



Dear Hustle Climbers:

Thank you for participating in the 2021 Hustle Chicago stair climb!

Since last year's Hustle Chicago stair climb, RHA has had to change almost everything we do to further our vision of healthy lungs and clean air for all. Our program delivery has moved online and through other channels of program delivery (fact sheets and developing other resources). We have doubled or tripled our outreach to people living with COPD and their caregivers, providing them with newsletters and calls to help them maintain their health during the pandemic. We increased our research funding, including some local Covid-19 research at Northwestern University. And much more. None of that would have been possible without your support.

When the final Covid-19 chapter is written, I am confident RHA will have survived one of the greatest challenges in our 115-year history. We survived the Spanish Flu of 1918, the Great Depression and two world wars. We have survived periods of great strain and financial austerity. And it is beginning to look like we will survive the pandemic, too.

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.resphealth.org.

The Special Events Team and I wish you good luck as you take on Soldier Field, and thanks again for climbing.

Warmly,

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

Event Information Document

updated on 3/31/21

Thank you for your participation in the 24th Annual Hustle Chicago® stair climb.

As you know, the event is very different from prior years. This year more than ever, we strongly encourage all climbers to read this important event information **BEFORE** event day to ensure you have the best overall experience!

If you have any questions, contact us at hustle@resphealth.org or (312) 628-0200.

For everyone's safety and to follow public health recommendations, masks must be worn from the time participants enter until the time they leave. PLEASE NOTE: Bandanas, face gators, and shields may not be substituted for masks.

Hustle Chicago® stair climb at Soldier Field

Sunday, April 18

Climb 7:00 AM- 3:00 PM

Location:

1410 Museum Campus Drive, Chicago, IL 60605

Enter at Soldier Field, Gate 45 ramp across from Field Museum

located between Lake Shore Dr. and Special Olympics Dr.

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Pre-Event Information

Climb Packets

All climber packets will be mailed directly to climber's address submitted during registration and to be received 1-2 weeks before the event by USPS. Your packet will include start time, wave number and Soldier Field section # on your bib, t-shirt, and event information.

Teams: All packets will be mailed to the individual this year to eliminate contact between team members.

There is no packet pick-up on event day! Start times are final. Due to the reduced and very limited spots available for the event and the maximum number of spots per wave, for the safety of all climbers we are unable to change start times.

Training & Preparation

Proper training can help you have a more enjoyable climb and avoid injuries during this challenge. 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** as you ascend and descend throughout the event at an even pace. Handrails are present and are encouraged to be used. Drink plenty of water and continue hydrating throughout the climb with the bottled water provided or bring your own hydration pack.

Consider training in your mask to feel comfortable breathing during your climb and find the mask that works best for you. PLEASE NOTE: Bandanas, face gators, and shields may not be substituted for masks.

What to Wear/What to Bring

Don't forget your face mask and your bib! This year we are outdoors. Based on weather and windy conditions, consider dressing in layers: wind breakers, gloves, hats, and sunglasses. For everyone's safety and to follow public health guidelines, masks must be worn from the time participants enter until the time they leave. PLEASE NOTE: Bandanas, face gators, and shields may not be substituted for masks.



Upon completion of climb, each guest will receive a fresh reusable souvenir face mask as pictured, provided by our generous sponsor Jaanuu.

You should wear comfortable moisture wicking clothing (not cotton) and consider layers 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. Running, walking or cross training shoes are important for a successful climb. Don't forget to display your team pride or honor a loved one by creating your own t-shirt!

Your blue bib number is your entry into Soldier Field. 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. **All climbers must wear their blue bib number during the event.**

2021 is a non-timed event. The event climb will be a 20-minute timeframe loop for each climber.

