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# chicago athlete

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GOALS AND ADVICE





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Bank of America Chicago Marathon

# local athlete profiles

»» RUNNERS FROM DIFFERENT CHICAGO TRAINING GROUPS AND BACKGROUNDS WILL ALL TOE THE SAME START LINE ON OCT. 8.





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9th Annual

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# local athlete profiles



## JOE JAO

CHICAGO AREA RUNNER'S ASSOCIATION

### Q Why did you start running?

A I started running in 2008, I was 29, and it had been a few years since I was active; when my friends were having kids, I started worrying about being there for our children, so, I decided I need to focusing on my health. I did my first 5k in 2008, and ended up losing 50-60 pounds while training. Now this year's Chicago Marathon will be my third marathon.

In 2013, we had a daughter who was born with epilepsy. She's pretty developmentally delayed; however, she has made leaps and bounds so she inspired me to do it again. This year I'll be running for the Ronald McDonald house where we stayed when she was first born for a while.

### Q What are you most excited about for this year's marathon? Most nervous/anxious for?

A Chicago's so great, even though the times I ran it was hot, there's nothing like the people around cheering. I'm also excited to see my family and friends being there for me to finish.

I think part of me is nervous about what I can't control; October is just that sweet spot, or maybe sour spot... it can be really cool, really warm, or just right. And really going into it just staying healthy not being injured.

### Q What goals do you have?

A I am a slower runner, a back-of-pack kind of person, so I would like to be in 5:30. I'm doing the run-walk with CARA and it's my first time doing that; it's just a whole different mentality and gives me the mental breaks I need.

### Q What advice do you give to other marathoners?

A With every mile and as you go higher, celebrate those things. Especially for first time marathoners. My biggest thing was when I ran my first, I had 29 years of doubt telling me I could never do this, and it's very easy to fall into that again.



## WHITNEY LAURENCE

FULL POTENTIAL RUNNING

### Q Why did you start running?

A In high school, I played tennis and found the team was more subjective about things, so I found that the track team was full of athletes who were more about camaraderie and friendship. Once I got into running I loved that it was about you and your times and not comparing you to others. A constant idea that you can improve.

### Q What are you most excited about for this year's marathon? Most nervous/anxious for?

A This will be my ninth Chicago Marathon, and 10th marathon overall. I've trained harder than I ever have, over 100 miles a week for the last month or so, and I'm training with a different philosophy and a coach. I haven't had a coach since college and it's nice to have so they can do the thinking for you. I'm most excited to see my improvement, and to run with more people and experience it with friends.

I'm not really nervous because the training will be done. Maybe weather is something to be concerned about but you can't control it, so I'm going to run it anyway.

### Q What goals do you have?

A To run faster than I ever have. I would like to beat 3:00:57.

### Q What advice do you give to other marathoners?

A Definitely find a group. If it's your passion, don't be afraid, it depends what stage of life you're in; in my 20s I was afraid to branch away from my friends who were into the social scene and I had a hard time to let that go and focus on running. Work with a group that keeps it fun and you connect with them, it's a long four months of training and you need people you like out there. In fact, my fiancé actually runs with me and that definitely helps keep me in it, and it's not taking time away from time with him.

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# local athlete profiles



**RUMBI CHIDZ**  
FAST TRACK RACING

**Q Why did you start running?**

**A** I've worked out a lot the last five years, running short distances and track, but I never thought I'd run a marathon – I'd see people running outside and think they were crazy. Then I watched two of my friends run the Chicago Marathon one year and I was inspired; I wanted to run it that day! So I thought my first marathon would be Chicago but my friend wanted to do the Rock 'n Roll Marathon in Nashville, so I did that in 2015 followed by Chicago that year too.

**Q What are you most excited about for this year's marathon? Most nervous/anxious for?**

**A** I'm most excited for the energy and the people cheering, it pumps you up so much I can't wait. I am looking forward to seeing how well I am going to do considering the amount of training I've put in this year. I never used to do tempo runs and I hate them but they are so helpful.

I'm nervous because when I train, I run with people at almost my half marathon pace, so I can keep up but I'm nervous if I can do that on my own. I just really hope my results show that I've trained hard.

**Q What goals do you have?**

**A** My goal is to break 3:30; my first marathon was 3:59, then I did 3:42 at Chicago in 2015, then did the Toronto Marathon in 2016 at 3:30. But I've never in my life done as much training as I've done this year with Fast Track so I am pretty sure I am going to kill 3:30.

