

## 2015 RACE WEEKEND INFORMATION PACKET

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# IMERMAN TEAM ANGELS



WELCOME  
**TEAM IA!**



## DEAR TEAM IMERMAN ANGELS,

As you read this Team Imerman Angels Runner Information Packet, the 2015 Bank of America Chicago Marathon is only days away. Our congratulations to each of you for your hard work in training for this event and, of course, participating. And our sincere appreciation for all that you have done to increase awareness and to raise much needed funds to help Imerman Angels further its mission of providing personalized connections that enable 1-on-1 support among cancer fighters, survivors and caregivers. This Sunday is your day and we are honored to be able to share in this experience with you. Please read through this Information Packet carefully as it contains all the information you need for Race Weekend. A few last minute tips:

[Make sure you read the Participant Guide sent to you from the Marathon office](#)

Pick up your race bib at the Expo on Friday or early on Saturday - relax on Saturday as much as possible

[Attend the Team IA Pasta Dinner on Saturday, October 10 - it's going to be an incredible evening!](#)

Allow extra time on race day - this is the second largest marathon in the world and will take longer than anticipated to get around

[Arrive Team IA's Race Day Headquarters at 5:30 AM - it gets crowded in Grant Park and downtown Chicago very shortly after that time](#)

Reference this Information Packet all weekend - bring it with you on Race Day (maps are included inside). And, forward this to your Race Day Crew of family and friends - there is information inside for them.

Finally, this is the best time to send out your fundraising page - the week of the race is a great time to remind family and friends that they can help connect those impacted by cancer to Mentor Angels. Thank you for all you have done to make these connections!

## ABBOTT HEALTH & FITNESS EXPO & PACKET PICK-UP

All Chicago Marathon participants must attend the Expo to pick up their race packet/bib! Unlike previous years, a participant may not have another person pick up your bib. You must bring your Confirmation Ticket (emailed or mailed copy) and Government Issued Photo ID.

**NOTE:** Additional and more specific information is provided in the Chicago Marathon Participant Guide:

[https://assets-chicagomarathon-com.s3.amazonaws.com/wp-content/uploads/2015/09/15\\_Participant-Guide\\_WEB.pdf](https://assets-chicagomarathon-com.s3.amazonaws.com/wp-content/uploads/2015/09/15_Participant-Guide_WEB.pdf)

## TEAM IMERMAN ANGELS BOOTH

Make sure you stop by the Team Imerman Angels booth at the Expo ([Booth 912](#))

- ☐ Pick up important last minute information and any updates
- ☐ Grab your Team IA Runner Gift (Team IA shirt, Team IA 26.2 laptop sticker and more)

COMPLIMENTARY **TEAM IA**  
LIFESTYLE T-SHIRT



COMPLIMENTARY  
LAPTOP STICKER



## LOCATION

McCormick Place  
Convention Center  
North Building, Hall B  
2301 S. Martin Luther King Dr.

## DATES & TIMES

Friday, October 9  
9 am to 8 pm  
Saturday, October 10  
9 am to 6 pm

## PRE-RACE PASTA DINNER

### TEAM IMERMAN ANGELS PASTA DINNER

This is going to be an incredible evening of celebration and a great chance to meet your fellow team members.

## LOCATION

### Congress Plaza Hotel

Windsor Room

520 South Michigan Avenue  
Chicago, Illinois 60605

*(within a block of CTA and ample parking nearby)*

### RSVP BY CLICKING LINK OR PASTE INTO YOUR BROWSER:

<https://www.eventbrite.com/e/team-imerman-angels-bank-of-america-chicago-marathon-pasta-dinner-celebration-tickets-18726489434>



## 5PM-7PM

*keeping it on the short side so that you can get some rest!*

## 6PM

*Program starts with inspirational words from:*

### JONNY IMERMAN

*Founder of Imerman Angels*

### DAVE ZIMMER

*Fleet Feet Sports owner*

### COACH MIKE NORMAN

*Founder of Chicago Endurance Sports*

### HECTOR NUÑEZ

*COO of Imerman Angels*

# MARATHON CHECKLIST

## YOUR MARATHON PACKING LIST

Lay out all your gear that you will need for the race on Friday – that way if you are missing something, you have a day to pick up that item (don't wait until Sunday morning to pack).



