

26.2 IS BACK!



REUNITED

APRIL 25-27, 2024
CHAMPAIGN, ILLINOIS



CHRISTIE CLINIC

ILLINOIS

2024 Race Weekend



MARATHON | HALF MARATHON | 4-PERSON RELAY
10K | 5K | MILE | YOUTH RUN | EIGHT I-CHALLENGES

ILLINOISMARATHON.COM

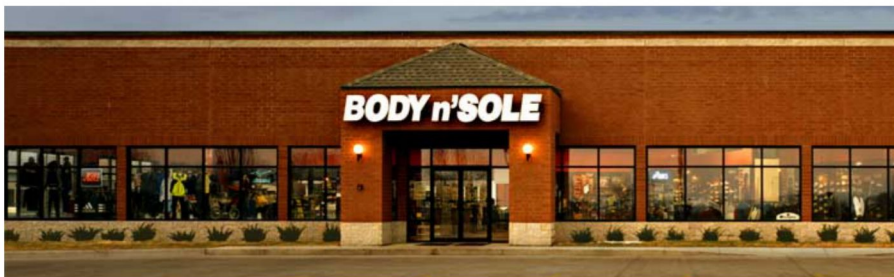
OFFICIAL RACE GUIDE

BODY n'SOLE

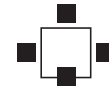
OFFICIAL CHRISTIE CLINIC Illinois Race Weekend Headquarters



OPEN M-F 9-7 SAT 9-5:00 SUN 12-5
BE SURE TO VISIT OUR BOOTH AT THE
RACE EXPO APRIL 25th & 26th



RT 45 S. & CURTIS RD IN SAVOY
BODYNSOLESPO RTS.COM



CHRISTIE CLINIC
We listen. We care.

www.christieclinic.com

A Message from Christie Clinic CEO Kenny Bilger

Welcome, Christie Clinic Illinois Race Weekend Participants! Christie Clinic Illinois Race Weekend is like no other, and we're so glad to be REUNITED in Champaign-Urbana! This weekend showcases the very best of our community—from the volunteers who share their time to make race weekend special to the many who run, walk, jog, and roll their way through our community. This year we welcome back the 26.2, and we are eager to see our marathon runners back in the race.

Whether you're running, volunteering, or cheering someone on, take a moment to consider the powerful benefits of an active lifestyle and a healthy community. The health benefits are real for those who embrace being active and fit. It's a mission at the heart of the care that Christie Clinic has been providing east central Illinois for more than 90 years and something we can all get behind.

Heartfelt thanks to everyone who has played a role in making the Christie Clinic Illinois Race Weekend a great success!

Best of luck on the course and stay well!

Kenny Bilger
Chief Executive Officer
Christie Clinic

For more information on Christie Clinic, please visit: www.christieclinic.com. You can also follow us on Facebook and Instagram.

A Message from Race Director Jan Seeley

Welcome, runners (especially our marathoners!), walkers, volunteers, and fans! On behalf of the entire team behind the 15th annual Christie Clinic Illinois Race Weekend, we want to extend a very special “thank you” to all of you for deciding to make Champaign-Urbana & Savoy your race destination for 2024. We are so grateful to come together again. We have a fabulous race weekend in store for you. From the Health & Fitness Expo to the start line ceremonies, from the delicious postrace food to the 4th Mile Street Fest on Friday night and the Meijer 27th-Mile Celebrate Victory Bash on Saturday, it is our goal to make this weekend a lasting memory for you. This event would not be possible without the tremendous support of so many people—the cities of Urbana and Champaign, the University of Illinois, the Village of Savoy, title sponsor Christie Clinic and 79 other sponsors, 65 race committee members, 2,000 volunteers, thousands of fans, and many more.

Please take a moment to say “hi” to some of these people when you are on the course and at the finish line. The Champaign-Urbana communities pride themselves on hospitality, and they will prove it to you on Race Weekend! We wish all of you the best of luck in your event(s). Through hours of hard work and dedication, you have all earned the right to step up to the starting line. This is your day!

C-U at the start . . . C-U at the finish . . . be reunited in Illinois!



Jan Seeley

Jan Seeley
Director
Christie Clinic Illinois Race Weekend



© MarathonFoto

The Christie Clinic Illinois Race Weekend would like to thank these businesses for making this event possible.

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- Christie Clinic
- Green Street Realty
- University of Illinois Alumni Association

GOLD SPONSORS

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- Jackson Chiropractic & Acupuncture
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WITH SPECIAL THANKS TO

- Cross Construction, Dixon Graphics, Duce Construction & Tyson’s Roll Off Dumpsters & Disposal

OFFICIAL HOST

- Experience Champaign-Urbana

2024 Christie Clinic Illinois Race Weekend Schedule of Events

THURSDAY, APRIL 25

Activities and Recreation Center (ARC), 201 E. Peabody Drive, University of Illinois

Event	Time	Location
Health & Fitness Expo	4:00 P.M. to 8:00 P.M.	ARC, Gym 1
Youth Run registration	4:00 P.M. to 8:00 P.M.	ARC, Gym 2
Chip/number/ race guide pickup	4:00 P.M. to 8:00 P.M.	ARC, Gym 2
Shirt/goody bag pickup	4:00 P.M. to 8:00 P.M.	ARC, Gym 1
Green St. Mile/ Postrace Party	7:30 P.M.	Green St./ Goodwin Ave. Postrace @ The City Center

FRIDAY, APRIL 26

Activities and Recreation Center (ARC), 201 E. Peabody Drive, University of Illinois

Event	Time	Location
Health & Fitness Expo	10:00 A.M. to 7:00 P.M.	ARC, Gym 1
Youth Run registration	10:00 A.M. to 7:00 P.M.	ARC, Gym 2
Chip/number/ race guide pickup	10:00 A.M. to 7:00 P.M.	ARC, Gym 2
Shirt/goody bag pickup	10:00 A.M. to 7:00 P.M.	ARC, Gym 1
Speaker Series	2:00 P.M. to 5:00 P.M.	ARC Auditorium
4th Mile	6:00 P.M. to 10:00 P.M.	Kirby Ave. between First and Fourth Sts. (south of horseshoe)
5K National anthem	7:20 P.M.	Oak St., south of St. Mary's Rd.