**Q What advice do you give to other marathoners?**

**A** This will be my fifth marathon and I still consider myself a newbie; you have to keep up with your training runs, if you want to be fast you really have to do track workouts to help with speed, while keeping up with long runs so your body can get used to it. Eat right and hydrate, and find people you can run with at your pace. The goal is not to compete against someone else, it's to challenge yourself.



**MICHAEL BORAZ**  
CHICAGO ENDURANCE SPORTS AND EDGE

**Q Why did you start running?**

**A** I am a principal at Lincoln Park High School, so the work can be stressful and demands you take care of yourself physically and mentally. I went for my physical a few years ago and my numbers weren't too good. I started running in the winter of 2015 and was pretty consistent, and then my wife got me a Polar M400 watch for Father's Day, so I haven't missed a run since 2015. This will be my first marathon.

**Q What are you most excited about for this year's marathon? Most nervous/anxious for?**

**A** I recently started to picture myself going past mile 20, and getting a boost from people cheering, and that seems like it'll be really an unbelievable experience.

For me as a first timer, the unpredictability and what its really going to feel like on race day is a little nerve-racking, but I'm trying to think about those positive feelings and the surge of my fans.

**Q What goals do you have?**

**A** One thing that I read is to set three goals instead of one to keep you positive; I've been running my long runs at an 8:50 to 9 minute-mile pace, so I feel like a 3:45 that would be my fast goal, my second one would be between 4 and 4:15 if things go poorly, and my third would be just to get through without walking.

**Q What advice do you give to other marathoners?**

**A** I love training with a group; I did all my training for my first year and a half by myself, and I was able to get my work done in early mornings so I know I have it in me to do it by myself, but long runs and speed work with a group is more fun. Also, tap into your community and engage in conversations about your excitements and goals, and it might inspire other people too.



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## schedule of events

### Friday, October 6

McCormick Place | 9 a.m. – 8 p.m.  
**Abbott Health & Fitness Expo;**  
**Packet pick-up**

### Saturday, October 7

7:30 a.m. | **Advocate Health Care**  
**International Chicago 5K**

McCormick Place | 9 a.m. – 6 p.m.  
**Abbott Health & Fitness Expo;**  
**Packet pick-up**

### Sunday, October 8 | Grant Park

5:30 a.m. | **Gear check opens**  
5:30 a.m. | **Start corrals open**  
7:20 a.m. | **Wheelchair Start**  
7:22 a.m. | **Handcycle Start**  
7:23 a.m. | **Athletes with Disabilities Start**  
7:30 a.m. | **Wave 1 Start**  
8:00 a.m. | **Wave 2 Start**  
8:35 a.m. | **Wave 3 Start**

Grant Park, Butler Field | 9 a.m. – 4 p.m.  
**Bank of America Chicago Marathon**  
**27th Mile Post-Race Party**



# international profiles

2017



## DENNIS KIMETTO (KEN)

»» Kimetto Returns to Chicago for the first time since demolishing its course record in 2013. He clocked 2:03:45 to officially write himself into the record books and to continue his meteoric rise to the top. Prior to winning in Chicago, he ran the fastest marathon debut in history in Berlin in 2012 (2:04:16). And in 2014, he became the first athlete in history to break two hours and three minutes in the marathon.



## ABEL KIRUI (KEN)

»» Kirui put on a show for fans in 2016 in a tactical race that witnessed extreme pace swings from 4:33 per mile to 5:24. Kirui boasts a personal best of 2:05:04 and he took home a silver medal in the marathon from the 2012 London Olympic Games, and he won both the 2009 and 2011 IAAF World Marathon Championships. He started his 2017 season with a fourth-place finish in London in 2:07:45.



## KOHEI MASTSUMURA (JPN)

»» Matsuura gained international notoriety in 2014 when he was the first runner from Japan across the line at the Tokyo Marathon, finishing eighth in 2:08:09. He made his international marathon debut at the 2014 Incheon Asian Games, where he finished second by just one second. He started his year with a fifth-place finish at the Otsu Lake Biwa Marathon in 2:11:04. This October marks his first time competing outside of Asia.



## TIRUNESH DIBABA (ETH)

»» Dibaba is a legend on the track and over the grass – started 2017 by becoming the third-fastest female marathon runner of all time when she finished second in London in 2:17:56. She made her marathon debut in 2014 with a third-place finish in London in 2:20:35. She has set four career world records, and she has a personal best of 1:06:50 in the half marathon. Dibaba is a three-time Olympic gold medalist, and a three-time Olympic bronze medalist.