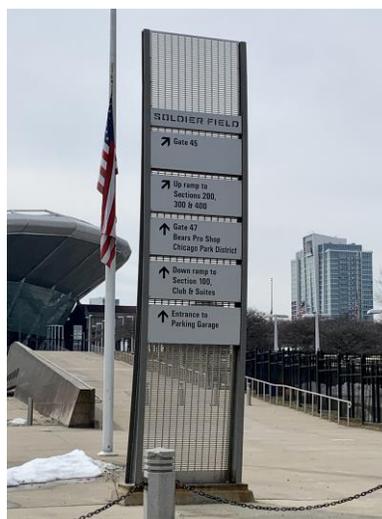
Event Day Information

Parking, Drop Offs, & Directions

Parking costs and transportation are the responsibility of each climber. Rate may increase without notice. The indoor parking garage closest to the event entrance is the North Garage at 1410 Museum Campus Drive. The entrance is located on Special Olympics Dr. and costs \$25 per vehicle with no time limit. Walk out from the North Garage towards McFetridge Drive. DO NOT park in Waldron garage.

Find additional directions [here](#).

Entry point for all is at Gate 45 ramp located on McFetridge Drive between Lakeshore Dr. and Special Olympics Dr. directly across from the Field Museum. This is the suggested drop off location for those arriving by Uber etc.



Participant Guidelines

Participant Guidelines to remember:

- Do not participate if you are feeling sick or ill, and/or have a fever, or if you have been in contact with someone unrecovered from COVID-19.
- Persons from high-risk groups for COVID-19 complications should consult their physician before participating.
- Do not engage in traditional forms of physical contact (handshakes, high-fives, hugs, partner stretching, etc.).
- Do not engage in close group pictures/selfies.

Security

Soldier Field security will be present throughout the event, including the entrance at Gate 45. Car and small bag checks may be done at the parking garage and other areas and is left up to the discretion of Soldier Field security.

Gear Check

Due to Covid-19 and guidelines, **we will not offer gear or coat check this year**. We encourage you to “pack light” and only bring what you can carry. You may bring a small backpack, (drawstring bag suggested) but you must always keep it with you while inside Soldier Field. Keep valuables at home. Consider locking additional items in your car.

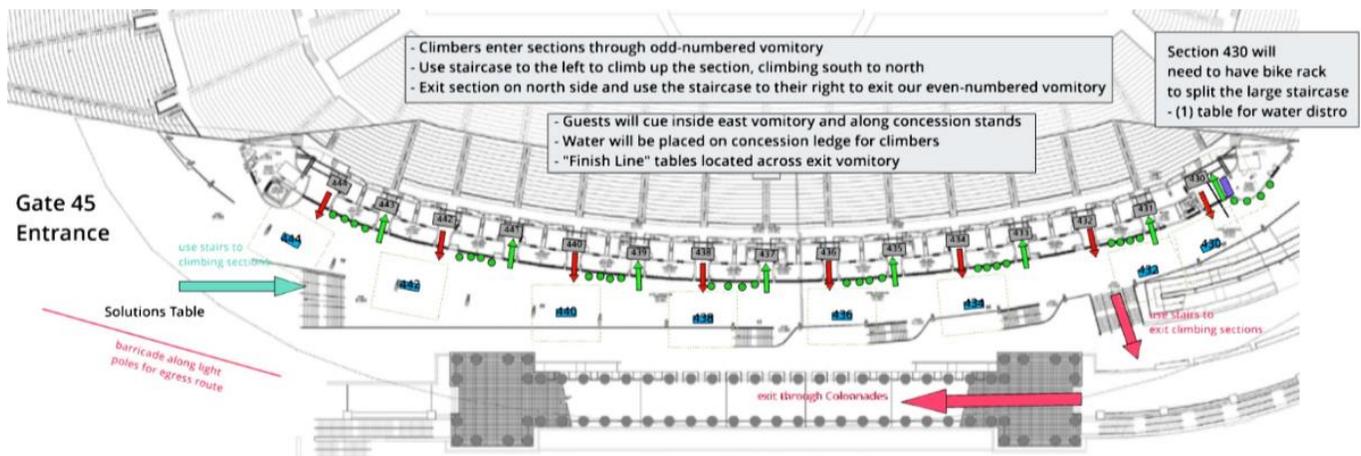
Guests

Due to Covid-19, **guests will not be permitted to enter the event this year**. To ensure the safety of all participants and to help with social distancing, only participants with a blue event bib will be allowed into Soldier Field on event day.