5K Run/Walk Beginning at 7:30 P.M.
in waves Oak St., south of
St. Mary's Rd.

SATURDAY, APRIL 27

Event	Time	Location
Bag Drop	5:30 A.M.	On First St., north of the start line
Einstein Bros. Bagels Bar/Columbia Street Roastery Coffee Cafe	6:00 A.M. to 8:00 A.M.	On First St., north of the start line
Start-line lineup	7:00 A.M.	First St. and St. Mary's Rd.
National anthem	7:20 A.M.	First St. and St. Mary's Rd.
Wheelchair half marathon	7:31 A.M.	First St. and St. Mary's Rd.
Marathon, Relay and Half Marathon	Beginning at 7:33 A.M. in waves	First St. and St. Mary's Rd.
10K	8:00 A.M.	First St. and St. Mary's Rd.
Postrace food	8:30 A.M. to 2:00 P.M.	Great West Hall, Memorial Stadium
Meijer 27th-Mile Celebrate Victory Bash	8:00 A.M. to 2:00 P.M.	Kirby Ave. between First and Fourth Sts. (south of horseshoe)
Athletico Postrace Stretching Zone	8:30 A.M. to 2:00 P.M.	Memorial Stadium, southeast of the finish line
Christie Clinic Postrace Stretching Zone	8:30 A.M. to 2:00 P.M.	27th Mile, Kirby Ave
Youth Run/Postrace food	3:00 P.M.	Memorial Stadium and Great West Hall

Prerace Information

Health & Fitness Expo/number pickup: Pickup of your race number with embedded timing chip, official race guide, race shirt, and goody bag occurs at the Health & Fitness Expo at the Activities and Recreation Center (ARC), 201 E. Peabody Dr. on the campus of the University of Illinois, from 4:00 p.m. to 8:00 p.m. on Thursday, April 25, and from 10:00 a.m. to 7:00 p.m. on Friday, April 26. Race shirt and goody bag pickup take place in Gym 1. The expo is free and open to the public.

Race Weekend Health & Safety Policy: Race organizers and the medical team encourage entrants to be fully vaccinated, but no proof of vaccination or negative PCR test is required to participate. Fully immunized people can still contract and transmit COVID-19, although at a much lower rate than those unvaccinated. So even if you are fully vaccinated, if you are experiencing any symptoms of viral illness (headache, sore throat, cough, fever, fatigue, body aches, loss of sense of smell or taste, shortness of breath), you should not report to the start line on April 25–27. Medical deferral to our 2025 Christie Clinic Illinois Race Weekend event will be granted to anyone who cannot participate due to any potential COVID-19 symptoms (contact race organizers at director@illinoismarathon.com or call the race hotline at **217/902-1538**).

Late packet pickup on April 26: We are offering LATE packet pickup at Body n' Sole Sports, 1317 N. Dunlap Ave. (Rt. 45), Savoy, from 7:45 p.m. to 9:30 p.m. on Friday, April 26, for those entrants who cannot get to the expo before it closes at 7:00 p.m. If you let us know ahead of time that you will be coming to late packet pickup (see the link on this page: <https://illinoismarathon.com/packet/>), we will have your race shirt available, in addition to your race number and goody bag. Otherwise, we will have your race number and goody bag only, and we're happy to mail your race shirt to you after race weekend. Please bring a check or money order for \$5.00 (made payable to C-U Marathon, LLC) to late packet pickup to cover the cost of postage.

Emergency packet pick up upon race morning, April 27: We will also have emergency packet pickup in the Great West Hall of Memorial Stadium on Saturday, April 27, from 5:30 a.m. to 7:00 a.m. If you let us know ahead of time that you will be coming to late packet pickup (see the link on this page: <https://illinoismarathon.com/packet/>), we will have your race shirt available, in addition to your race number and goody bag. Otherwise, we will have your race number and goody bag only, and we're happy to mail your race shirt to you after race weekend. Please bring a check or money order for \$5.00 (made payable to C-U Marathon, LLC) to late packet pickup to cover the cost of postage.

Row & Run DREAM: *Back for 2024.* Sponsor Orangetheory Fitness will have a double booth at the Health & Fitness Expo with WaterRowers and heavy “slam” balls. Each Row & Run participant completes three minutes of rowing and one minute of ab rotations with a slam ball. Based on your combined “scores” on the WaterRower and slam ball, your finish time in the 5K, 10K, marathon, or half marathon

will be lowered, and you compete against other participants to win special Row & Run prizes (awarded after race weekend). First-, second-, and third-place awards will be presented for open male and female and masters male and female. The cost to participate in the Row & Run competition is \$10.00, and all the proceeds will be donated to DREAM (Driven to Reach Excellence & Academic Achievement for Males).

WHY I Am Running wall/WHY I Am Volunteering wall: *Back in 2024.* Be sure to stop by our “wall” in Gym 1, where you pick up your race shirt, to write a message sharing the reason you are participating in and/or volunteering for our event this year.