- ☐ **TEAM IMERMAN ANGELS SINGLET** (please wear your blue singlet if it's comfortable) and possibly a technical shirt to wear under your singlet during the race
- ☐ FAVORITE SPORTS BRA
- ☐ **RACE NUMBER / BIB** (*pinned to your singlet in all four corners*)
- ☐ FAVORITE SOCKS
- ☐ FAVORITE RUNNING SHORTS OR TIGHTS
- ☐ RUNNING SHOES
- ☐ **CLOTHES FOR THE MORNING** that you can throw away just before the race starts (*wear them to the start to stay warm – it's donated to a local charity*)
- ☐ POST-RACE CHANGE OF CLOTHING
- ☐ GLOVES
- ☐ HAT OR CAP
- ☐ SUNGLASSES
- ☐ BODY GLIDE
- ☐ **ENERGY GELS & HYDRATION SYSTEM** (if you wear one)
- ☐ IPOD OR PHONE (*music*) + HEADPHONES
- ☐ ID
- ☐ GARBAGE BAG or DRY-CLEANING BAG (*used for suits/dresses*) to keep you dry if raining or windy
- ☐ **EXTRA PAIR OF OLD "THROWAWAY" SHOES**  
if it has rained in past two days or day of race - wear those to the start and carry your marathon shoes to change into once in your corral

## RACE DAY INFO CHECK-IN

### RACE DAY MARATHONERS

Team Imerman Angels Race Day Headquarters:

**halo Hospitality** at the Congress Plaza Hotel

- same location as the Pasta Dinner (Windsor Room)
- enter at Harrison Street door (Harrison & Michigan)
- see map on next page

### 5:30AM CHECK-IN

Avoid the crowds that will start just after 5:30 am

*Don't be late!*

MORNING AMENITIES INCLUDE:

PRIVATE GEAR CHECK

PRIVATE BATHROOMS

REFRESHMENTS:

*Fresh fruit, bagels, Gatorade, water and coffee*

STRETCHING AREA & STRETCHING MATS/ ROLLERS

TEMPERATURE CONTROLLED (HEAT OR A/C)

PEP TALK FROM JONNY IMERMAN

### 6:30AM TEAM PHOTO

*Don't miss that!*

# IMERMAN ANGELS **halo** HOSPITALITY YOUR **VIP** RACE DAY EXPERIENCE

## MORE IMPORTANT STUFF

- Use public transportation (CTA) if possible.
- You will return here after you finish for the Post-Race Celebration!
- Your Special Guests – Your Race Day Crew (friends and family): are invited to the Post-Race Celebration Party here. Let them know to meet you here after the race – don't have them try to find you anywhere else – it's too crowded and can be very frustrating for them (and you!) – we will have Team IA Volunteers at the Harrison Street door to escort them into the Party!
- Your Race Day Crew can arrive anytime after 9:30 am.

## GRANT PARK SOUTH END



Public transportation or having someone drop you off is recommended!

## RACE DAY INFO YOUR CREW!

## RACE DAY YOUR CREW

### Team Imerman Angels Cheer Station at the Charity Block Party

The Team IA Cheer Zone is located at approximately Mile 14 on the Chicago Marathon course. It's a perfect place for your Race Day Crew to give you a high five as you pass by. Free parking, refreshments such as coffee and bagels for your Crew as well as cowbells and clappers. This place is amazing and full of energy! And it comes right when you need that extra push from your friends and family. Look for the Team IA blue tent on your right (north side) as you run by!

