



Dear Hustle Climbers:

Thank you for participating in the Hustle Chicago® stair climb!

Since 1998, Hustle Chicago® stair climb participants have raised more than \$17 million in the local fight against lung disease. Thank you!

Together, we are making a difference by providing scientists with local research funding (lung cancer, pulmonary fibrosis, and COPD), by delivering programs to help kids living with asthma and adults living with COPD (emphysema and chronic bronchitis), and by passing laws to reduce youth smoking and promote clean and renewable energy in Illinois, benefiting everyone who breathes. None of this would be possible without your support.

And that is just the beginning. As RHA closes out its 113<sup>th</sup> year of service in metropolitan Chicago and beyond, we remain deeply committed to programs and initiatives that will prevent lung disease, promote clean air and help people live better lives. Your support makes this possible.

If you are climbing for a loved one touched by lung disease, our thoughts are with you. Today you are making a difference in the fight against lung disease. For more information regarding our programs, or to explore some of our website resources, please visit [www.resphhealth.org](http://www.resphhealth.org).

The Special Events Team and I wish you good luck, and thanks again for climbing. We will see you at the top!

Warmly,

Joel J. Africk  
President and Chief Executive Officer  
Slow and Steady Climber

# Event Information Document

updated on 1/30/20

Thank you for your participation in the 23rd Annual Hustle Chicago® stair climb. New climbers especially, please read the following event information document **BEFORE** event day to ensure the best overall experience! If you have any questions, contact us at [hustle@resphealth.org](mailto:hustle@resphealth.org) or (312) 628-0200.

Hustle Chicago® stair climb		
<p style="text-align: center;">Sunday, February 23rd</p> <p>Climb: 7:00 AM – 2:00 PM Expo: 7:30 AM – 3:30 PM</p>	<p>Climb &amp; Coat Check</p> <p>875 N. Michigan Avenue <i>Formerly John Hancock Center</i> (between Chestnut &amp; Delaware)</p>	<p>Expo &amp; Gear Check</p> <p>Hilton Suites Chicago 198 E. Delaware Place, 3<sup>rd</sup> Fl. (around the block from 875 N. Michigan)</p>

Section One: Pre-Event Information		
Climb Packets & Packet Pickup	Training & Preparation	What to Wear

Section Two: Event Day Information		
Parking & Transportation	Security	Gear Check vs. Coat Check
Guest Passes	The Course	Climbing Instructions
Medical Assistance	Restrooms	Aurelio’s Pizza Hustle After Party
Photos	Souvenir Merchandise/Swaag	

Section Three: Timing & Results		
“D” Tag Timing System	Results	Awards

Section Four: Fundraising		
Fundraising Overview	Pledge Turn-In Options	Incentive Prizes

## Section One: Pre-Event Information

### Climb Packets & Packet Pickup

Packets include start time & wave number on your bib number, t-shirt, timing device and event information.

Virtual Goody Bags: RHA will email all participants the link to the virtual goody bag the week of the event. The virtual goody bag will have coupons and informational brochures you can download.

Teams: All packets will be shipped to the Team Captain approximately two-three weeks prior to the climb. (Packets will be sent to the address used during the Team Captain's registration.)

Individuals: Packets can be picked up at Fleet Feet Sports during the following days and times:

#### **Friday, February 21, 12:00 PM– 8:00 PM**

Fleet Feet Sports Chicago – South Loop  
150 W Roosevelt Rd, Chicago 60605 (312) 788-3338

Store is located in the Roosevelt Collection, home to a state-of-the-art three-floor parking garage. Entrances are found on Roosevelt Road, as well as on the south end of Wells Street, when approaching from the south. 90 minutes free with in-store validation. For more information, [visit their website](#).

#### **Saturday, February 22, 12:00 PM – 6:00 PM**

Fleet Feet Sports Chicago – Old Town  
Crilly Court Plaza  
1706 N. Wells St., Chicago 60614 (312) 587-3338

Meter street parking is available on Wells Street. CTA Brown line Sedgwick stop is just two blocks west of the store.