Golden Ticket program: We are excited to continue our “Golden Ticket” program at this year’s race. We will be placing Golden Ticket stickers (large gold stars) on the race numbers of several hundred entrants (across all events), awarding the lucky recipients with a prize from one of our sponsors—just like the golden tickets found in Willy Wonka chocolate bars! Entrants who have a gold star sticker on their race bib must go to the Golden Ticket prize redemption booth at the expo in Gym 1 to redeem their prize. Look for the balloon bouquet above the Golden Ticket booth.

Sign making station: *Back for 2024.* Be sure to stop by the sign making station at the Expo to grab a logoed 17.5-inch by 11.5-inch blank poster board so your friends and family members can make a sign to cheer you on during race weekend. Sponsored by Dixon Graphics.

That feeling you get when you cross the 50-yard line at Memorial Stadium.

BRILLIANT.

meijer
27 MILE
CELEBRATE VICTORY BASH

Join us after the race for the Meijer 27th-Mile Celebrate Victory Bash!
experiencecu.org

Wooden Nickel program: With the support of a number of participating local businesses, the Wooden Nickel program has something for everyone to enjoy while you're in the Champaign-Urbana area for race weekend, including percentage-off discounts, free offerings, and even a free carousel ride at Market Place Mall! Pick up your Wooden Nickel at the Experience Champaign-Urbana booth at the Health & Fitness Expo, at the postrace street festival outside Memorial Stadium on Saturday, or from one of our hotel partners! Be sure to check out the Wooden Nickel website for an updated list of participating businesses: <https://experiencecu.org/events/christie-clinic-illinois-race-weekend>.

Custom race app: Sponsored by Spiros Law, P.C., the official (and FREE) mobile app is for participants, spectators, and fans. The app includes key on-the-go information—course maps, weekend schedule, Health & Fitness Expo and packet pickup info, race day info, FAQs, and more. Live tracking lets you follow the progress of friends and family during the race. Download the Illinois Race Weekend app at https://rtrt.me/ulink/ILA/IL-2024?use_app=1

Marathon Relay instructions: Marathon Relay instructions are posted on the relay page of the race website, have been emailed to all the team captains, and will be handed out with your team's race numbers/timing belt.

Expo parking: Free parking for the expo is available in all lots of the State Farm Center, which is south of Kirby Ave., between First and Fourth Sts.; in the E14 lot; and the Research Park, south of St. Mary's Rd. (see the staging map on pages 16 and 17). The ARC building, where the expo takes place, is on the north side of Memorial Stadium, on Peabody Dr., one block north of the State Farm Center. Look for signage and race volunteers to direct you to parking.

5K reunion area: To help friends and family members find each other after finishing the 5K, we have a 20-foot-by-20-foot meeting area southeast of the finish line on the Stadium floor. Look for the large MEET ME ZONE feather banners.

Commemorative race merchandise: Christie Clinic Illinois Race Weekend clothing and accessories will be on sale at the Body n' Sole official race merchandise booth at the expo in Gym 1. To purchase commemorative race gear before or after the expo, visit <https://raceroster.com/store/75692/listing>.

T-shirt exchange message board: If the race shirt you ordered is too big or too small, stop by our T-shirt exchange message board at the southeast end of the shirt/goody bag pickup area. Our volunteers will facilitate your leaving a note on our message board indicating your contact info, what size shirt you have, and what size shirt you need. When another race entrant comes to the message board and "matches" the shirt you have and the shirt you need, that entrant will contact you to arrange a shirt swap. After Race Weekend, if we have shirts left over, we'll contact you if you weren't able to find a match during the expo.

Missing or defective race goodies: If you receive a defective finisher medal, race shirt, or drawstring backpack, report that via the Missing or Defective Goodies link that we will post on the home page of our website on race weekend. We will replace your missing or defective race goody as soon as possible.

Vintage race gear booth: On sale at this expo booth are race shirts, posters, and bags left over from previous Illinois Race Weekend events (while supplies last). All items are \$5.00 each.

Race premiums: All registrants receive official race-specific premiums, including a drawstring bag. Green Street Mile entrants receive a logoed 16-ounce silicone cup before the race and a Challenge Coin at the finish line. Postrace refreshments will be at The City Center, adjacent to the finish line. All other race entrants receive a T-shirt before the race. Marathon, half marathon, marathon relay, and 10K finishers will be offered a logoed heat sheet, sponsored by Carle. Marathon finishers receive an enormous fleece blanket at the finish. Marathon, half marathon, relay, 10K, and 5K finishers receive a race-specific medal at the finish line (plus an I-Challenge medal, if you have completed an I-Challenge event), as well as bountiful postrace refreshments in the Great West Hall and entry into the 4th Mile on April 26 and the Meijer 27th-Mile Celebrate Victory Bash on April 27, just outside Memorial Stadium. Finisher certificates are available for downloading on race day via your personal results page. Finisher medals must be picked up at the finish line on race day. Items will not be mailed.

Shoe drive: The Shoe Said Project has been an official partner of the Christie Clinic Illinois Race Weekend since 2016, collecting gently used shoes during race weekend. The program has distributed over 1,000 pairs of shoes to local organizations and to communities in places as far away as Kenscoff, Haiti. The Shoe Said Project, in partnership with Share Your Soles, will have an even greater impact on the lives of women and children in impoverished areas around the world. All runners are encouraged to bring their gently used running shoes to The Shoe Said Project booth at the Health & Fitness Expo during race weekend! The shoes will be sorted and cleaned and then shipped to communities where a pair of shoes can have a life-changing impact. Learn more at www.shareyoursoules.org.