## FLORENCE KIPLAGAT (KEN)

»» Kiplagat returns to chase her third title in a row and her fourth podium finish (she finished second in 2014 and won in 2015 and 2016). She is the 15th-fastest woman in history over the marathon distance, with a personal best of 2:19:44. Her winning time from last fall, 2:21:32, was the 13th-fastest women's time in Chicago Marathon history. Also the 2010 IAAF World Half Marathon champion, she held the half marathon world record until earlier this year.



## MADAÍ PÉREZ (MEX)

»» Pérez made her marathon debut in Chicago 14 years ago, and she returned in 2006 to set her still-standing personal best, 2:22:59. She is a two-time Olympian in the marathon (2008 and 2016) and a two-time national champion in the 10,000m (2003, 2010). In 2011, she picked up a silver medal in the marathon at the Pan American Games, and although she did not race in 2014 and 2015, but her times in 2016 and 2017 suggest she is an athlete who is ready to be back on the global stage.

## TOP 9 BEST MEN

- 1** **Dennis Kimetto** (KEN)  
PB 2:02:57 (Berlin, 2014)
- 2** **Abel Kirui** (KEN)  
PB 2:05:04 (Rotterdam, 2009)
- 3** **Kohei Matsuura** (JPN)  
PB 2:08:09 (Tokyo, 2014)
- 4** **Zersenay Tadese** (ERI)  
PB 2:10:41 (London, 2012)
- 5** **Yuki Takamiya** (JPN)  
PB 2:10:57 (Tokyo, 2016)
- 6** **Jordan Chipangama** (ZAM)  
PB 2:11:35 (Duluth, 2015)
- 7** **Chihiro Miyawaki** (JPN)  
PB 2:11:50 (Tokyo, 2014)
- 8** **Ryoichi Matsuo** (JPN)  
PB 2:12:11 (Nobeoka, 2014)
- 9** **Stephen Sambu** (KEN)  
PB 2:13:35 (Chicago, 2016)

## TOP 7 BEST WOMEN

- 1** **Tirunesh Dibaba** (ETH)  
PB 2:17:56 (London, 2017)
- 2** **Florence Kiplagat** (KEN)  
PB 2:19:44 (Berlin, 2011)
- 3** **Madaí Pérez** (MEX)  
PB 2:22:59 (Chicago, 2006)
- 4** **Valentine Kipketer** (KEN)  
PB 2:23:02 (Amsterdam, 2013)
- 5** **Lisa Weightman** (AUS)  
PB 2:25:15 (London, 2017)
- 6** **Karolina Nadolska** (POL)  
PB 2:26:31 (Osaka, 2014)
- 7** **Jessica Draskau Petersson** (DEN)  
PB 2:30:07 (Chicago, 2015)

PB Personal Best Time

\* Complete list of elite international athletes as of September 14.





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# american elite profiles

2017



## GALEN RUPP

» Rupp is a three-time Olympian, an eight-time USATF 10,000m champion and a member of the Nike Oregon Project, made his marathon debut in 2016 by winning the U.S. Olympic Marathon Trials. At the 2016 Rio Olympics, Rupp earned a bronze medal in the marathon, proving that he can compete with the best on the global stage. He followed his Olympic performance with a strong run in Boston in April, finishing second in 2:09:58.



## LUKE PUSKEDRA

» Puskedra experienced a breakthrough at the 2015 Chicago Marathon, smashing his PR by five minutes and stopping the clock in 2:10:24, making him the fastest American marathon runner in 2015. He narrowly missed out on the opportunity to represent the U.S. in Rio when he finished fourth at the U.S. Olympic Marathon Trials in 2016. He started 2017 with a strong performance in Boston, finishing ninth in 2:14:45.



## JEFFREY EGGLESTON

» Eggleston made his marathon debut in 2010 and ran his personal best (2:10:52) at the 2014 Gold Coast Airport Marathon in Australia. He has represented the U.S. at three IAAF World Championships in the marathon (2011, 2013 and 2015), finishing as high as 13th in 2013. He kicked off 2017 with back-to-back marathons, finishing fourth in Warsaw in April and then winning the Movistar Marathon in Lima, Peru in May.



## JORDAN HASAY

» Hasay, a member of the Nike Oregon Project, turned heads at the 2017 Boston Marathon with a spectacular debut performance. She finished third in 2:23:00, the fastest marathon debut ever by an American woman by almost three minutes, and the fourth-fastest Boston Marathon time in history by an American woman. Before, she recorded the third-fastest time ever by an American woman in the half marathon, 1:07:55, at the Prague Half Marathon.



## BECKY WADE

» Wade has the potential to break 2:30 at this year's Chicago Marathon. She made a splash in her marathon debut, bursting onto the elite scene with a 2:30:41 win at the 2013 California International Marathon. After struggling in her next two marathons, Wade announced her comeback this year in Houston, landing on the podium in third place in 2:35:57.



