



Beverly Area Planning Association's **34TH ANNUAL**

# RIDGERUN

**MEMORIAL DAY, MONDAY, MAY 30, 2011**



LITTLE COMPANY OF MARY  
HOSPITAL AND HEALTH CARE CENTERS

*In Pursuit of Pain-Free Health Care®*

## PARTICIPANT GUIDE

### RACE TIMES

<b>10K Run</b>	<b>8:00am</b>
<b>Youth Mile Fun Run</b>	<b>8:10am</b>
<b>5K Run/Walk</b>	<b>9:30am</b>
<b>Tot Trot</b>	<b>10:30am</b>

# BAPA

Beverly Area  
Planning Association



# PARTICIPANT GUIDE

## RACE PACKET PICK-UP

All participants must pick up their Race Packet (bib number and tag, T-Shirt, and goodie bag) either before or the morning of race day in order to participate in the 10K, 5K, or Youth Mile. Race Packet Pick-Up will take place at Ridge Park, 9625 S. Longwood Dr., Chicago. **Please be advised that Race Day Registration and Packet Pick-Up are busy and lines tend to be long; please give yourself enough time before your race to pick up your Race Packet.** If you are unable to pick up your Race Packet you may have a family member or friend pick it up for you.

## ADVANCE

Wednesday, May 25 through Friday, May 27	12:00pm - 7:00pm
Saturday, May 28	11:00am - 5:00pm
Sunday, May 29	12:00pm - 4:00pm

## RACE DAY

Monday, May 30 6:30am - 9:15am\*  
\*Registration closes 1/2 hour before each race

## REGISTRATION CONFIRMATION

If you registered online via [www.signmeup.com](http://www.signmeup.com) you can request a registration confirmation e-mail at [www.signmeup.com/site/services/confirmation.aspx](http://www.signmeup.com/site/services/confirmation.aspx). If you registered by mail or in person you can confirm your registration status by emailing [ridgerun@bapa.org](mailto:ridgerun@bapa.org) or calling the Beverly Area Planning Association, 773-233-3100, 9am and 4pm, Mon. through Fri..

## RACE DAY INFORMATION LOCATION

The Ridge Run starts and ends at Ridge Park, 9625 S. Longwood Dr.

## PUBLIC TRANSPORTATION

**METRA:** Ridge Park is one block west and one block south of the 95th Street Metra Rock Island Line Station. For more details including schedules and fare information visit Metra's website at [www.metrarail.com](http://www.metrarail.com).

**CTA:** Ridge Park is one block south of the Longwood stop on the 95th Street CTA bus line. For system maps, fare information, and schedule times visit the CTA's website at [www.transitchicago.com](http://www.transitchicago.com).

## PARKING

There is NO parking available at Ridge Park on Race Day. There are business parking lots available on 95th Street between Leavitt and Wood. There is a large parking lot at Vanderpoel School at 95th & Vanderpoel (two blocks east of Longwood). Parking is also available on residential streets in the area surrounding Ridge Park. Because parking is scarce, please give yourself ample time to walk to Ridge Park from your car.

## GEAR CHECK

Gear Check is located near the baseball fields south of the large tent in the parking lot. See the Site Map at the end of the guide for more detail. Gear Check will be open from 7:00am until 11:00am. Please do not check any valuables; the Ridge Run is not responsible for any lost or stolen items checked. Any items unclaimed by 11am will be taken back to the Beverly Area Planning Association and can be picked up starting Tues., June 1 at 9:00am. Items must be picked up in person.

## TOILET FACILITIES

Toilet facilities are located near Gear Check, along the path on the east side of the park. There are also a small amount of restrooms on the first floor inside the Ridge Park field house. See the Site Map at the end of the guide for more detail. Expect lines at toilet facilities and allow plenty of time to get to the start line.

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# PARTICIPANT GUIDE

## EVENT ALERTS

Look for emails from the Ridge Run the week before the race regarding weather and other race issues. Information will also be posted at [www.bapa.org/ridge-run](http://www.bapa.org/ridge-run). *The race will proceed, rain or shine. However, the race may be canceled or delayed due to lighting or extreme weather.*

## WATER STATIONS

Water Stations will be located throughout the course, 6 for the 10K race and 2 for the 5K race. Water will also be available at the Finish Line.

## AID MEDICS & FIRST AID STATIONS

Provided by Little Company of Mary Hospital. First Aid Medics will be assisting with first aid and safety issues along the course. Medics will be equipped with first aid supplies and will contact race staff in case of an emergency situation. There will also be a first aid station located at the Finish Line.