Special guest/Speaker Series: We are thrilled to welcome back Dick Beardsley—marathon champion, survivor, motivational speaker, author, and expert finish guide—as our 2024 Guest Legend. Dick will appear at the expo on Thursday, April 25, and Friday, April 26; give the Keynote talk at 4:00 p.m. on Friday, April 26, as part of our Speaker Series in the ARC Auditorium; and cohost the Illini Radio Group's prerace radio show starting at 5:30 a.m. on Saturday, April 27. Our Speaker Series also features, at 2:00 p.m., author Marc David, who has not missed a single day of running in 41 years, who will chronicle his Top 10 running experiences; and, at 3:00 p.m., Susie Kundrat, MS, RDN, LDN, author of the new book *Eat Move Groove: Unlock the Simple Steps to Lifelong Nutrition, Fitness & Wellness* and founder of Eat Move Groove, with her talk titled "11 Ways to Eat, Move, and Groove to Boost Your Training and Optimize Well-Being."

Picking up ARC passes: If you purchased an ARC pass for Saturday, April 27, you can pick it up at the Member Services desk in the ARC lobby area during the expo on Thursday, April 25, or Friday, April 26. For \$10, you can also purchase an ARC pass at the same location and times. ARC opens at 9:00 a.m. on April 27. Bring your own towel.

Photo booth: Be sure to stop by the official photo booth at the expo where you can pose for photos to commemorate your race weekend.

Race Day Information

Race day parking: The main free parking for race participants is in the State Farm Center lots, the Research Park (off of St. Mary's Rd. and Oak St.), and Lot E14 (off of Oak St.). Please refer to pages 16 and 17 of this guide for the staging map, which includes parking information. If you are staying at one of the hotels close to the staging area—Holiday Inn Champaign, Hilton Garden Inn, Home2 Suites by Hilton, Homewood Suites, or the I Hotel—we ask that you walk to the start.

Prerace radio show: Starting at 5:30 a.m. on Saturday morning, you can get traffic, parking, and last-minute advice on your way to the race. Cohosted by Ken Kirby, Maggie Brown, and marathon champion Dick Beardsley, the show will be simulcast on MIX 94.5, Rewind 92.5, Extra 96.9, EZ 99.7, and 97.9 The Vibe. You can also stream the show live from the mobile race app.

Free bagels, coffee, and tea on race morning: Starting at 5:30 a.m. near the gear-check area west of the State Farm Center, Columbia Street Roastery and Einstein Bros. Bagels will cohost a Coffee and Bagel Bar. They will serve bagel halves and cream cheese to runners, spectators, and volunteers, along with hot coffee and tea. Consult the staging map on pages 16 and 17 for the exact location of the Coffee and Bagel Bar.

Start-line self-serve aid table: If you are in need of any last-minute supplies—wraps, safety pins, Vaseline, or assorted bandages—you will find a self-serve aid table in the staging area along First St., north of the start line.

ChronoTrack B-Tag timing: Your timing device for the event is the single-use ChronoTrack B-Tag. Your individual timing device is affixed to your race number—one small strip on the back of the bib—and must not be removed. Your race time starts when you cross the start line and stops when you cross the finish line. You pick up your race number at the expo on Thursday, April 25, or Friday, April 26. Be sure to complete the medical info on the back of your number. On race day, to receive an accurate time, please make sure your race number is clearly visible on the front of your torso, unaltered and unmodified (do not fold or wrinkle your number), pinned in all four corners, and not covered up (by jacket, runner belt, water bottle, etc.).

Race number requirements: Race numbers are to be worn on the front of your outermost layer. Please fill out the back of your race number with emergency contact and pertinent medical information. Race numbers are not transferable and must be worn by the participants to whom they are assigned.

Race number QR code: All race numbers have a QR code in the top left corner. When your QR code is scanned by a smartphone, it will take you to the Results/Photo page of our website—on the spot. The Youth Run is not timed, but youth runners' photos can be found by scanning the QR code.

My First Marathon and First Half Marathon back bibs: In addition to their official race numbers, all first-time marathoners will be issued a bright orange "My First Marathon" back bib, and first-time half marathoners will be issued a neon green "My First Half Marathon" bib. If you choose, wear this extra bib on the back of your shirt. It does not replace your official race number, which has your timing chip attached to it and must be worn on the front of your outermost layer.

16th Running 2025 Christie Clinic Illinois Race Weekend

Thursday, April 24,
to Saturday, April 26



Marathon • Half Marathon • Marathon Relay
10K • 5K • Youth Run • Mile
Eight I-Challenge options
(full, half, relay, or mini)






Rube Weebend

 Thursday, April 25-

 Saturday, April 27, 2024




2022 Rube Weebend

P April 25-26 Parking
 after 5 PM



Facility data provided by:


 Cartography by J. Demier

Gear check/pickup: If you are in the marathon or half marathon, your commemorative Illinois Race Weekend drawstring backpack is your drop bag (no luggage or paper bags). Put inside your backpack any clothing that you want after the race. Use a safety pin to attach the gear bag check from the bottom of your race number to your bag and turn it in at the Two Men and a Truck bag drop truck on the west side of the State Farm Center, north of the starting line. Gear check opens at 5:30 a.m. After your race, you can pick up your gear bag in the north end of the Great West Hall at Memorial Stadium, the same area where the postrace food is located. Gear check/retrieval is not available for the relay, 10K, 5K, or Youth Run participants.

Portable toilets: There will be many portable toilets in the staging area (see the staging map on pages 16 and 17). You can also use the restrooms in Memorial Stadium. There will be portable toilets along the racecourse, set up every couple of miles.

