



WE



RUN



THIS TOWN



ILLINOIS

2023 Race Weekend

**CHAMPAIGN-URBANA
APRIL 27-29, 2023**

**HALF MARATHON | RELAY | 10K | 5K
MILE | YOUTH RUN | SIX-I-CHALLENGES**

ILLINOISMARATHON.COM



OFFICIAL RACE GUIDE

BODY n'SOLE

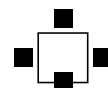
OFFICIAL CHRISTIE CLINIC Illinois Race Weekend Headquarters



OPEN M-F 9-7 SAT 9-5:30 SUN 12-5
BE SURE TO VISIT OUR BOOTH AT THE
RACE EXPO APRIL 27th & 28th



RT 45 S. & CURTIS RD IN SAVOY
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CHRISTIE CLINIC

We listen. We care.

www.christieclinic.com

A Message from Christie Clinic CEO Kenny Bilger

We hope this finds you healthy and happy. On behalf of our entire team at Christie Clinic, we want to express our heartfelt thanks and gratitude for your unwavering support as Champaign-Urbana enters another year of hosting the Christie Clinic Illinois Race Weekend.

We are thrilled to see so many individuals from near and far, come together to support the participants while promoting a healthy and active lifestyle. The positive energy and spirit throughout our community is palpable, and it is a testament to the strength and resilience of CU and the running community.

We also want to extend our special thanks to the local businesses, volunteers, municipal staffs, and law enforcement agencies that are working tirelessly to ensure the safety and comfort of all participants and spectators. Your support and dedication are crucial in making this event a memorable and enjoyable experience for everyone involved.

Once again, thank you for your unwavering support and commitment to our community and to the Christie Clinic Illinois Race Weekend.

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 Twitter.

A Message from Race Director Jan Seeley

Welcome, runners, walkers, volunteers, and fans!

On behalf of the entire team behind the 14th 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 your race destination for 2023. 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 starting line ceremonies, from the delicious postrace food to the 4th Mile on Friday night and the Meijer 14th-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, our title sponsor, Christie Clinic, and almost 70 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 day! 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 . . . run your best 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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WITH SPECIAL THANKS TO

Dixon Graphics

OFFICIAL HOST

Visit Champaign County

2023 Christie Clinic Illinois Race Weekend Schedule of Events

THURSDAY, APRIL 27

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
"Go On, Be Brave" Documentary	5:00 P.M. to 7:00 P.M.	ARC Auditorium (110 Minutes)
Green St. Mile/ Postrace Party	7:30 P.M.	Green St./ Goodwin Ave. Postrace @ The City Center

FRIDAY, APRIL 28

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
"Go On, Be Brave" excerpt/Q&A with Andrea Peet	3:00 P.M. to 4:00 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 29

Event	Time	Location
Einstein Bros. Bagels Bite 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.
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	8:00 A.M. to 2:00 P.M.	Great West Hall, Memorial Stadium
Meijer 14th-Mile Celebrate Victory Bash	8:00 A.M. to Noon	Kirby Ave. between First and Fourth Sts. (south of horseshoe)
Athletico Postrace Stretching Zone	8:30 A.M. to Noon	Memorial Stadium, southeast of the finish line
Christie Clinic Postrace Stretching Zone	8:30 A.M. to Noon	14th Mile, Kirby Ave.
Youth Run/Postrace food	Noon	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 Body n' Sole 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 27, and from 10:00 a.m. to 7:00 p.m. on Friday, April 28. 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 27–29. Medical deferral to our 2024 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 217/372-1444).

Late packet pickup on April 28: 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 28, 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, 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, but 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 29: We will also have emergency packet pickup in the Great West Hall of Memorial Stadium on Saturday, April 29, 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, 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, but 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 DREAAM: *Back for 2023.* 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, or half marathon will be lowered, and you compete

against other participants to win special Row & Run prizes (awarded after race weekend), not official AG awards, according to this schedule: For every 100 meters rowed in three minutes, your finish time will be lowered as such—if you're in the 5K: 10 seconds per 100 meters rowed; if you're in the 10K: 20 seconds per 100 meters rowed; and if you're in the half marathon: 30 seconds per 100 meters rowed. For the slam ball feat, complete as many ab rotations as possible in one minute. For every one completed, your finish time will be lowered as such—if you're in the 5K: 1 second for every rotation completed; if you're in the 10K: 2 seconds for every rotation completed; and if you're in the half marathon: 3 seconds for every rotation completed. First-, second-, and third-place awards will be presented for open male and female, masters male and female, grand masters male and female. The cost to participate in the Row & Run competition is \$8.00, and all the proceeds will be donated to DREAAM (Driven to Reach Excellence & Academic Achievement for Males).

