I AM FEARLESS.
Dear Participant,

Race weekend is right around the corner. We look forward to welcoming you to Chicago for the 2019 Bank of America Chicago Marathon. While you’re in town, our top priority is to make sure you have a safe and successful experience at the Chicago Marathon. Please do your part by reading through all the information in this guide.

The 2019 Bank of America Chicago Marathon participant guide is a step-by-step manual to assist you during race week, from your visit to the Abbott Health & Fitness Expo, to race morning in Grant Park and during the race itself. Bring this guide with you race weekend. We promise it will come in handy!

As always, if you have any questions about the event, please contact our office at 312.904.9800 or send us an email at office@chicagomarathon.com.

My team and I wish you all the best with your final weeks of training; we will see you at the start line on Sunday, October 13.

Sincerely,

Carey Pinkowski
Executive Race Director
Bank of America Chicago Marathon

Chicagomarathon.com
The Bank of America Chicago Marathon website (chicagomarathon.com) is a great resource for your pre-race, race day and post-race needs. The website has the most up-to-date participant, event and spectator information.

Event contact information
Bank of America Chicago Marathon
Phone: 312.904.9800
Email: office@chicagomarathon.com

Schedule of events
Friday, October 11
Abbott Health & Fitness Expo; Packet pick-up
McCormick Place, North Building, Hall B
9 a.m. – 8 p.m.

Saturday, October 12
Advocate Health Care International Chicago 5K
Daley Plaza (50 W. Washington Street)
Race start: 7:30 a.m.
chicago5K.com
Abbott Health & Fitness Expo; Packet pick-up
McCormick Place, North Building, Hall B
9 a.m. – 6 p.m.

Sunday, October 13
Grant Park
Marathon Wheelchair Start (men) 7:20 a.m.
Marathon Wheelchair Start (women) 7:21 a.m.
Marathon Handcycle Start 7:22 a.m.
Athletes with Disabilities Start (AWD) 7:23 a.m.
Wave 1 Start (red) 7:30 a.m.
Wave 2 Start (blue) 8 a.m.
Wave 3 Start (orange) 8:35 a.m.
Spectator access to Grant Park begins 9:30 a.m.

Biofreeze 27th Mile Post-Race Party
Grant Park, Butler Field
9:30 a.m. – 4 p.m.
Abbott Health & Fitness Expo
The Abbott Health & Fitness Expo features more than 180 health and fitness industry exhibitors offering Bank of America Chicago Marathon merchandise and the latest in running footwear, apparel, nutrition and technology. The Health & Fitness Expo is free and open to the public.

We ask that all Abbott Health & Fitness Expo attendees refrain from bringing large bags and/or luggage to the Health & Fitness Expo. Please note that all attendees will be subject to a security screening upon entering the Health & Fitness Expo.

Visit chicagomarathon.com/expo for more information.

Abbott Health & Fitness Expo location
McCormick Place, North Building, Hall B
2301 S. Martin Luther King Dr.
Chicago, IL 60616

*For driving and parking, use the above address for the best access to the Abbott Health & Fitness Expo. If you are driving, follow the signs for Parking Lot A for the most convenient parking location. The publicly listed mailing address for McCormick Place is 2301 S. Lake Shore Drive.

Abbott Health & Fitness Expo hours
Friday, October 11 9 a.m. – 8 p.m.
Saturday, October 12 9 a.m. – 6 p.m.

Abbott Health & Fitness Expo transportation
Free shuttle bus service
Free shuttle bus service to the Abbott Health & Fitness Expo will be provided to and from the following four locations:
- Downtown: Hilton Chicago, 720 S. Michigan Avenue (8th Street entrance)
- River North: Chicago Marriott Downtown Magnificent Mile, 540 N. Michigan Avenue, southwest corner of Rush and Ohio streets
- Magnificent Mile: Nike Chicago, 669 N. Michigan Avenue, behind the store on the northwest corner of St. Clair and Erie streets
- Millennium Park: Hyatt Regency Chicago, 151 E. Wacker Drive, southeast corner of Wacker Drive and Stetson Avenue

Shuttles will operate every 15 – 20 minutes between 8:30 a.m. and 8:30 p.m. on Friday, October 11, and 8:30 a.m. and 6:30 p.m. on Saturday, October 12. The final pick-up time from the Abbott Health & Fitness Expo will be at 8:30 p.m. on Friday and 6:30 p.m. on Saturday.

Reduce your carbon footprint by using our free shuttle service or public transportation to the Abbott Health & Fitness Expo at McCormick Place.

Chicago Transit Authority
The Chicago Transit Authority (CTA) offers an economical and convenient way to get to and from the Abbott Health & Fitness Expo.

Visit transitchicago.com for more information.

CTA fare information
The Chicago Transit Authority (CTA) encourages all participants and spectators to purchase CTA fares in advance to avoid waiting in long lines at the airports and on race day. Purchase fares in advance at ventrachicago.com.

Cash fare
Accepted on CTA buses only. Exact fare (coins and bills accepted). No cash transfers available.
- Full fare: $2.50
- Reduced fare: $1.25 (applies to children ages 7 to 11 and customers with a valid RTA Reduced Fare Permit)

Ventra ticket
Single-ride ($3) and 1-day ($10) Ventra tickets are available at CTA station vending machines. These disposable tickets cannot be reloaded. Single-ride Ventra tickets include one full fare and two transfers.

Ventra™ Card
Purchase a Ventra Card for $5 at Chicago Transit Authority (CTA) station vending machines, participating Ventra retail locations, by calling 1.877.NOW.VENTRA or online at ventrachicago.com. Once your card is
CTA transit directions to McCormick Place
From downtown Chicago (south of Chicago Avenue)
From Michigan Avenue, take a southbound #3 King Drive bus to King Drive/23rd (located across the street from McCormick Place). Buses run every 4 to 12 minutes.

OR, take a southbound #4 Cottage Grove bus to Michigan Avenue/Cermak Road and walk two blocks east. Buses run every 6 to 15 minutes.

OR, transfer from all CTA rail lines serving downtown to a southbound Green Line train toward Ashland/63rd or Cottage Grove and exit at the Cermak-McCormick Place station. Walk three blocks east on Cermak Road to McCormick Place.

From Ogilvie Transportation Center
Walk two blocks north of the Ogilvie Transportation Center to CTA’s Clinton station at Lake Street. Take a Green Line train toward Cottage Grove or Ashland/63rd to Cermak-McCormick Place. Walk three blocks east on Cermak Road to McCormick Place.

From Union Station
Take a #1 Bronzeville/Union Station*, #7 Harrison* or #126 Jackson bus to Michigan Avenue. Transfer to a southbound #3 King Drive bus to King Drive/23rd (located across the street from McCormick Place). Buses run every 4 to 12 minutes.

* Weekdays only

Metra train service
Participants and spectators are encouraged to take advantage of Metra’s $10 weekend pass for unlimited rides on both Saturday and Sunday. Abbott Health & Fitness Expo attendees are encouraged to take the Metra Electric line to and from the Health & Fitness Expo. Metra Electric provides frequent service between McCormick Place and downtown.

Visit metrarail.com for more information.
South Shore Line
Participants and spectators are encouraged to take the South Shore Line race weekend. The South Shore Line runs from South Bend, Indiana to Chicago with stops along the way. Park your car at one of the convenient South Shore Line stations and ride in comfort to the Abbott Health & Fitness Expo and to Grant Park on race day.

