

MAY 17, 2015



# ATHLETE GUIDE



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## SPRING IS HERE!

Welcome to the 2015 Michelob ULTRA Chicago Spring 13.1 & 10K. We are thrilled that you will be joining us for this 7th annual, early season running event! We have another incredible event in store for you at this SOLD OUT event.

We know you've trained hard for this event and are rightfully very eager to hit the trail and give it your all. We have prepared some details regarding the event weekend to help make your experience enjoyable. Please take a few minutes to read through the information within this Athlete Guide.

We are very excited and wish to thank our new series partner and title sponsor, Michelob ULTRA, who will be on site elevating your post race experience with some tasty beer.

We would also like to share a special thank you to our host City of Chicago, Cook County, Alderman Reilly of the 42nd Ward, the Chicago Park District, CDOT, Magellan Development, Commander Jones of the 1st District, MDA Team Momentum our Official Charity Partner, all our valued sponsors and most importantly, the hundreds of dedicated volunteers and staff joining us this weekend. This race would not be possible without the support of all these individuals.

You deserve tremendous credit for your training and dedication to your goals. Remember to enjoy the moment and take it all in.

It is an honor and a privilege to have each of you at our race, and wish you have a successful and safe weekend.

Sincerely,

Mary Beth Kunz  
Regional Events Director

## SCHEDULE OF EVENTS

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### THURSDAY, MAY 14

4:00 p.m. – 8:00 p.m.	Packet Pick Up	Fleet Feet Sports - Piper's Alley
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### FRIDAY, MAY 15

10:00 a.m. – 8:00 p.m.	Packet Pick Up	Fleet Feet Sports - Piper's Alley
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### SATURDAY, MAY 16

10:00 a.m. – 7:00 p.m.	Packet Pick Up	Fleet Feet Sports - Piper's Alley
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### SUNDAY, MAY 17

5:30 a.m.	Gear Check & Will Call opens, Junior Dash registration opens	Park at Lakeshore East
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6:00 a.m.	13.1 Start corrals open	Park at Lakeshore East
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6:30 a.m.	Gear Check (pre race) closes	Park at Lakeshore East
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6:45 a.m.	Junior Dash registration closes	Park at Lakeshore East
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6:45 a.m.	13.1 Start corrals close	Dusable Harbor
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7:00 a.m.	13.1 race starts	Dusable Harbor
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7:30 a.m.	10K race starts	Dusable Harbor
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8:00 a.m.	Gear Check (post race) opens	Park at Lakeshore East
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8:30 a.m.	Market 14 Finish Festival opens	Park at Lakeshore East
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8:30 a.m.	10K Awards Ceremony	Main Stage
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9:30 a.m.	13.1 Awards Ceremony	Main Stage
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10:00 a.m.	Junior Dash	Park at Lakeshore East
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11:30 a.m.	13.1 and 10K Course close	Park at Lakeshore East
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11:45 a.m.	Gear Check closes	Park at Lakeshore East
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## PACKET PICK UP

Participants must fill-in the Medical Information details on the back of the bib - which must be worn at all times.



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

NAME, FIRST \_\_\_\_\_ LAST \_\_\_\_\_ AGE \_\_\_\_\_

EMERGENCY CONTACT ON RACE DAY

NAME \_\_\_\_\_ PHONE \_\_\_\_\_

RELATIONSHIP \_\_\_\_\_ PHONE \_\_\_\_\_

ALL RACES: PREVIOUS MEDICAL CONDITIONS \_\_\_\_\_

CURRENT MEDICATIONS \_\_\_\_\_

**JOIN US AT ALL OUR MICHELOB ULTRA 13.1 SERIES RACES!**  
MICHELOB ULTRA 13.1 SERIES RACES ARE HELD ON SATURDAY MORNING, APRIL 11, 2015. MICHELOB ULTRA 13.1 SERIES RACES ARE HELD ON SATURDAY MORNING, APRIL 11, 2015. MICHELOB ULTRA 13.1 SERIES RACES ARE HELD ON SATURDAY MORNING, APRIL 11, 2015.

