



CHICAGO

SPRING
HALF MARATHON/10K

MAY 22, 2016

ATHLETE GUIDE



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SPRING IS HERE!

Welcome to the 2016 Michelob ULTRA Chicago Spring 13.1 & 10K. We are thrilled that you will be joining us for this 8th annual, early season running event! We have another incredible event in store for you at this SOLD OUT race.

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 series partner and title sponsor, Michelob ULTRA, who continues to elevate your post race experience with tasty, cold 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 Klich 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. We wish you a successful and safe weekend.

Sincerely,

Julie Coleman
Regional Events Manager



SCHEDULE OF EVENTS

THURSDAY, MAY 19

4:00 p.m. - 8:00 p.m. Packet Pick Up Fleet Feet Sports - Old Town

FRIDAY, MAY 20

4:00 p.m. - 8:00 p.m. Packet Pick Up Fleet Feet Sports - Old Town

SATURDAY, MAY 21

10:00 a.m. - 6:00 p.m. Packet Pick Up Fleet Feet Sports - Old Town

SUNDAY, MAY 22

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



PACKET PICK UP

Location

Fleet Feet Sports - Old Town
1620 N. Wells Street, Chicago, IL 60614

IMPORTANT!

Participants must complete the Medical Information on the back of the bib - which must be worn at all times during the event on front of the torso.



Packet Pick Up Schedule

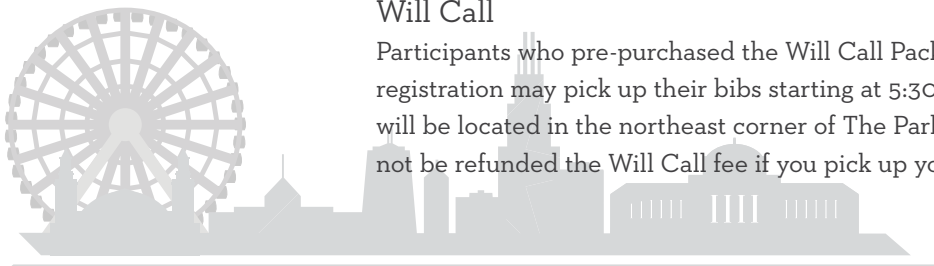
| | |
|------------------|------------------------|
| Thursday, May 19 | 4:00 p.m. - 8:00 p.m. |
| Friday, May 20 | 4:00 p.m. - 8:00 p.m. |
| Saturday, May 21 | 10:00 a.m. - 6:00 p.m. |

Instructions

- All participants must pick up their race bibs at Fleet Feet Sports 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 or electronic version 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 wish 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.
- Those who plan to utilize the complimentary beer ticket at the post race party must first present a photo ID at Packet Pick Up or at the Finish Festival beer garden. In exchange, a mandatory beer wristband will be issued and must be worn on race day.

Will Call

Participants who pre-purchased the Will Call Packet 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

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

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.

USE DIVVY VALET



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.

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.

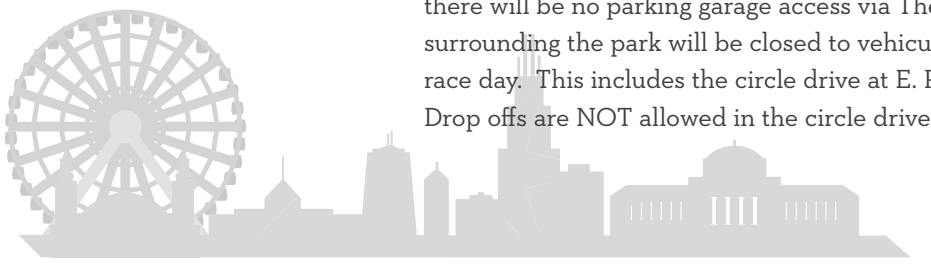
Note: The Divvy dock located inside the park on E. Water Street will be deactivated during race weekend. We apologize for any inconvenience.

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.

Driving

If you plan to drive, expect congested roadways due to 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 on race morning.





PARKING PANDA

Parking Panda allows visitors to purchase guaranteed parking spots near Lakeshore East and Grant Park. Click the logo for details.

Parking

We strongly encourage you to use mass transit, walk or ride Divvy. If you choose to drive, make parking easy and stress free with Parking Panda, the nationwide leader in online parking reservations. View real-time availability and pricing near The Park at Lakeshore East. Simply compare parking options, reserve, and use your confirmation to access the facility.

Otherwise, 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 | 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 may 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 on the lakefront - one third of a mile east of the park.

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.