Visit mysouthshoreline.com for more information about stations and tickets.

Abbott Health & Fitness Expo parking
Parking will be available to all Abbott Health & Fitness Expo attendees at McCormick Place Parking Lot A for a reduced rate of $10. You must have your parking ticket validated at the Health & Fitness Expo in order to receive the reduced rate.

Visit chicagomarathon.com/expoparking for driving directions to McCormick Place Parking Lot A.

Participant packet pick-up
Packet pick-up ticket
Your packet pick-up ticket (the back cover of this guide), or the emailed version of your packet pick-up ticket (whether in mobile or printed form) is your individual proof of entry into the race. You must present this, along with one form of photo ID, at the Participant Packet Pick-Up area of the Abbott Health & Fitness Expo to receive your participant packet (bib number and timing device), participant bag and Nike running shirt. Review your packet pick-up ticket for accuracy, including your name, address, age and gender. This information is critical for accurate scoring and mailing of results. To update your information, login to your participant account or contact the Bank of America Chicago Marathon by email at office@chicagomarathon.com.

The Bank of America Chicago Marathon official Nike running shirt is made out of 100% recycled polyester. Using recycled polyester results in fewer environmental impacts during production.

Participant packet
Your participant packet includes:
• Bib number
• MYLAPS BibTag timing device
• Gear check tag
• Complimentary post-race 312 Dry-Hopped Urban Wheat Ale beer ticket*

*For participants age 21 and over

Packet pick-up instructions
• You must pick up your participant packet and participant bag in person at the Abbott Health & Fitness Expo during regularly scheduled hours. These items (participant packets, bags and running shirts) will not be available for pickup on race day and will not be mailed.
• You must pick up your own participant packet and participant bag at the Health & Fitness Expo. Individuals will not be allowed to pick up these items on behalf of others.
• When you arrive at the Expo, you will be directed to the Participant Packet Pick-Up area where event staff will assist you at one of the check-in stations.
• To check in, you must present your photo ID (driver’s license, state ID, passport, etc.), along with one of the following documents: your packet pick-up ticket (the back cover of this guide), or the emailed version of your packet pick-up ticket (whether in mobile or printed form).
• If you misplaced or did not receive a packet pick-up ticket or email, go directly to the Participant Services Desk where event staff will, upon verification of your registration, provide your packet pick-up ticket.
• Proceed to the Participant Bag Pick-Up area to receive your participant bag and Nike running shirt; shirts will be distributed according to the size indicated on your packet.

Exhibitors
For a list of Abbott Health & Fitness Expo exhibitors, go to chicagomarathon.com/expo.
Abbott Health & Fitness Expo Main Stage
Abbott Health & Fitness Expo Main Stage presentations will give you an opportunity to learn more about the course, receive last-minute tips, see the latest in running gear and technology and hear from industry experts and special guests. Visit chicagomarathon.com/expo or the Bank of America Chicago Marathon Mobile App for more information on the Main Stage and to view the presentation schedule.

Nike Pace Team
The Nike Pace Team will help you set the pace on race day. Pacers—nearly 100 experienced marathon runners—will run according to the following finish time goals: 3:00, 3:05, 3:10, 3:15, 3:20, 3:25, 3:30, 3:35, 3:40, 3:45, 3:50, 3:55, 4:00, 4:10, 4:20, 4:30, 4:40, 4:50, 5:00, 5:15, 5:30 and 5:45.

Visit the Nike Pace Team booth at the Abbott Health & Fitness Expo for more information and to sign up to be part of a pace group. Pacers will be available to talk about the race day plan, how to locate your group within the start corrals and to answer general questions about the pacers.

Upon joining a Nike Pace Team, you will receive a pace bib to wear on your back during the race that will indicate your pace group (e.g. 4:00) and identify you as a member of the team. There is no cost to participate. Pace teams are allocated to specific start corrals. Your start corral assignment may not allow you access to run with a particular pace team.

Bank of America Expo Booth – The power to go the distance
Join us at the Bank of America booth within the Abbott Health & Fitness Expo to participate in interactive experiences and receive collectable giveaways. Your family and friends can create custom cheer signs and grab noisemakers to use on race day to help give you the power to go the distance.

This spring, the Bank of America Chicago Marathon became an early signatory to the United Nations Framework Convention on Climate Change’s Sports for Climate Action initiative. Learn more about the event’s efforts by visiting our booth at the Abbott Health & Fitness Expo.

Download the Participant guide
The Bank of America Chicago Marathon Participant guide is available digitally in seven different languages courtesy of CulturaLink.

Participants can access the various translations at chicagomarathon.com/participantguide.

CulturaLink will also be on-site race weekend providing translations services for runners and spectators at the Abbott Health & Fitness Expo, as well as on race day. Their on-site American Sign Language (ASL) and Spanish interpreters and technology-based video translation service is designed to meet the needs of runners and spectators while in Chicago for the race. To learn more about CulturaLink and their services, visit theculturalink.com.

Run in the Advocate Health Care International Chicago 5K
Take part in the Advocate Health Care International Chicago 5K! The Bank of America Chicago Marathon attracts runners from all 50 states, more than 100 countries and brings Chicagoans together for a weekend of excitement. Wherever you arrive from, we invite you to join us on Saturday, October 12 for the 2019 International Chicago 5K. The race is the perfect way for marathoners, fans of the sport and friends and family to experience this international city and take part in the Bank of America Chicago Marathon weekend. Don’t miss your chance to run through the streets of downtown Chicago and celebrate running in a world-class city!

To learn more about the Advocate Health Care International Chicago 5K visit Chicago5K.com.

Inspire the next generation of runners to get out there and get active by participating in the Advocate Health Care International Chicago 5K!
Event Alert System

The color-coded Event Alert System (EAS) will communicate the status of race conditions leading up to and on race day. EAS levels range from Low (Green) to Moderate (Yellow) to High (Red) to Extreme (Black) based primarily on weather, as well as other conditions.

- Email and website communication during race week will inform you of the current EAS level and provide race weekend preparation tips.
- Updates will be made at the Abbott Health & Fitness Expo via public address announcements and color-coded signs.
- On race day, stay tuned to the current EAS level via public address announcements and color-coded signs/flags at the start and finish areas and at each of the 20 aid stations along the course.
- If necessary, additional emergency information will be communicated via email and/or text message.

Familiarize yourself with the Event Alert System prior to race day, remain alert for directions from race officials, announcers and volunteers, and take precautions to prepare properly for varying conditions on race day.