Cheer Station Contact:

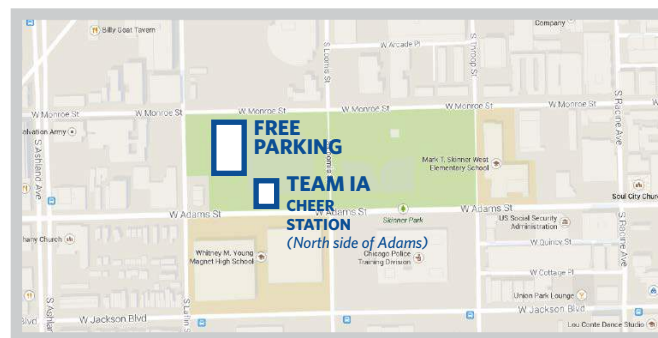
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*Please text instead of calling*

**MELISSA at (773) 729.7654**

## LOCATION

Adams Street  
at Whitney Young High School  
(between Loomis and Laflin – 1400 West Adams)  
one block east of Ashland Avenue.



## PUBLIC TRANSPORTATION



## PARKING

There is lots of parking located just north of the Charity Block Party – enter from Monroe Street just east of Laflin.

### Team Imerman Angels Location

North side of Adams between Loomis and Laflin.  
There will be other charities there as well, so have your Race Day Crew text the Cheer Zone Contact once they arrive.

# POST-RACE YOUR CREW

# POST-RACE YOUR CREW!

Your Race Day Crew (friends and family) are invited to the Post-Race Celebration Party at the Team Imerman Angels Headquarters at the Congress Plaza Hotel (Windsor Room). Let them know to meet you here after the race – don't have them try to find you anywhere else – it's too crowded and can be very frustrating for them (and you!). Enter at Harrison Street door (Harrison & Michigan)

## GRANT PARK SOUTH END



IT'S FREE FOR YOUR GUESTS - YOUR RACE DAY CREW CAN ARRIVE ANYTIME **AFTER 9:30AM**

PUBLIC TRANSPORTATION WITHIN ONE BLOCK (CTA) OR GO TO [PARKWHIZ.COM](http://PARKWHIZ.COM) TO BOOK A GUARANTEED PARKING SPOT

TEAM IA VOLUNTEERS WILL BE **AT THE HARRISON STREET DOOR** TO DIRECT THEM INTO THE PARTY!

THEY CAN CALL **ERIN AT (773) 456.7729** WITH ANY QUESTIONS ON RACE DAY

## POST RACE **MARATHONERS**

Once you finish and get your Chicago Marathon medal, head back to the Team Imerman Angels Headquarters for the best post-race celebration ever! It's a short walk (about 400 meters from the finish line). The walk back to the Team IA Tent is exactly what health professionals recommend after the Marathon – you actually need to keep moving (slow walk) rather than stopping right after you finish.

**IMPORTANT:** Once you finish, come back to the Team IA Headquarters.  
Exit **LEFT** at Congress Parkway to get to Michigan Ave. and then head South back to Harrison Street door (Harrison & Michigan).  
See Post Race Map on Page 10.

The Team IA headquarters will have everything you need including:



from Chicago's Connie's Pizza, Jimmy John's, and others

### **SALTY SNACKS**

### **DESSERTS**



including Lagunitas Beer, Cupcake Prosecco Mimosas, soda, water, coffee, Core Power Shakes

### **MASSAGE**

(by Physical Therapists)