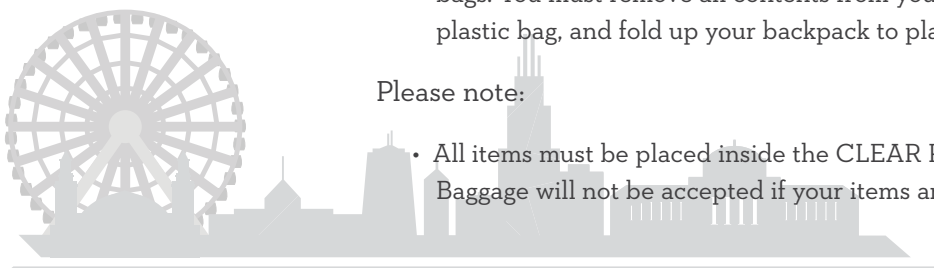
In order to leave your personal items at Gear Check, participants must:

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. All checked items must be visible. 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.

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. All unclaimed items will be donated to a local charity 30 days after the event.

GENERAL RACE INFORMATION

With the 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 Athlete Service representatives 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 1:40 1:45 1:50 2:00 2:10 2:20 2:30 2:45 3:00 *

** Goal pace does not supersede corral assignment. Participants must start in assigned corrals.*

Pacers will be wearing a specific “PACER” bib on their back and will be holding the pace time on a sign. Look for the Pace Team wearing lime green/yellow Chicago Endurance Sports (CES) tank tops near the start corrals. You do not need to sign up for a pace group in advance. Simply join the group on Race Day.



COURSE DETAILS

Both the Michelob ULTRA Chicago Spring 13.1 and 10K courses begin at Dusable Harbor, along 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.

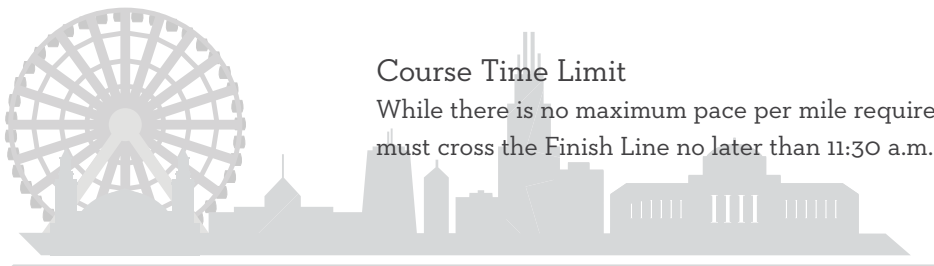
Course Safety

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 dogs or strollers of any style. Anyone with special needs is encouraged to reach out to Athlete Services at chicago@run131series.com prior to race day to make proper arrangements based on your individual needs.

Course Time Limit

While there is no maximum pace per mile required for this event, however 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 22, 2016



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

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 10 fluid stations throughout the course as well as the Start/Finish areas. Consult the course map for exact locations. Each station will include:

- Water
- Skratch Labs exercise hydration
- Carb Boom! energy gels located at Fluid Station D/G (approx. Mile 4 and Mile 8.3)
- (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 elapsed 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 pass each mile marker, 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

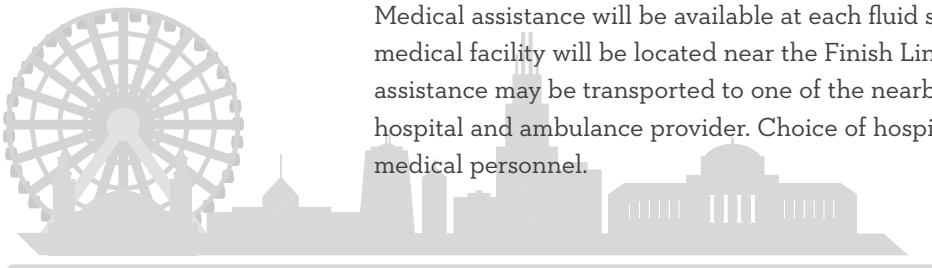
Portable toilets will be added in select locations throughout the course. Toilets will also be located at each fluid station. See the Course Map for more information.

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 fluid station along the route. In addition, a medical facility will be located near the Finish Line. Participants requiring greater medical assistance may be transported to one of the nearby hospitals, and will be billed by the hospital and ambulance provider. Choice of hospital is at the sole discretion of the on-site medical personnel.



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. Bibs must be worn and fully visible on the front of your body.

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 the existing medical plan for an 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 employ the EAS system, encompassing a color-coded system to display current event conditions.