Pace teams: Need some extra support hitting your goal or just to finish the marathon or half marathon? Join one of Joe’s Pacers! It’s a free runner service, and you can sign up at the Joe’s Pacers booth in Gym 2, where you pick up your race number. Experienced pace leaders will lead marathon/half-marathon groups for these marathon/half-marathon finish times: 3:15/1:37 (7:27 min/mile); 3:20/1:40; 3:25/1:42; 3:30/1:45; 3:35/1:47; 3:40/1:50; 3:45/1:52; 3:50/1:55; 3:55/1:57; 4:00/2:00; 4:10/2:05; 4:20/2:10; 4:30/2:15; 4:40/2:20; 4:50/2:25; 5:00/2:30; 5:30/2:45; and 6:00/3:00 (13:44 min/mile), and a 3:30 Half Marathon Sweeper (16:00 min/mile). On race morning, each pacer will hold a pace sign so you can join them and be lined up in the proper position in the start zone. Any runner is welcome and encouraged to join a pace group. See pacer bios at marathonpacing.com/illinois.php. Consistent with USATF rules and our event safety policies, other than members of the official pace team (recognizable by their signs and their brightly colored uniforms), nonofficial pacers are not allowed on the course. Any runner who receives assistance from a nonofficial pacer (whether on foot, bicycle, or any other mode of transportation) risks being disqualified.

Race start times: The mile starts in waves at 7:30 p.m. on Thursday, April 25. The 5K starts in waves at 7:30 p.m. on Friday, April 26. On Saturday, April 27, the wheelchair half marathon starts at 7:31 a.m., and the marathon, half marathon, and marathon relay start in waves beginning at 7:33 a.m. The 10K starts at 8:00 a.m. The Youth Run begins at 3:00 p.m. You must start with the race you signed up for, or you will be disqualified.

Mile wave start: We will use a wave start for the Green Street Mile on Thursday, April 25. There will be three different mile waves, starting 10 minutes apart. 7:30 p.m.: open male and female wave (39 & under); 7:40 p.m.: masters male and female wave (40 & over); 7:50 p.m.: elite female (any age; can run sub-6:30 min/mile) and elite male (any age; can run sub-5:30 min/mile) wave.

5K wave start: We use a wave start for the 5K. Based on the estimated finishing time you entered when registering, you have been assigned a corral letter (A, B, C, D, etc.), which appears on your race bib. This letter determines in which wave you start. The start-line staging area will have large signs to identify the corrals in which runners and

walkers in each wave should line up. Wave A will start at 7:30 p.m. on Friday, April 26, with other waves corralled behind them. After Wave A starts, Wave B will move up to the starting line, and so on. Each wave will start one to two minutes after the wave ahead of it. All entrants must be in their assigned corrals before Wave A starts.

Marathon, half marathon, and marathon relay wave start: The marathon, half marathon, and marathon relay will start together in waves beginning at 7:33 a.m. on Saturday, April 27. Based on the estimated finishing time you entered when registering, you have been assigned a corral letter (A, B, C, D, etc.), which appears on your race bib. This letter determines in which wave you start. The start-line staging area will have large signs to identify the corrals in which runners in each wave should line up. Wave A will start at 7:33 a.m., with other waves corralled behind them. After Wave A starts, Wave B will move up to the starting line, and so on. Each wave will start one to two minutes after the wave ahead of it. All entrants must be in their assigned corrals before Wave A starts.

10K start: The 10K will have its own start time, at 8:00 a.m., and runners will head south from the start line.

Weather policy: Safety is our number-one priority. Although we recognize the hard work and commitment that goes into preparing for an event like this, your safety and the safety of our volunteers always comes first. If weather conditions (including heat) present a real threat, race officials reserve the right to cancel the race or alter the course (for instance, having all the marathoners run the half marathon). Our emergency services team monitors weather conditions regularly during race week, and especially in the 24 hours leading up to and including race day. The following Emergency Alert System (EAS) will be used to alert participants of current conditions. EAS signs will be posted at the start and at all hydration and aid stations. Course team volunteers will also be advised of conditions in the event of changes after the start of the race. The volunteers have been encouraged to keep participants aware of these conditions. We will also use various forms of electronic media to get the information out to you prior to the start

Proposed EAS level	Event conditions	Recommended action
Extreme (Black)	Event cancelled / extreme and dangerous conditions	Participation stopped / follow event official instructions
High (Red)	Potentially dangerous conditions	Slow down / observe course changes / follow event official instruction / consider stopping
Moderate (Yellow)	Less than ideal conditions	Slow down / be prepared for worsening conditions
Caution (Orange)	Delay in the event	Wait for weather or course to clear
Low (Green)	Good conditions	Enjoy the event / be alert

of the race. Our weather monitors will be looking for conditions that pose a great risk to those on the course. Should conditions present the possibility of high winds, dangerous storms, or lightning that comes within 10 miles of any portion of the course or is expected to cross any portion of the course within a 30-minute time frame, the EAS status will be changed to black and the event will be terminated.

Heat-related issues: Regarding heat on race day, the Christie Clinic Illinois Race Weekend will follow the Heat and Humidity Guidelines produced by the American College of Sports Medicine. These guidelines use the Wet Bulb Globe Temperatures (WBGT), which combine heat, humidity, and ambient temperature (which factor in other variables such as reflected heat and wind). Temperatures that exceed 72°F or 22°C will result in the EAS status of Red. Temperatures that exceed 82°F or 28°C will result in an EAS status of Black, and the event will be terminated. The official race clock will be turned off in this situation.