<table>
<thead>
<tr>
<th>ALERT LEVEL</th>
<th>EVENT CONDITIONS</th>
<th>RECOMMENDED ACTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>EXTREME</td>
<td>EVENT CANCELLED/EXTREME AND DANGEROUS CONDITIONS</td>
<td>PARTICIPATION STOPPED/FOLLOW EVENT OFFICIAL INSTRUCTION</td>
</tr>
<tr>
<td>HIGH</td>
<td>POTENTIALLY DANGEROUS CONDITIONS</td>
<td>SLOW DOWN/OBSERVE COURSE CHANGES/FOLLOW EVENT OFFICIAL INSTRUCTION/CONSIDER STOPPING</td>
</tr>
<tr>
<td>MODERATE</td>
<td>LESS THAN IDEAL CONDITIONS</td>
<td>SLOW DOWN/BE PREPARED FOR WORSENING CONDITIONS</td>
</tr>
<tr>
<td>LOW</td>
<td>GOOD CONDITIONS</td>
<td>ENJOY THE EVENT/BE ALERT</td>
</tr>
</tbody>
</table>

Race day timeline

Grant Park opens to runners 5:30 a.m.
Gear check opens 5:30 a.m.
Start corrals open 5:30 a.m.
Wave 1 (Red) start corrals close 7:20 a.m.
Marathon Wheelchair Start (men) 7:20 a.m.
Marathon Wheelchair Start (women) 7:21 a.m.
Handcycle Start 7:22 a.m.
Athletes with Disabilities Start 7:23 a.m.
Wave 1 Start 7:30 a.m.
Wave 2 (Blue) start corrals close 8 a.m.
Wave 2 Start 7:45 a.m.
Wave 3 (Orange) start corrals close 8:10 a.m.
Wave 3 Start 8 a.m.
Grant Park opens to spectators 9:30 a.m.
Biofreeze 27th Mile Post-Race Party starts 9:30 a.m.
Gear check closes 4 p.m.
Biofreeze 27th Mile Post-Race Party ends 4 p.m.

Green team volunteers will be located at Zero Waste Stations throughout Grant Park to assist you in discarding materials into compost, recycle or landfill receptacles.
Grant Park: Start line

Public transportation and parking
You are strongly encouraged to use public transportation to get to Grant Park on race day. If you drive, allow sufficient time for traffic congestion and street closures due to the race.

Visit chicagomarathon.com/racedayparking for more information.

Chicago Transit Authority
The Chicago Transit Authority (CTA) offers an economical and convenient way to get to and from Grant Park on race day. For the most up-to-date travel information and to learn how to use the CTA bus and rail system visit transitchicago.com or contact the transit information center at 312.836.7000.

Metra train service
On race day, Metra will run special inbound and outbound trains. These trains will operate in addition to regularly scheduled Sunday train service. Participants and spectators are encouraged to take advantage of Metra’s $10 weekend pass for unlimited rides on both Saturday and Sunday.

For more information on Metra service, visit metrarail.com or call 312.322.6777.

Bib number
Your 2019 Bank of America Chicago Marathon bib number is a unique identifier and must be visible and worn on your outer layer of clothing at all times on race day. Your bib number indicates the area of your gear check (Red, Blue or Orange) and start corral assignment (Wheelchair, Athletes with Disabilities, American Development, A, B, C, D, E, F, G, H, J, K or L).

Bib number guidelines:
- Your bib number must be fastened with four (4) pins to the front of your outer layer of clothing and be visible to gain access into Grant Park and your start corral.
- Your bib must be visible throughout the entirety of the race.
- Do not physically alter (cut, fold or obscure) your bib number in any way.
- Pinning your bib directly on top of a fueling belt or other running pack, especially one containing electronics may cause a malfunction of your bib timing device.

- Fill out the back of your bib number with your emergency contact and medical information.
- Your bib number is non-transferable and must be worn only by you, the registered participant.
- The sale and/or transfer of your bib number is strictly prohibited and will result in disqualification.
- If your bib is altered or worn improperly on race day, you risk improper scoring and possible disqualification.

1. Goose Island beer ticket: Participants age 21 and over (photo ID required) can redeem this tear-off portion of their bib number for one Goose Island beer at the Biofreeze 27th Mile Post-Race Party.
2. Gear check claim tag: Present this tag at your gear check tent following the race to facilitate the process of connecting you with your gear check bag.
3. Gear check tag: Attach this tag to your clear plastic gear check bag.
4. Color of event bib number: The color of your bib number indicates your gear check tent location (White, Red, Blue or Orange).
5. Start corral letter: This letter identifies your start corral assignment (A, B, C, D, E, F, G, H, J, K or L).
6. Unique race number: This number is your unique race number and identifier. For this reason, your bib number is non-transferable and must be worn only by you. Transfer of your bib number is strictly prohibited.
7. Suggested gate entrance: The suggested entrance gate based on your start assignment.
You are strongly encouraged to fill out the back of your bib number with your emergency contact and medical information.

* The 2019 Bank of America Chicago Marathon will use the MYLAPS BibTag timing device to record your net finish time. The timing device is permanently attached to the back of your bib number. Important: Do not remove the timing device from your bib or fold it in any way. Wearing your bib improperly could result in improper scoring and possible disqualification. Your time will be recorded from the point that you cross the timing mats at the start line until you cross the timing mats at the finish line.

Security checkpoints and bag screening
Prior to entering Grant Park on race day, you must pass through one of seven designated security and bag screening entrance gates located off Michigan Avenue. Your event-issued bib number must be fastened to your front outer layer of clothing and visible to security personnel to enter Grant Park.

Your arrival time and entrance gate will be determined by your start corral assignment. To help us facilitate a smooth entrance process and reduce the wait time at gates, we ask that you please follow the instructions specific to your starting corral assignment.

All bags will be screened by security personnel. Personal bags (backpacks, luggage, etc.) will not be permitted; all participants must use the clear plastic event-issued participant bag for gear. Camelbaks® and any type of hydration backpack are not permitted. For the avoidance of doubt, fuel belts and hand-held water bottles are allowed. Please be aware you may be asked to empty the contents of these containers before entering Grant Park. Participants who opt not to check gear and are not carrying a bag can access Grant Park through designated express security lanes.

Reuse your participant bag following the race. When you’re ready to dispose of the bag, consider taking it to a facility in your area that accepts plastic bags for recycling.

Gear check
You may store small personal items or articles of clothing during the race at your designated gear check area, which is determined by your start wave: Red, Blue or Orange.

Gear check guidelines:
- Gear check is available to participants only; spectators are not allowed in the gear check area.
- You must use your race-issued gear check bag (your clear plastic participant bag); no other bags will be accepted at gear check.
- Remove your gear check tag from your bib number and attach it to your gear check bag.
- Do not check valuable items such as wallets, money, jewelry, cell phones, cameras, music or electronic devices, etc.; the event is not responsible for lost, stolen or damaged items.
- You must show your bib number when dropping off and picking up your gear.
- Loose articles of clothing or other personal items that are not placed in your clear plastic event-issued gear check bag will not be accepted at gear check.
- All bags must be picked up by 4 p.m. on race day. Bags that are not picked by 4 p.m. will be taken to the Harrison Information Tent (east side of Michigan Avenue at Harrison Street) where they can be picked up in person from 4 – 8 p.m.
- If you need to pick up your bag at the Harrison Information Tent following the race, please visit chicagomarathon.com/lostandfound to confirm that your bag is available for pick up.
- Any items unclaimed by Thursday, October 31, 2019, will no longer be available.

**Step one:** Close the gear check bag by pulling on the drawstrings of the bag.

**Step two:** Fold one drawstring in half and insert through the hole in the gear check tag. Pull the drawstring through the hole to create a 3 inch loop.

