

# The Schedule



## Three-Day event

### – Thursday

- Expo and Packet Pick-up
- Green Street Mile

4PM - 8PM

7:30 PM

### – Friday

- Expo and Packet Pick-up
- 4th Mile (same location as 27th mile)
- 5K Race (full course closure)

10AM - 7PM

6PM – 10PM

7:30 PM

### – Saturday

- Wheelchair Half Marathon
- Half, Full and Relay races
- 10K Race
- Youth Run
- 27th Mile post race celebration

7:31 AM










7:33 AM

8:00 AM

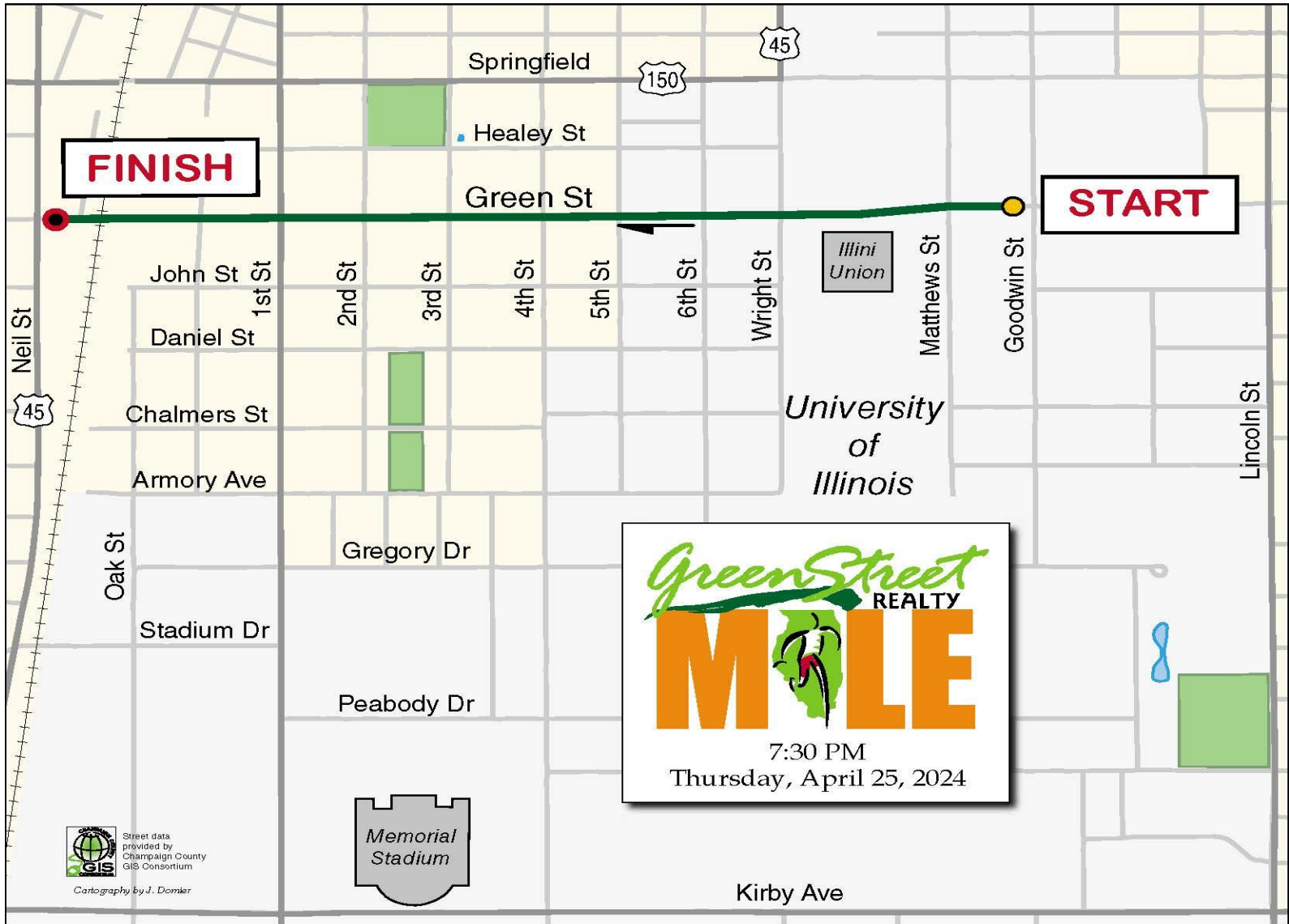
3:00 PM

8:30AM - 2PM

# The Courses – Map Legend

	Marathon/Relay
	Relay station
	Water
	Nuun Endurance
	GU energy gel
	Medical station
	Emergency medical
	Shelter
	Entertainment

