

BIG SHOULDERS 2018 RACE & SAFETY INFORMATION

1. At packet pickup, you will receive a black ankle strap with an orange bracket that slides onto the strap. **If you don't have the strap and bracket on your ankle, you will not get a time.**
2. You will also receive a cap, provided by race personnel, the color signifying the heat that you are in as follows:

Time	Wave	Group	Cap Color
8:00	1	Elite 5K Swimmers	White
8:04	2	18-34 year old 5K	Silver
8:08	3	35-44 year old 5K	Pink
8:12	4	45-50 year old 5K	Purple
8:16	5	51-56 year old 5K	Green
8:20	6	57 & Over 5K	Red
8:24	7	18-49 year old 2.5K	Blue
8:28	8	50 & Over 2.5K Swimmers	Yellow

3. EACH WAVE WILL BE ASKED TO ENTER THE WATER THROUGH THE **ENTRY CHUTE** TO THE EAST (LAKE SIDE) OF THE WALKWAY ON THE BEACH. YOU MUST GO THROUGH THE CHUTE SO WE KNOW YOU HAVE ENTERED THE WATER.
4. You will then enter the water and spread out in the area between the two starting buoys.
5. DO NOT BUNCH TOO TIGHTLY AT THE START, SPREAD OUT! Avoid bumping arms, or kicking each other as much as possible. Any swimmers displaying aggressive or unsportsmanlike conduct will be pulled from the water and disqualified.
6. If you do get elbowed or kicked, don't panic. Give the eager beaver a wide berth, switch to breaststroke to get your bearings, and keep going.
7. The course is triangular and is marked with three (3) orange buoys that are 8 feet tall. Swimmers **must** swim around the outside of each of the large buoys, keeping the buoy to the swimmer's left as each turn is made.
8. The course is patrolled by 30 Chicago Park District Lifeguards – including two motor powered patrol boats, several row boats spaced out along the course, and several stationed along the lakefront wall parallel to the final leg of the triangular course.
9. Lifeguards boats are not part of the course, and will occasionally cross in front of swimmers to patrol/assist. You do not need to swim outside or inside of the guards – just go around.
10. The 8 ft. orange triangular buoys on the corners of the course mark the turns. **DO NOT CUT THE COURSE OR YOU WILL BE DQ'D. YOU MUST GO AROUND THE TRIANGULAR BUOYS.**

11. If you need assistance at any point while swimming, raise your hand and a lifeguard will help you.
12. There are ladders on the sea wall if you get in trouble and need to get out down there.
13. If you need to take a break while swimming and cannot stand up, simply tread water or switch to back, side or breaststroke.
14. As you exit the water, head for the **FINISH CHUTE**. Note that the chute is split in 2, with 5K on the right and 2.5K on the left. Once through, give a volunteer your chip and ankle strap.
15. IF YOU CANNOT FINISH FOR WHATEVER REASON, YOU MUST GO THROUGH THE **DNF CHUTE** NEXT TO THE FINISH LINE SO THAT OUR SYSTEM RECORDS YOU COMING OUT OF THE WATER.
16. PLEASE MAKE SURE TO ADVISE RACE OFFICIALS IF YOU EXIT THE WATER EARLY FOR WHATEVER REASON.
17. WE MUST HAVE A RECORD OF YOU COMING OUT OF THE WATER – PLEASE DON'T GET OUT AND SIMPLY LEAVE. MAKE SURE YOU GO OVER A TIMING MAT, OR GO TO THE ANNOUNCER'S BOOTH AND GIVE THEM YOUR RACE NUMBER AND ADVISE THAT YOU GOT OUT EARLY. THEY WILL DIRECT YOU TO THE DNF CHUTE AS WELL.
18. After getting out, **dry off quickly and change**. You may not realize it when you first get out, but your core body temp may be down, and although the water may feel great when you get out, you need to dry off and get warm. Standing around in the shade in a damp suit is a sure fire way to work towards hypothermia.

Results will be posted near the timing truck at 11 a.m., and awards will be done as close to 11 as we can. Results will also be available online at

<http://results.active.com/events/big-shoulders-open-water-swim--5/>

19. Please follow all instructions by lifeguards and course officials. If you are directed to exit the water for safety reasons, you must do so.