**Step three:** Pull the gear check tag through the loop.

**Step four:** Hold the gear check tag and pull the drawstring of the bag, securing the tag to the gear check bag.
Wave start and start corral


Start corral guidelines:
- Your bib number must be fastened to the front of your running attire and be visible to gain access to your start corral.
- You will be granted access to your assigned start corral only.
- Wave 1 Start Corrals (American Development, A, B, C, D and E) will close at 7:20 a.m.
- Wave 2 Start Corrals (F, G and H) will close at 7:45 a.m.
- Wave 3 Start Corrals (J, K and L) will close at 8:10 a.m.
- Family and friends will not be allowed to accompany participants to the start area.

Wave 1 (Red)

Red Gear Check*

Start corrals: A, B, C, D and E

Suggested arrival time: 5:30 a.m.

Suggested entrance gates
- Start Corral A: Entrance Gate #5 - Ida B. Wells
- Start Corral B: Entrance Gate #4 - Ida B. Wells
- Start Corral C: Entrance Gate #3 - Van Buren
- Start Corral D: Entrance Gate #2 - Van Buren
- Start Corral E: Entrance Gate #1 - Jackson

Start corrals close: 7:20 a.m.
If you are not in your start corral by 7:20 a.m. you must start at the back of your assigned wave.

Race start: 7:30 a.m.

Wave 1 (Red) directional map
Wave 2 (Blue)
Blue Gear Check
Start corrals: F, G and H
Suggested arrival time: 6 a.m.

Suggested entrance gates
- Start Corral F: Entrance Gate #4 - Ida B. Wells
  Entrance Gate #5 - Ida B. Wells
- Start Corral G: Entrance Gate #2 - Van Buren
  Entrance Gate #3 - Van Buren
- Start Corral H: Entrance Gate #1 - Jackson

Start corrals close: 7:45 a.m.
If you are not in your start corral by 7:45 a.m. you must start at the back of your assigned wave.

Race start: 8 a.m.

Wave 2 (Blue) directional map

Wave 3 (Orange)
Orange Gear Check
Start corrals: J, K and L
Suggested arrival time: 6:30 a.m.

Suggested entrance gates
- Start Corral J: Entrance Gate #4 - Ida B. Wells
- Start Corral K: Entrance Gate #5 - Ida B. Wells
  Entrance Gate #6 - Harrison
- Start Corral L: Entrance Gate #6 - Harrison
  Entrance Gate #7 - Harrison

Start corrals close: 8:10 a.m.
If you are not in your start corral by 8:10 a.m. you must start at the back of your assigned wave.

Race start: 8:35 a.m.

Wave 3 (Orange) directional map
Start line procedures
It will take approximately 20 – 25 minutes for the final participant from each wave to cross the start line. Please adhere to your assigned wave and the start time. Remember that your official time will not begin until you cross the timing mat at the start line. Follow directions from race officials and volunteers at all times for a safe and orderly start to the race.

Following the start of the race, Green Team Volunteers will collect discarded clothing in and around the start corrals. All clothing collected at the start is donated to Illinois Amvets.

Participant changing facilities
For your convenience, changing facilities are available near the gear check areas in Grant Park.

Pre-race fluids, supplies and toilet facilities
Gatorade Endurance Formula (lemon-lime), Gatorade Endurance Carb Energy Drink, Gatorade Endurance Carb Energy Chews, Gatorade Endurance Energy Gels and water will be available prior to the race at start hydration areas. Other supplies such as Band-Aids, safety pins and skin lubricant will be available at pre-race supply tents near your assigned gear check. Toilet facilities will be positioned near start corral entryways.

Refer to the Grant Park map on pages 27 and 28 for locations.

Lost and found
Lost and found items will be collected throughout race weekend at the Abbott Health & Fitness Expo and in Grant Park on race day. If you are looking for an item that was lost, please go to the nearest information tent for more information or visit chicagomarathon.com/lostandfound to confirm if your item was turned into the event lost and found. Following 4 p.m. on race day, items can be reclaimed at the Harrison Information Tent (east side of Michigan Avenue at Harrison Street) until 8 p.m. Any items unclaimed by Thursday, October 31, 2019, will no longer be available.

Use designated sidewalks and walkways in Grant Park to help preserve the foliage in one of Chicago’s best green spaces.
Course

Aid stations

20 aid stations are located along the course approximately one to two miles apart. Each aid station consists of the following amenities in this order:

- Medical Tent with access to a Runner Transport vehicle*
- Toilet facilities
- Gatorade Endurance Formula (lemon-lime flavor)
- Water

*Runner Transport vehicles provide non-emergency transportation back to Grant Park in the event that a participant is unable to complete the race.

Gatorade Endurance Carb Energy Chews will be available in Orange and Fruit Punch flavors at Aid Station 10 (Mile 13.2). One serving of Gatorade Endurance Energy Chews provides 31 grams of carbohydrate, 110mg of sodium and 120 calories.

Gatorade Endurance Energy Gels will be available in Apple Pear, Vanilla, Blackberry and Mango flavors at Aid Station 14 (Mile 18.2). One serving of Gatorade Endurance Energy Gel provides 20 grams of carbohydrate, 100mg of sodium and 80 calories.

Aid Stations 15-18 (Miles 19.5-23.5) will offer bananas.

Biofreeze Pain Relief Spray will be available at the Biofreeze Pain Relief Zone located at Mile 21.2 (Cermak Road and Archer Avenue). Apply Biofreeze Pain Relief Spray to alleviate aches & pains so runners can #FeelNoLimits. Trained Biofreeze personnel will be on-site to apply the product to participants.

Familiarize yourself with the locations and offerings at each aid station and prepare for slower traffic in these areas. The aid stations are approximately two city blocks in length; tables with Gatorade Endurance Formula and water line both sides of the street. Continue moving through the aid station if the first tables are too crowded to obtain fluids.

