



Dear Hustle Climbers:

Thank you for participating in the 2024 Hustle Chicago® stair climb! We are excited to be back at our original and familiar Hustle Chicago home, 875 N. Michigan Ave., formerly known as the John Hancock Center.

Welcome to the hundreds of first-time climbers joining us this year, and welcome back to our returning climbers, some of whom are climbing with us for the 27th time. Hustle Chicago is a wonderful tradition, and your participation and fundraising for the Hustle Chicago stair climb sustains a wide range of activities throughout the year in pursuit of healthy lungs and clean air for all.

RHA is working hard this year to develop patient resources for families touched by Long Covid, which affects an estimated 20% of the people who experience a COVID-19 infection. Our resource for families facing COPD is now hosted online by the National Institutes of Health and has received more than 17,000 visits from families trying to assist a loved one living with COPD. We have increased our funding of lung cancer research that we hope will benefit loved ones facing lung disease today and tomorrow. And our environmental health staff is working to implement Illinois' Climate and Equitable Jobs Act, which promotes specific and proven measures to develop renewable energy and reduce future climate change. We could not achieve any of this 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 RespHealth.org.

The Special Events Team and I wish you good luck as you take on the 1,632 steps (or 675 steps) at 875 N. Michigan Ave., and thanks again for climbing.

Warmly,

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

Event Information Document

updated on 1/31/2024

Thank you for your participation in the 27th 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 or (312) 628-0200.

RHA will follow any local, state, federal, or venue protocols required at the time of the event. While the 2024 event will not require participants to provide proof of vaccination for entry, we strongly encourage all participants to receive the COVID-19 vaccine. If you are feeling ill, please use precaution and stay home.

Hustle Chicago® stair climb

Sunday, February 25

Climb 7:00 AM- 2:30 PM

Expo: 7:30 AM – 3:30 PM

Event Location:

875 N. Michigan Ave., Chicago, IL 60610
Formerly John Hancock Center

After Party & Gear Check

Hilton Chicago Magnificent Mile Suites
198 E. Delaware Place 3rd Fl.
(Around the block from 875 N. Michigan)

Pre-Event Information – Page 3

Climb Packets & Packet Pickup

Training & Preparation

What to Wear

Event Day Information – Page 4

Parking & Transportation

Participant Guidelines

Security

Gear Check vs. Coat Check

Guests

The Course

Climbing Instructions

Medical Assistance

Restrooms

Hustle Chicago After Party

Photos

Souvenir Merchandise

Timing & Results – Page 7

Timing System

Results & Awards

Fundraising – Page 7

Overview

Due Date

Incentives

Pledge Turn-In

Pre-Event Information

Climb Packets & Packet Pickup – Updates This Year!

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

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.)

If a team member does not reach the fundraising minimum by **January 26**, their climb packet will not be mailed to the team captain with the rest of the team's packets. Instead, they will need to pick up their packet at [packet pick-up](#) or [pay to have it mailed separately](#).

All climbers must meet their fundraising minimum by **Wednesday, February 21**. Any participants who have not met their minimum by this date will have their card provided at the time of registration charged. If a card is not approved, the participant will be required to make a donation to their fundraising page before they are able to receive their packet.

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

Friday, February 23, 10:00 AM– 7:00 PM

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

Saturday, February 24, 10:00 AM – 4:00 PM

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

Parking is available in front of and in the small lot behind the building.

Race packets 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 and the fundraising minimum must have been met.

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 February 9, 2024. Individual climbers who are having their packet mailed must have reached their minimum fundraising goal by February 9.

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

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://resphealth.org/sp_faq/do-you-have-tips-for-training/.

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. 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 Level Solutions Desk. Your bib number also serves as your entry pass into 360Chicago and post-climb snack line at the Hustle Chicago After Party at the Hilton Chicago Magnificent Mile Suites. **All climbers must wear their bib number during the event.**

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/>

Parking is available at 875 N. Michigan garage for standard rate on a first come- first served basis only. As part of security procedures, uniformed 875 N. Michigan staff may check all vehicles entering 875 N. Michigan Ave. 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.