The Course

Participants will climb in one of eight assigned sections of the stadium’s upper deck (400 level), in waves that include eight climbers. Climbers will go in loops, taking the stairs of their designated section up and down as many times as they can during a 20-minute period. Each stair section will be designated for one-way foot traffic and climber start times will be spaced out by 20 seconds to follow social distancing guidelines. Handrails are available to use and will be sanitized throughout the event after every team/group of eight climbers. In most of the sections, there are 110 stairs up and 110 stairs down which makes up one loop. Total 220 stairs per loop. TIP: 7 loops is equal to approx. 1,540 stairs. 8 loops is approx. 1,760 stairs. Typical climb at the building is 1,632. Half climb stair count at the building is 816.

- **For your safety and the safety of all participants:** we will ask you always keep a six-foot distance from other climbers during the event. Due to the limited width of stairways at Soldier Field, climbers should not pass others in front of them. The design of our climb loops will allow participants to step out of the stairway path and into seating rows as needed to allow climbers behind them a way to safely move ahead and ensure we can maintain social distancing guidelines. Climbers do not come in contact while climbing up or down in a single staircase.



- Due to the need for social distancing, we will not be tracking individual climb times. Climbers are welcome to bring and use their own fitness trackers or timing devices with them if they wish to record their progress.
- Event staff will time and release climbers to begin their 20-minute time slot individually.
- Cool down area will be located in the 300 level of each 400 level loop. Each climber may take a rest after they climb for up to 15 mins in their designated section. Please be mindful of social

distancing and sit every 6 seats away while taking in the stadium views! Once you have cooled down, you may exit to grab a bottle of water, finishers medal, banana and a fresh reusable high quality face mask all provided on the promenade area.

Climbing Instructions

Due to the nature of this event, all participants should arrive only 30 minutes prior to their designated wave time. Participants do NOT have to check-in on event day but must be wearing their blue bib upon arrival to be allowed into the event. **Refer to the large “wave boards” at the bottom of the stairs on the Northwest Plaza staging area as to the next “on deck” wave number.** 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. **Wave times are not flexible. If you miss your wave time, you will not be permitted to climb.** Climbers take off in 20 second intervals creating staggered starts. **Start times cannot be changed** or altered due to the limited number of spots and for safety.

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. There will be loud stadium music for all to enjoy! If you are unable to complete the climb, please notify the volunteer that you have completed your climb and they will usher you to the cool down area. Carrying a baby or child toting is not permitted.

Medical Assistance

A full paramedic team will be on-site and visible for those who may need assistance throughout the event, primarily in each climbing section. Any volunteer can assist you and put you in contact with medical personnel. If you must exit in case of an emergency, please seek a paramedic.

Restrooms

Restrooms are located on the Northwest Plaza, past the stairs and underneath the Promenade (where climbers will line up for their waves). No restroom facilities are accessible from the upper deck while climbing. Restrooms may have a limited capacity to provide for social distancing where needed.

Photos

Due to Covid-19 and guidelines, we are unable to provide team or group photos. There will be professional photography onsite to capture the event, but not photos of every climber. We encourage climbers to capture their own photos to commemorate their climb. Please, no stopping while climbing for pictures. Climbers will have an opportunity for photos in the stadium while in the cool down section (300 level). Pictures from event day will be available in an online gallery link post event.

Merchandise

Remember your experience! An exclusive Hustle Chicago Soldier Field souvenir baseball cap is available for purchase online. Visit [here](#) to purchase and have your hat mailed to you after the event.