<table>
<thead>
<tr>
<th>Aid Station</th>
<th>Location</th>
<th>Mile</th>
<th>Items*</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>State St. between Randolph St. and Madison St.</td>
<td>1.6</td>
<td>G, W</td>
</tr>
<tr>
<td>2</td>
<td>LaSalle St. between Ohio St. and Huron St.</td>
<td>3.2</td>
<td>G, W</td>
</tr>
<tr>
<td>3</td>
<td>Stockton Dr. north of LaSalle St.</td>
<td>5.0</td>
<td>G, W</td>
</tr>
<tr>
<td>4</td>
<td>Cannon Dr. north of Fullerton Pkwy.</td>
<td>5.8</td>
<td>G, W</td>
</tr>
<tr>
<td>5</td>
<td>Inner Lake Shore Dr. between Cornelia Ave. and Addison St.</td>
<td>7.3</td>
<td>G, W</td>
</tr>
<tr>
<td>6</td>
<td>Broadway between Aldine Ave. and Belmont Ave.</td>
<td>8.8</td>
<td>G, W</td>
</tr>
<tr>
<td>7</td>
<td>Clark St. between Belden Ave. and Webster St.</td>
<td>10.1</td>
<td>G, W</td>
</tr>
<tr>
<td>8</td>
<td>Wells St. between North Ave. and Burton Pl.</td>
<td>11.5</td>
<td>G, W</td>
</tr>
<tr>
<td>9</td>
<td>Wells St. between Grand Ave. and Hubbard St.</td>
<td>12.6</td>
<td>G, W</td>
</tr>
<tr>
<td>10</td>
<td>Franklin St. between Washington Blvd. and Madison St.</td>
<td>13.2</td>
<td>G, W, GC</td>
</tr>
<tr>
<td>11</td>
<td>Adams St. between Racine Ave. and Throop St.</td>
<td>14.6</td>
<td>G, W</td>
</tr>
<tr>
<td>12</td>
<td>Jackson Blvd. between Honore St. and Ogden Ave.</td>
<td>15.8</td>
<td>G, W</td>
</tr>
<tr>
<td>13</td>
<td>Jackson Blvd. between Sangamon St. and Green St.</td>
<td>17.0</td>
<td>G, W</td>
</tr>
<tr>
<td>14</td>
<td>Taylor St. between Racine Ave. and Loomis St.</td>
<td>18.2</td>
<td>G, W, GG</td>
</tr>
<tr>
<td>15</td>
<td>18th St. between Blue Island Ave. and Throop St.</td>
<td>19.3</td>
<td>G, W, B</td>
</tr>
<tr>
<td>16</td>
<td>Canalport Ave. between Halsted St. and Cermak Rd.</td>
<td>20.2</td>
<td>G, W, B</td>
</tr>
<tr>
<td>17</td>
<td>Wentworth Ave. between 29th St. and 31st St.</td>
<td>22.3</td>
<td>G, W, B</td>
</tr>
<tr>
<td>18</td>
<td>Indiana Ave. between 34th St. and 33rd St.</td>
<td>23.5</td>
<td>G, W, B</td>
</tr>
<tr>
<td>19</td>
<td>Michigan Ave. between 28th St. and 26th St.</td>
<td>24.1</td>
<td>G, W</td>
</tr>
<tr>
<td>20</td>
<td>Michigan Ave. between 18th St. and 16th St.</td>
<td>25.2</td>
<td>G, W</td>
</tr>
</tbody>
</table>

*G = Gatorade Endurance Formula; W = Water; GC= Gatorade Endurance Carb Energy Chews; GG= Gatorade Endurance Energy Gel; B = Bananas

This year, Zero Waste Stations in Grant Park and all on course aid stations will be collecting organic waste, including water cups, Gatorade Endurance cups, banana peels and other food scraps, which will be turned into nutrient-rich soil and donated to local community gardens.

Course time limit

The Bank of America Chicago Marathon has a course time limit of 6 hours and 30 minutes. After this time, the course will re-open to vehicular traffic. You must maintain a 15-minute per mile pace (approximately) or faster, completing the full marathon distance—start line to finish line—within the event time requirement. Those who finish outside of the time limit will not be recorded as official finishers and may not receive full on-course support from aid stations and traffic safety personnel.
Timing checkpoints, clock and mile markers
Timing checkpoints are positioned at the start line, at each 5K, at the halfway point (13.1 miles) and at the finish line. Your MYLAPS BibTag timing device will register split times at each of these checkpoints.

Digital clocks are positioned at the start line, throughout the course and at the finish line to provide the elapsed race time. Mile and kilometer markers are positioned at each mile and 5K to assist you in locating the clocks. Digital clocks at the finish line will display the elapsed race time, which begins with the start of Wave 1 (7:30 a.m.). Your individual race time may differ depending on when you cross the official start line.

Prohibited devices on course
Wheeled devices are not permitted on the Bank of America Chicago Marathon course by anyone other than a registered and authorized wheelchair, handcycle and duo team participants. Prohibited wheeled devices include non-registered wheelchairs and handcycles, baby joggers, strollers, skateboards, rollerblades and bicycles.

The use of selfie-sticks, camera mounts, video devices, computers or any similar devices by anyone while participating in the event is prohibited. Camelbaks® and any type of hydration backpack are not permitted. For the avoidance of doubt, fuel belts and hand-held water bottles are allowed. Please be aware you may be asked to empty the contents of these containers before entering Grant Park.

Music devices with headphones are permitted for use on the course; however, participants must be alert to their surroundings at all times and must pay attention to important announcements made in Grant Park and along the course. Music devices with headphones are not permitted for use by athletes in the American Development Program.

Additional prohibited items on the course route include, but are not limited to: large bags (backpacks, suitcases and rolling bags), hard-sided coolers, costumes covering the face, any non-forming bulky outfits extending beyond the perimeter of the body, props and non-running equipment, pets/animals (except for service animals), alcoholic beverages, illegal substances, chairs, weapons, remote controlled aircrafts and drones. Please note, any items deemed to be dangerous or inappropriate will be confiscated at the sole discretion of security personnel.

Sustainability
Incorporating environmentally and socially responsible practices is an important part of the operational planning, preparation and execution of the Bank of America Chicago Marathon. In 2018, the Bank of America Chicago Marathon was named an Evergreen Inspire certified event by the Council for Responsible Sport in recognition of our sustained commitment to environmental stewardship and social responsibility. We ask that you join us race weekend as we continue our efforts to be a more sustainable event.

Look for recycling icons located throughout the guide to learn how you can help us with our sustainability initiatives at this year’s event.
Grant Park: Finish line

Finish line procedures
For the convenience and safety of all participants, please continue moving through the finish area. No stopping or loitering is allowed at or beyond the finish line. Participants who sit or lie down in the finish area will be immediately transferred to the medical tent and will not be released until cleared by medical staff. Volunteers will be positioned just beyond the finish line within the runner recovery area to distribute Heatsheets™ and finisher medals. Once you exit the finish area, there is no re-entry.

Heatsheets collected race day will be turned into Trex boards (a wood-alternative material) and used to make benches that will be donated to the communities impacted by the race.

Mariano’s Runner Refreshment
Refreshments will be available beyond the finish line within the Mariano’s Runner Refreshment area, including Gatorade Endurance Formula (lemon-lime), Aquafina bottled water, bananas, Gatorade Whey Protein Recovery Bars and a variety of other Simple Truth food products from Mariano’s Fresh Market. For participants age 21 and over, Chicago’s own Goose Island Beer Co. will provide complimentary 312 Dry-Hopped Urban Wheat Ale.

Following the race, look for volunteers handing out Michigan Apples in the Runner Refreshment area. Refuel your body with a locally sourced and healthy treat.

Runner Reunite
Connect with friends and family after the race, at Runner Reunite. Alphabetical signs (A-Z) will be staged on Columbus Drive adjacent to the Biofreeze 27th Mile Post-Race Party to facilitate meeting locations by name. When making plans to reunite with your family and friends, factor in the necessary time it will take you to navigate through the finish area and collect your bag from gear check. Also, be sure to devise a back-up plan in the event that you cannot locate your party within Grant Park. Once you’ve connected, head to the Biofreeze 27th Mile Post-Race Party to celebrate your finish.

Biofreeze 27th Mile Post-Race Party
After connecting with your loved ones, celebrate your accomplishment at the Biofreeze 27th Mile Post-Race Party in Butler Field, near the start line at Columbus Drive and Jackson Drive. The outdoor celebration will feature live music, food and beverages available for purchase. Participants age 21 and over (photo ID required) can redeem the tear-off portion of their bib number for one Goose Island 312 Urban Wheat Ale or a Born + Raised Cream Ale.

The Biofreeze 27th Mile Post-Race Party is open to the public from 9:30 a.m. – 4 p.m., with live music beginning at 10:30 a.m. and beer ticket redemption and sales from 9:30 a.m. – 3:30 p.m.