WHY I Am Running wall/WHY I Am Volunteering wall. *Back in 2023.* 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: *New for 2023.* 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.

Wooden Nickel program: With a number of participating local businesses, the Wooden Nickel program has something for everyone to enjoy while you're in Champaign County for race weekend, including percentage-off discounts, free offerings, and even a free carousel ride at Market Place Mall! Pick up your Wooden Nickels at the Visit Champaign County booth at the Health & Fitness Expo, at the postrace street festivals outside Memorial Stadium on Friday and 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://www.visitchampaigncounty.org/woodennickel>.

Custom race app: Sponsored by Spiros Law, P.C., the official (and FREE) mobile app is for the participant, spectator, or fan. 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-2023?use_app=1.

4-Person relay instructions: 4-Person 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 number/timing chip.

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've added 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/61599/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.

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. Green Street Mile entrants receive a logoed silicone cup and a drawstring backpack 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 and a drawstring backpack. Half marathon, 4-person relay, and 10K finishers receive a logoed heat sheet, sponsored by Carle. Half marathon, relay, 10K, and 5K finishers receive a race-specific medal at the finish line (plus an I-Challenge medal, if they 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 28 and the Meijer 14th-Mile Celebrate Victory Bash on April 29, just southwest of Memorial Stadium. By May 2, finisher certificates for all events will be available for downloading via the results page of the website. Finisher medals must be picked up at the finish line on race day. Items will not be mailed.

Shoe drive: That's What She Said 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.shareyoursoles.org.

Special guest: We are honored to welcome Andrea Lytle Peet as our special guest on race weekend. Given just two to five years to live at age 33, after she was diagnosed with ALS, Andrea launched her self-described “crazy” journey after surpassing the estimated life expectancy of someone with ALS. No terminal illness nor global pandemic could stop her (or her recumbent trike) from pursuing her dream of a lifetime: to make history as the first person with ALS to finish 50 marathons in 50 states. Andrea's epic adventure is captured in the inspiring documentary, *Go On, Be Brave*, and you have the chance to see an exclusive screening of the film on Thursday, April 27, at 5:00 p.m. in the ARC auditorium (110 minutes). Admission is FREE. On Friday, April 28, from 3:00 p.m. to 4:00 p.m. in the same location at ARC, we will show a 20-minute excerpt from the film followed by Q&A with Andrea. Popcorn compliments of CBPB Popcorn Shop.

Picking up ARC day passes: If you purchased a day pass to ARC for Saturday, April 29, you can pick it up at the Member Services desk in the ARC lobby area during the expo on Thursday, April 27, or Friday, April 28. For \$10, you can also purchase a day pass at the same location and times. ARC opens at 9:00 a.m. on April 29.

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.

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 Bite 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 Bite Bar.

Start-line self-serve aid table: If you are in need of any last-minute supplies—such as 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 27, or Friday, April 28. Be sure to complete the medical info on the back of your number. On race day, in order 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 (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.

