



Dear Hustle Climbers:

Thank you for participating in the 2022 Hustle Chicago® stair climb!

Your support of the Hustle Chicago stair climb supports the local fight against lung disease in many ways. Since last year's Hustle Chicago stair climb, we have redoubled our efforts to support families living with lung disease and invested in new research projects addressing lung cancer, COPD, and other lung diseases. We have begun efforts to develop resources for people living with long-haul Covid, and we have continued to advocate for lung-healthy policies at all levels of government. None of this would be possible without you!

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](http://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,

A handwritten signature in black ink, appearing to read 'Joel J. Africk', written in a cursive style.

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

# **Event Information Document**

updated on 5/2/2022

Thank you for your participation in the 25th 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](mailto:hustle@resphealth.org) or (312) 628-0200.

RHA will follow any local, state, federal, or venue protocols required at the time of the event. **There is currently no mask requirement for outdoor events, and they will not be required at Soldier Field.** While the 2022 event will not require participants to provide proof of vaccination for entry, we strongly encourage all participants to receive the COVID-19 vaccine.

## **Hustle Chicago® stair climb at Soldier Field Sunday, May 15 Climb 7:00 AM- 2:00 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

Individual climber packets: For those that signed up to have their packet mailed, it will be mailed directly to climber's address submitted during registration and to be received 1-2 weeks before the event by USPS. See additional info below regarding packet pick up as an alternate option. 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 shipped to the Team Captain approximately 2-3 weeks prior to the climb. (Packets will be sent to the address used during the Team Captain's registration.)

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.

Individuals: Packets can be picked up at RHA's office during the following days and times:

### **Friday, May 13, 10:00 AM– 6:00 PM**

Respiratory Health Association Office  
1440 W. Washington Blvd., Chicago, IL 60608 (312) 628-0200

### **Saturday, May 14, 10:00 AM – 4:00 PM**

Respiratory Health Association Office  
1440 W. Washington Blvd., Chicago, IL 60608 (312) 628-0200

**\*Make sure to add parking info\***

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 of all individuals for whom packets are being picked up.

**Packet pickup contact info: 312-628-0212**

**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.

## What to Wear/What to Bring

Don't forget your bib! This year we are outdoors. Based on weather and windy conditions, consider dressing in layers: wind breakers, gloves, hats, and sunglasses.