Consider bringing a reusable water bottle or refilling your Aquafina bottle from the Mariano’s Runner Refreshment area on race day. Water filling stations will be located in the gear check areas and in the Biofreeze 27th Mile Post-Race Party.

Massage therapy
More than 200 trained massage volunteers will offer complimentary post-race massage treatments for participants from 10 a.m. – 4 p.m. The Massage Tent will be located within the Biofreeze 27th Mile Post-Race Party at the southwest corner, adjacent to the Petrillo Band Shell.

Race day runner results
Look up your finisher results at the race day runner results tent within the Biofreeze 27th Mile Post-Race Party. Volunteers will be on hand to help participants and spectators look up unofficial race day results.

Continue your post-race celebration with Goose Island Beer Co.
Goose Island is proud to set the pace for race day refreshments in Chicago. Enjoy 312 Urban Wheat Ale or a Born + Raised Cream Ale at the Biofreeze 27th Mile Post-Race Party, in Grant Park’s Butler Field, immediately after the race.
After the Biofreeze 27th Mile Post-Race Party, continue the celebration at one of the five Goose Island Post-Race Participant Celebrations throughout the city. Be one of the first three hundred and twelve runners to arrive wearing a 2019 finisher medal, at any of the five locations, and the first 312 Urban Wheat Ale is on the house!

This year’s Goose Island post-race participant celebrations will take place at:

**Goose Island Tap Room**
1800 W. Fulton St.
Chicago, IL 60622

**Lizzie McNeal’s**
400 N. McClurg Ct.
Chicago, IL 60611
312.467.1992

**The Scout Waterhouse + Kitchen**
1301 S. Wabash
Chicago, IL 60605
312.705.0595

**The Plaza at Park Grill**
11 N. Michigan Ave.
Chicago, IL 60602
312.521.7275

**Hard Rock Café Chicago**
63 W. Ontario St.
Chicago, IL 60654
312.943.2252

**Goose Island Brewhouse**
1800 N Clybourn Ave.
Chicago, IL 60614

Visit the Goose Island rail car at the Abbott Health & Fitness Expo to sample a selection of Goose Island beers.

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**Post-race Race results**

Unofficial race results will be available on race day at chicagomarathon.com. The Monday, October 14, edition of the Chicago Tribune will include full race day coverage and unofficial results listings in the commemorative 2019 Bank of America Chicago Marathon section.

Once race results are deemed official, all official finishers will be emailed a link to download their digital finisher’s certificate. All official finishers will receive the 2019 Bank of America Chicago Marathon results book mailed after the event with a complete listing of results, race day coverage and photos.

*Due to production deadlines, the Chicago Tribune cannot guarantee but will make best efforts to include the names of all participants who finish the Bank of America Chicago Marathon under 6 hours and 30 minutes.

**Age divisions and awards**

Personalized engraved finisher medals will be awarded to the top five finishers in each age division listed below. Age group medals will be mailed to the winners following the official verification of all race results.

Medical support
Medical support is available at 21 on-course locations: all 20 aid stations and an additional medical tent in the final mile. Medical tents are indicated by tall, red, blade signs with the medical icon. Each medical tent is staffed by a team of medical professionals, is equipped with emergency and first aid supplies and has access to ambulance service.

In Grant Park, the Main Medical Tent, Podiatry Tent and Ice Station are located directly beyond the finish line. An additional medical tent is located in Grant Park adjacent to the Biofreeze 27th Mile Post-Race Party. For the safety of all participants, only those requiring medical assistance may access the medical facilities.

Lend a hand, save a life! Participants, volunteers and event staff will receive a link to access an instructional Hands Only CPR video in your race week EAS email.

Runner Transport service
Runner Transport vehicles provide non-emergency transportation from all 20 aid stations back to Grant Park in the event that a participant is unable to complete the race. Runner Transport signs and volunteers wearing green vests will be located at each on-course medical tent.

American Red Cross Safe and Well Program
If a participant is transported to a local area hospital at the discretion of the medical team, the American Red Cross of Greater Chicago’s Safe and Well staff will be on hand in Grant Park to provide information regarding that patient to family and friends. Safe and Well staff can be found in the Information Tents located throughout Grant Park as well as at the American Red Cross Safe and Well Program Medical Information Station located in the Medical Family Waiting Tent located on Jackson. Family members may also call 888.659.9877 to speak with a Safe and Well Operator to inquire about a patient. Refer to the course map for locations and inform friends and family of this service in advance of race day.

Hospitality & promotions
Balbo Hospitality Tent
If you purchased a ticket to the Balbo Hospitality Tent, your ticket for venue access and race day instructions must be picked up at the Hospitality Ticket window located at the Abbott Health & Fitness Expo Participant Services area. Tickets will be held under the name of the person who purchased the tickets.

If you purchased tickets for two or more, the tickets will be held under the purchaser’s name. To pick up tickets purchased by another person, the designee must bring a photo ID and a signed permission statement from the original purchaser. You must pick up your hospitality tickets at the Abbott Health & Fitness Expo during regularly scheduled hours. You will not be able to access the Balbo Hospitality Tent on race day without your ticket.*

* Both runners and spectators need a ticket for the Balbo Hospitality tent to gain entry.

Official Bank of America Chicago Marathon merchandise from Nike
Commemorate your Bank of America Chicago Marathon experience with official merchandise offered by Nike. The official merchandise collection includes commemorative performance running and lifestyle apparel and can be purchased at the following locations starting September 19, 2019. Official finisher merchandise will be available on Saturday, October 12, only at Nike Chicago, Nike Running Bucktown and Nike.com.

• Abbott Health & Fitness Expo (October 11 & 12)
• Nike Chicago, 669 N. Michigan Ave.
• Nike Running Bucktown, 1640 N. Damen Ave.
• Nike.com
• Fleet Feet Old Town, 1706 N. Wells St.
• Heartbreak Hill Running Company, 2148 N. Halsted St.
Commemorative merchandise
Commemorative merchandise for the 2019 Bank of America Chicago Marathon will be sold at the Abbott Health & Fitness Expo.

Visit chicagomarathon.com/commemorativemerchandise for more information.

Race photos from MarathonFoto
MarathonFoto has been the official photographer of the Bank of America Chicago Marathon for three decades. This year, MarathonFoto will have over 120 photographers strategically positioned at 13 different locations along the course and as you cross the finish line. After your big finish, pose in front of a custom Bank of America Chicago Marathon finisher backdrop and show off your medal. Additional candid photos will be taken at the Biofreeze 27th Mile Post-Race Party. Your finish line photo will be available 30 minutes after the race along with an exclusive race day offer. All participant event photos will be loaded to the individual runner pages in the days following the event.

Visit marathonfoto.com for more information.

GO Airport Express
GO Airport Express offers efficient and economical shared-ride shuttles from O’Hare and Midway airports. GO Airport Express counters can be found in the baggage claim area of the airport. O’Hare counters are located in Terminal 1, Terminal 2, Terminal 3 and outside of Terminal 5. The counter at Midway Airport is located at Door 2. Shuttles depart every 15 to 20 minutes from O’Hare and every 20 to 25 minutes from Midway.

Book your shuttle in advance and pay $20 per person for up to two riders. Groups of three or more will receive a greater discount and pay $16 per person.