### Location

Fleet Feet Sports - Piper's Alley  
 1620 N. Wells Street, Chicago, IL 60614

### Packet Pick Up Schedule

Thursday, May 14	4:00 p.m. - 8:00 p.m.
Friday, May 15	10:00 a.m. - 8:00 p.m.
Saturday, May 16	10:00 a.m. - 7:00 p.m.

### Instructions

- All participants must pick up their race bibs at Fleet Feet Sports Chicago in Old Town prior to race day. There is NO RACE DAY REGISTRATION or PACKET PICK UP.
- You may pick up on behalf of other participants with a copy (hard copy or electronic copy) of that participant's photo ID or confirmation email.
- Participants will each receive a race bib (with timing tag attached), race shirt, safety pins and a clear plastic bag. See examples at left.
- The plastic bag is to be used for Gear Check on race day. Attach the Gear Check tab from your bib to the bag before dropping it off at Gear Check.
- **IMPORTANT:** All participants must fill in the Emergency Medical details and contact information on the back of the bib.
- Participants will receive the shirt size they selected during registration. Those who need to exchange shirt size may do so on race day, after the race, at the Results tent; All exchanges are dependent upon remaining size selection.
- If you plan to utilize your complimentary beer ticket from Michelob ULTRA at the post race party, you must first present your photo identification at Packet Pick Up. In exchange, you will receive a mandatory beer wristband to be worn on race day.

### Will Call

Participants who pre-purchased the Will Call pick up option during online registration may pick up their bibs starting at 5:30 a.m. race morning. The Will Call tent will be located in the northeast corner of The Park at Lakeshore East. Please note: You will not be refunded the Will Call fee if you pick up your packet at Fleet Feet Sports.

## RACE DAY LOGISTICS

### Race Location

Park at Lakeshore East  
450 E. Benton Place  
Chicago, IL 60601



#### USE DIVVY VALET

Ride Divvy on race day. Divvy will provide special valet service from 6:00 - 11:00 a.m. on race day. The service infinitely expands capacity of the Divvy dock in front of the Blue Cross Blue Shield Building at 300 E. Randolph St.

### Race Schedule

7:00 a.m.	13.1 Race Start
7:30 a.m.	10K Race Start
10:00 a.m.	Junior Dash start

### Transportation to the Race

The race venue is hosted in the heart of downtown Chicago. Due to existing traffic congestion, as well as road closures throughout the venue, participants are discouraged from driving to the event. Instead, consider ride share, biking or using mass transit.

#### Ride Divvy

Participants living within a few miles of The Park at Lakeshore East are encouraged to use the Divvy bike share. Special valet service will be provided from 6:00 - 11:00 a.m. at the Divvy station in front of the Blue Cross Blue Shield Building at 300 E. Randolph St. Plan your Divvy trip at [divvybikes.com](http://divvybikes.com).

*Note: The Divvy dock located inside the park on E. Water Street will be deactivated during race weekend. We apologize for any inconvenience.*

#### CTA

Several Chicago Transit Authority rail and bus lines provide service to the downtown area. Research all bus and train schedules at [www.transitchicago.com](http://www.transitchicago.com).

#### Driving

If you plan to drive, expect congested roadways and parking garage entrances near the park. Due to road closures that affect the success and safety of the race experience, there will be no parking garage access via The Park at Lakeshore East. All roads surrounding the park will be closed to vehicular traffic from 5:00 a.m. - 12:00 p.m. on race day. This includes the circle drive at E. Randolph Street and Lake Shore Drive. Drop offs are NOT allowed in the circle drive at any time.



## Parking

We strongly encourage you to use mass transit, walk or ride Divvy. If you choose to drive and park, we advise that you confirm the parking garage rates, times and locations before race day. Plan to arrive early (well in advance of the race start, as garages fill-up quickly). Expect long wait lines to enter garages. Listed below are select parking lot options:

### Nearby Parking Garages

Parking Facility	Location	Phone #	Advertised Rate
Radisson Blu Aqua Hotel	225 N Columbus Dr.	312-233-0117	\$29/6 hrs
River East Center Self Park	300 E. North Water St.	312-527-4882	\$34/2-3 hrs
Millennium Park Garage	5 S. Columbus Dr.	312-616-1544	\$25/0-3 hrs
Wabash-Randolph Self Park	20 East Randolph	312-986-6863	\$35/day

## Gear Check

On race morning, participants are able to store their bags at a dedicated Gear Check facility at the northeast corner of the park (see venue map). Gear should be dropped-off prior to entering the Start corrals, which are located one third of a mile east on the lakefront.