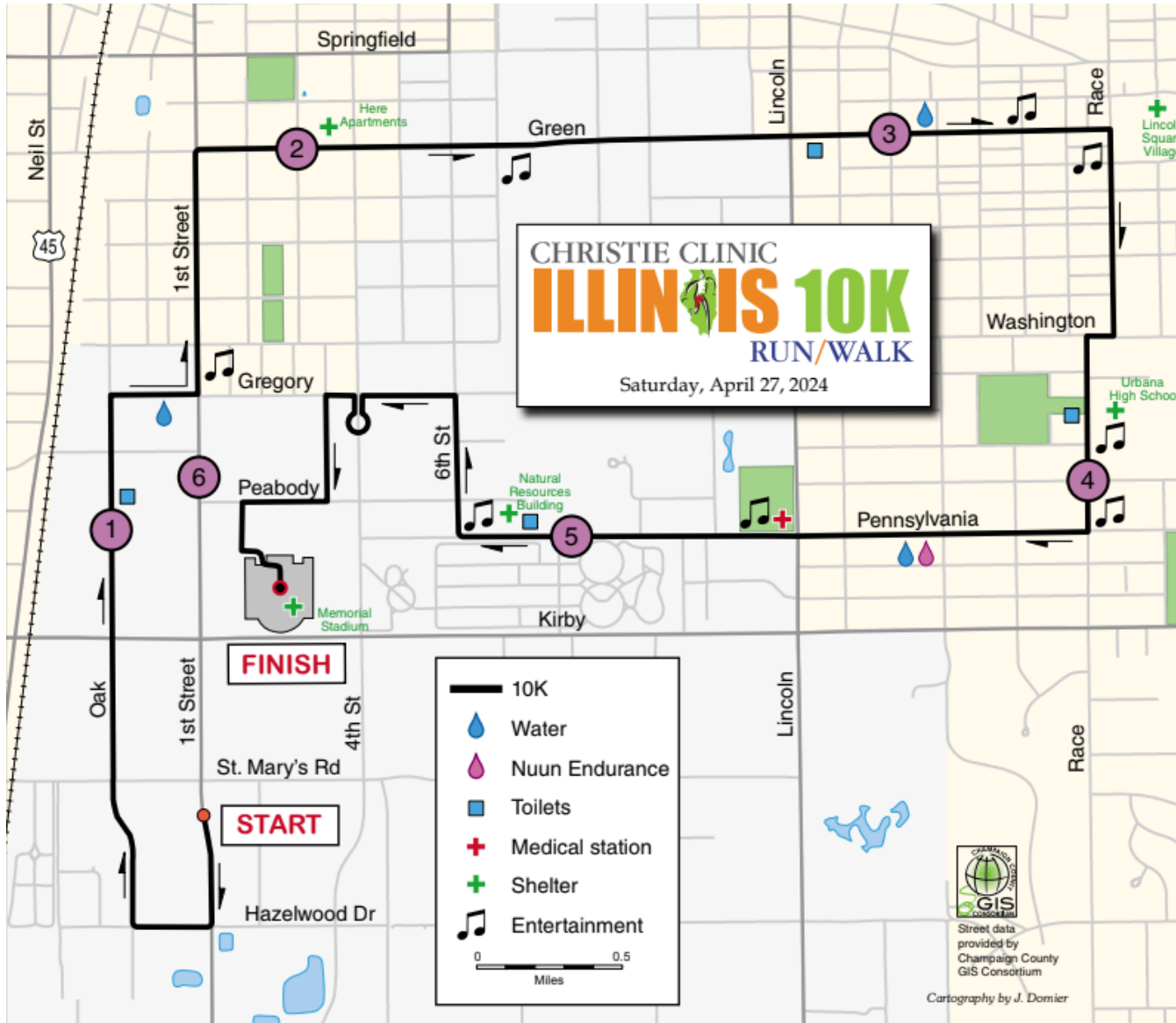
# The Courses – Mile (Thursday)