Fundraising

Fundraising Overview

Hustle Chicago® stair climb is the largest fundraising event for Respiratory Health Association. This year's goal is to raise **\$500,000** 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: www.resphealth.org/hustle-fundraising-support-2021

Pledge Turn-In Options by May 7, 2021

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 Northwest Plaza by the entrance/exit. 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 with prescheduled notification. Monday through Friday. Pledges will be accepted on event day at the Solutions Desk located in the Northwest Plaza Chicago near Gate 45 entrance/exit. 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, May 7, 2021.

Incentive Prizes

All climbers are eligible to earn incentive prizes based on the amount of funds collected. Incentives could include branded kitchen cutting board, ornaments/trinket item or gift cards.

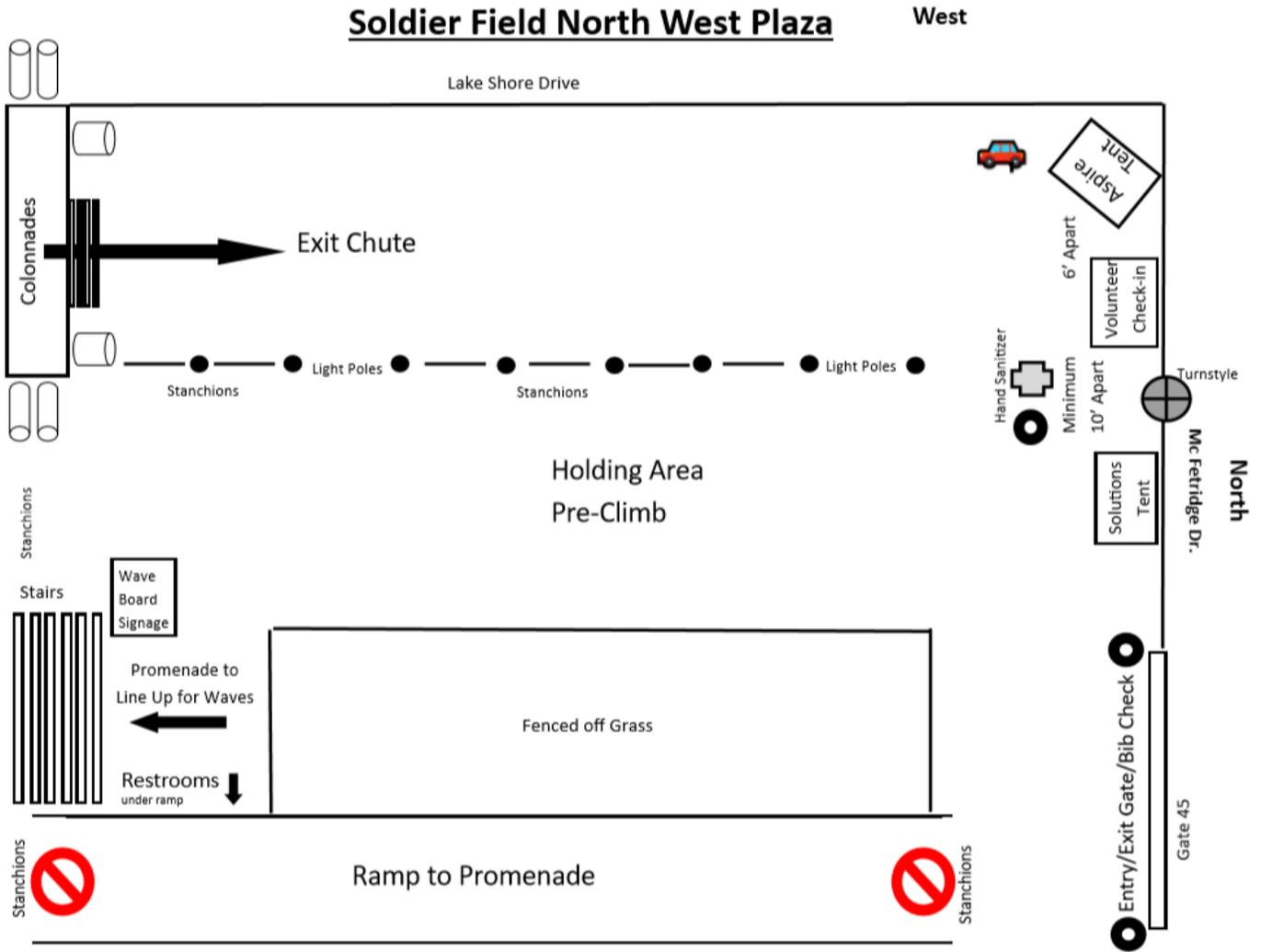
The \$100 pledge minimum paid at the time of registration will be included in fundraising totals. Every climber receives a finisher medal, technical event t-shirt and a high quality RHA branded face mask from donated by Jaanuu.