On-course emergency shelters: For the safety of everyone, we have secured 22 emergency shelters throughout the course. The course map on page 14 identifies the location of these emergency shelters with a green cross and the shelter name. Should the need to use the shelters arise, course volunteers will stay in their course position for at least 10 minutes to help guide you to the nearest shelter. Additionally, bike marshals will staff the shelters and do their best to keep you updated on the conditions that caused the shelter activation. Should the shelters be activated, the Champaign–Urbana Mass Transit District will provide transportation back to Memorial Stadium when it is safe to do so. Pickup times will vary depending on the emergency shelters used. We ask that entrants remain in the shelters until they are picked up. Volunteer course staff will assist in organizing participants for transport from the shelters. Following the termination of the race, the course will not be reset. Should participants decide to continue on the race route after the emergency has passed, they will be doing so knowing that there will be no traffic control or resources to assist them.

Clocks on the course: There will be five clocks located on the course—at 5K (3.1 miles), 10K (6.2 miles), half marathon (13.1 miles), mile 22, and mile 24—and at the finish line.

Course markings and directions: We have gone to great lengths to show off our wonderful community, and, as a result, we have a great course lined up for you. However, it is not a straight line, so we have taken the following steps to make sure that you stay on the right path:

COURSE PAINT: White course paint will mark the race routes.

ARROW SIGNS: Throughout the race, white signs with blue arrows will show you whether to turn or go straight.

LEAD MOTORCYCLE AND ON-COURSE CYCLISTS:

- A police department motorcycle will lead the wheelchair half marathoners; a second motorcycle will lead the rest of the field.

- Support cyclists will also accompany the lead male and female marathoners, the lead male and female half marathoners, and the lead 10K runner.
- Volunteers will be located at various intersections to help direct runners.
- If you lose sight of the vehicles or cyclists, refer to the course paint and arrow signs.

Course information: The racecourse is open for six hours following the start of the last wave. The 10K and marathon/half marathon routes split at Race and Green (mile 2.75). The marathon route splits from the half marathon and 10K route at Gregory and Fourth. Signage, volunteers, and spotters at the splits will make sure that runners proceed in the correct direction, but please be prepared and make note of the split on the course map on display at the Expo and on page 14 of this guide.

Traffic control: The racecourse is not completely closed to vehicles. Wherever the route is not closed to traffic, we will have traffic control volunteers or law enforcement posted. We will take every step possible to ensure your safety, but we ask that you use your best judgment if there appears to be a potential problem with vehicles or pedestrians.

Hydration/GU stations: There are 16 hydration stations on the course. Hydration stations will be stocked with water (all stations), lemon lime Nuun Endurance (15 stations), and GU (at miles 6.75, 13.5, 17, and 21). The GU flavors are Vanilla Bean, Strawberry-Banana, Chocolate Outrage, and Salted Caramel. All flavors of GU have caffeine except strawberry-banana. Nuun and water will be served on the 5K course on Friday night.

Fruit on the course: There are two official orange stops at approximately mile 6, hosted by The Atkins Group, and mile 24.5, hosted by The Michael Hogue Team/RE/MAX. Thank you to Meijer for providing the fruit.

Water misters: In the event of warm weather, water misters will be positioned at key locations on the course.

Medical support: There are seven fully staffed medical stations on the course, a major medical station at the finish line, and an on-course ED at the Savoy Fire Station. Additional medical personnel will patrol the course on gators and golf carts. The medical tent at the finish line will be staffed by physicians, nurses, and EMT staff. There is also a self-serve area at the finish line for runners to pick up ice, bandages, and other basic first-aid supplies.

Mile markers: Each mile is marked with a large, distinct mile marker.

Sag wagons: Sag wagons will offer rides to runners who cannot or do not wish to finish the race. If you drop out of the race, walk to the nearest hydration station or medical station and request a ride back to Memorial Stadium. Any competitor who boards a sag wagon will not be allowed to rejoin the race.

Entertainment: The Krannert Center for the Performing Arts will amp up the racecourse

with sponsored entertainment every few miles. Look for musicians, cheerleaders, and other performers, and have fun with University of Illinois trivia signs along the route.

Mile sponsors: Every mile of the race route is “owned” by companies and organizations in the community. When you reach these miles, you can expect additional entertainment; fun signs; and loud, enthusiastic, and inspiring spectators along the route.

What’s allowed/not allowed: For safety reasons, we discourage the use of earbuds during our races. To ensure runner safety and to comply with liability insurance requirements, unregistered runners, unauthorized vehicles, unauthorized bicycles, roller skates, roller blades, skateboards, and runners with pets are strictly prohibited. Strollers and baby-joggers are allowed in the last corral of the 5K on Friday night. Entrants running with baby-joggers will start ahead of those walking while pushing regular strollers. Strollers are not allowed in ANY of the Saturday races.

Smile for the camera! Make sure your race number is visible on the outer layer of your clothes. Our race photographers from EnMotive will be everywhere, and you won’t want to miss smiling for the camera. Every picture our photographers take of you is yours to keep. Digital photos will be accessible from your personal results page—and they are yours to share and print. Photographers will be at the start, along the course, and at the finish. Thanks to INB (Illinois National Bank) for helping to make the race photos possible.



Finish line at Memorial Stadium: On Friday, 5K entrants enter Memorial Stadium from the north and run straight ahead to the finish line at the 50-yard line. On Saturday, marathoners, half marathoners, relay runners, 10K runners, and Youth Run entrants do the same thing. After you cross the finish line, you will receive your finisher medal and other goodies. When you head to the finish line, be sure to catch your smile on the 125-foot-by-54-foot scoreboard, one of the largest in the country.

I-Challenge and Triple I-Challenge medals: I-Challenge and Triple I-Challenge entrants will pick up their bonus I-Challenge medal on the field at Memorial Stadium. The race numbers of I-Challengers (full, half, relay, and mini) will be coded to identify the runners as I-Challenge entrants.