Race packets (for those NOT on a team) may be picked up by a fellow climber/friend. He/she must know the correct name spelling and the climb category (Full or Half) of all individuals for whom packets are being picked up.

**There is no packet pick-up on event day! Individuals who do not pick up their race packet during the designated Packet Pick-up times will forfeit their climbing spot.**

Individual Climbers that are unable to pick up their packets at the designated Packet Pick-up locations can arrange to have their packets mailed. Pre-climb packet mailings can be purchased online for a \$17 fee through January 31, 2020.

### Training & Preparation

Proper training can help you have a more enjoyable climb and avoid injuries during this challenge. Training in a safe, well-ventilated stairwell is ideal. Utilizing a stair master at your gym is another alternative. Pacing yourself during the stair climb is key to successful completion—it is recommended that you **walk** throughout the event at an even pace. (The 875 N. Michigan Avenue is not open to the public for training in their stairwells.) Expect the stairwells to be dry, so at least two days before the

event, drink plenty of water and continue hydrating throughout the climb with the bottled water provided or bring your own hydration pack. Refer to the Fleet Feet Sports training tips/videos available on our event website at <https://reshealth.org/hustle-chicago/training/>. Also Athletico the official physical therapy of Hustle Chicago has provided stretching tips/video on Hustle fb posts.

### **What to Wear**

You should wear comfortable moisture wicking clothing (not cotton), appropriate for an intense cardio workout. The event t-shirt provided to you may be worn as it is moisture wicking, but it is not required. Technical or dri-fit shirts are recommended. Proper shoes are essential. Visit Fleet Feet Sports for shoes and apparel! Running, walking or cross training shoes are important for a successful climb. Expect the stairwells to be warm, dry and possibly stuffy. Don't forget to display your team pride or honor a loved one by creating your own t-shirt!

It is required that you securely attach your bib number to the front of your shirt with the safety pins provided in your climb packet or at the Concourse/Garden Level Solutions Desk. Your bib number also serves as your entry pass into 360Chicago and post-climb snack line at the Aurelio's Pizza After Party at the Hilton Suites Chicago. **All climbers must wear their bib number during the event.**

**Climbers must also wear their "D" Tag Timing Device on their shoe.** You can read more about this in Section Three: Timing & Results.

## **Section Two: Event Day Information**

### **Parking & Transportation**

Parking costs and transportation are the responsibility of each climber. Rate increases without notice. <http://www.360chicago.com/directions-and-parking/>  
<https://360chicago.com/plan-your-visit/>

360 CHICAGO Guests only who pre-purchase guest passes for 360Chicago (the top) can receive a \$5 discount to the 875 N. Michigan Parking Garage at the 360Chicago ticketing desk (lower level) (<http://www.360chicago.com/directions-and-parking/>). Discount redeemed only with a ticket to 360 CHICAGO for race-day only in order to validate. Parking is available at 875 N. Michigan garage for standard rate on a first come- first served basis only, (based on availability). Rates may change without notice. As part of security procedures, uniformed 875 N. Michigan staff may check all vehicles entering JHC parking garage. We urge you to obey all instructions given by 875 N. Michigan personnel. Please allow extra time for this security check. We suggest leaving your coat and belongings securely in your car or have a guest hold personal items.

#### Suggested Other Options:

**We suggest Spot Hero- reserve your parking spot in advance and save \$**

<https://360chicago.com/plan-your-visit/>

Bloomington Building parking (discount with any purchase, e.g. coffee)

Water Tower Place

Valet parking is available at the Hilton Suites Chicago. Up to 2 hours is \$30 and 2-6 hours is \$38. Alternative parking is also available at Park at 100 East Walton or at the 900 N. Michigan Avenue building. Alternative parking garages are also located east and west of Michigan Ave. on Delaware St. Public transportation is encouraged. CTA's #151, 146 bus routes will drop you off directly in front of 875 N. Michigan. Visit [www.transitchicago.com](http://www.transitchicago.com), or call 836-7000 (any area code) for CTA travel information.