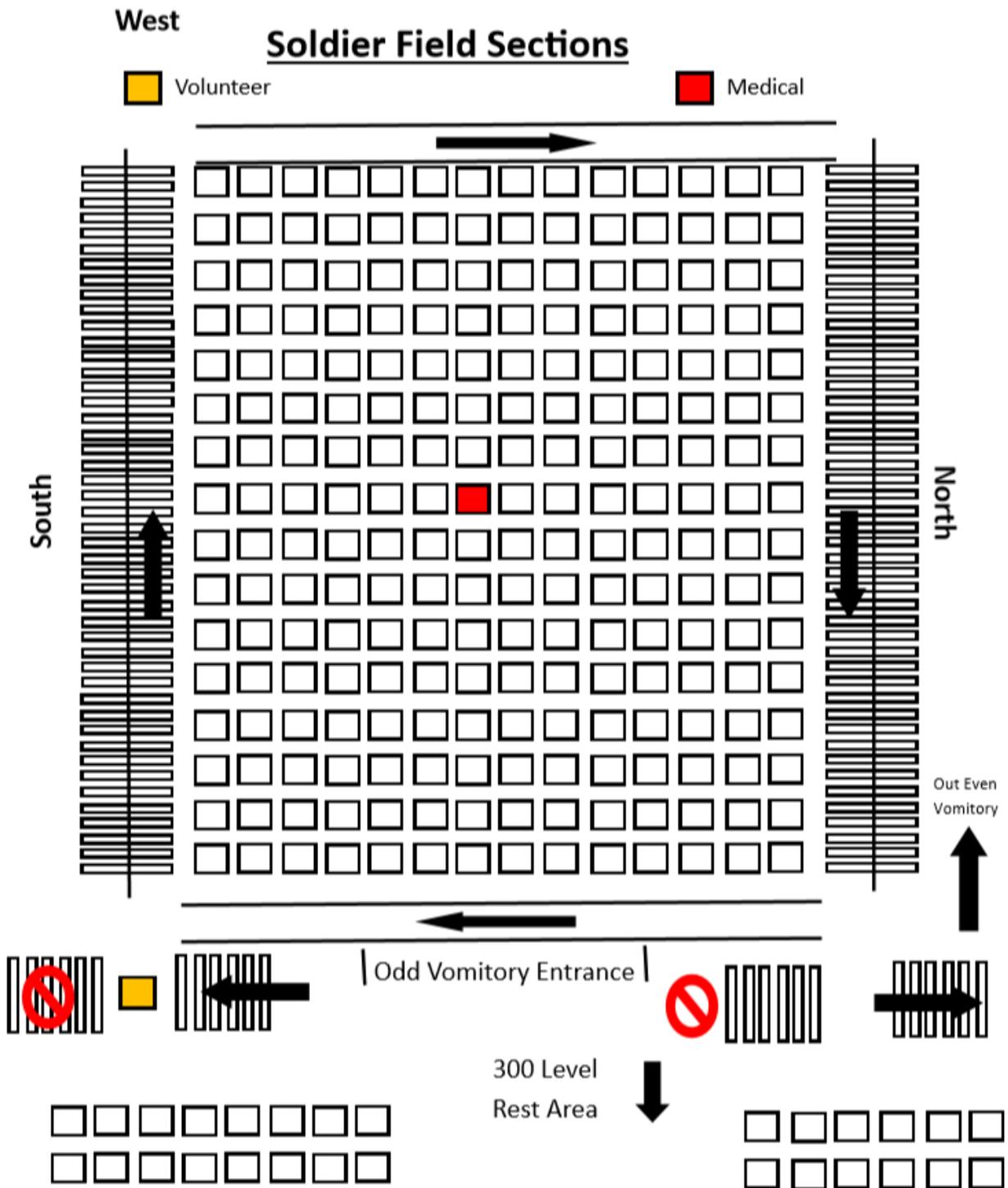


Amp up your training by completing a 312 mile journey through Chicago - inspired by the city's most recognized area code - between March 8 and April 18. Easily sync your activity to MoveSpring through your mobile or fitness device. Stay motivated throughout your journey by seeing where you land on the leaderboard compared to other climbers.

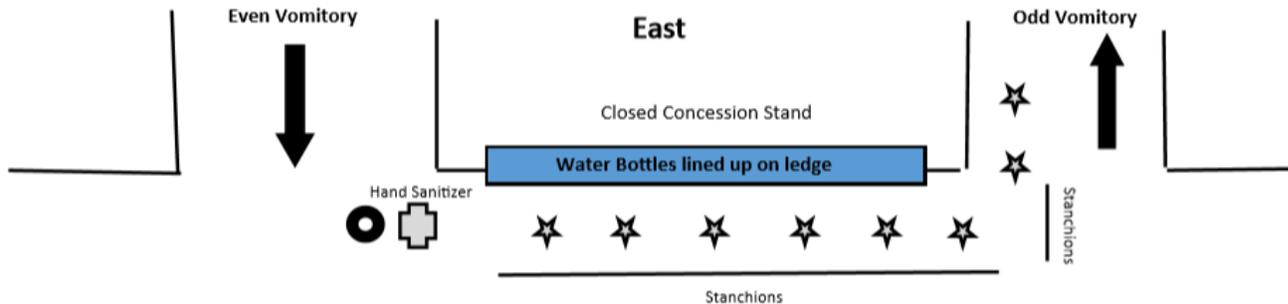