## DOT MCMAHAN

» McMahan made her marathon debut at the Bank of America Chicago Marathon in 2006, running 2:43:27. She returned to Chicago in 2010 and 2012, and she lowered her PR to 2:31:48 in between in 2011. McMahan represented the U.S. at the 2013 IAAF World Championships Marathon, became a masters runner in 2016, celebrating her 40th year by finishing as the first master in New York (2:38:46) and then again in Boston in 2017 (2:36:28).

## TOP 9 BEST MEN

- Galen Rupp**  
PB 2:09:58 (Boston, 2017)
- Luke Puskedra**  
PB 2:10:24 (Chicago, 2015)
- Jeffrey Eggleston**  
PB 2:10:52 (Gold Coast, AUS 2014)
- Aaron Braun**  
PB 2:12:54 (Houston, 2015)
- Diego Estrada**  
PB 2:13:56 (Chicago, 2016)
- Andrew Bumbalough**  
PB 2:13:58 (Tokyo, 2017)
- Sam Chelanga**  
PB --
- Chris Derrick**  
PB Debut
- Noah Droddy**  
PB Debut

## TOP 8 BEST WOMEN

- Jordan Hasay**  
PB 2:23:00 (Boston, 2017)
- Becky Wade**  
PB 2:30:41 (Sacramento, 2013)
- Dot McMahan**  
PB 2:31:48 (Duluth, 2011)
- Sarah Crouch**  
PB 2:32:44 (Chicago, 2014)
- Alia Gray**  
PB 2:34:00 (Chicago, 2016)
- Michelle Lilienthal**  
PB 2:34:50 (St. Paul, 2013)
- Danna Herrick**  
PB 2:34:53 (Boston, 2017)
- Kristen Heckert**  
PB 2:39:37 (Chicago, 2016)

PB Personal Best Time

\* Complete list of elite American athletes as of September 14.





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Bank of America Chicago Marathon

# spectators

## PERFECT VIEWING AREAS TO WATCH YOUR FAVORITE RUNNER

By Jonathan Cain

»» THE BANK OF AMERICA CHICAGO MARATHON IS A WORLD CLASS EVENT. RUNNERS COME FROM ALL OVER THE WORLD TO SEE THE SIGHTS AND SOUNDS OF CHICAGO. MONTHS OF TRAINING GO INTO THE RACE AND NO MATTER HOW FAST OR SLOW YOU RUN, FOR EVERYONE IT IS 26.2 MILES OF POUNDING THE PAVEMENT, FIGHTING WITH YOUR MIND AND YOUR BODY TO GET TO THE FINISH LINE.

While spectating the race is a great experience, it can also be a very long morning. Here are some tips to help you enjoy raceday.

### HAVE A PLAN

Thousands of spectators line the streets on raceday and getting from one place to your “perfect spot” is not always easy. It is important to plan your spectating itinerary ahead of time and often, the more in-depth you can be with your planning, the better.

**Plan ahead:** Know the location and know the way to get there. If you are planning on going from spot to spot, know what side of the street you need to be on, so when you leave, you can easily get to the next spot. You can find course maps at the Health and Fitness Expo on Friday and Saturday, but looking online ahead of time will help you see more street names and figure out directions from place to place.

**Get your timing down:** There are a lot of people in the race. Just because the runner you are looking for will be wearing a neon colored shirt, doesn't mean that he or she will stick out in the crowd. Discuss with your runner what kind of pace they are hoping to run and try to plan ahead to see what times they will be at which miles on the course. This way, if you end up missing them, you won't wait in one spot for too long. Also, be sure to have a good idea how long it will take you to travel from spot to spot.

**Pack a bag:** Even if you are only watching the elite runners race, you are out there for over two hours. Be sure to bring comfortable shoes, something to eat, and layer your clothes so you can take off or put on as needed.

**Be flexible:** There are a lot of runners and a lot of spectators. Sometimes the best laid plans don't work out. Have a Plan B and be prepared to roll with the punches.

### HOW TO GET AROUND

There are many ways to get from point to point along the marathon route. Walking to different points on the course is very easy, but there are alternatives as well.

**Running:** This is my favorite way to get around the city on race day and if you are looking to get a run in on that day as well, running from point to point can help you get in your miles. By using the course map and an online mapping site, you can see how far it is between spots and at times, you can enjoy some city roads and sidewalks that are a lot more people-free than a normal day. You'll be doing a lot of standing between runs, so be sure to wear your tech gear and to drink plenty of water. Stretching a little between your runs is also suggested as standing in one spot waiting for your runners can really make your legs tighten up. If you are bringing a backpack, it is a good idea to pack light.