*Note all price above are subject to change without notice.*

## Security

Titan Security Group is onsite in all common and public areas and within the stairwells in both uniformed and non-uniformed attire. Please be courteous to all. We are guests in this building which houses businesses and personal residences. All security procedures must be followed as security personnel will be present in all areas. Car and bag checks may be done at the parking garage and other areas and is left up to the discretion of 875 N. Michigan Avenue security.

To ensure everyone's safety, climbers are not permitted to leave the stairwell before the finish line exit unless escorted by security. 875 N. Michigan Avenue identified security will be stationed approximately every 10 floors to ensure your safety throughout building. They will be in radio communication in case of an emergency or any alterations to the standard event activity.

### **Gear Check vs. Coat Check** (bring patience and allow time as lines may form)

There are two options for participants to check their gear.

Coat Check Only: 875 N. Michigan Avenue/Concourse Level. Only coats will be accepted at this location. **NO EXCEPTIONS. NO BAGS/TOTES/DUFFLES WILL BE ACCEPTED AT THIS LOCATION.**

Gear Check Only: Hilton Suites Chicago/3rd Floor. Items other than coats such as SMALL bags can be checked at this location.

Respiratory Health Association, 875 N. Michigan Avenue and Hilton Suites Chicago are not responsible for lost or stolen items. Keep valuables at home. Consider locking additional items in your car or give to your family and friends who are not climbing.

## Guest Passes

Your friends and family can meet you atop at the finish line in the newly renovated 360 CHICAGO (formerly John Hancock Observatory) including the new neighborhood experience entrance located on the Garden/Concourse Level. Tilt will not be available on event day, however, a discount offer is on backside of race bib for a return visit.

Soaring 1,000 feet over legendary Michigan Avenue is one of the city's most unique attractions - 360 CHICAGO. Located on the 94th floor of 875 N. Michigan, 360 CHICAGO offers breathtaking views of Chicago's skyline, lakefront and three neighboring states. To pre-purchase General Admission tickets, visit: <http://www.360chicago.com>. Follow the "BUY TICKETS" link and select the number of General Admission tickets you need. Tickets purchased prior to the event will receive an exclusive online discount. Tickets will also be available to purchase on event day within the gift shop located on the Garden/Concourse Level. Entry to 360 CHICAGO is based on crowd capacity. Entry will be halted or limited until the floor clears up enough for entry.

A discount offer for a return visit will be available in the Hustle virtual goody bag (via email to climbers) available on Feb. 23, 2020.

## The Course

There are two climb categories: full climb and half climb. The full and half climbs will be held simultaneously in two separate stairwells. Boxed Water bottles are provided at the start and finish line. Additional water is available in the stair well on full climb floors: 30 and 42 and half climb at floor 72 and limited amount at the medical stations (full climb floors 16, 65, 70 and half climb floors 52 and 84.) You may bring your own water camelback or sport bottle. The stairwells may be mopped with water one week prior to the event to eliminate dust. No cleaning chemicals are used. Air in the stairwell may be

dry. BIG TIP: To help, dissolvable strips (like Listerine PocketPaks Breath Strips) can be beneficial within the stairwells as they dissolve instantly. At the finish line participants enjoy the sights of the Windy City from 360Chicago on the 94th floor and can access the SKYwalk.

### **Climbing Instructions**

Due to the nature of this event, all participants should arrive 30-45 minutes prior to their designated wave time. Participants do NOT have to check-in on event day. **Refer to the large “wave boards” near the climb staging area as to the next “on deck” wave number.** Climbers are assigned to 15 minute wave times. Example: if your wave time is 8:45 AM - at 8:30 AM you will be permitted to enter the starting line. You will start your climb anywhere between 8:45 AM and 9:00 AM. The order in which you get in line is the order in which you will climb. You are free to arrange yourselves in any order within each wave. Line monitors will assist you. Wave times are not flexible. If you miss your wave time, you will not be permitted to climb. Climbers take off in 8 second intervals creating staggered starts. Start times cannot be changed or altered.