### Gear Check Schedule

- Pre Race Gear Check hours: 5:30 a.m. - 6:30 a.m.
- Post Race Gear Check hours: 8:00 a.m. - 11:45 a.m.

To utilize Gear Check, participants must:

Step 1 - Remove all contents from your backpack or purse, place them inside the clear plastic bag provided at Packet Pick Up, and fold up your backpack to place it in the clear bag. Extra bags will be available on race morning.

Step 2 - Attach the Gear Check tab from your race bib to the bag for easy identification. You must display your race bib to drop off and pick up items from Gear Check. Baggage will not be accepted if your items are not properly stored inside the bag. Personal bags or backpacks may not be placed directly in the clear bags. You must remove all contents from your backpack, place them inside the clear plastic bag, and fold up your backpack to place it in the clear bag. All checked items must be visible.

Please note:

- All items must be placed inside the CLEAR PLASTIC BAGS provided at Packet Pick Up. Baggage will not be accepted if your items are not properly stored inside the bag.

- Do not give your items to anyone other than the volunteers assigned to work at Gear Check. Life Time is not responsible for any lost or stolen items.
- Please arrive early to check your bag. The start line is approximately one third of a mile from Gear Check.
- All bags are subject to search and seizure by the Chicago Police, event security and race officials.
- **Gear Check closes promptly at 11:45 a.m.** If you do not claim your items in time, please contact Athlete Services by email: [chicago@run131series.com](mailto:chicago@run131series.com). All unclaimed items will be donated to a local charity 30 days after the event.

## GENERAL RACE INFORMATION

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With exception of the Start Line, the majority of the race venue is set within the Park at Lakeshore East. The Start Line is approximately one third of a mile from the Gear Check area.

To access the Start, follow directional signs by walking East out of the park using the N. Harbor Service Drive toward the Lake Shore Drive underpass. Continue beyond the underpass into Dusable Harbor. The Start Line is located just north of the circle drive at Randolph Street. Please allow extra time to check gear and walk to the Start Line.

*NOTE: The Start area will be barricaded to traffic. Drop offs will NOT BE ALLOWED at the circle drive. Drivers will be ticketed immediately by Chicago Police.*

### Start Corrals

All 13.1 participants will be assigned a corral prior to race day, indicated by a corral letter found on your bib (labeled "A" through "I"). Runners may move down (to a slower corral) if they so wish. All 10K participants will use the last corral, labeled "10K."

Changes to a higher (faster) corral are not permitted on race morning. However, upgrades will only be issued with proof of a qualifying time from a recent event. If you have questions about your corral, please see an Athlete Service representative at Packet Pick Up.

### Start Corral Schedule

- 6:00 a.m. 13.1 Start corrals open
- 6:45 a.m. 13.1 Start corrals close
- 7:30 a.m. 10K Start corral closes (self seeding)



## Pace Team

Life Time has partnered with Chicago Endurance Sports to help you reach your next half marathon personal record! Pacers will be available for the following goal finish times:

1:30 1:45 2:00 2:10 2:20 2:30 2:45 \*

*\* Goal pace does not supersede your corral assignment. Participants must start with their assigned corral.*

Pacers will be wearing a bright yellow Pacer tank, a specific Pacer bib on their back and will be holding the pace time on a sign.

Look for the Life Time Athletic Events Pace Team near the start corrals. You do not need to sign up for a pace group in advance. Simply join the group the day of. They will be carrying signs with the finish time.



## COURSE DETAILS

Both the Michelob ULTRA Chicago Spring 13.1 and 10K courses begin Dusable Harbor, along the shores of Lake Michigan. The majority of the course is hosted along Chicago's Lakefront Trail - extremely flat, fast and incredibly scenic. See the Course map on the following page.