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

| 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 |

Lost and Found

Life Time is not responsible for any lost or stolen items. We encourage everyone to turn in found items at the Information 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 - *IT'S BACK!*

The Adopt an Aid Station Contest is back by popular demand! 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 via the Post Race Athlete Survey, which will be emailed to you shortly after the race. The winning volunteer group will be awarded \$500 cash!

This year's aid station teams are:

- Aid Station A - Team Momentum MDA
- Aid Station B - Senn High School
- Aid Station C - Senn High School
- Aid Station D - Little Village Lawndale XC
- Aid Station E - Dupage Derby Dames
- Aid Station F - Global Brigades
- Aid Station G - Juarez High School Water Polo
- Aid Station H - Senn High School
- Aid Station I - Senn High School
- Aid Station J - Team Momentum MDA

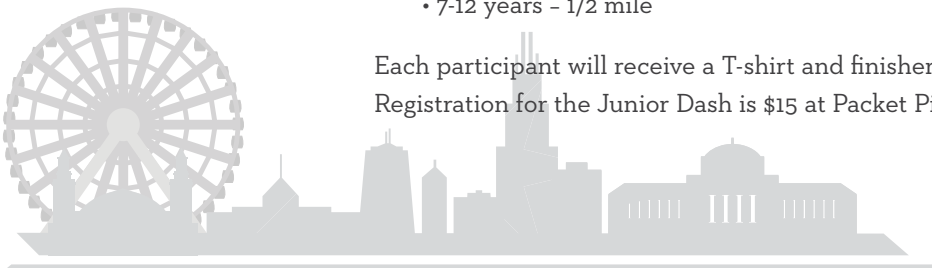
The Michelob ULTRA 13.1 Chicago Spring Half Marathon & 10K wouldn't be possible without the handwork and dedication of more than 400 volunteers. Be sure to take a minute and thank a volunteer!

JUNIOR DASH

Children 12 years of age and younger are invited to compete in the Junior Dash around The Park at Lakeshore East. The race begins at 10:00 a.m. immediately west of the primary race Finish Line, and offers the following age group heats:

- 2-4 years - 50 yards
- 5-6 years - 1/4 mile
- 7-12 years - 1/2 mile

Each participant will receive a T-shirt and finisher gift to celebrate their achievement. Registration for the Junior Dash is \$15 at Packet Pick Up, or \$20 on race day.



TIMING / AWARDS

Athlete Tracking

Friends and family will be able to track each athlete's progress as they pass various timing mats along the course! Simply follow the link below to register your bib number in order to have supporters receive alerts on their mobile phone and/or social media page.

[Opt-Into Athlete Updates Here](#)

NOTE! This is not live tracking. Rather, users will receive 5-7 progress alerts as participants cross various timing mats.

Race Results

Live race results will be available at the Results Tent. Additionally, 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!

Age Group Awards

Awards will be distributed on stage to the top three overall male and female finishers, within both Half Marathon and 10K distances. Additional awards will be provided from the Results Tent to the top three men and women in the following age groups:

10K (10 Year Age Groups)

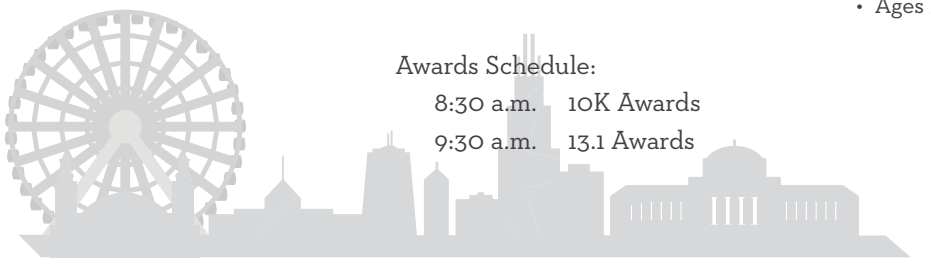
- Ages 19 & under
- Ages 20-29
- Ages 30-39
- Ages 40-49
- Ages 50-59
- Ages 60-69
- Ages 70 & up

Half Marathon (5 Year Age Groups)

- Ages 19 & under
- Ages 20-24
- Ages 25-29
- Ages 30-34
- Ages 35-39
- Ages 40-44
- Ages 45-49
- Ages 50-54
- Ages 55-59
- Ages 60-64
- Ages 65-69
- Ages 70-74
- Ages 75 & up

Awards Schedule:

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



Note: 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 be distributed at the Results Tent.

Clock Time vs. Chip Time

Clock time commences 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 the Timing Team 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.

FREE PHOTOS!

Did you know that race partners Chronotrack and Athlinks provide FREE photo downloads of all your pre, during and post race experiences? Smile for the cameras!