Lost and found: A lost-and-found area will be located in the Great West Hall of Memorial Stadium. Unclaimed clothing items will be donated to charity. Do not leave clothing items at the start line and expect them to be there after the race. As soon as the race field has cleared the start, we must clean up all discarded clothes and trash. Clothing discarded at the start, along the course, and at the relay exchange zones will be donated to charity.

Postrace Information

Ring the PR bell: If you set a PR in any of our races, look for the PR bell just past the finisher medals in the stadium and give it a good ring. You deserve it!

Food and beverages: After your memorable finish at the 50-yard line of Memorial Stadium, you will receive your medal and hearty congratulations. We will have bottled water on the field for the 5K on Friday night and bottled water and Nuun for entrants on Saturday. On both Friday and Saturday, you will be directed to the Great West Hall of Memorial Stadium for great postrace food. Four different sets of stairs lead up to the Great West Hall from the stadium floor. Our postrace food is sponsored by County Market/SuperValu, Dole Food Company, Einstein Bros. Bagels, Frito Lay, Jimmy John’s, Papa John’s, and Prairie Farms. Gluten-free postrace food will also be available.

Postrace chocolate milk: Prairie Farms chocolate milk will be available in the Great West Hall on April 27 as part of our postrace food.

Postrace VIP Suite: *Back in 2024.* Held inside the Fighting Illini Center for Excellence (FICE) at the north end of Memorial Stadium, the VIP suite offers a ground-level view of the finish line. Tickets sold ahead of time. Incredible food and drink, foot massages, smoothies, and much, much more. Learn more at <https://raceroster.com/store/75692/listing>

iTab medal engraving: Your finisher medal has been specially designed to accommodate an iTAB, a small engraved plate that fits perfectly onto the back of your finisher medal and contains your name and finish time. Many participants preordered their iTAB(s) during the registration process. If you are one of these entrants, your iTAB(s) will

be mailed to you after Race Weekend. Your bonus I-Challenge medal iTab will display your name, your 5K time, and the time for the second event you ran. If you'd like to order an iTab after Race Weekend, we will provide information on how you can do that. A single personalized iTab for your finisher medal costs \$15. Personal iTabs for all three finisher medals for I-Challengers costs \$40.

Postrace stretching zones: Need to stretch your tired and sore muscles after the race? Visit the Athletico Physical Therapy Postrace Stretching Zone, located in Memorial Stadium, southeast of the finish line, or the Christie Clinic Postrace Stretching Zone at the 27th Mile, and allow one of their highly trained physical therapists or certified athletic trainers to stretch your tight muscles and assess possible injuries. (See the staging map on pages 16 and 17.)

Showers at the ARC: If you pre-purchased a \$15 pass to the ARC when you signed up for the race, you will have access to the showers on April 27 (bring your own towel). You can pick up your ARC pass at the Member Services desk in the ARC lobby area on Thursday, April 25, or Friday, April 26, during the expo. You can also purchase an ARC pass at the same location and times. To gain access to the ARC on April 27, present your pass or give your name at the ARC entry point. To get to the ARC entrance, walk along the east side of Memorial Stadium and the east side of the ARC, turn left on Peabody Dr. and then into the main doors of the ARC.

Saturday family reunion area: Spectators are not allowed on the field. Meet your family after the race in the horseshoe bleachers of Memorial Stadium. Look for the large orange feather banners with MEET ME ZONE printed on them.

Exiting Memorial Stadium: Most participants will exit Memorial Stadium one way: after going through the food area, you can exit through the Great West Hall. (Remember: no food is allowed on the stadium floor.) There are spectator entrances on both the east and west sides of the stadium. Wheelchair and Team Noah 5K participants will exit Memorial Stadium through the Horseshoe.

Postrace golf cart ride to your car: Need a lift to your car after your race? We will be offering complimentary golf cart rides to the E-14 lot, the State Farm Center lots, and the Research Park lots. The golf cart will be staged on Kirby Avenue, just west of the Horseshoe exit. Thanks to the Blue Crew Law Enforcement Motorcycle Club for the golf cart rides.

Special postrace section of *The News-Gazette*: Don't miss the Monday, April 29, edition of *The News-Gazette*, available wherever the newspaper is sold locally, which will contain a special keepsake section. Complete results of every race, photos, and more! An electronic copy of the special section will be available on April 28 at the paper's website: <https://www.news-gazette.com/>

Results/finisher certificates: On April 26 & 27, results and downloadable finisher certificates will be available at www.illinoismarathon.com. All race results are unofficial

until we announce on the website that the results are official. Race officials are not responsible for incorrect results published in the media. Downloadable finisher certificates are available on your personal results page.

4th Mile: Kick off race weekend in style by joining us at the 4th Mile Street Fest, a high-energy event in conjunction with the Christie Clinic Illinois 5K Run/Walk on Friday, April 26. Starting at 6:00 p.m. and located just outside Memorial Stadium on Kirby Ave., the 4th Mile Street Fest is the perfect place for you to kick up some excitement before your Saturday race and where you can celebrate after the 5K Run/Walk. Your 5K race entry includes one ticket for a beer, wine, or cider, with your race number as your ticket (for entrants 21 and older). Busch NA will also be available. Top 4D will take the stage from 7:00 p.m. to 10:00 p.m. to entertain runners and their families after the race. In addition to live music, there will be food trucks and the Riggs beer garden. (The official, complimentary 5K postrace food is served in the Great West Hall of Memorial Stadium. All the food at the 4th Mile is for purchase.)