### Course Safety

Participants should keep right while running on the course. Due to the popularity of the Lakefront Trail, the course will remain open to the public and participants should expect 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 NOT open to strollers of any style. Anyone with special needs is encouraged to reach out to Athlete Services at [chicago@run131series.com](mailto:chicago@run131series.com) prior to race day to make proper arrangements based on your individual needs.

### Course Time Limit

While there is no minimum pace per mile required for this event, all participants must cross the Finish Line no later than 11:30 a.m.

Michelob  
ULTRA  
13.1

# CHICAGO

SPRING  
HALF MARATHON/10K

SUNDAY, MAY 17, 2015



**KEY**

- Race Start
- Race Finish
- Course Route
- 10K Turnaround
- Mile Markers
- 5K Splits
- Medical Aid
- Fluid Station
- Food
- Entertainment Zone
- Restrooms
- Volunteer Check-in
- Gear Check

**Chicago River**

Wacker Drive

Columbus Drive

Junior Dash Start Finish Line

Parking THE SHOREHAM

Parking AQUA

Market 14

E. South Water Street

E. Benton Place

N. Field Blvd

Underpass Walkway To Race Start

Race Start

E. Randolph Street

Pedestrian Access To Park

No-drop offs at Randolph Circle Drive

47th Street

Course subject to change, pending City approval.  
 Note: mobile medical resources will be present throughout the 10k and 13.1 courses

## Fluid Stations

There will be a total of (9) fluid stations throughout the course as well as the Start/Finish areas. Consult the course map for exact locations. Each station will include:

- Water
- Gatorade Endurance Formula
- (1) CLIF Shot zone located at Fluid Station D/G (approx. Mile 4 and Mile 8.3 respectively)
- (2) Porta Toilets
- (1) Medical Tent, equipped with First Aid, AED and medical volunteers at all locations

## Mile Markers and Split Times

Each mile marker will have a large display clock that will indicate the running time of the event. These display clocks will show the time from the official start of the race, not your personal “chip time”.

A system has been developed to display the mile marker sign, clock and colored warning flag (see EAS warning system information). As you go by each mile, you will see an information station providing you with the status of the race. As you look at this station, you will know where you are on the course, the official race time and race conditions.

## Restroom Facilities

Portable toilets will be added in locations throughout the course. Toilets will also be located at each water station.

## SAG Support and Back of the Pack Crew

The Back of the Pack Crew will signify the end of the field. They will not start timing until the last person crosses the start line and will be with you throughout the race. This crew will support runners in need of any assistance.

## Medical Support

Medical assistance will be available at each aid station along the route. A medical facility will be located near the Finish Line. Participants requiring medical assistance may be transported to one of the nearby hospitals, and will be billed by the hospital and ambulance provider. Participants must give on-scene medical personnel the freedom to determine which facility will be utilized.

**IMPORTANT!** Each participant must complete the medical information form on the back of their bib. Please take time to fill out your medical information and provide emergency contact information. This makes your information available to health care professionals in the event you are unable to communicate with them.

## Race Guards



Race Guards are back! Race Guards are a unique set of race volunteers whose sole purpose is to keep an eye out for participants who may need assistance along the course. They provide supplementary medical support to existing medical plan for added level of race participant safety by running along side the participants. They will patrol the course and help out where needed.

They will be easily identifiable with Red Medical bibs located on their back. Safety is our top priority so be on the look out and say hello when you pass them!

## Event Alert System (EAS)

This race will utilize the EAS system, encompassing a color-coded system to reveal current event conditions.

Participants will notice flags posted throughout the race venue, as well as at each mile marker and Aid Station on Race Day.