# The Courses – 5K (Friday)



# The Courses – 10K



# The Courses – Half Marathon





# The Courses – Full Marathon



# Race Bibs



5K



10K



Half-Marathon



Mile



Relay



Marathon





Mini I Challenge



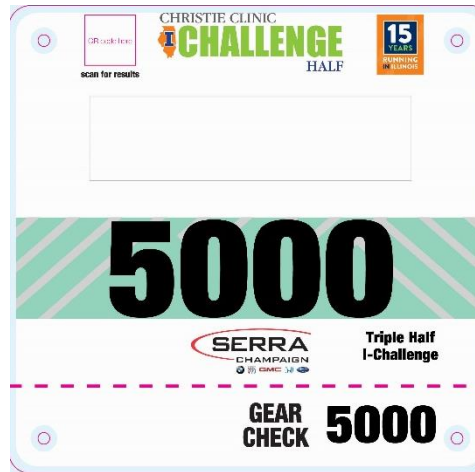
Half I Challenge



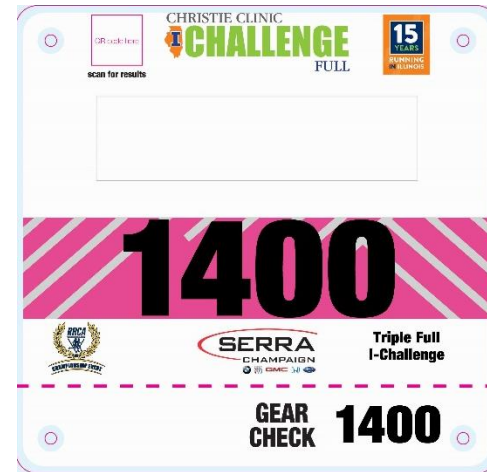
Full I Challenge



Triple Mini I Challenge



Triple Half I Challenge



Triple Full Marathon I Challenge



Youth



Relay I Challenge

Please fill in all information with a ballpoint pen:

NAME \_\_\_\_\_ AGE \_\_\_\_\_  
 ADDRESS \_\_\_\_\_  
 CITY/STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PLEASE CHECK  ALL ITEMS WHICH APPLY TO YOU.

Contact Lenses:  YES  NO

HAVE YOU EVER EXPERIENCED?	ALLERGIES	MEDICAL CONDITIONS	MEDICATIONS
<input type="checkbox"/> Chest pain	<input type="checkbox"/> HAYFEVER	<input type="checkbox"/> Heart Attack, Angina	<input type="checkbox"/> Nitro Glycerin (or other)
<input type="checkbox"/> Dizziness	<input type="checkbox"/> SICKLE	<input type="checkbox"/> Abnormal Heart Rhythms	<input type="checkbox"/> Anti-arrhythmics
<input type="checkbox"/> Muscle Cramps	<input type="checkbox"/> Penicillin	<input type="checkbox"/> Pacemaker	<input type="checkbox"/> Beta Blocker
<input type="checkbox"/> Heart Excitation	<input type="checkbox"/> Sulfu Drugs	<input type="checkbox"/> High Blood Pressure	<input type="checkbox"/> Chronic Cough (pink)
<input type="checkbox"/> Head Stroke	<input type="checkbox"/> _____	<input type="checkbox"/> Diabetes	<input type="checkbox"/> Insulin (or pills)
<input type="checkbox"/> Hypertension	<input type="checkbox"/> FOOD	<input type="checkbox"/> Epilepsy/Seizures	<input type="checkbox"/> Anti-Epileptics
<input type="checkbox"/> Hypoglycemia	<input type="checkbox"/> Nuts	<input type="checkbox"/> Bleeding Disorders	<input type="checkbox"/> Anti-Coagulants
<input type="checkbox"/> Hyperventilation	<input type="checkbox"/> Shellfish	<input type="checkbox"/> Asthma	<input type="checkbox"/> Steroids
<input type="checkbox"/> Hypersensitivity	<input type="checkbox"/> Strawberries	<input type="checkbox"/> Anemia	<input type="checkbox"/> Iron Pills
<input type="checkbox"/> _____	<input type="checkbox"/> MSG	<input type="checkbox"/> Recent Infections	<input type="checkbox"/> Anti-Biotics
<input type="checkbox"/> _____	<input type="checkbox"/> BEE STINGS	<input type="checkbox"/> Pregnancy	<input type="checkbox"/> Acid-Indigestion
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> Recent Surgery	<input type="checkbox"/> _____

Emergency Contact on Race Day  
 Family/Friend \_\_\_\_\_ Phone \_\_\_\_\_  
 BIKER TOUR \_\_\_\_\_ Phone \_\_\_\_\_  
 If from out of town - Hotel Name \_\_\_\_\_

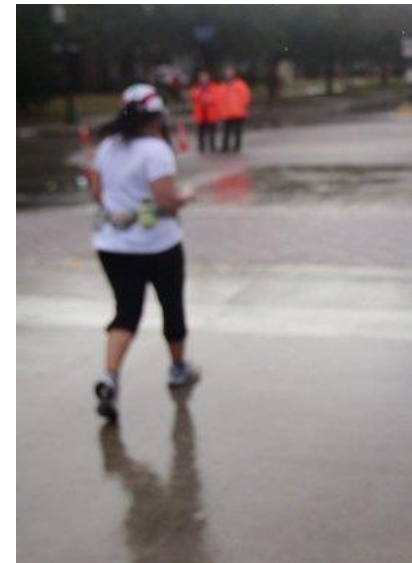
Reverse Side



Triple Relay I Challenge

# Weather Issues

- Race goes rain or shine.
- Be prepared for the conditions
  - Wear layers
  - Have a change of clothes
- Check the forecast so you know what to bring.