**The L:** There are L stops (or “the elevated train,” for out-of-staters) throughout the course and the CTA trains run between them all morning. The Marathon's website lists all of the L stops near the course along with their corresponding mile mark. The L is a convenient and quick way to get from point to point, but make sure you know what train you are getting on, as most stations are stops for only one train line.

**Lake Shore Drive:** For the most part, driving around the city on race day is extremely difficult, if not impossible in some areas, with all the streets that are shut down. Last year, however, I learned that Lake Shore Drive, for a good part of the morning after the race has started, is relatively car free and a quick way to get from the northern most point of the course to the south end. Parking may not be easy and the later in the day it gets, the more traffic there will be, but if you are watching a runner that is on the quicker side, it is an option.



## SPECTATING DON'TS

Remember, it is an important day for you and your runner, but the same goes for the thousands of others around you. Be aware of those around you and don't do the following:

**DON'T stand in the street.** We know you want to see your runner and it can be tough at times. There are not barricades lining the entire 26.2 miles, so please remember to stay on the sidewalk and don't encroach into the street. If you do it, the person next to you will do it, and, eventually, the road for the runners is only half as wide.

**DON'T cross directly across the street.** Sometimes you have to get from one side of the street to the other,

it may be unavoidable. If you have to cross a street when there are runners, be safe about it. A runner running into you or swerving around you might ruin their focus or make them miss their time goal. If you have to cross the street, do not run directly across; run with the crowd, matching the pace of the runners and slowly make your way to the other side diagonally until you can get to the other side.

**DON'T run with your runner.** There are 40,000 people running up and down the streets of Chicago. Adding in more bodies just to run a mile or two with their friends compounds the problem. Those without race bibs are not allowed on the course during the race and can be removed by race officials.



Photo by: Ali Engin

## WHERE TO GO

HERE ARE SOME OF OUR RECOMMENDATIONS FOR THE BEST VIEWING ADVANTAGES



### NORTH SIDE

Near North/Old Town area is far enough away from the masses at the start line where you can get a good spot on the sidewalk to watch the race. If you do it right, you can watch Mile 4 on LaSalle Street and then hop over one block to Wells Street and see Mile 11.



### SOUTH SIDE

Chinatown is the place to be if you are hoping to see your runner. There is plenty of entertainment down there, too, but since it is Mile 21, the runners are spread out enough at that point where the spectating crowds are not deep and the runners are easier to see.



### FINISH LINE

This is a secret I almost hate to put out there, but Mile 25 is the perfect spot to cheer on runners before the finish. If you want to do this, coming from the north, walk south on State Street to Cermak Road and head to Michigan Ave. Most spectators don't go south of the final aid station.

## SPOTS TO AVOID

There are a handful of spots along the course that get very dense with spectators; the start/finish area is closed off to spectators, so wave goodbye to your runner before getting there and have a predetermined spot to meet at after they finish. The halfway point- Mile 13.1- is the first big barrier to overcome for the runners. It is also the place where everyone hangs out to watch. It is also best to avoid Roosevelt and Michigan Avenue and find a route around that intersection.





# training with nike

## CHICAGO ATHLETE AMBASSADOR IS BREAKING GOALS

» THE CHICAGO MARATHON WAS MY FIRST ON OCT. 7, 2007, AND BECAUSE IT WAS DURING MY FIRST YEAR OF LAW SCHOOL AT JOHN MARSHALL, I HAD VERY LITTLE PHYSICAL AND MENTAL ENERGY TO DEVOTE TO TRAINING. MY RACE PREPARATION CONSISTED OF A FEW LONG RUNS MIXED IN WITH MY DAILY FIVE TO SEVEN MILE REGIME, AND VIRTUALLY NO STRENGTH TRAINING. I FINISHED WITH A TIME OF 4:41:09 AND DID NOT REVISIT THE MARATHON DISTANCE FOR TEN YEARS.

In April of this year, I decided to give 26.2 another shot and ran the Trailbreaker Marathon in Waukesha, Wisc. In much better shape and with a more focused training plan, I was able to drop my time to 3:40:36, a crushing 36 seconds short of a Boston Qualifying time.

It was after this race that I decided to focus in and nail a BQ time for my ten year anniversary of running the Chicago Marathon this October. With the help of Chicago Athlete and Nike, I've been paired with two of the best coaches in the field and have trained in the greatest gear in the industry.

I've spent the last seven weeks training harder than I ever have before. I am 37 years old, making my BQ time 3:40, however my coaches have me focusing on a finishing time of 3:37, which will not only be a PR, but will definitely hit my BQ goal time.