ALERT LEVEL	EVENT CONDITIONS	RECOMMENDED ACTIONS
<b>EXTREME</b>	EVENT CANCELED/EXTREME AND DANGEROUS CONDITIONS	PARTICIPATION STOPPED FOLLOW EVENT OFFICIAL INSTRUCTIONS
<b>HIGH</b>	POTENTIALLY DANGEROUS CONDITIONS	SLOW DOWN / OBSERVE COURSE CHANGES / FOLLOW EVENT OFFICIAL INSTRUCTION / CONSIDER STOPPING
<b>MODERATE</b>	LESS THAN IDEAL CONDITIONS	SLOW DOWN / BE PREPARED FOR WORSENING CONDITIONS
<b>LOW</b>	GOOD CONDITIONS	ENJOY THE EVENT BE ALERT

## Lost and Found

Life Time is not responsible for any lost or stolen items. We encourage everyone to turn in items at the Volunteer Tent, where owners can claim their lost items. Unclaimed items will be donated to charity 30 days after the event.

## Adopt an Aid Station Contest - *NEW!*

We're launching a new volunteer competition this year, and *you*, the athletes do the voting! Be on the lookout for creative, fun and interactive Fluid Stations on the course! Charity groups have turned volunteering into a friendly competition!

Vote for your favorite station in the post race athlete survey, which will be emailed to you shortly after the race. The winning volunteer group will win \$500 cash!

This year's aid station teams consist of:

- Aid Station A - Senn High School "Smiley Face & Water Mist" Theme
- Aid Station B - Senn High School "Salute to Veterans" Theme
- Aid Station C - Legal Prep Charter
- Aid Station D - Little Village Lawndale XC
- Aid Station E - Team Momentum MDA
- Aid Station F - Team Momentum MDA
- Aid Station G - Illinois Rush Track Club
- Aid Station H - Dupage Derby Dames "Everything is Awesome!" Theme
- Aid Station I - Senn High School "ROTC" Theme

The Michelob ULTRA 13.1 Chicago Spring Half Marathon & 10K wouldn't be possible without the handwork and dedication of more than 400 volunteers. Be sure to take a minute and thank a volunteer!

## TIMING / AWARDS

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### Race Results/Age Group Awards

Live race results will be available at the Results tent. Each participant bib has a QR code printed on it. Race results will be updated regularly online throughout the day. Simply scan your QR code with your smart phone to be taken directly to your personalized results page!

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#### DID YOU KNOW?

Chronotrack photography provides FREE photo downloads of all your pre, during and post race experiences. Smile for the cameras!

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Awards will be given to the top three overall male and female finishers on stage. Additional awards will be provided to the top three men and women in the following age groups:

- Ages 19 & under (Male and Female)
- Ages 20-29 (Male and Female)
- Ages 30-39 (Male and Female)
- Ages 40-49 (Male and Female)
- Ages 50-59 (Male and Female)
- Ages 60+ (Male and Female)

#### Awards Schedule:

- 8:30 a.m. 10K Awards
- 9:30 a.m. 13.1 Awards

Note that Overall awards will be based on clock time and presented as such. All age group awards are based on chip time (NOT clock time) and will distributed at the Results Tent.

### Clock Time vs. Chip Time

Your clock time starts when the race begins and ends when you cross the finish line timing mat. Overall male and female winners of the 13.1 distance are determined by the fastest clock time. Overall awards will be presented at the Awards Stage.

Your chip time begins when you cross the Start Line timing mat and ends when you cross the finish line timing mat. Age group awards are determined by the fastest chip time in each division. 13.1 and 10K age group awards can be retrieved at the Results tent once timing has confirmed the official results.

### Race Photos

Chronotrack will photograph you multiple times throughout the course as well as before and after the race. Be sure to smile when you see the photographers and make sure your bib number is clearly visible so they will be able to identify you. Photos can be downloaded post-race via the race website. Allow 2-5 days for processing and upload time.

## MARKET 14 FINISH FESTIVAL

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After you cross the Finish Line, invite your friends and family to celebrate your accomplishment at Market 14 - our unique finish festival. Market 14 is located within the Park at Lakeshore East, adjacent to the Finish Line and open to the general public. It includes:

### Hot Breakfast Buffet

Hands down, this is the city's BEST post-race amenity. All registered race participants will receive a hot, complimentary breakfast buffet. Catered by Chicago's own Goose Island Catering, the menu consists of scrambled eggs, sausage, potatoes, fruit and more!

### Michelob ULTRA Beer Garden

Participants 21 years and older can enjoy a complimentary Michelob ULTRA in the Michelob ULTRA Beer Garden. Additional beers will be available by donation to the TEAM TO END AIDS.