**Climbing a stairwell multiple times or going down the stairs is prohibited and may lead to removal from this and future climbs.** 875 N. Michigan Avenue stairwells turn to the left. While climbing, please pass on the right side (outside) only. Single-file climbing only. Please be a courteous climber. Personal headphones and ear buds are allowed if you wish to climb to music but please keep the volume at a level that allows you to be conscious of those around you. If you must exit in case of an emergency or you are unable to complete the climb, please seek identified security, volunteer or medical staff for assistance to be properly escorted. Carrying a baby or child toting is not permitted. **Do not exit any floor without security personnel!**

### **Medical Assistance**

Medical staff (identified in red shirts with white printing) will be on-site for those who may need assistance throughout the event in various areas including the concourse level, stairwells and at the top in 360Chicago (formerly the John Hancock Observatory). An ambulance with paramedic staff will also be on site. Any volunteer can assist you and put you in contact with medical personnel. If you must exit in case of an emergency or you are unable to complete the climb, please seek security, volunteer or medical staff for assistance where you will be properly escorted. Do not exit any floor without security personnel!

If, for any reason, a participant needs to leave the stairwell, a medical staff member must evaluate the participant before they can exit.

### **Restrooms**

Restrooms are located on the Concourse/Garden Level BEHIND the Cheesecake Factory and behind the 360Chicago entrance desk. Facilities are also located in 360Chicago (finish line) — men’s on the north side, women’s on the south side. No restroom facilities are accessible from the stairwells. Expect long lines.

### **Aurelio’s Pizza Hustle After Party (198 E. Delaware Place)**

Climbers and guests can enjoy complimentary entry into our Aurelio’s Pizza Hustle After Party at the Hilton Suites Chicago. Located around the corner from 875 N. Michigan Avenue, a variety of fun awaits you! This is a suggested location to meet up with guests post climb. A coupon for Aurelio’s Pizza will be available in the Hustle virtual goody bag (sent via email to climbers) and on the back of your bib.

- Our DJ will keep the party going.
- Visit sponsor booths and exhibits and receive food and beverage samples and give-a-ways.
- Refuel post-climb at the snack line. (Post-climb snack line is available for climbers only.)
- Alcoholic beverages onsite to be served after 11am. ID required.
- Unofficial timing results database provided by Lakeshore Athletic Services.
- Team photo pick-up.

## Photos

Professional onsite photography for team photos (outdoors) stairwell photos will be provided by Picsolve.

Teams: One of the benefits of forming an official Hustle Chicago team are team photos!

TEAM PHOTO TIME: 45 minutes before your wave. It is important that all team members be assembled in the designated area 10 minutes before photo time. (Weather permitting, team photos will be taken outside on the 875 N. Michigan Avenue plaza stairs. Check in with the Picsolve representative and wait on the concourse level near the Michigan Avenue doors). All team members in the photo will receive a printed copy. Team photos can be picked up at the Aurelio's Pizza Hustle After Party by the captain. Captains are responsible for claiming and distributing all team photos AFTER you have finished the climb.

All climbers: Team photos, action photos (taken in the stairwells) and finish line photos will be available to search and download free following the event on a newly designed website.

## Merchandise

Remember your experience! Great souvenir merchandise can be purchased at the Aurelio's Pizza Hustle After Party on Event Day (cash or credit cards accepted). Limited sizes and styles are available.

## Section Three: Timing & Results

### Timing System

Timing will be managed by Lakeshore Athletic Services with the use of "D" tags. The "D" tag will be included in your climb packet and will be attached to your bib. The "D" tag is easy to attach to your shoe and once it's on, you will quickly forget that it is even there! Participants must use the "D" tag that matches the number on his/her bib. No time will be given if the "D" tag is not worn correctly. Instructions on how to adhere to the "D" tag can be found on the final page of this document. If you need assistance with your "D" tag, visit the Solutions Desk on the Concourse/Garden Level of 875 N. Michigan on event day.