Did you sign up with a team? Chat with each other to encourage them to get moving!

Download the app and learn everything you need to know through [this link](#).





Soldier Field Promenade



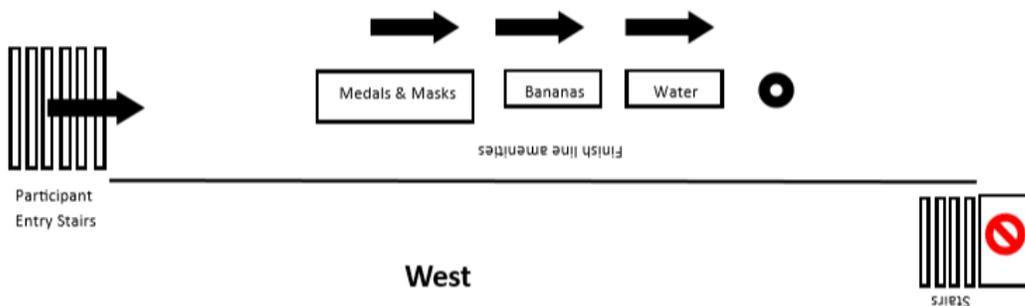
North

Section 444

Ramp From Entry  Stanchions

Promenade

Ex. Section 430—Climbers will go up odd section and down even section and finish in even to go pick up amenities.



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