Visit airportexpress.com/reservations to make a reservation or call 800.284.3826 and use the code “MARATHON.” For private charters call 773.843.2420.

Chicago Tribune Commemorative Results Package
The Commemorative Results Package, exclusively from the Chicago Tribune, is a premium keepsake section with the names and times of all Chicago Marathon finishers under 6:30:59. Preorder now in your participant account to receive the entire package which includes:
- The Official Bank of America Chicago Marathon Results Section
- The Sunday (race day) and Monday (post-race) editions of the Chicago Tribune featuring marathon preview and recap coverage
- A Congratulatory Print (10’x10.5’)
- Shipping/Handling

Own the memento that celebrates your incredible accomplishment – a newsworthy accomplishment of a lifetime.

City Scents flowers for sale
City Scents is offering “good luck” and “congratulations” floral arrangements and bouquets for purchase online and on race day. For delivery to a hotel, home or office, go to the Marathon store page at chicagomarathon.com or call 312.836.0211 or 800.886.1050; or stop by their 209 E. Ohio Street location. City Scents also offers floral bouquets for sale on race day in Grant Park at four locations near the start/finish area.

Refer to the Grant Park map on pages 27 and 28 for locations.
Spectator Information

Watch live on race day
NBC 5 Chicago and Telemundo Chicago will provide complete live TV coverage and live streaming of the Bank of America Chicago Marathon on Sunday, October 13. The NBC 5 Chicago and Telemundo live television broadcast will air from 7 – 11 a.m. and the live stream will be available at nbcchicago.com and telemundochicago.com from 7 a.m. – 3 p.m.

Visit nbcchicago.com and telemundochicago.com for more information.

Listen live on race day
670 The Score Sports Radio will provide complete live radio coverage of the Bank of America Chicago Marathon on race day from 7 a.m. – 11 a.m. Listen to Josh Liss and expert analysts provide a play-by-play of all the exciting action on Sunday, October 13.

Download the Bank of America Chicago Marathon App, Powered by TCS
The Bank of America Chicago Marathon App, Powered by Tata Consultancy Services is the perfect resource to prepare for the 2019 Bank of America Chicago Marathon. Whether you’re running or spectating, the free mobile app includes everything you’ll need to be prepared for a great race week experience.

The 2019 mobile app features unlimited live race day runner tracking, elite athlete profiles, live broadcast streaming, real-time weather, an interactive course map, bib share, marathon store, event photos and much more! Available now on the App Store and Google Play.

Avoid printing participant materials. Instead, take advantage of digital event materials such as the Bank of America Chicago Marathon App, Powered by TCS.

Live results at chicagomarathon.com
See live race day results at chicagomarathon.com. The mobile-friendly race website allows spectators to view our race leaderboard and to follow friends and family by getting real-time updates and splits every 5K.

Bank of America Cheer Zone – Mile 26
Encourage your friends and family to join Bank of America on-course at our inspirational cheer zone where cheer items will be on hand for them to show their support! Listen for the sound of noisemakers as you enter the Bank of America Cheer Zone. The on-course DJ and drumline will be there to encourage you in the final stretch towards the finish line. The Bank of America Cheer Zone begins at Michigan Avenue and 16th Street and continues onto Roosevelt.

Connect to the Bank of America Chicago Marathon and each other at bankofamerica.com/chicagomarathon or at #ChicagoMarathon.

Charity Block Party
Thousands of Bank of America Chicago Marathon participants are running and fundraising on behalf of important local, national and global causes. To celebrate the impact these participants, make, the Bank of America Chicago Marathon will host a Charity Block Party near Mile 15. Spectators, family and friends are welcome to cheer on their charity runners at the Charity Block Party located at Adams Street and Loomis Street near Whitney Young High School.

Since 2012, Bank of America Chicago Marathon runners have raised over $200 million for local, national and global causes. Visit chicagomarathon.com/charity to learn more about the organizations in the program and how you can make a difference!
Event rules
The following event rules are intended to help produce and direct a large scale event, to ensure the safety of all participants, to meet the requirements of local government permits and to be compliant with applicable USA Track & Field (USATF) and International Association of Athletics Federation (IAAF) regulations for participant performance records and event liability.

Participation
- Registrants must be capable of completing the full distance, start line to finish line, within the event time requirement of 6 hours and 30 minutes.
- To register, you must be 16 years of age or older on event day. Registrants under 18 years of age must have the applicant waiver signed by a parent or legal guardian.
- Each participant must sign an event waiver before participating in the event as part of the registration process. Registrants under 18 years of age must have the applicant waiver signed by a parent or legal guardian.
- The event time requirement and age minimum apply to all forms of entry and event participation.
- Any participant seeking accommodation in respect of a disability must submit a written request to the Athlete with Disabilities Coordinator at awdprogram@chicagomarathon.com.
- Participant race number bibs are specific personal identifiers and may not be exchanged, transferred or sold to any other person.
- The sale and/or transfer of race entries/bibs is strictly prohibited and will result in the disqualification and/or banning of any individuals involved from future events.
- Race entries and ancillary purchases are non-refundable and non-transferable under any and all circumstances.

Packet (bib number) pick-up
- Participants must pick up their own packets at the Abbott Health & Fitness Expo during regularly scheduled hours. No exceptions.
- Participants must provide photo identification upon picking up their packets to verify their identity as the registrant to whom the bib number is assigned.
- Participants are responsible for verifying that the timing device attached to the bib number is worn correctly during the race.

Event day
- Participants must follow instructions as given from all event officials including race staff, volunteers, medical personnel, security officers and city officials throughout the duration of the event. All participants are expected to conduct themselves in a professional and courteous manner during their participation in the event. This means, for example, that urinating or defecating anywhere on or near the course shall be strictly prohibited except in toilet facilities. Anyone violating this rule of conduct shall be disqualified from the event and will be asked to leave the course.
- All participants will be provided with a personally assigned event bib number, which must be conspicuously worn on the front (and back when applicable) of their running attire throughout the duration of the event. The event bib number is to be worn as issued. No participant shall be permitted to participate in the event without his/her appropriate bib number.
- The use of selfie-sticks and any camera mount or rig by participants while in the event, is prohibited.
- The use of wheeled devices by participants or any other person authorized to be on the course shall be strictly limited to: (a) authorized and registered wheelchair, handcycle and duo team participants and (b) authorized course marshals on bicycles.
- The use of video devices, computers, drones, unmanned aerial devices, or any similar devices are not permitted on or near the course.
- Baby joggers, baby strollers, skateboards, rollerblades, unauthorized bicycles or any other wheeled devices are not permitted on the course.
- Additional prohibited items on the course route include, but are not limited to: large bags (backpacks, suitcases and rolling bags), hard-sided coolers, costumes covering the face, any non-forming bulky outfits extending beyond the perimeter of the body, props and non-running equipment, pets/animals (except service animals that are trained to perform specific work or tasks for a person with a disability), alcoholic beverages, illegal substances, chairs, weapons, remote controlled aircrafts and drones, Camelbaks® and any type of hydration backpack. For the avoidance of doubt, fuel belts and hand-held water bottles are allowed. Please be aware you may be asked to empty the contents of these containers before entering Grant Park.
- Participants must begin the event during the official recognized start times.
- The event has a course time limit of 6 hours and 30 minutes. The official end vehicle will start following the last starter and maintain a 15-minute per mile pace along the race course.
- Participants must maintain a 15-minute per mile pace (approximately) or faster and complete the full marathon distance—start line to finish line—within the event time requirement. Participants outside of the time limit may not be recorded or published as official finishers, receive full on-course support from aid stations and traffic safety personnel, or be allowed to complete the full marathon distance.

