



# PARTICIPANT GUIDE





# SATURDAY, APRIL 27, 2024

## 9AM START

This Participant Guide is designed to prepare you for a successful experience at the City of Evanston Parks & Recreation's Lakeshore Shuffle.

The sections of this guide are color-coded based on their importance.

**NEED TO KNOW >>** Very important information you need to know before participating. Be sure to review all information.

**GOOD TO KNOW >>** Important information that is good for you to know to have a safe and successful experience.

### **NEED TO KNOW >>**

- Start Time
- Finish Cut-Off
- Location
- Registration
- Start Procedures
- Packet Pick-Up
- Participant Bibs
- Travel
- Facility map
- Course Map
- Course Description
- Aid Stations

### **GOOD TO KNOW >>**

- Results
- Gear Check
- Spectators
- Refund Policy
- Voluntary Cancellation
- ADA Accommodations
- Runner Drop Outs

**Start Time:**

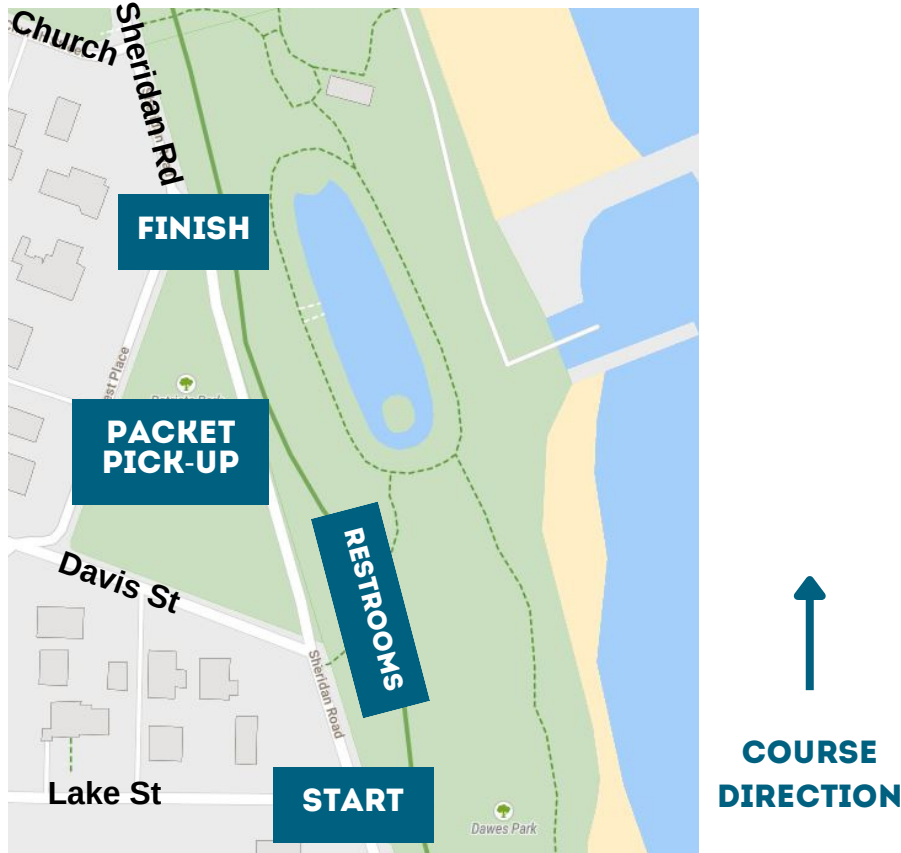
- 9:00 AM

**Finish Cut-Off:**

- Must complete the race within one (1) hour and thirty (30) minutes after the last start time

**Location:**

- Arrington Lagoon at Dawes Park: 1647 Sheridan Rd, Evanston, IL 60201
- Start Line: Sheridan Road & Lake St



**Start Procedures:**

- Participants can self-select what pace and wave they want to be in. There will be 4 waves that line up and leave based on pace per mile. They are as follows:
  - 9:00 AM - A Wave: 8:00 min pace and under
  - 9:03 AM - B Wave: 8:00 min. - 9:30 min. Pace
  - 9:06 AM - C Wave: 9:30 min - 11:00 min. Pace
  - 9:09 AM - D Wave: 11:00 min. and over or walking
- Corral signs with paces will be spaced to allow for the expected number of participants per pace to line up correctly. Participants are encouraged to line up by a pace that accurately reflects their intended average pace for the entire race.
- Each corral will be walked to the start line for a controlled mass start. Please remain behind the start wave volunteers for your chosen pace until directed to start.

**Registration Rules:**

- All participants wishing to run/walk the Lakeshore Shuffle course must be registered for the event, have a completed waiver, and have a race bib that is visible while on the course.