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.**

**2022 is a non-timed event. The event climb will be a 20-minute timeframe loop for each climber.**

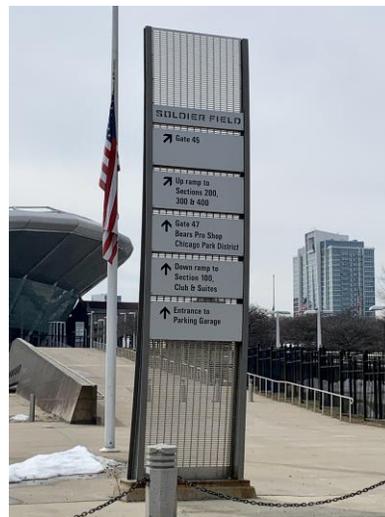
## Event Day Information

### 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.

## 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

**Gear and coat check will not be provided again 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.

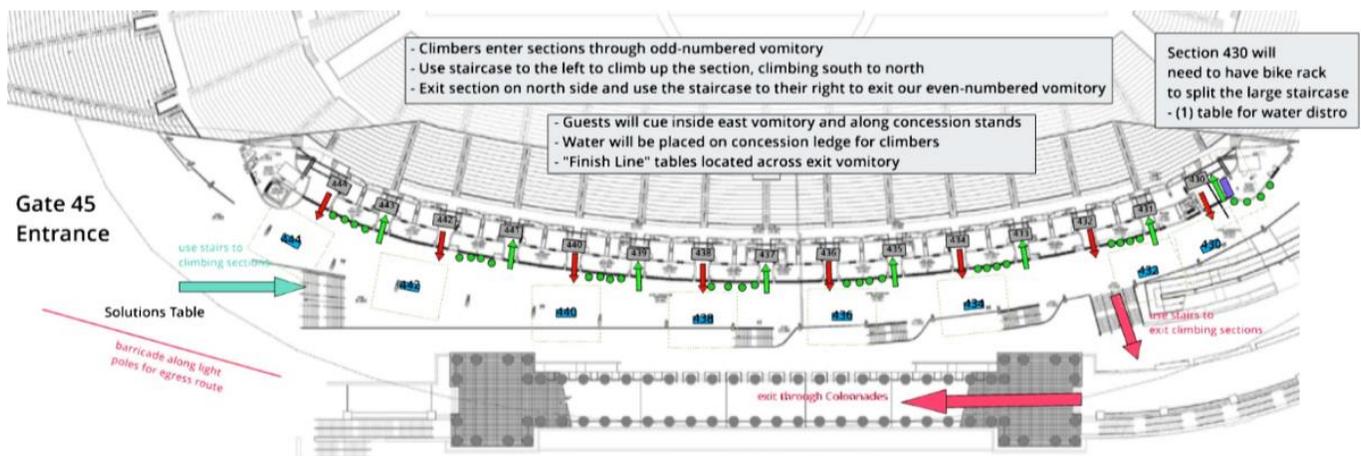
## Guest Tickets

We are happy to say guests will once again be invited to join climbers at the event. Purchase Guest Tickets [here](#).

## The Course

Participants will climb in one of eight assigned sections of the stadium’s upper deck (400 level), in waves that include ten 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 15 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 875 N Michigan Ave. (former Hancock Building) is 1,632 steps. Half climb stair count at the building is 816.

- **For your safety and the safety of all participants:** we recommend participants social 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. Climbers do not come in contact while climbing up or down in a single staircase.



- For safety reasons, 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 volunteers 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. Once you have cooled down, you may exit to head to the Colonnades for water, snacks, and join the After Party.

### **Climbing Instructions**

Due to the nature of this event, all participants should arrive only 30 minutes prior to their designated wave time. Teams should arrive approximately 45 minutes prior to their start time to allow time for their team photo. 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 15 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**

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 25<sup>th</sup> Anniversary Hustle Chicago Soldier Field drawstring bag is available for purchase on event day along with other Hustle Chicago merchandise and vintage Hustle Up the Hancock swag as well.

# Fundraising

## Fundraising Overview

Hustle Chicago® stair climb is the largest fundraising event for Respiratory Health Association. This year's goal is to raise **\$750,000** 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: <https://resphealth.org/specialevents/hustle-chicago/hustle-fundraising-support/>