### **Incorporating Strength Training**

I began this journey with Emily Hutchins, a Nike Master Trainer and Nike+ Run Coach. Emily leads Chicago area Nike classes and runs and is the owner of On Your Mark Coaching + Training.

When I first met with Coach Emily, she had me perform a series of movements and exercises as she assessed my overall flexibility and fitness level. At the conclusion, she correctly assessed that my hips were tight and I neglected strength training.

Emily put together a strength training regime that included kettlebells, resistance bands, hand weights, body weight and foam rollers. Before each session, Coach Emily would ask how I felt both physically and mentally. Based on my body's fatigue and stress levels, she would craft a workout that not only built strength, but also increased my flexibility.

I sported the Nike Grip shoes during my strength training and found them to help my stability and form. Unlike previous pairs of cross trainers I have worn, the Nike Grip provided support and helped to brace my foot, especially when doing exercises that required balance on a single leg.

### **'Zooming' and 'Flying' Through Runs**

In addition to working with Coach Emily, I also received training from Robyn LaLonde, a USAT Level-1 Coach, Certified Level II Metabolic Efficiency Training Specialist and Head Coach for Nike+ Run Club. Coach Robyn is the owner and Head Coach of Edge Athletic Lounge, a fitness and recovery center in Chicago.

Coach Robyn led me through a weekly speed and tempo run. I trained in the Nike Zoom Fly Women's Running shoe, which was designed for



training and race day wear. This shoe held up to my toughest tempo, speed, and long runs, providing an extremely responsive and supportive foundation to my stride. I found the Nike Zoom Fly to be extremely versatile in performance, providing a smooth, seamless lift with any pace. It's super lightweight even though it features a full-length carbon-infused nylon plate to enhance performance. I used the Nike Zoom Fly for both training and pre-marathon races and found it to be a great, dependable shoe.

One of my favorite moments was announcing to Robyn that although my training schedule required only a six-mile run, I had performed 10 because I "felt great." Her face changed to a look of disapproval and she told me not to do that again. "Stick to the schedule, as written. You are performing specific training for a specific goal," explained Robyn. "When you choose your distance based on how you feel, you are running unspecific training for an unspecific goal." I learned quickly that there was no messing around with Coach Robyn.

**"The Vaporfly 4% is the first Nike shoe to leverage the revolutionary new ultra-responsive and lightweight ZoomX foam." — Brian Deal**

Both Nike Coaches were beyond amazing in their skill and knowledge of the fitness field, made evident in their successful private fitness studios and remarkable careers. Robyn and Emily worked together to create the best training schedule for my overall BQ goal, providing immediate results in my race times and endurance levels. The Nike gear has enhanced and supported my training journey by providing added support and breathability in both the workout attire and shoes.

### The Breaking2 Shoe

However, the Nike team didn't stop with their forward thinking and strong commitment and support to quality athletic gear. Half way through my training, Nike announced the launch of its Zoom Vaporfly 4%, which paired a Nike ZoomX midsole (for responsive cushioning) with a full-length carbon plate (intended to minimize energy loss during toe bend without increasing demand for the calf). These features can make runners, on average, four percent more efficient than Nike's previous fastest marathon shoe.

The Nike Zoom Vaporfly 4%, also known as the Breaking2 shoe, is already quite famous in its own

right. On May 6, at 10:45 p.m. CST, three of the world's greatest distance runners took to the Autodromo Nazionale Monza, one of Formula One's most iconic racetracks, to attempt the 'moonshot' of the racing world, to run 26.2 miles in under two-hours.

"The Nike Zoom Vaporfly 4% was born from the Breaking2 Attempt," says Brian Deal, Product Line Manager, Nike Running. "With the clearly defined goal of putting a runner under the two-hour marathon mark, Nike's innovation team concentrated their efforts on not only leveraging the world's best science minds, but also listening to the voice of the athlete. The world's best runners told Nike what they were looking for and potentially missing for their race day flat."

Over two years of work went into this project as Nike consulted and recruited experts in biomechanics, coaching, design, engineering, materials development, nutrition and sports psychology and physiology to guide the development of the shoe and training of the athletes.

"The Vaporfly 4% is the first Nike shoe to leverage the revolutionary new ultra-responsive and lightweight ZoomX foam," Deal explains. "Traditional racing flat construction places emphasis on ensuring the shoe is lightweight but not a compromise to cushioning. ZoomX maintains the lightweight construction, but has the highest measured energy return of any foam at Nike Running."