Suggested Other Options:

We suggest Spot Hero. Reserve your parking spot in advance and save money!

<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 Chicago Magnificent Mile Suites. 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, 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 Chicago Magnificent Mile Suites/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 Chicago Magnificent Mile Suites are not responsible for lost or stolen items. Keep valuables at home. Consider locking additional items in your car.

Guests

Guests will not be allowed in 360Chicago again this year.

The Course

There are two climb categories: Omron Full climb and Half Climb. The full and half climbs will be held simultaneously in two separate stairwells. Water bottles are provided at the start and finish line. Additional water is available in the stairwell. 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 Strips) can be beneficial within the stairwells as they dissolve instantly.

At the full climb finish line participants enjoy the sights of the Windy City from 360Chicago on the 94th floor. Half climb participants will end on the 42nd floor and have access up to the 94th floor following their climb.

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 15 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. 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 Level BEHIND the Cheesecake Factory. 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.

Hustle Chicago After Party (198 E. Delaware Place)

Climbers and guests can enjoy complimentary entry into our Hustle Chicago After Party at the Hilton Chicago Magnificent Mile Suites. 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.

- Our DJ will keep the party going.
- Visit sponsor booths and exhibitors, 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.

Photos

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

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 Storibox representative and wait on the concourse level near the Michigan Avenue doors).**

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

Printed photos will not be available this year but provided digitally following the event.

Merchandise

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

Timing & Results

Timing System

Timing will be managed by Lakeshore Athletic Services with the use of a timing chip on the back of your bib. Please ensure you are wearing your bib right side up for the timing chip to work properly.

Results

Unofficial results, provided by Lakeshore Athletic Services, can be viewed right after your climb on our website! Keep an eye out for Official results (provided by Lakeshore Athletic Services) available on Monday, February 26. 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 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, female, and non-binary 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, female, and non-binary finisher per age group.
- Team Challenge Awards: Fastest Team (Full Climb & Half Climb) and Highest Fundraising Team.

Fundraising

Fundraising Overview

Hustle Chicago® stair climb is the largest fundraising event for Respiratory Health Association. This year's goal is to raise **\$700,000** 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/hustle-chicago/hustle-fundraising-support/>

Pledge Turn-In Options by March 15, 2024

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 Concourse Level near Starbucks.

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 on Mondays through Thursdays. 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 Hustle Chicago After Party at the Hilton Chicago Magnificent Mile Suites. 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 15, 2024.

Incentive Prizes

Each climber receives a specially designed commemorative medal, a Hustle Chicago stair climb event shirt, and a virtual goody bag for participating. To make the greatest impact, we encourage you to set your fundraising goal above the minimum requirement. Additional incentive prizes are offered as our thanks for your fundraising efforts.

Here's a sneak peak at the 2024 Hustle Incentive Prizes

1st Highest Fundraiser: Overnight stay at Hilton Chicago Magnificent Mile Suites, \$100 Cheesecake Factory gift card, and \$300 Revolution Brewing gift card.

2nd Highest Fundraiser: Overnight stay at Hilton Chicago Magnificent Mile Suites and \$100 Cheesecake Factory gift card.

3rd Highest Fundraiser: \$200 Visa gift card.

Lung Health Champion – \$1000: Hustle Chicago® stair climb branded ¼ zip long sleeve pullover.

Raffle \$250: For every \$250 raised, you'll be entered into our raffle! One lucky participant will win a Garmin Venu 2 Plus Watch (\$449 value), \$100 Garmin Gift Card, and \$450 Lululemon gift card.

To be eligible for incentive prizes, all donations/pledges/sponsorships must be received online or in RHA's office by March 15, 2024. RHA reserves the right to substitute prizes of equal value. Prizes are not cumulative; fundraisers receive the prize in their winning category only. Some expiration dates may apply.

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