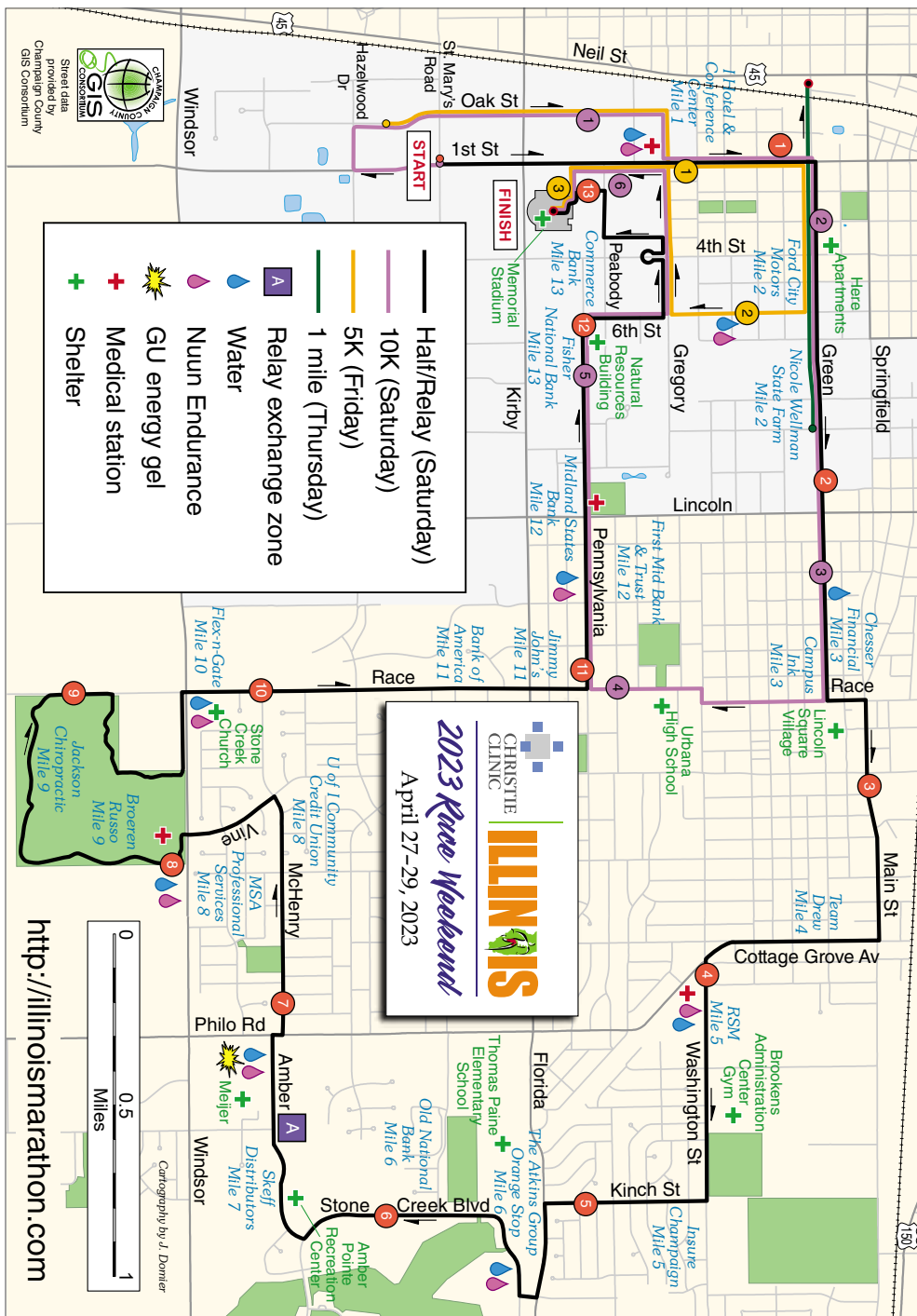
Race number QR code: All race numbers except the Youth Run have a QR code in the top left corner. When your QR code is scanned by a smartphone, you will get your personal race results—on the spot.

15th Running 2024 Christie Clinic Illinois Race Weekend

Thursday, April 25,
to Saturday, April 27



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



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**2024
Christie Clinic
Illinois
Race
Weekend**

**Thursday,
April 25, to
Saturday,
April 27**

*Mark your
calendars!*



Suggested beltway route around town – roads not affected by the race route



My First Half Marathon back bibs: All first-time half marathoners will be issued a neon green “My First Half Marathon” bib, in addition to their official race number. If you choose, this extra bib can be worn on the back of your shirt, but 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.

Gear check/pickup: If you are in the 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 place it in the appropriately marked 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 due to the short length of these events.

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 mile to mile and a half.

Pace teams: Need some extra support hitting your goal or just to finish the 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. If you miss the Expo sign up, locate the pacer you want to run with in the start zone and introduce yourself. Experienced pace leaders will lead half-marathon groups with a wide range of paces ranging from 6:52 min/mile to 16:00 min/mile, covering half-marathon finish times of 1:30, 1:35, 1:40, 1:45, 1:50, 1:55, 2:00, 2:05, 2:10, 2:15, 2:20, 2:25, 2:30, 2:45, 3:00, and 3:30. On race morning, each pacer will hold a pace sign so you can join him/her 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 and any recent lineup changes 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 27. The 5K starts in waves at 7:30 p.m. on Friday, April 28. On Saturday, April 29, the wheelchair half marathon starts at 7:31 a.m., and the half marathon and relay start in waves beginning at 7:33 a.m. The 10K starts at 8:00 a.m. The Youth Run begins at noon. 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 27. 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 28, 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.

Half marathon and relay wave start: The half marathon and relay will start together in waves beginning at 7:33 a.m. on Saturday, April 29. 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 come first. If weather conditions (including heat) present

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

a real threat, race officials reserve the right to cancel the race or alter the course. Our emergency services team monitors weather conditions regularly during race week, and especially in the 24 hours leading up to and including the race. The Emergency Alert System (EAS) described here 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 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 (22°C) will result in an EAS status of Red. Temperatures that exceed 82°F (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 emergency shelters throughout the course that will be used in the event of severe weather. The course map on page 14 identifies the location of these emergency shelters with a green cross and the shelter name. Course volunteers will stay in position for at least 10 minutes to help guide you to the nearest shelter. Additionally, shelters will be staffed by volunteers who will have the responsibility of keeping you updated on the conditions. Should the shelters be activated, arrangements have been made with the Champaign–Urbana Mass Transit District to provide transportation back to Memorial Stadium. This will occur once the dangerous weather has passed and we have received an OK from our weather team. Pickup times will vary depending on the emergency shelters used. We ask that entrants remain in the shelters until they are picked up. Shelter managers 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 route after the OK has been given, 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 three clocks located on the course—at mile 5, 10K (6.2 miles), and mile 10—and at the finish line, of course.