- Participants must be 8 years or older on race day.
- Participants cannot participate with baby joggers, strollers, or animals (except for service dogs).
- Non-registered persons may not participate with participants on the course.
- Day of registration will be available onsite starting at 8 AM until 8:40 AM.

### **Packet Pick-Up:**

- Participants are encouraged to pick up their participant bib before race day.
- An ID or registration receipt is required to pick up your participant race packet. Packet pick-up will be done by last name.
- Friends and family may pick up for a participant on pre-race day pick-ups with a copy (printed or digital) of the registration receipt or ID.
- On race day, packets may only be picked up by the registered participants.
- Pick-up Times & Locations:
  - Wednesday, April 24: Chandler-Newberger, 1028 Central Ave - 9 AM to 5 PM
  - Thursday, April 25: Chandler-Newberger, 1028 Central Ave - 9 AM to 5 PM
  - Friday, April 26: Commonwealth Running, 1631 Sherman Ave - 12 PM to 6 PM
  - Race Day - Saturday, April 27 - 8 AM to 8:50 AM. on-site

### **Participant Bibs:**

- Bibs must be worn on the front torso or chest. Please do not pin to your back, legs, or under clothing.
- Bibs may not be transferred to another person.

### **Parking:**

- Street Parking: available on side streets off Sheridan Road. No Parking will be available on Sheridan Road along the course. Please check street signs for required parking fees or parking restrictions.
- Parking Garage: Church St Self Park garage is located at 525 Church St, and is approximately 5 blocks from the race location. Rates are as follows: \$1 for 0-1 hours, \$3 for 1-2 hours, \$5 for 2-3 hours, \$6 for 3-5 hours

### **Public Transit:**

- CTA Davis Street Station is located at 1612 Benson Ave, approximately 0.6 from the race location. CTA Buses and the Purple line 'L' trains operate out of this station. It is an approximately 15-minute walk along Church St or Davis St to the start/finish area.
- CTA Bus Route 201 Ridge/Central stops at Chicago Ave & Clark St, Chicago Ave Church St, and Chicago Ave & Davis St.
- Metra David St Station is located at 901 Davis St, approximately 0.7 miles from the start/finish area. It is an approximately 15-minute walk along Church St or Davis St to the start/finish area.

### **Bike:**

- Bike racks are available next to the Arrington Lagoon Building and by the entrance to Clark St Beach, both just northeast of the start/finish area.

Course Map



- S** Start Line
- F** Finish Line
- R** Restrooms
- +** Aid Stations
- ?** Info & Packet Pick-up

**Mile Markers and Wayfinding:**

- Mile markers will be posted at each mile
- Keep an eye out for course marshalls providing directions and look for wayfinding signs along the course.

**Course Marshals:**

- Course marshals will be present to assist runners. Please remove headphones when approaching marshals so instructions can be heard. It is each participant's responsibility to know their course route. Please review the course map.

**Aid Stations:**

- Aid stations will have water, medical assistance, and basic first-aid supplies such as band-aids and ice packs.
- Restrooms are available throughout the course. See Course Map for more specific locations.

**Runner Injuries or Drop Outs:**

- Should a participant not be able to complete the run, they should proceed to the nearest aid station or to the nearest course marshall to request assistance.

**Accessibility:**

- The course consists of a combination of roadways, paved pedestrian paths, and a packed gravel path.
- An alternative route can be provided for those who cannot access gravel paths or for those who are seeking a shorter course.
- Anyone who requires a modification to participate should contact [disabilityservices@cityofevanston.org](mailto:disabilityservices@cityofevanston.org) no later than 7 days before the event.

**Results:**

- Results will be posted live on the event website, allowing participants to look up their results on mobile devices.

**Finisher Medals:**

- Lakeshore Shuffle 5K Finisher Medals will be available to all finishers at the end of the event.

**Gear Check:**

- Gear check is not available for this event.

**Spectators:**

- Friends and family are welcome to attend and spectate at the start, along the course, and at the finish. Please give participants space when crossing the course.

**Voluntary Cancellation:**

- Should participants voluntarily choose not to participate, or are unable to participate for reasons out of the control of the event (including, but not limited to injury, illness, personal matters, work conflicts, etc.), refunds will not be issued.
- Refunds will only be issued if the event is canceled by the Parks & Recreation Department.

**Other FAQ:**

- Running clubs may make requests to set up tents if done so at least two weeks before the event. Tents must be weighted to prevent them from moving in the event of high winds.
- Local businesses should contact [kgrundin@cityofevanston.org](mailto:kgrundin@cityofevanston.org) to inquire about tabling at the event.