## Pledge Turn-In Options by June 3, 2022

**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, June 3, 2022.

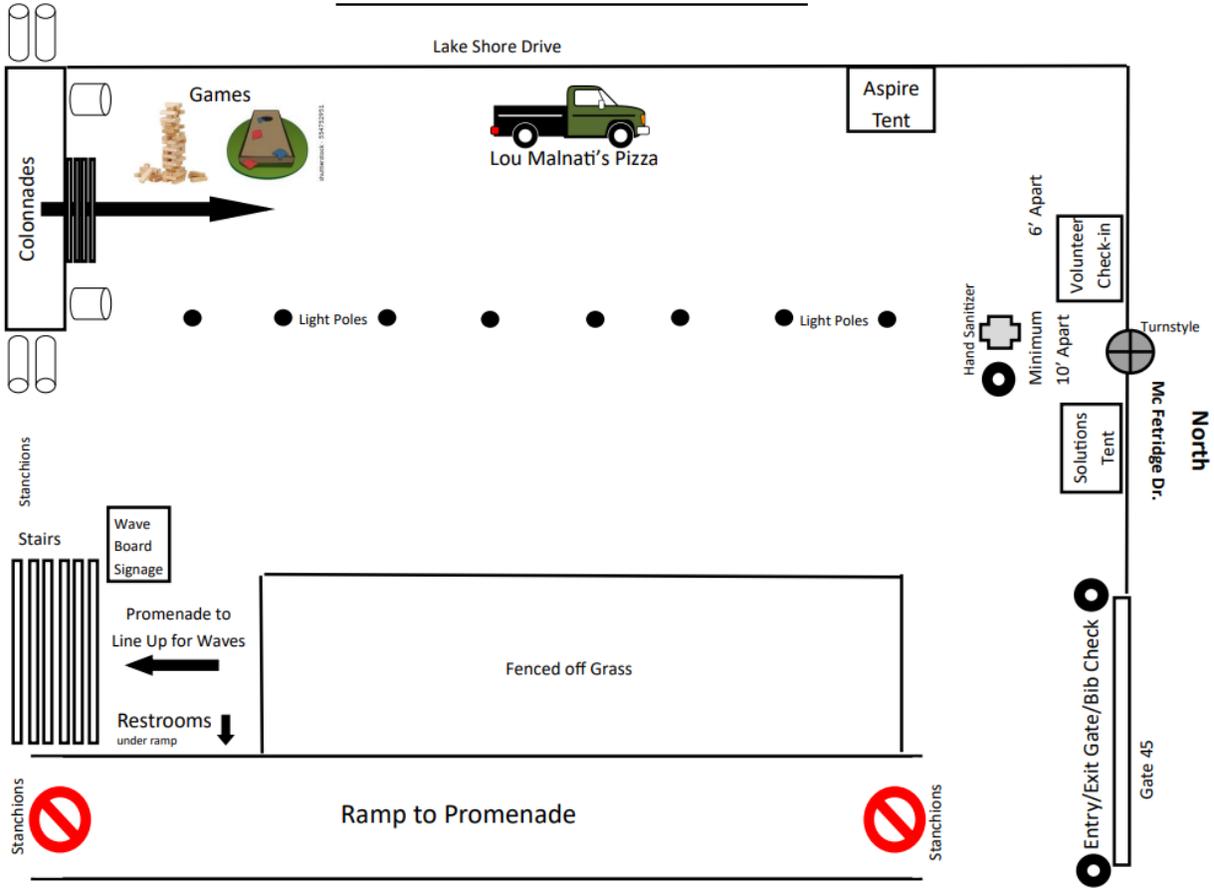
## Incentive Prizes

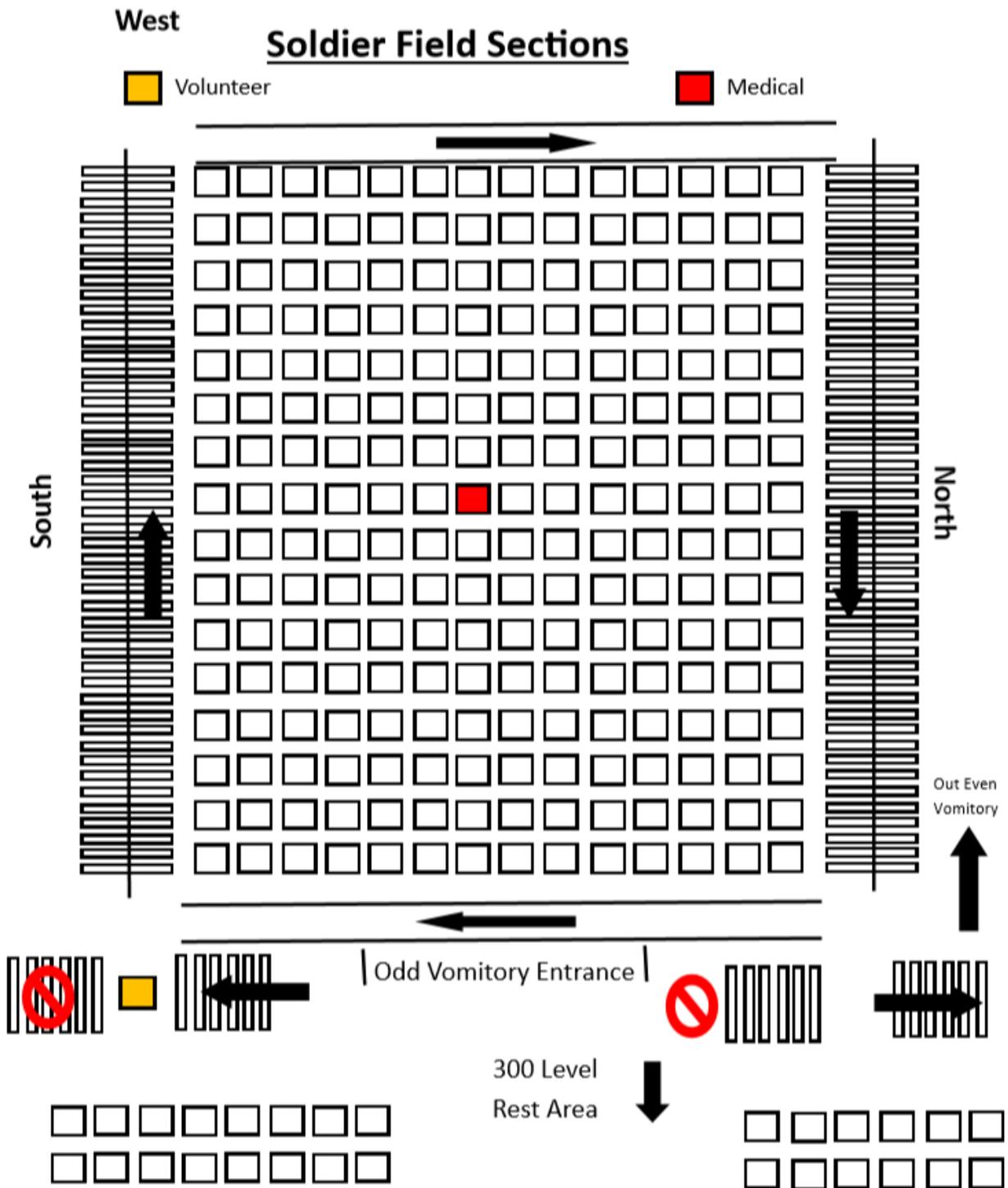
All climbers are eligible to earn incentive prizes based on the amount of funds collected. Incentives could include branded kitchen cutting board, ornaments/trinket item or gift cards.