Also, the Nike Zoom VaporFly 4% uses a full-length carbon fiber plate that acts as a stiffening element to limit flex and reduce energy loss. This no-compromise approach delivers on pushing fast forward.

"Runners are raving about the underfoot experience of the Nike Zoom Vaporfly 4% and setting records and winning medals all across the world," Deal adds.

Not surprisingly, the Breaking2 project generated a great deal of media attention and spotlight. As with all pop media, a slight controversy arose regarding limits of technological assistance on athletic performance. With all of the technology behind the shoe's development, questions were raised whether the Breaking2 shoe would fall within the regulations of the International Association of Athletics Federations' (IAAF).

The IAAF's Rule 143 states that shoes "must not be constructed so as to give an athlete any unfair additional assistance, including by the incorporation of any technology which will give the wearer any unfair advantage." With the vague nature of this rule, Nike certainly adhered to the mandate, while providing athletes with a beneficial shoe.

The controversy did not dampen the excitement and anticipation of the Breaking2 race, whose popularity skyrocketed during the weeks preceding the event.

In the end, Eliud Kipchoge took the lead, hovering right under the two hour mark until his last 5K. Kipchoge finished with a time of 2:00:25, faster than anyone has ever run a marathon. Although the time failed to break the 2 hour goal and was not eligible for a world record (the course was unsanctioned), the Breaking2 project certainly pushed the limits of endurance and pace beyond what was ever possible before, creating belief that the sub-2 hour marathon is a real possibility.

### Race Day: The Truth Comes Out

The Nike team brought me a pair of the Zoom Vaporfly 4% shoes to try out during a speed workout with Coach Robyn. It took only about a mile for my mind to be blown; it is almost unheard of for all advertisement claims to be true, but in this case, Nike's promises are fulfilled.

I immediately noticed the lightweight feel of the shoe and the strong similarity in fit to the Nike Zoom Fly. However, the Vaporfly 4% literally would not let me go slow. It propelled me forward throughout my training run, adding stability, bounce and a driving force to my stride. Somehow Nike has created a shoe that not only provides strong support, but also propulsion.

I told Coach Robyn that I was having a hard time running my marathon pace in the shoe. She bumped up the tread to my 10K pace and almost immediately, I fell into a strong cadence that the shoe supported. From my experience, this is a shoe that wants to go fast and promotes an efficient stride.

As I enter this last month of Chicago Marathon training, I can assure you that I will not be straying from my tried and true Nike gear. Oct. 8 is right around the corner and I can't wait to put all of my training and innovative Nike gear to the test. If the 4% efficiency found in the Vapor Fly translates to speed, I should be able to finish with a time of 3:31, but I'll sure be happy to be below 3:40.



*Look for updates on Mandi's experience online at [www.mychicagoathlete.com](http://www.mychicagoathlete.com)*

*By Mandi Florip*



Photo by: Ali Engin

## elite field predications

### ►► THE RUNDOWN FOR THE TOP ATHLETES COMING OUT OF THE 2017 BANK OF AMERICA CHICAGO MARATHON

Executive race director Carey Pinkowski always recruits a fine mix of world-class talent to Chicago's stop on the Abbott World Marathon Majors circuit. He's done it again, not only with U.S. Marathon Star Galen Rupp, who took third at the Rio Olympics last summer (2:10:05) and second at Boston in April (2:09:54), but with defending Chicago champion Abel Kirul of Kenya; Chicago event record-holder Dennis Kimetto of Kenya (2:03:45); current world half-marathon world record-holder Zersenay Tadese of Eritrea (58:23), Kohei Matsumura of Japan, Stephen Sambu of Kenya and a cast of many more, including other powerhouse runners from Japan, Zambia and beyond, including the U.S.

Here are some of the marathon personal bests in this running field of dreams: Kimetto, 2:02:57 at Berlin in 2014; Kirul (known for tactical races), 2:05:04 at Rotterdam in 2009; Matsumura, 2:08:09 at Tokyo in 2014; American Luke Puskreda, 2:10:24 at Chicago in 2015; Tadese, 2:10:41 at London in 2012; and American Jeffrey Eggleston, 2:10:52 at Gold Coast, Australia in 2014. Another runner with no previous marathon time on the books is American Sam Chelanga. If it's not hot and humid, he'll be in the hunt. Keep in mind these performances have come in varying conditions on mostly fast courses, similar to Chicago's.

#### It could happen this way.

A strong lead pack will head out and fly through the half-marathon distance at close to record pace but will be under control for later moves on open areas of the course where wind could be a factor. While all of the above-mentioned thoroughbreds are expected to be in that lead pack, one to watch will be Sambu, who has won the Bank of America Shamrock Shuffle 8K three times. Tadese, with his world half record, also has the extra dimension. But it is going to come down to who uses the speed and strategy in the right places at the right times.

