistant

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Thank You to our Sponsors



FOR MORE INFORMATION

Visit turkeytrotchicago.com or contact chicagoregistration@lt.life

PARTICIPANT INSTRUCTIONS

Packet Pick Up

All participants 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: bib number, an athlete shirt, a clear Gear Check bag, Greater Chicago Food Depository food donation bag and a few items from our sponsors.

Pre-Race Packet Pick Up Options:

[Fleet Feet Sports Old Town](#)

1706 N. Wells St. Chicago, IL 60614

Saturday, November 23, 2019

11:00 a.m. – 5:00 p.m.

Sunday, November 24, 2019

11:00 a.m. – 5:00 p.m.

Monday, November 25, 2019

12:00 p.m. – 8:00 p.m.

Tuesday, November 26, 2019

12:00 p.m. – 8:00 p.m.

Wednesday, November 27, 2019

12:00 p.m. – 8:00 p.m.

Race Day Packet Pick Up Schedule:

Thursday, November 28, 2019

Diversey Harbor - Race Site

2800 N. Lake Shore Drive

7:00 a.m. – 8:45 a.m.

Please Note:

- All participants must show a current photo ID.
- Participants may pick up for friends or family, however they must have a copy of a photo ID. A digital copy on a phone will suffice.
- Please complete the emergency contact information on the back of your 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.
- To ensure your race photos are tagged properly, make sure your race bib is visible to the photographers' lens.
- If picking up for four people or more, please contact Athlete Services to make arrangements for Group Pick Up. Email the list of names plus the packet pick up date to chicagoregistration@lt.life. Requests must be received at least 24 hours in advance.
- New registrations will be available at Packet Pick Up based on availability, so bring your friends!

GENERAL RACE INFO

Event Location

Diversey Harbor, Chicago IL
Start Line: Cannon Dr. at Fullerton Pkwy

Schedule of Events

Thursday, November 28, 2019

5:00a.m.	Cannon Drive closes to all vehicle traffic
7:00 a.m. - 8:45 a.m.	Race Day Packet Pick Up Registration (Based on availability)
7:00 a.m.	Gear Check Opens Turkey Day Tailgate
8:00 a.m.	Start Corrals Open Cannon Dr. at Fullerton Pkwy
9:00 a.m.	Wave 1 – 8K and 5K Start Wave 1 – Runners sub 6:00 min/mile – 9:00 min/mile
9:24 a.m.	Wave 2 – 8K – 5K Start Wave 2 – Runners sub 10:00 min/mile – 12:00 min/mile Wave 2 – Walkers & strollers (all participants pushing strollers)
9:30 a.m.	Start Line Corrals Close
10:30 a.m.	Awards Ceremony Turkey Day Tailgate Stage
10:30 a.m.	Plymouth Rock Ramble Kids Race Staging Begins Lincoln Park Driving Range Parking Lot
11:00 a.m.	Plymouth Rock Ramble Kids Race Starts
12:00 p.m.	Turkey Day Tailgate and Gear Check 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.

GENERAL RACE INFO

Road Closures

- Cannon Dr. is closed between Fullerton Ave. and Diversey Pkwy. from 5:00 a.m. to 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 on-ramp 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@lt.life. 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.

Step 3 – After your race, pick up your gear check back with the claim tab from the top of your bib.

GENERAL RACE INFO

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 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.

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 Invisalign Turkey Trot Chicago presented by Byline Bank is held in Chicago’s Lincoln Park (see Course Map on p. 9). The Turkey Trot 5K and 8K will step off from Fullerton Pkwy and Cannon Dr at 9:00 A.M. in a wave start. (Wave details on p. 5) Participants will run east on Fullerton Pkwy toward the Lake Front Trail.

After passing under Lake Shore Drive participants will run north along the Lakefront Trail to Recreation Dr. 5K participants will turnaround just south of Addison and Recreation Dr. 8K participants will continue north on the Lakefront Trail and turnaround just south of Montrose Ave.

Southbound runners will use Recreation Drive until merging back onto the Lakefront Trail just south of Addison. Participants will continue to follow the Lakefront Trail south until traversing under Lake Shore Dr at the Barry Bridge. Once through the bridge, they will follow the cinder path into the Finish Line located just south of the Diversey Driving Range parking lot.

- 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@lt.life prior to Race Day to make arrangements for an individual’s needs

Aid Stations

Participants will be supported by two Aid Stations along the course, located just south of Montrose, approximately Mile 3.25 and the other just south of Recreation Drive, 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.

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 alongside 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

Your family's first course



TURKEYTROTCHICAGO.COM

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 a.m. Plymouth Rock Ramble participants (parents are welcome) are asked to congregate at the kids staging area in the Diversey Driving Range Parking Lot by 10:30 a.m. 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:

- 2-4 year olds (50 yards)
- 5-6 year olds (1/4 mile)
- 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, beer from Begyle Brewing Company (ID Required), bounce houses for the kids, and more!

Begyle Brewing Tent: Participants 21 years and older can enjoy a complimentary Begyle Blonde (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 times are synced.

Make race day better with the free Athlinks App! Keep up to date with all the latest info on the official event feed. Download the Athlinks app: Available in the App Store and Google Play.

Overall awards will be given to the top three males and females in the 5K and 8K divisions. Overall awards will be presented on the Main Stage at 10:30 a.m.. This year we are bringing back age group awards! Custom Age group awards in the following categories will be mailed to recipients post-race:

- 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+

All finishers of the 5K, Youth 5K, 8K and Plymouth Rock Ramble will receive a Finisher Medal.

Race Photos

FinisherPix is the official photographer at the **Invisalign Turkey Trot Chicago presented by Byline Bank**. Your personal race photos will be available at www.finisherpix.com/lifetime. Make sure your bib number is facing front at all times and don't forget to smile when you cross the finish line.

Pre-order your FinisherPix Photo Pack now at and save! Your FinisherPix Photo Pack includes all photos we identify of you in all digital formats (basic image, image with race time, image in certificate format). Order your photos at www.finisherpix.com/lifetime

FAQ

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

A: Please present a valid photo ID.

Q: Can I pick up packets for friends or family members?

A: Yes, you must bring a copy of their photo ID.

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

A: Yes, please email Athlete Services at chicagoregistration@lt.life with the list of names plus the packet pick up date and location to arrange group packet pickup. All requests must be received at least 24 hours in advance. Group Packet Pickup is for groups of 4 or more.

Q: Can I switch from the 8K to the 5K or vice versa?

A: Yes, please come directly to Solutions when you come to Packet Pickup and we will tell you your options.

Q: Can I register on race day?

A: Registration will be available on Race Day if the race is not sold out. Both the 5K and 8K distances have sold out prior to race day in the past few years.

Q: Can I exchange my race shirt?

A: You may 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 and 5K races. The Awards Ceremony is tentatively scheduled to take place at 10:30 a.m. at the stage in the Turkey Tailgate area. Age group awards will also be awarded and will be mailed out after the race.

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. to 1:00 p.m.
- Fullerton between Stockton Dr. and Lake Shore Dr. Closed at 8:00 a.m. to 10:30 a.m.
- Fullerton Southbound & Northbound Ramps from 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.
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