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.

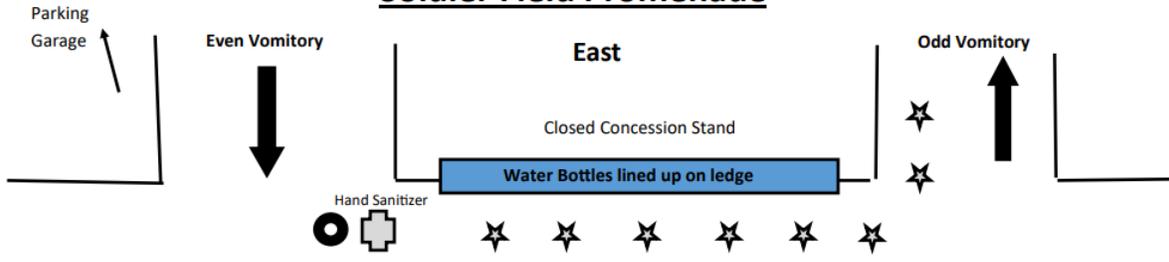
# Soldier Field North West Plaza

West





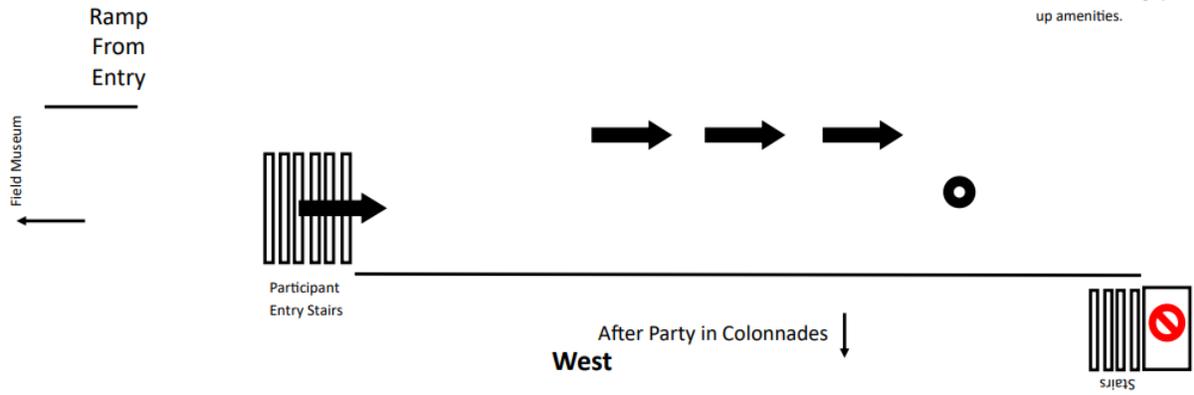
# Soldier Field Promenade

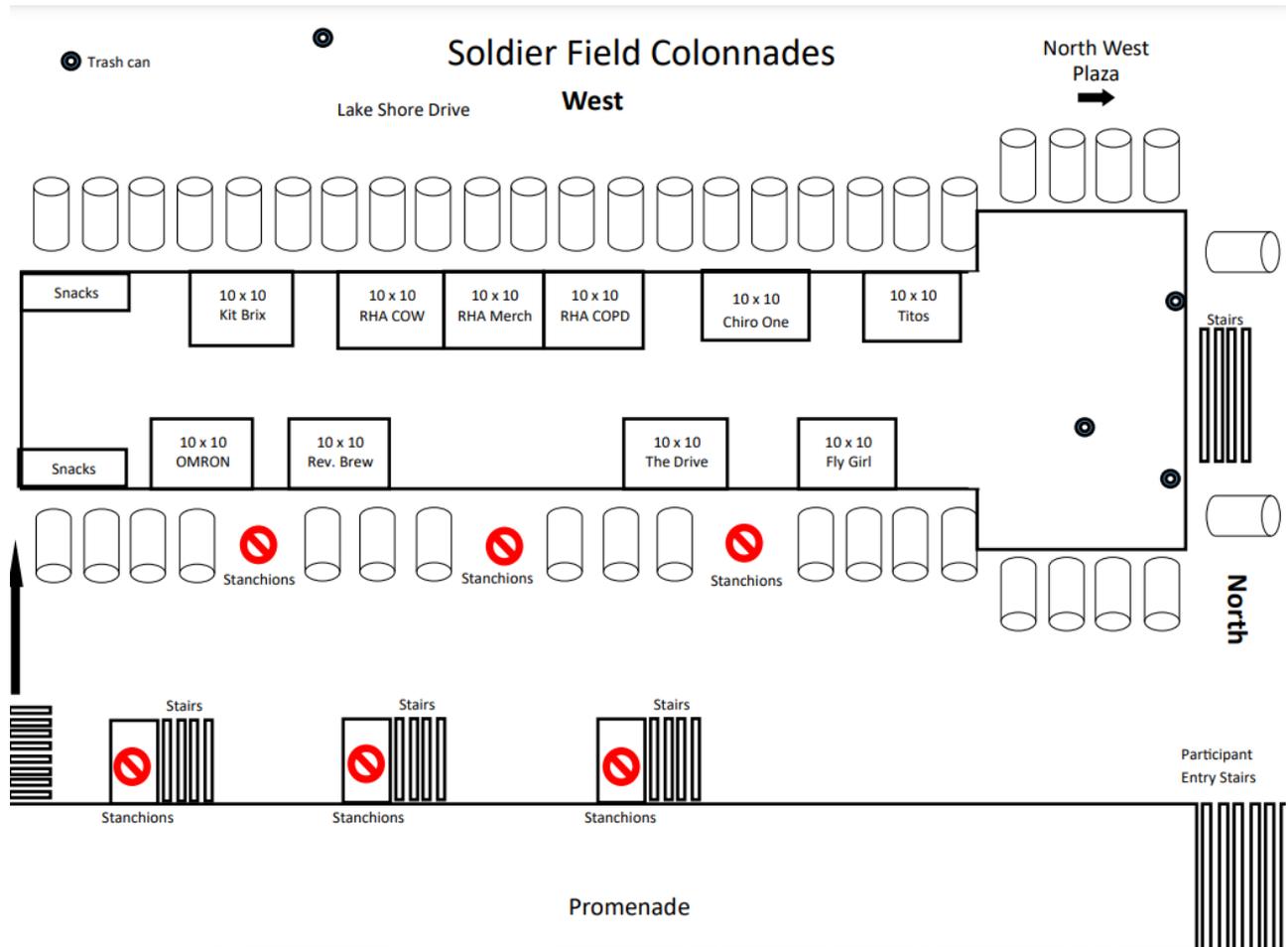


North

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!

