



Frequently Asked Questions (FAQs)

A: What is The Champions Run 5k and 10k?

Q: The Champions Run 5k and 10k is a fun and unique race located at Montrose Harbor in Chicago on Saturday, August 6, 2011. Every participant will receive a dri-fit t-shirt and finisher pint glass.

A: Why should I run the Champions Run?

Q: Not only do you get a cool t-shirt and a finisher pint glass but every participant will be greeted with a “Breakfast of Champions” upon finishing the race that includes beer, eggs, sausage or bacon. It is a fun and easy course along the lakefront and a great training race for an upcoming half marathon.

Q: Where do I Register at?

A: Registration is open online until Friday, August 5 at 12:00 P.M. To register for the race, [click here](#). Upon registration you will receive an email confirmation of your registration as well as important email updates as the race approaches.

You can also download a [pdf](#) and mail or fax it in. Registration will also be available at Packet Pick-Up at the increased fees. For more information about Packet Pick Up and Fees, keep reading the FAQs.

Q: What are the times of the races?

A: The 10k starts at 8:00 A.M. and the 5k starts at 8:30 A.M.

Q: What are the fees for the races?

A: The 10k is \$45.00 and the 5k is 35.00. However, prices will increase \$5.00 for each race on 7/30, so register early.

Q: When and where is Packet Pick-Up?

A: Packet Pick Up will take place at Universal Sole (3052 N. Lincoln Ave, Chicago, IL) on the following days and times:

- Wednesday, August 3 from 12:00-8:00 P.M.
- Thursday, August 4 from 12:00-8:00 P.M.
- Friday, August 5 from 12:00-5:00 P.M.

Q: Is there Race Day Packet Pick-Up Available?

A: There will be **NO RACE DAY Packet Pick-Up**. You or a friend must pick up your packet during one of the days of Packet Pick Up. If you have any conflicts with not being able to pick up your packet we can ship it to you for \$12.00 the week of the race. We must be notified by Monday, August 1 in order to ship your packet. Please contact Heather for any packet pickup questions at hfrayn@adrenalinesportsmanagement.com.

Q: Can I pick up my friend's packet or have my friend pick up my packet?

A: Yes, you may pick up a friend's packet during packet pick-up and vice versa, a friend can pick up your packet. Please bring an email confirmation, if you do not have their email confirmation, we will look up their names.

Q: I can't make the race, can I transfer my bib number to my friend?

A: Unfortunately, No. You cannot transfer bib numbers. In case of an emergency, we cannot allow others to race in place of you.

Q: I am interested in volunteering, do you have any information for volunteers?

Yes, please see our volunteer page: <http://thechampionsrun.com/volunteers.html>. If you are interested in volunteering, please fill out the form on the page and send it back to us.

Q: What time should I arrive for the race?

A: Please arrive early and allow plenty of time to park. The roads into Montrose Harbor begin closing at 6:30 am and the parking lots will fill up shortly after.

Q: Do you have any information on Parking?

A: We highly encourage carpooling, riding your bike, walking, and taking public transportation. However, if you do drive Parking will be available in the Montrose Harbor Parking Lot, Wilson and Lawrence Parking Lots, and on Simonds Drive. Standard Chicago Park District parking rates apply. Exit Lake Shore Drive at Wilson Avenue, Lawrence Avenue, or Foster Avenue.

Q: Is there a course time limit?

A: No, but we ask all participants to try to keep at 15 mile pace.

Q: What if I can't make it, can I get a refund or transfer my registration to another race?

A: Unfortunately, no. ASM has a strict no refund or exchange policy for The Champion's Run 10K/5K or any ASM race.

Q: I am driving to the race. Do you have directions?

A: The start and finish is at:
Montrose Harbor, Grove 16
4400 N. Lake Shore Drive
Chicago, IL 60640

- For directions from your home, put in your address [here](#).

Q: What are the Post Race Awards, Age Groups, and when will the awards be presented?

A: The Top 3 Male and Female Age Group Winners for both the 10k and 5k will receive a Customized 35 oz Glass Beer Mug.

Age groups are as follows: 14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 and over.

The awards will be presented during the after-party around 10:00 A.M.

Q: When will the Race Results be posted and where can I find them?

A: Race Results will be posted by late afternoon on Race Day. For results please visit:

<http://thechampionsrun.com/results.html>

Q: What are the T-shirt Sizes?

A: The Champions Run 5k and 10k t-shirts are available in both men's and women's fit. The sizes range from small to x-large. The t-shirts are also dri-fit.

Q: Are headphones allowed on the course?

A; Yes, you may use headphones during the run. Just please be aware of your surroundings and others around you racing.

Q: Are baby strollers allowed?

A: Yes, baby strollers are allowed in the race. However, you MUST start in the back of the runners.

Q: Are walkers allowed?

A: Yes, the race is open to all types of athletes, runners, joggers and walkers alike.

Q: How is the starting corral set-up?

A: There will be signs at the start that indicate various mile paces. Please line up accordingly to your pace - minute per mile.

Q: How many Aid/Water Stations will there be and where?

A: There will be an Aid/Water Station at the start and finish of the races. As well as one aid station on the 5k course and two on the 10k course. If the weather is warmer than usual, ASM will take precautions to add more water stations.

Q: What is at an Aid/Water stations?

A: There will be water at every station along with First Aid Emergency. If you are hurt or injured, please go to the nearest station and they will call for emergency help to the ambulance on hand.

Q: Does the Champions Run benefit any charity?

A: Yes, The Champions Run benefits Back on My Feet

- [Click Here](#) if you would like to Donate Online
[Click Here](#) if you would like to join the FundRacing Back on My Feet Team

Q: Is there an after party?

A: Yes, the after party will be right at Montrose Harbor following the race. The after party includes a "Breakfast of Champions" that will consist of eggs, meat and BEER for all of our "Champions." Don't miss this party with the post-race ceremony, prizes, beer mugs, and much more!

Q: Will the Beer be served to anyone?

A: No, only if you are 21 and older. You MUST show an ID to receive your beer.

Q: My kids want to participant in the race, will there be anything other than Beer for them at the After Party?

A: Yes! There will be orange juice for the kids to fill their pint glasses with.

Q: When will I get my finisher Pint Glass?

A: Once you cross the finish line you will have a tag on your bib. Tear off the "Pint Glass" tab and hand it to a volunteer to receive your glass.

Q: Is there a Corporate Challenge?

A: Yes! You can contact us at events@adrenalinesportsmanagement.com for more information. There will be prizes for the top three businesses and discounts are available for groups of 10+.

Q: Is there a Runners Club Challenge?

A: Yes! You can contact us at events@adrenalinesportsmanagement.com for more information. There will be prizes for the top three Clubs and discounts are available for groups of 10+.

Q: Is the Champions Run a CARA Certified Race?

A: Yes, This race has applied for and received the Chicago Area Runners Association designation as a CARA CERTIFIED RACE. This race has agreed to adhere to and uphold CARA's Best Practices Guidelines. These Guidelines embody the highest standards for quality, safety and comfort for participants in a road race.

Q: Do you have a discount for CARA Members?

A: Yes, please email events@adrenalinesportsmanagement.com and we will send you a coupon code for \$5.00 off.

Q: I purchased a Groupon for the Champions Run, how do I redeem it?

A: Please email us at events@adrenalinesportsmanagement.com and we will send you a registration form to get you registered. You must contact us to register prior to race day in order to race.