We see Rupp, Sambu, Kirul, Tadese, Kimetto, Mastumura and maybe Puskreda breaking away and by 22 or 23 miles, it will be down to three runners. The feeling here is Rupp will make another break around mile 25 and hold off the speedsters with Kirul taking second and Tadese third. The top five could include Sambu, Kimetto, Mastumura or maybe upcoming Americans Puskreda or Diego Estrada.

The women's race will be a traditional distance duel between Kenyan and Ethiopian superstars, but there will be red, white and blue in the mix this year. It's a sparkling field as Kenya's Florence Kiplagat (2:19:44) seeks her third Chicago title in three years; she won Chicago last year in 2:21:32 and is the 15th-fastest women's marathon runner of all time. Ethiopia's fleet-footed Tirunesh Dibaba (2:17:56) hopes to

steal the show after placing second at London in April. Expected to be the third major player is none other than American Jordan Hasay, who earned the fastest debut time ever by an American woman by almost three minutes at Boston in April (2:23:00). Hasay also tuned up with a victory in the USATF 20K at New Haven, clocking 1:06:35. Those podium picks will have plenty of competition, including Kenyan Valentine Kipketer and Australian Lisa Weightman.

This race is likely to shape up after 15 but before 20 miles. That's when Kiplagat and Dibaba should be able to put some daylight between themselves and the rest of the field. Hasay will be leading the chase pack, which should include Kipketer, Weightman, Poland's Karolina Nadolska and maybe others. Anything can happen in a marathon and usually does. We see Dibaba showing how savvy and speedy she can be, making a strategic "go for the home run" move around 23 miles. She'll win with Kiplagat placing a strong second, nailing down her fourth Chicago podium finish in four years (two firsts, two seconds). Hasay will push up the Roosevelt "hill" and hang on for third place, her second top-three performance in two Abbott World Marathon Major races. As with the men, finish times should be fast, but will depend on the weather. If conditions are good, Paula Radcliffe's Chicago women's record of 2:17:18, could fall. The British icon will be here to watch the race.

#### Could we have Americans on both podiums?

"Galen and Jordan are huge talents who have the ability to capture podium finishes," Pinkowski says. "The last time we had an American male and female place in the top three together was 1996. (Jerry Lawson and Kristy Johnson both placed second)."

And what about Joan Benoit Samuelson's bid to set a world best in the Female 60-64 age group? The current mark is 3:01:30. Rewriting record books is nothing new for her. She won the first women's Olympic gold medal in 1984, and in 1985 won Chicago in 2:21:21, an American record that lasted until 2003. Look for her to break three hours, maybe even dipping under 2:59.

"Story telling is important to me and it's how I motivate myself," Samuelson says. "My race decisions often reflect my narrative. Once I turned 60, I knew that the Oct. 8 Chicago race would represent the next chapter in my career."

Let the suspense begin as big-time marathon runners gear up for Chicago's 40th.

By Bob Richards

## GALEN RUPP



The 40th Bank of America Chicago Marathon can't get here too soon in Galen Rupp's mind-set. The 31-year-old is ready for what could be an epic run on the streets of Chicago. The fast course is perfectly suited for track superstar-turned-marathon runner Rupp, who likes to run fast, very fast. We did manage to catch up with him for a few quick thoughts on what will be going on the morning of Oct. 8.

#### 📍 What have you learned from 2016 Rio Olympics (third place) and this year's Boston (second place) as you prepare for Chicago?

▲ I've learned a lot from the past marathons I've run, but the biggest thing is the strength that is required to be successful at the marathon. I have adjusted my training so that I do longer runs and more long intervals to get used to the pounding of the marathon, especially the last four-five miles.

#### 📍 With the ultra-fast field, have you begun working on a race plan?

▲ (Coach) Alberto (Salazar) and I haven't really begun talking specific race strategy, but we always like to be prepared for any scenario. I am very excited about the field though and would love for the race to be fast.

#### 📍 In general, how is the training going, and are you excited to be running Chicago in your fourth 26.2-mile? (He won the 2016 U.S. Marathon Trials before Rio and Boston)

▲ Training is going great! I had a rough buildup before Boston and my fitness was not where I had hoped for that race, but I am healthy now and training hard. In my buildup to Chicago, my workouts have been going great and I am excited to see the results of my training on race day. The experience I now have in the marathon I think will also help me both in my preparation and during the race. I can't wait to toe the line and race!



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**Not in the area? Log on to:**  
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