DEAR TEAM IMERMAN ANGELS,

As you read this Team Imerman Angels Race Weekend Information Packet, the 2018 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 one-on-one support among cancer fighters, survivors and caregivers. 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 (and in the most recent Starting Line News)
- 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 6th - 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 at Team IA’s Halo Hospitality Race Day Headquarters between 5:00 and 5:30 AM – it gets crowded in Grant Park and downtown Chicago very shortly after that time. Feel free to bring your training partners - they can join you at Halo Hospitality as your guests at no cost.**

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. Your Race Day Crew is invited to Team IA’s Halo Hospitality no charge - they are welcome to any food and beverages (mimosas!) offered to participants.

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! A participant may not have another person pick up their 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

TEAM IMERMAN ANGELS BOOTH

Make sure you stop by the Team Imerman Angels booth at the Expo (Booth 276)

☐ Pick up important last minute information and any updates

☐ Grab your Team Imerman Angels Chicago Marathon Sticker and the “Running in Honor of” Bib

LOCATION

McCook Place Convention Center
North Building
Exhibit Hall B

DATES & TIMES

Friday, October 5th
9 am to 8 pm

Saturday, October 6th
9 am to 6 pm
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:


3PM Singlet Decorating Party
5PM Pasta Dinner
6PM Program

Inspirational words from:

LISA ZIMMER
Fleet Feet Sports Chicago

MIKE NORMAN
Chicago Endurance Sports

JONNY IMERMAN
Co-Founder, Imerman Angels

TEAM COURAGE FROM COCO
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 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 MARATHONERS

Team Imerman Angels Race Day Headquarters: 
halo Hospitality at Congress Hotel
• same location as the Pasta Dinner (Windsor Room)
• enter at Harrison Street door (Harrison & Michigan)
• see map on next page
• your training partners are also invited (at no cost)
  to Halo Hospitality

5:00AM 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

6:30AM TEAM PHOTO
Don’t miss this and rousing pep talk
from Jonny Imerman!

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.
Public transportation or having someone drop you off is recommended!
**RACE DAY YOUR CREW**

Team Imerman Angels Cheer Station

The Team IA Cheer Zone is located at approximately Mile 20.5 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. And it comes right when you need that extra push from your friends and family. Look for the Team IA blue tent on your left as you turn the corner at Canalport and Cermak!

Cheer Station Contact:

*Please text instead of calling*

Becky at (310)980-0463

**LOCATION**

Mile 20.5 (Corner of Canalport and Cermak)

**PUBLIC TRANSPORTATION**

Take the Orange line from downtown Roosevelt to Halsted (10 minute walk to Cheer Station)

**PARKING**

There is street parking located outside of the course near the Cheer Station.
POST-RACE
YOUR CREW

Your Race Day Crew (friends and family, as well as your training partner) 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).

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 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 ANITA AT (312)206-8804 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:

FOOD: from: Pizza, Jimmy John’s, and others

SALTY SNACKS

DESSERTS

BEVERAGES:

including: Revolution Beer, Champagne Mimosas, soda, water, coffee

MASSAGE by: Body Gears Physical Therapists

STRETCHING AREA

CHANGING ROOM

PHOTOS OF YOU AND YOUR CREW at the Step and Repeat

AND...

YOUR TEAM IMERMAN ANGELS CHICAGO MARATHON COMMEMORATIVE MEDAL! because you have earned your wings

We can’t wait to see you at the Team IA Post-Marathon Celebration!
GRANT PARK SOUTH END

MAP KEY

TEAM IA HEADQUARTERS

WALKING ROUTE FROM FINISH AREA

MAPS POST RACE
THANK YOU
TO ALL OF YOU!

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