## PHOTOS

Brightroom Photography will be on site taking finish line photos as well as post race photos by the awards tent. Photos will be posted online at [www.brightroom.com](http://www.brightroom.com) 72 hours after the Ridge Run.

## RESULTS & AWARDS

Results will be ready one (1) hour after the start of each race and posted on the fence of the north east baseball diamond. Awards ceremonies will take place one (1) hour after each race. Results will be posted online by Tues., May 31 at [www.bapa.org](http://www.bapa.org), [www.cara-runs.org](http://www.cara-runs.org) and [www.mychicagoathlete.com](http://www.mychicagoathlete.com).

## RUNNER REFRESHMENTS

Runner Refreshments are located in the parking lot west of the Ridge Park Field House. Thanks to Fair-play Foods, County Fair, Great American Bagel and other sponsors who will provide bagels, apples, bananas, granola bars, and water for runners after the race.

## RACE MORNING SCHEDULE

6:30 Registration & Packet Pick-Up Opens

7:30 10K/ Youth Mile registration closes

7:50 10K Line up at Start/Finish Line

**8:00 10K Race Starts**

**8:10 Youth Mile Starts**

9:00 10K Awards Ceremony

9:00 5K Registration Closes

9:20 5K Line up at Start/Finish Line

**9:30 5K Race Starts**

**10:30 Tot Trot begins (Ridge Park lawn)**

10:30 Memorial Day Parade Starts  
(110th & Longwood)

10:45 5K Awards Ceremony

11:30 Memorial Day Service begins

## LOST & FOUND

Any items found at Ridge Park or on the course will be kept at Gear Check. Any unclaimed items will be taken to the BAPA office and can be claimed the next day.



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### RACE TIMING

The Ridge Run uses B-tags. **Ridge Run 5K and 10K will be timed based on chip start and chip finish, *not gun time or order of finish.***

B-tags are disposable timing chips located on the race bib. These tags stay on the bibs the entire time. They provide very accurate timing results. There is no post race tag turn-in. Only the 10K and 5K are timed. See the diagram below for instructions on using the b-tag.

For more information on the B-tag timing device please log onto [www.chronotrack.com](http://www.chronotrack.com)



**Your Timing Device for this event is the ChronoTrack B-Tag: A single use bib tag.**

In order to receive an accurate time, please confirm your bib is...

- **Clearly visible on the front of the torso**
- **Unaltered and unmodified** (Do not fold or wrinkle)
- **Pinned in all four corners**
- **Not covered** (jackets, runner belts, water bottles, etc.)

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**BEVERLY AREA PLANNING ASSOCIATION**

*Serving Beverly Hills/Morgan Park Since 1947*

Founded in 1947 as a civic association invested in obtaining city services and reporting zoning violations, BAPA made an important transition in 1971 when it hired its first paid full-time staff and turned its focus to housing. BAPA facilitated increasing home values by encouraging diversity, promoting the neighborhood to potential home buyers, and fostering business investment and economic development along our commercial strips.

Today, Beverly Hills/Morgan Park is one of Chicago’s most popular and beautiful communities, and BAPA continues to work full-time preserving and promoting the neighborhood.

Housing and business development remain the organization’s top priorities, but BAPA leadership understands that the health of a community depends on more than the value of its homes. In fulfilling its mission, BAPA also addresses the elements that make the Village in the City prosper: education and schools, safety, marketing, historic preservation, city services, transportation, communications and more.

The BAPA staff works to provide programs and events which enhance the lives of every resident in Beverly Hills/Morgan Park. Housing programs establish a positive atmosphere for real estate sales and rehabbing, and that enhances home values. Special events, like the Ridge Run, bring thousands of people into the neighborhood each year – and word about this Village in the City gets around! Support for schools helps keep the level of educational achievement high, and assistance with community services, safety and crime prevention, and economic development helps maintain a community in which everything you need is readily available. The Ridge Run is the largest annual fundraiser for BAPA.