Pic2Go - NEW!

Sign up to receive FREE event images posted to your Facebook account courtesy of ProAir RespiClick® (albuterol sulfate) Inhalation Powder.

To Enroll: [CLICK HERE](#), type in your race bib number, select continue and follow the screen prompts. Throughout the race your photos will automatically appear on your Facebook timeline.

Please note: If you have changed your race distance for this event, your bib number will also change. Be sure to unsubscribe your old bib number and enter your new one.



MARKET 14 FINISH FESTIVAL

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 Jewell Events 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 making a donation to the TEAM TO END AIDS.

Do It Yourself Flower Station

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

Sponsor Village

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



FREQUENTLY ASKED QUESTIONS

Q: Can I still register for the race?

A: Registration for the 2016 Michelob ULTRA Chicago Spring 13.1 & 10K is officially sold out. Registration for the Junior Dash will be available at Packet Pick Up and at the race site.

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

A: You can pick up all of this at Packet Pick Up. See page 5 for details.

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

A: We have to ensure that all athletes receive the size that they ordered. Any remaining T-shirts can be found at the Results Tent after the race and exchanged while sizes remain. Race staff cannot guarantee availability of all sizes other than those ordered at the time of registration.

Q: Can I defer until next year?

A: The 2016 Michelob ULTRA Chicago Spring 13.1 & 10K has a strict no refunds, transfers or deferrals policy.

Q: Can I switch from the Half Marathon to the 10K?

A: Because this is a sold out race, we are only allowing a handful of people to switch to the 10K on a first come first served 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?

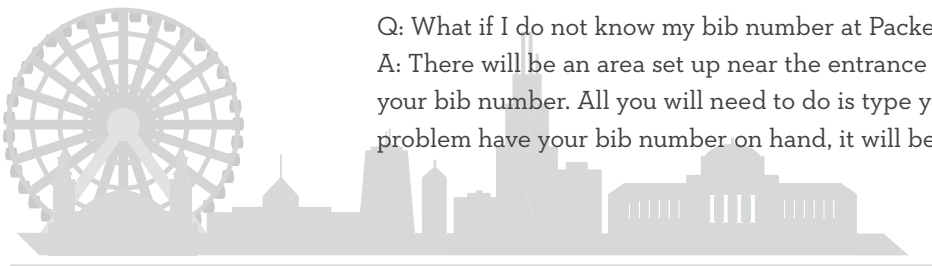
A: There will not be any parking provided on site at either Packet Pick Up or the race venue. We recommend riding public transit or Divvy.

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 Pick Up?

A: There will be an area set up near the entrance of Packet Pick Up 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 2016 Chicagoland Half Marathon Series - also consisting of the Chicago Half Marathon (September 25). Participants who complete both half marathon distances will earn a custom, 26.2 Challenge finisher medal at the final event.

Currently, more than 1,500 individuals are enrolled in the Chicagoland Half Marathon Series Challenge. Those who qualify for the 2016 Chicagoland Half Marathon Series program will be issued a custom 26.2 race bib for use at the Chicago Half Marathon in September.

These participants will earn special 26.2 Finisher medals upon completing the Chicago Half Marathon. Series awards will also be provided to the fastest (cumulative) runners across both events. Visit the Chicago Half Marathon Tent in the Market 14 Festival Area to learn more.



CHICAGO

HALF MARATHON/5KSM

— 20 YEARS —

SEPTEMBER 25, 2016
CHICAGOHALFMARATHON.COM

RUN THE DRIVE The 20th Annual Chicago Half Marathon & 5K provides an experience unlike any other. With the Chicago skyline as its backdrop, this iconic, flat and fast course is rooted in history. Athletes depart from Jackson Park - site of the the 1893 Columbian Exposition, past the Museum of Science & Industry and onto the expansive Lake Shore Drive before earning a finisher medal worthy of Chicago's big shoulders. Don't miss this tradition.



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Sports

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ULTRA

ATHLINKS

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THE HEALTHY WAY OF LIFE COMPANY



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TRANSAMERICA®

CHICAGOSM

TRIATHLON

There's no
other ride
like this.

You can do this.

Since 1983, the Chicago Triathlon has welcomed more than 100,000 first-time triathletes across the finish line. This may be the world's largest multisport event, but it's also the most versatile. Race weekend offers five separate event distances and more than 12 special competitions to athletes of all ages, abilities and experience levels. It's more attainable than you think. Don't miss out. Learn more. **Commit today.**

LIFETIME TRI★

August 28, 2016

ChicagoTriathlon.com

  #ChiTri

THANK YOU TO OUR SPONSORS