The start
- Participants will be assigned to designated “start corrals” in accordance with time qualifying standards established each year by the event management. Assignments will be based on verification of qualifying performances submitted or performed by participants or the performance indicated at the point of registration.
- Participants will be notified of their start corral assignments by mail on their Packet pick-up ticket or on the event website: chicagomarathon.com.
- All participants are responsible for knowing the race’s start time and check-in method for their start corral. All participants must be present at the appointed time to receive instructions and to participate in the official start of the race.
- Participants shall assemble for the race in their assigned start corral prior to closing of their corral and the race start. Any athlete attempting to enter a start corral to which he/she is not assigned will be required to start after all other participants have crossed the start line.
- All participants must enter their start corral at the designated entry points. Any person who climbs the fence or otherwise enters improperly will be disqualified from the event.
- All participants must be positioned behind the official start line prior to the start of the race.

Course monitoring
- Any participant who refuses to obey the directions of event officials, city officials or course marshals, or who conducts himself/herself in an unsportsmanlike manner, or who is offensive by action or language to officials, volunteers, participants or spectators, may be disqualified from the event and from future participation at the discretion of race officials.
- No participant, after leaving the course, will be allowed to rejoin the race either for the purpose of gaining a place or to pace or to assist another participant.
- Any participant who has been found by a course marshal, event official or surveillance equipment to have gained an unfair advantage by intentionally shortening the route of the race (“cutting the course”) will be disqualified from the event.
- A participant who has received any assistance whatsoever from any other person may be disqualified from the event. “Assistance” includes, without limitation, the conveying of advice, information or direct or indirect help to an athlete by any means, including technical communication devices. It also includes pacing by persons not officially participating in the event. It does not include participation of officially designated Guides or contracted pacesetters in the race, provided such pacesetters start in the event.
- Any person participating in the event without a current official event bib number or timing device or a bib or timing device not officially assigned to him/her is subject to removal and disqualification from future events.
• No persons are authorized to be on the course unless they are registered participants or authorized event staff. Therefore, no person shall be allowed to accompany a participant if he/she is not registered in the event, nor shall any participant be allowed, without the permission of the event management, to receive assistance or refreshment from anyone during the progress of the event. Any person not properly displaying an official event bib number will be directed to leave the course.
• A hands-on medical examination during the progress of an event by officially designated medical personnel is not considered assistance and will not result in disqualification if the participant is deemed medically fit to continue in the race.

Participant safety
• The use of video devices and computers or similar devices by participants while in the event is prohibited. The use of wheeled devices by participants or any other person authorized to be on the course is strictly limited to: (a) authorized and registered wheelchair and handcycle participants and (b) authorized course marshals on bicycles. Baby joggers, baby strollers, skateboards, rollerblades, unauthorized bicycles or any other wheeled devices will not be permitted. Participants are responsible for their recognition and understanding of event signage and symbols relating to participant maps, facilities and directions.
• Medical personnel authorized by the event to do so may examine any participant who appears in distress. If, in the sole opinion of authorized medical personnel, it is in the best interest of the participant’s health and welfare, medical personnel may remove a participant from the event.
• Participants must retire at once from the race if ordered to do so by a member of the event staff, medical staff or any governmental authority, including fire and police officers.
• Participants are responsible and assume liability for any and all medical expenses incurred as a result of training for and/or participation in the event, including but not limited to ambulance transport, hospital stays, physician and pharmaceutical goods and services.
• Event officials reserve the right to delay, cancel or suspend the race due to inclement weather in accordance with Emergency Protocol on severe emergencies and/or inclement weather.

Result timing
• All participants are assigned a timing device prior to the event which is attached to their bib.
• Clock time (gun time) is the official time for designated elite athletes, American Development Program participants and Wheelchair participants. Official times will be recorded from the start of the race by the air horn to the point where participants cross the finish line. Times will be rounded to the next highest second. Net times will not be used for any purpose regarding designated elite athletes, American Development Program participants and Wheelchair participants.
• Official times for participants in Start Corrals A, B, C, D, E, F, G, H, J, K and L will be the electronic timing device time (net time) from when the participant crosses the start line to the point where the participant crosses the finish line.
• Participants must wear their assigned timing device, which is permanently attached to their bib number, from start line to finish line to receive an accurate finish time.
• Participant net times that exceed the event time requirement (6 hours, 30 minutes) may not be recognized as official finishers.

Timing disqualification
• Participants found to be wearing two or more timing devices during the race will be disqualified and their results will not be recorded.
• Participants with missing or irregular split times at official timing checkpoints will be reviewed and may be disqualified.
• All finish times are reviewed before times are deemed official. Participants will be given the opportunity to appeal unofficial finish times before the finish times are made official.
• Participants must begin the event during the official recognized start time in order to register an official finish time.

Prize money and awards
• In accordance with IAAF and USATF sanctions, athletes are subject to anti-doping rules. An anti-doping rule violation occurring during or in connection with the event may lead to disqualification of the athletes’ individual results, including forfeiture of all awards, points and prizes.
• All finish times and placements are reviewed and deemed official before cash awards are distributed.
• Any U.S. citizen who qualifies for prize money may be required to pay taxes on the gross amount. W-9 forms with a Social Security Number or Tax ID and signature are required by the United States Internal Revenue Service (IRS).
• Any non-U.S. citizen who qualifies for prize money may be subject to Income Tax withholding, which will be deducted from the prize money as required by the United States IRS.
• The age of a participant on the day of the race determines his or her Masters classification. If age verification is requested, a government-issued photo ID will be an acceptable proof of age.
• Participants may compete in the gender category with which they identify without any need for disclosure of information or other requirements. Age group participants who finish in the top five in their age group are eligible to receive awards, and in keeping with applicable USATF rules, participants who qualify for such age group awards will be required after the race to provide a copy of a government-issued photo ID to verify age and gender information, and may be required to supply additional information in keeping with USATF rules.
• Athletes who qualify for prize money or other awards will be required after the race to provide a copy of a government-issued photo ID to verify age and gender information in keeping with applicable USATF rules, and may be required to supply additional information in keeping with USATF rules.

Exceptions
• Any individual requesting a waiver of any of these rules must submit a written request no less than 30 days prior to the event date specifying the nature of and reasons for the request.

Amendments / reservations / acknowledgements
• Event officials reserve the right to modify, supplement or waive all or part of the event rules.
• Participants shall be bound by any modification or supplement of the event rules published prior to the event.
• Failure to follow these event rules, as may be amended, will result in immediate disqualification, loss of prizes and removal from official results.
• The Bank of America Chicago Marathon follows, and participants are subject to, the rules specified by USATF and IAAF. Please visit usatf.org and iaaf.org for additional information concerning the rules mandated by the governing bodies of the sport.

The Bank of America Chicago Marathon follows, and participants are subject to, the rules specified by USATF and IAAF. Please visit usatf.org and iaaf.org for additional information concerning the rules mandated by the governing bodies of the sport.
COOL THE PAIN
AND GET BACK IN THE RACE.