Meijer 27th-Mile Celebrate Victory Bash: Celebrate your finish at this award-winning event hosted by Experience Champaign Urbana on Saturday, April 27, from 8:00 a.m. to 2:00 p.m. Staged on Kirby Avenue just outside Memorial Stadium between First and Fourth Streets, this street fest features live music by Top 4D, food trucks, activities hosted by Meijer, and the Riggs beer garden. Your race entry includes one ticket for a beer, wine, or cider, with your race number as your ticket (for entrants 21 and older). Busch NA will also be available. The 27th-Mile is a great place to meet up with family and friends and celebrate your accomplishment! Stop by the Experience Champaign Urbana tent to pick up your Wooden Nickel, good for exclusive discounts on local dining, shopping, and more!

Award ceremonies: No award ceremonies are held on Race Weekend. Beautiful personalized awards will be mailed to the age group winners of each race. Results will be declared final two weeks after the race. Please visit www.illinoismarathon.com for information.

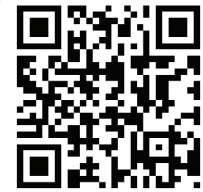
Special thanks to: Blue Crew Law Enforcement Motorcycle Club, Champaign Park District, Fagen Scooter, Champaign-Urbana Mass Transit District, Lowe's, Overtime Nutrition, St. John's Lutheran Church, Staci Anderson/Green Room Studios, Stone Creek Church, the cities of Champaign and Urbana, the Village of Savoy, the University of Illinois, Willard Airport, and all the awesome volunteers and fans of Race Weekend!

Special thanks to these organizations for providing shelter on the race course: Amber Pointe Recreation Center, Brookens Center, Champaign Church of Christ, Champaign County Club, First Baptist Church, Good Shepherd Lutheran, Harvest Market, Hayes Center, HERE Apartments, Hilton Garden Inn, Illinois Terminal, Lincoln Square Mall, Meijer (Urbana), Memorial Stadium, Natural Resources Building, RE/MAX Realty, Savoy Recreation Center, Springer Cultural Center, Stone Creek Church, Thomas Paine Elementary, University of Illinois Student Union, and Urbana High School.

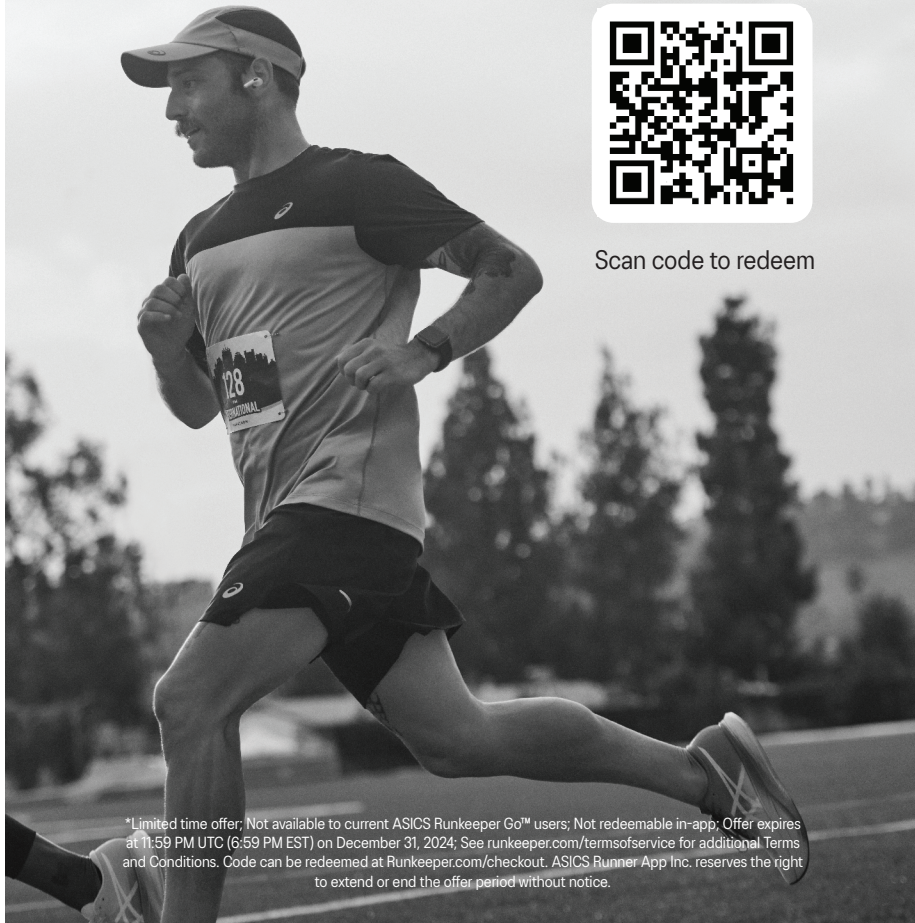
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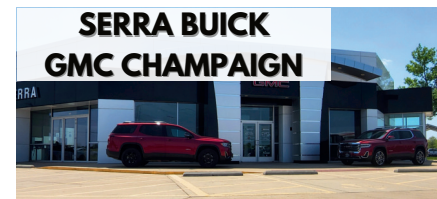
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WHY WAIT? SEE A PROVIDER TODAY.



For simple orthopedic injuries that can't wait, but don't necessarily require a trip to the emergency room, such as a sprained wrist, or twisted ankle, visit the Christie Clinic Walk-in Clinic. Our highly-trained providers in the Department of Orthopedics & Sports Medicine have access to technology and services on-site, including X-rays and MRI, and work alongside our highly trained surgeons.

EVALUATIONS FOR:

- Sports injuries
- Acute sprains or strains
- Minor dislocations
- Painful or swollen joints
- Contusions

No appointment necessary

WALK-IN HOURS

Monday – Friday
8:30 a.m. – 11:30 a.m.
1:30 p.m. – 3:00 p.m.

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