# Weather Issues

The Emergency Alert System (EAS) will use the following table to alert participants and volunteers to weather issues. Weather issues may include high or low temperatures.

Proposed EAS Level	Event Conditions	Recommended Action
<b>Extreme (Black)</b>	Event Cancelled / Extreme and Dangerous Conditions	Participation stopped / follow event official instructions
<b>High (Red)</b>	Potentially Dangerous Conditions	Slow Down / Observe Course changes / Follow Event Official Instruction / Consider Stopping
<b>Moderate (Yellow)</b>	Less than Ideal Conditions	Slow Down / Be Prepared for Worsening Conditions
<b>Caution (Orange)</b>	Delay in the Event	Wait for weather or course to clear.
<b>Low (Green)</b>	Good Conditions	Enjoy the Event Be Alert

# Take Shelter / Race shut down

- Officers and volunteers will be notified by text message 30 minutes in advance of dangerous conditions.
- Remain on post for at least 10 minutes and direct participants to nearest available shelter before seeking shelter yourself.
  - Shelters have been pre-arranged; please refer to course map, which shows the shelter locations.
  - Once the event has passed, MTD will drive the course and pick up runners and volunteers at shelters

# Public Safety Issues -

**OFFICIAL  
RACE  
VEHICLE**



- Driver visibility is important to a safe race.
  - Park your vehicle a short distance from your post...this avoids the obstruction of signage and improves visibility.
- Official and Emergency vehicles are allowed on the course.
  - Official Race Vehicles will have a yellow placard.



# Public Safety Issues - *Race Weekend*

- In the event of an emergency near you...
  - Do not leave your post unless someone else is covering it.
  - Refer to your critical info card on your lanyard for more specific instructions.
  - Get details of the emergency, then call 911.
    - Provide your post number, intersection and nature of the emergency
    - Stay on the line until the dispatcher releases you

# Public Safety Issues – Champaign



- Avoid having traffic on the route.
  - Participants have priority unless it is an emergency vehicle
- It is critical that the motorist sees the face of the runner and the runner sees the face of the motorist.
  - Sending traffic across the route will be allowed in many areas.
    - Talk with the driver, to let them know what you want them to do.
    - Best to have the vehicle cross perpendicular to the runner

# Public Safety Issues – 1 mile & 5K



- Remember these races will take place after dark so wear visible clothing and your traffic vest.
- The route will be closed to all traffic.
- Be familiar with how traffic can be directed away from the race route.
- If you are at an intersection with equipment, please set it up once you receive a text to close the course.
- Champaign Public Works will be handling equipment set up at the major intersections.

# Re-opening the road

- The Christie Clinic Illinois Race Weekend has placed caps on the time allotted to finish the races.
- Tail teams will notify runners that they have exceeded their allotted time and they will need to move to the sidewalk.
- Tail vehicles and clean-up crews signal the end of the race.
- Wait until they are at least 2 blocks past your intersection before allowing the normal flow of traffic.

# Medical issues...

- Review the course team volunteer critical info card on your lanyard.
- Back of card has key medical problems listed
  - Cardiac events
  - Hypothermia
  - Hyperthermia
- Report obvious medical emergencies.
- Remember: being bent over catching breath or taking a break is not necessarily a medical emergency....if in doubt, ask the runner first

# Medical issues...

- If runner is simply worn out and wants to drop out, direct them to the nearest medical or hydration station.
  - Refer to your map to help you with this.
- Medical units will be moving with the runners as well as bike marshals, who can assist.
- The medical aid stations will contact the Race Operations Center / Command Central to arrange for SAG Wagon transportation.



# Other Emergencies...

- Motor vehicle crashes, fire, or other emergencies are possible.
- Your volunteer critical information card has protocols to follow should another type of emergency occur in your area.
- You are the face of the race at that time; remain calm and follow directions as stated.
- In the event of a critically dangerous incident, call for law enforcement and simply be a good witness, taking notes on what you observe.