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 half marathon throughout the race course.
- Support cyclists will also lead the female half marathon leaders and the half marathon wheelchair leader.
- 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 three and a half hours following the last wave start. The 10K and half marathon routes split at Race and Green (mile 2.75) and then again at Gregory and Euclid (mile 12.5). Signage, volunteers, and spotters at the split 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 7 hydration stations on the course. Hydration stations will be stocked with water (all stations), lemon lime Nuun Endurance (six stations), and GU (at mile 6.75). The GU station will have Vanilla Bean, Strawberry-Banana, Chocolate Outrage, and Salted Caramel GU. All flavors of GU have caffeine except strawberry-banana. Nuun Sport and water will be served on the 5K course on Friday night.

Fruit on the course: There is an official orange stop at approximately mile 5.5, hosted by The Atkins Group. 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 three fully staffed medical stations on the course and a major medical station at the finish line. Additional medical personnel will patrol the course on gators, golf carts, and bicycles. 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 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. Unregistered runners, unauthorized vehicles, unauthorized bicycles, roller skates, roller blades, skateboards, and runners with pets are strictly prohibited to ensure runner safety and to comply with liability insurance requirements. 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 EnPhoto will be everywhere, and you won’t want to miss smiling for the camera. Every picture our photographers take 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 for helping to make the free 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, 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.

Memorial Stadium scoreboard: 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.

Half, Relay, and Mini I-Challenge medals: I-Challenge and Triple I-Challenge entrants will pick up their bonus I-Challenge medal on the field at Memorial Stadium from a specially marked area in the south end of the stadium. The race numbers of I-Challengers (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 next to Gear Retrieval in the Great West Hall of Memorial Stadium. Unclaimed 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 finishers’ 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.

Postrace chocolate milk: Prairie Farms chocolate milk will be available in the Great West Hall on April 29 as part of our postrace food.

Postrace VIP Suite: *Back in 2023.* 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/61599/listing>

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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 shortly after race weekend. Your bonus I-Challenge medal 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 cost \$38.

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 14th 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 prepurchased a \$10 pass to the ARC when you signed up for the race, you will have access to all its facilities, including the showers, on April 29 (towels are available for rent for \$1.00 but the supply is limited, so we recommend that you bring your own). You can pick up your ARC day pass at the Member Services desk in the ARC lobby area on Thursday, April 27, or Friday, April 28, during the expo. You can also purchase a day pass at the same location and times (walkup price is \$10). To gain access to the ARC on April 29, 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: Runners 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.

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 E14 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. Thanks to the Blue Crew Law Enforcement Motorcycle Club.

Special postrace section of *The News-Gazette*: Don't miss the Sunday, April 30, 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!

Results/finisher certificates: On April 29, results 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 Streetfest, a high-energy event in conjunction with the Christie Clinic Illinois 5K Run/Walk on Friday, April 28. Starting at 6:00 p.m. and located just outside Memorial Stadium on Kirby Ave., the 4th Mile Streetfest is the perfect place for you to kick up some excitement before your Saturday race and where you can celebrate after the Christie Clinic Illinois 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). Nonalcoholic beverages will also be available, including Busch NA. 90's Daughter 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 a 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 14th-Mile Celebrate Victory Bash: Celebrate your finish at this award-winning event hosted by Visit Champaign County on Saturday, April 29, from 8:00 a.m. to noon. Staged on Kirby Avenue just outside Memorial Stadium between First and Fourth Streets, this streetfest features live music by Tom Grassman Band, food trucks, activities hosted by Meijer, and a 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). Nonalcoholic beverages will also be available, including Busch NA. It's a great place to meet up with family and friends and celebrate your accomplishment! Stop by the Visit Champaign County 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 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: Battery Specialists, Blue Crew Law Enforcement Motorcycle Club, Champaign Park District, Fagen Scooter, Illini Recycling, 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 University of Illinois, United Rentals, Willard Airport, and all of the awesome volunteers and fans of the Christie Clinic Illinois Race Weekend!

Special thanks to these organizations for providing shelter on the race course: Lincoln Square Village, Memorial Stadium, Natural Resources Building, HERE Champaign, Urbana High School, University of Illinois Student Union, Brookens Center, Thomas Paine Elementary, Amber Pointe Recreation Center, Meijer, and Stone Creek Church.



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