**BAPA is . . .**



*housing*

~~Beverly Area Planning Association~~

*safety*

~~Beverly Area Planning Association~~

*schools*

~~Beverly Area Planning Association~~

*business*

~~Beverly Area Planning Association~~

*community*

~~Beverly Area Planning Association~~

**DOING!**

~~Beverly Area Planning Association~~

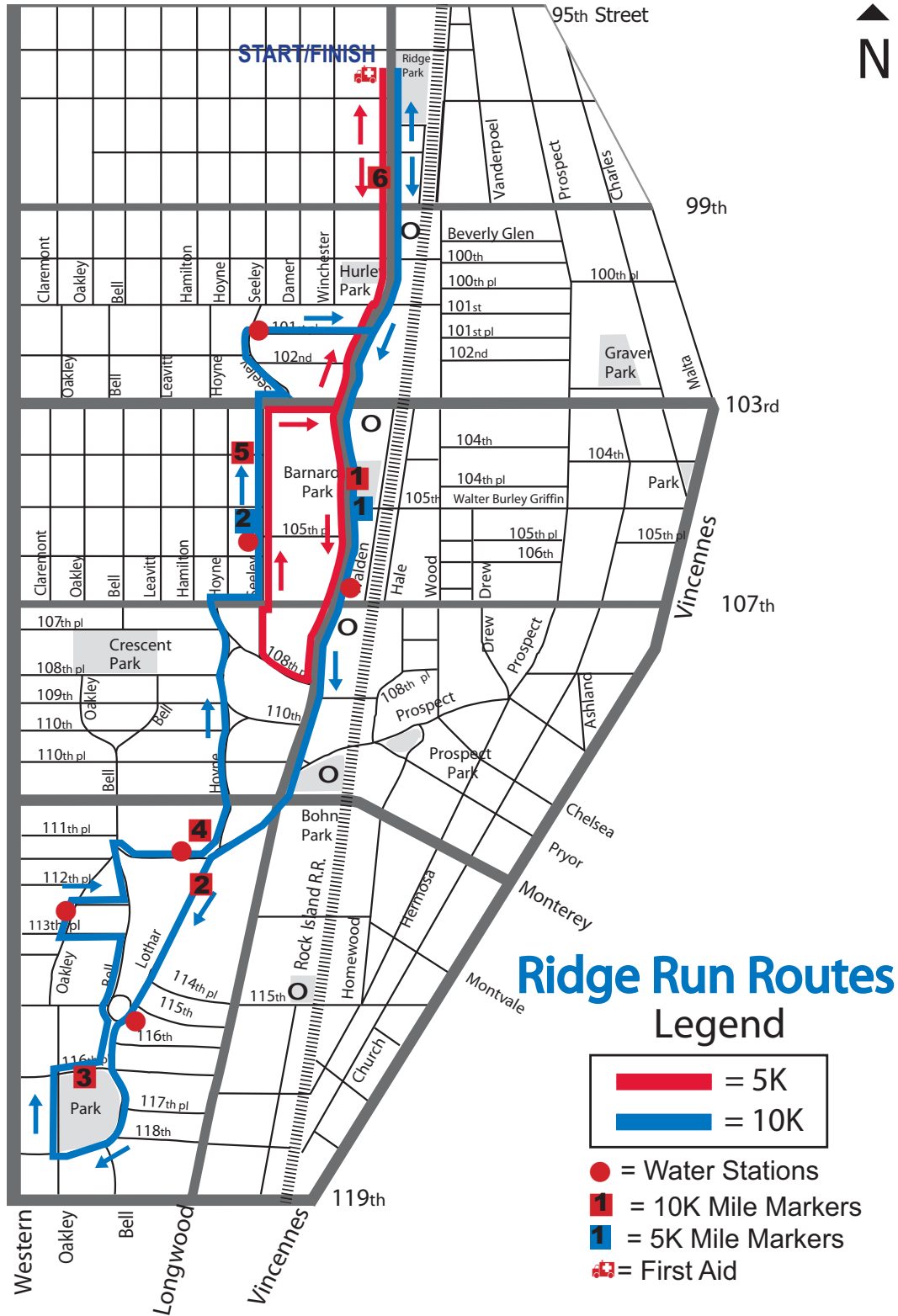


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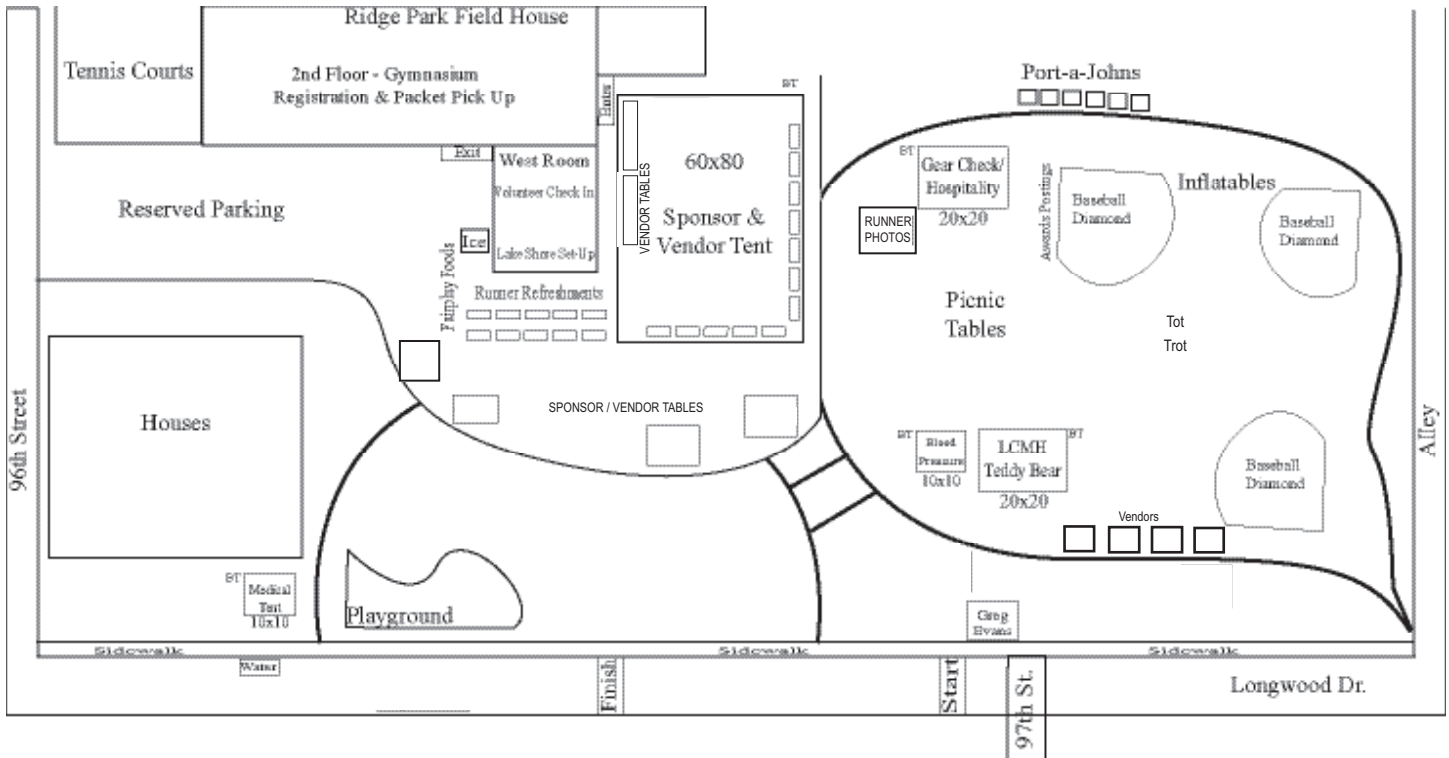
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## RIDGE RUN SITE MAP



### Greening the Ridge Run

With the help of the City of Chicago Department of Environment, Chicago Conservation Corps (C3), and Chicago Park District, we are “greening” the Ridge Run, hoping to significantly reduce trash by encouraging runners and spectators to recycle containers, primarily water bottles.

Please look for recycling containers!

### Ridge Run Spirit Awards

Residents along the Ridge Run route have decorated their homes for Memorial Day. Runners/walkers are invited to vote for the house that shows the best Ridge Run Spirit. Pictures of the decorated houses will be posted online at [www.bapa.org](http://www.bapa.org) and [www.facebook.com](http://www.facebook.com) Wed., June 1.