### Results

An unofficial results database provided by Lakeshore Athletic Services can be viewed at the Aurelio's Pizza Hustle After Party at the Hilton Suites Chicago on event day! Official results (provided by Lakeshore Athletic Services) will be available Monday, February 24 at [www.resphealth.org/hustle](http://www.resphealth.org/hustle).

### Awards

Age groups for award purposes are as follows: 11 & under, 12-18, 19-29, 30-39, 40-49, 50-59, 60-69, 70+. Awards will be mailed to the awardees in late April/early May.

Award Categories:

- Full Climb Elite Individual: Awards are given to the top three Elite finishers for each gender.
- Full Climb General Individual: Awards are given to the top non-elite three finishers for each

gender, as well as the top overall male and female finisher per age group.

- Half Climb Individual: Awards are given to the top three finishers for each gender, as well as the top overall male and female finisher per age group.
- Team Challenge Awards: Fastest Team (Full Climb & Half Climb) and Highest Fundraising Team.
- Firefighter Awards: Awards will be given to the Fastest Overall Firefighter and Fastest Firehouse.

## Section Four: Fundraising

### Fundraising Overview

Hustle Chicago® stair climb is the largest fundraising event for Respiratory Health Association. This year's goal is to raise **\$1 million** to prevent lung disease, promote clean air and help people live better through education, research and policy change. With your help, we can reach our goal. Fundraising suggestions and tips are available: <https://resphealth.org/hustle-chicago/hustle-fundraising-support/>

### Pledge Turn-In Options by March 13, 2020

Online: Every event participant is encouraged to use our online fundraising platform, DonorDrive. During registration you created an account for DonorDrive. DonorDrive is user-friendly and a great way to gain support from your friends and family in this event.

Offline: You are encouraged to turn in offline pledges (cash or checks) as soon as you receive them. Pledge forms can also be printed off our website.

On event day: Visit the Solutions Desk located on the Garden Level near the Cheesecake Factory. Checks payable to: Respiratory Health Association (RHA). Pledges can be mailed (with the exception of cash) to:

Respiratory Health Association/Attn: Hustle Chicago® stair climb  
1440 W. Washington Boulevard  
Chicago, IL 60607-1878

In Person: Pledges can be dropped off at RHA's office between 8:30AM – 4:30PM, Monday through Friday. Pledges will be accepted on event day at the Solutions Desk in the Concourse Level of 875 N. Michigan and at RHA's merchandise table at the Aurelio's Pizza Hustle After Party at the Hilton Suites Chicago. All donations are tax deductible and all donors will receive a thank you letter or e-receipt to be used for tax purposes. You may continue to collect pledges even after event day. For the purposes of calculating incentive prizes, all pledges should be turned in to RHA prior to Friday, March 13, 2020.

### Incentive Prizes

All climbers are eligible to earn incentive prizes based on the amount of funds collected. The \$100/\$85 pledge minimum paid at the time of registration will be included in fundraising totals.

Every climber receives a finisher medal, technical event t-shirt, virtual goody bag and complimentary admission to the Aurelio's Pizza Hustle After Party.

**Thank you for all your support of Hustle Chicago® stair climb and Respiratory Health Association. See you at the top!**



**RESPIRATORY HEALTH ASSOCIATION®**



# "D" Race Timing Tag Instructions



## Step 1



Remove shoe tag and directions from bib

## Step 2



Separate shoe tag from directions by folding at perf and tearing apart

---

## Step 3



Crease tag on fold lines

## Step 4



Insert under lace face down

---

## Step 5



Remove adhesive tab (located on backside of marked black area)

## Step 6



Attach adhesive tab to non-adhesive tab

---

## Step 7



Press together firmly forming a "D" shape

## Step 8



Position tag number side up