### Do It Yourself Flower Station

Sponsored by the Chicago Half Marathon, participants and spectators alike can build their own little tribute to Spring. At this complimentary station, visitors will grab a flower pot, select from a variety of blooming bulbs and plugs, add soil and water, and walk away with their own living garden. No green thumbs necessary!

### Sponsor Village

Sponsors and groups will be located throughout the park area providing a variety of giveaways and hands-on activities throughout the day.



## FAQs

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Q: Can I still register for the race?

A: Registration for the 2015 Michelob ULTRA Chicago Spring 13.1 & 10K is officially sold out. We do have registration for the Junior Dash race at Packet Pickup and on site before the race.

Q: Where do I get my packet, bib and T-shirt?

A: You can pick up all of this at packet pickup.

Q: Can I exchange my T-shirt if it does not fit correctly?

A: We will have remaining T-shirts at the results tent after the race. We have to ensure that all athletes receive the size that they ordered. Once this is complete the sizes can be exchanged while they are available.

Q: Can I defer until next year?

A: The 2015 Michelob ULTRA Chicago Spring 13.1 & 10K has a strict no refunds, transfers and deferrals policy.

Q: Can I switch from one race to another?

A: Because this is a sold out race, we are only allowing a handful of people to switch to the 10K, it is a first come first serve basis. There will be no moving up to the Half Marathon.

Q: I have a friend who cannot participate in the event, can I take his/her place?

A: No. Each participant must have his/her own registration. In the event of an emergency, race officials must have emergency contact information on hand, therefore you are NOT allowed to participate using another person's registration. There are NO exceptions.

Q: Will there be on-site parking?

A: There will not be any parking provided on site at either packet pick up or the race venue. We recommend taking public transit or Divvy.

Q: Can a friend pick up my packet?

A: Yes, they will need to bring a picture of the athlete photo ID (a smart phone picture will suffice) and/or their email confirmation.

Q: What if I do not know my bib number at Packet Pickup?

A: There will be an area set up near packet pickup where you can look up your bib number. All you will need to do is type your name into a computer. To avoid this problem have your bib number on hand, it will be emailed to you before the race.



## CHICAGOLAND HALF MARATHON SERIES

### DID YOU KNOW?

All Chicagoland Half Marathon Series qualifiers earn special perks, including custom bibs and commemorative 26.2 Challenge Medals.



The Michelob ULTRA Chicago Spring 13.1 is the first in the 2015 Chicagoland Half Marathon Series – also consisting of the Chicago Half Marathon (September 27). Participants who complete both half marathon distances will earn a custom, 26.2 Challenge finisher medal at the final event.

Currently, more than 1,000 individuals are enrolled in the Chicagoland Half Marathon Series Challenge. Those who qualify for the 2015 Chicagoland Half Marathon Series program will be issued customized 26.2 race bib (pictured at left) at the Chicago Half Marathon packet pick up.

Participants will earn special 26.2 Finisher medals once completing the Chicago Half Marathon. Series awards will be provided to the fastest (cumulative) runners across both events. Visit the Life Time Athletic Events Tent in the Market 14 Festival Area to learn more.



# CHICAGO

## HALF MARATHON/5K™

September 27, 2015

### CHICAGO'S HOMETOWN RACE

Chicago's hometown race returns; the 19th Annual Chicago Half Marathon & 5K. Set in historic Jackson Park, this truly Chicago course winds through the sites of the 1893 World Fair, University of Chicago Campus and runs along traffic-free Lake Shore Drive.

Participants receive:



Long-sleeved  
Technical Shirt



HUGE 6" Finisher's  
Medal worthy  
of Chicago's  
Big Shoulders



Complimentary  
Race Day Shuttle  
Transportation

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[CHICAGOHALFMARATHON.COM](http://CHICAGOHALFMARATHON.COM)

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In 2014, everything changed. The Transamerica Chicago Triathlon introduced a new bike course, a new start sequence, flexible Transition entry, optional Saturday bike racking and a reduced field. For 33 years, this is where the world comes to race.

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