### **STRETCHING AREA**

### **CHANGING ROOM**

### **PHOTOS OF YOU AND YOUR CREW**

at the Step and Repeat

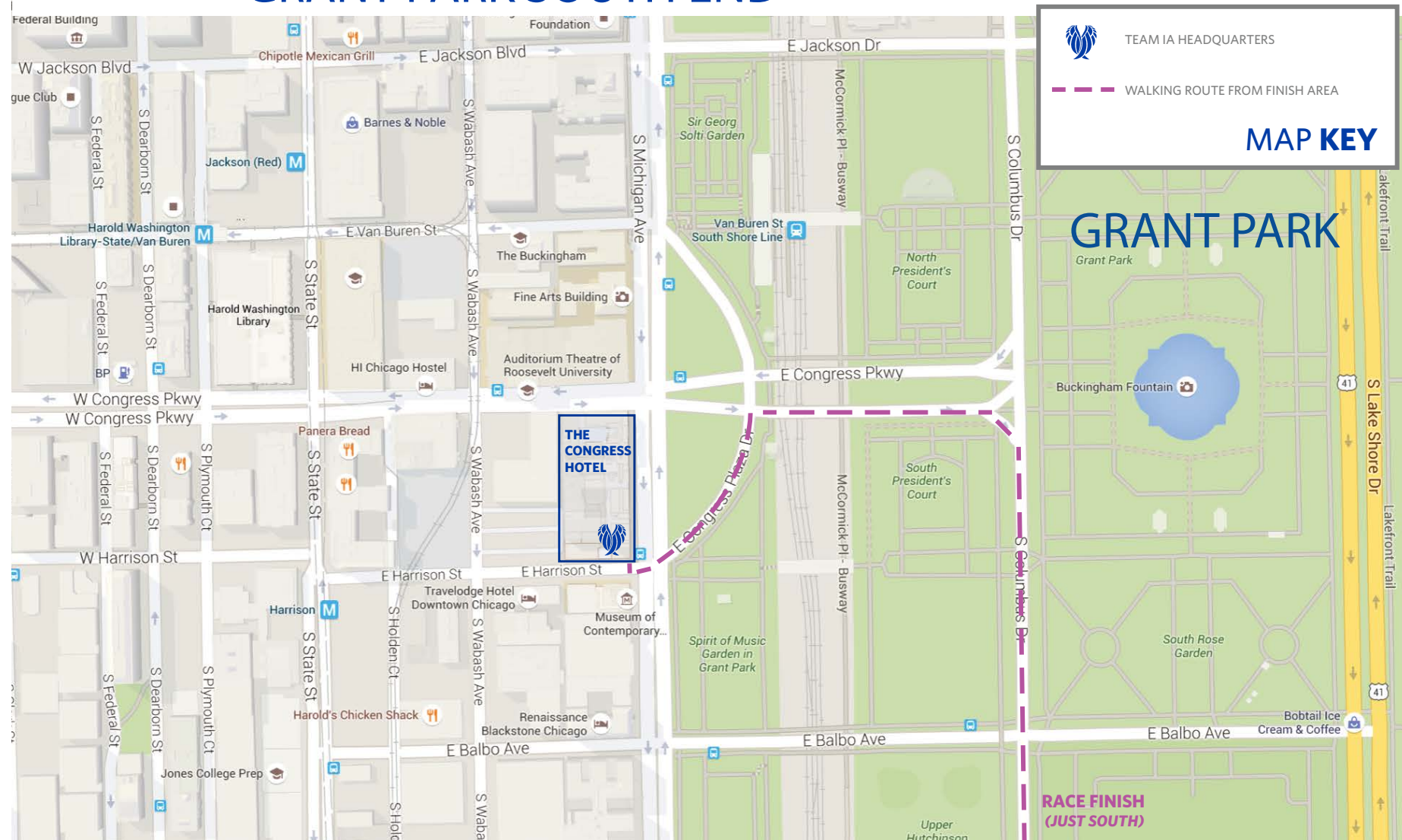
AND...

### **YOUR TEAM IMERMAN ANGELS CHICAGO COMMEMORATIVE PIN**

*because you have earned your wings!*

*We can't wait to see you at the Team IA Post-Marathon Celebration!*

GRANT PARK SOUTH END



CONTACT **DAVE LOUTHAN** at **DLOUTHAN@IMERMANANGELS.ORG**

OR (312) 720.4014

if you have any questions for Race Weekend or on Race Day.

**THANK YOU**  
TO ALL OF YOU!

We cannot wait to be a part of your big weekend. You are going to crush it!