Cast your vote by emailing [ridgerun@bapa.org](mailto:ridgerun@bapa.org) by Wednesday, June 8.

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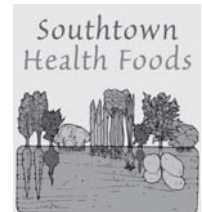
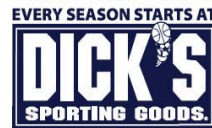
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## RIDGE RUN SPONSORS

### PRESENTING SPONSOR



### STARTING LINE SPONSOR



RIDGE PARK



10320 S. Kedzie, Chicago



State Sen. Ed Maloney • Cardinal Fitness • GO Promotions • Marquette Bank • 19th Ward Youth Foundation  
Accelerated Rehabilitation Centers • Beverly Hills Animal Hospital • Marathon Sportswear • Cook County Sheriff Tom Dart  
ReLiv • Standard Bank & Trust • Jackson Capital • PNC Bank • Griffin Orthodontics • Corporate Safe Specialists • Dairy Queen

Muscle Milk • The Beverly Review • Curves • Trace Ambulance • ATI Physical Therapy • Beverly Ridge Lions Club • Munroe Landscape  
Calabria Imports • Smith Village • Fat Tommy's • Mike Haggerty Pontiac, Buick, GMC • Original Rainbow Cone • Big Top Productions • Awards & More

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