



Dear Hustle Climbers:

Thank you for participating in Hustle up the Hancock!

Since 1998, Hustle up the Hancock participants have raised more than \$14 million in the local fight against lung disease. Thank you!

With your support, Respiratory Health Association funds lung cancer, pulmonary fibrosis and COPD (Chronic Obstructive Pulmonary Disease) research at local institutions. We also have been able to teach thousands of underserved children in metropolitan Chicago how to manage their asthma. On top of contributing funds for research, you have helped provide programs and other resources for people living with COPD, and have helped pass laws to reduce diesel engine idling which aids in helping us promote clean energy throughout Illinois, benefiting everyone who breathes.

And that is just the beginning. As RHA closes out its 110th year service 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 local fight against lung disease. For more information regarding our programs, or to explore some of our website resources, please visit www.lungchicago.org.

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

Warmly,

A handwritten signature in black ink, appearing to read 'Joel J. Africk'.

Joel J. Africk
President and Chief Executive Officer

Event Information Document

updated on 1/24/2017

Thank you for your participation in the 20th Annual *Hustle Up the Hancock*. 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@lungchicago.org or (312) 628-0200.

Hustle Up the Hancock		
<p style="text-align: center;">Sunday, February 26th</p> <p>Climb: 7:00 AM – 3:30 PM Expo: 7:30 AM – 4:00 PM</p>	<p style="text-align: center;">Climb & Coat Check</p> <p style="text-align: center;">John Hancock Center 875 N. Michigan Avenue (between Chestnut & Delaware)</p>	<p style="text-align: center;">Expo & Gear Check</p> <p style="text-align: center;">Hilton Suites Chicago 198 E. Delaware Place, 3rd Fl. (around the block from JHC)</p>

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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 one to two 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 24, 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 new 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 25, 12:00 PM – 6:00 PM

Fleet Feet Sports Chicago – Old Town
1620 N. Wells, Chicago 60614 (312) 587-3338

Discounted parking is available for \$2 for the first hour in the Piper's Alley garage (with validation). Meter street parking is also available on Wells Street. CTA Brown line Sedgwick stop is just two blocks west of the store. Subject to change without notice.

Race packets (for those NOT on a team) may be picked up by a fellow climber. 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, 2017.

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 John Hancock Center 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 <http://www.hustleupthehancock.org/training.html>

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 buffet at the Aurelio's Post-Event Expo and Celebration 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.

Parking Panda:

Athletes and 360 CHICAGO Guests: Pre-reserved and pre-paid parking is available via Parking Panda \$5 discount at a nearby garage if you reserve in advance. <http://www.360chicago.com/directions-and-parking/>

360 CHICAGO Guests only who pre-purchase guest passes for 360Chicago (the top) can receive a \$5 discount to the John Hancock Center 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 JHC 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 JHC staff may check all vehicles entering JHC parking garage. We urge you to obey all instructions given by JHC staff. 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.

Other Options:

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

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 \$28 and 2-6 hours is \$36. 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. All prices are subject to change without notice. Public transportation is encouraged. CTA's #151, 146 bus routes will drop you off directly in front of JHC. Visit www.transitchicago.com, or call 836-7000 (any area code) for CTA travel information.

Note the above is all subject to change without notice

Security

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 John Hancock Center security.

To ensure everyone's safety, climbers are not permitted to leave the stairwell unless escorted by JHC security. John Hancock Center 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.

Gear Check vs. Coat Check

There are two options for participants to check their gear.

Coat Check Only: John Hancock Center/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, John Hancock Center 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.

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 John Hancock Center, 360 CHICAGO offers breathtaking views of Chicago's skyline, lakefront and four neighboring states. To pre purchase general admission tickets (print ticket) visit: <http://www.360chicago.com/> (no need to enter any date). See General Admission section. Price age 12+, \$20 plus tax. Youth \$13 plus tax. Tickets purchased prior to the event will receive a 10% online discount. Also tickets will 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 closed 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. 27, 2017.

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. Essentia sponsored 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 will 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. 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.

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. John Hancock Center 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 security, volunteer or medical staff for assistance to be properly escorted. Carrying a baby or child is not permitted. **Do not exit any floor without JHC 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 JHC security personnel!

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 Post-Event Expo & Celebration

Climbers and guests can enjoy complimentary entry into our Aurelio’s Pizza Post-Event Expo & Celebration at the Hilton Suites Chicago. Located around the corner from John Hancock Center, 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 exhibits and receive food and beverage samples and give-a-ways.
- Refuel post-climb at the food line. (Post-climb food line is available for climbers only.)
- Unofficial timing results database provided by Slalom Consulting.
- Team photo pick-up.

Photos

We strive to improve in 2017. This year the photographer for team photos, green screen photos and stairwell photos will be provided by Kodak Alaris.

Teams: One of the benefits of forming an official Hustle Up the Hancock 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 John Hancock plaza stairs. Check in with the Kodak Alaris 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 Post- Event Expo & Celebration by the captain. Captains are responsible for claiming and distributing all team photos AFTER you have finished the climb.

All climbers: Team photos, green screen 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 Post-Event Expo and Celebration 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 John Hancock Center on event day.

Results

An unofficial results database provided by our sponsor Slalom Consulting can be viewed at the Aurelio's Post-Event Expo and Celebration at the Hilton Suites Chicago on event day! (Times will be provided to Slalom Consulting from Lakeshore Athletic Services.) Official results (provided by Lakeshore Athletic Services) will be available Monday, February 27 at <http://www.lungchicago.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 Up the Hancock is the largest fundraising event for Respiratory Health Association. This year's goal is to raise **\$1 million** to promote healthy lungs and fight lung disease. With your help, we can reach our goal. Fundraising suggestions and tips are available:

<http://www.hustleupthehancock.org/fundraising.html>

Pledge Turn-In Options

Online: Every event participant is encouraged to use our online fundraising tool, Frontstream. During the registration you chose a username and password to access these tools. Artez Interactive 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 pledge turn-in table 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 Up the Hancock*
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 Pledge Turn-In Table in the Concourse Level of John Hancock Center and at RHA's merchandise table at the Aurelio's Post-Event Expo and Celebration 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 17, 2017.

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 Post-Event Expo & Celebration.

**Thank you for all your support of *Hustle Up the Hancock* and
Respiratory Health Association.**



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