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Dear Participant,

Race weekend is right around the corner and we’re getting excited to welcome you to Chicago for the 37th annual Bank of America Chicago Marathon.

What you’re holding in your hand—the 2014 Bank of America Chicago Marathon participant guide—includes all the key information you need to know to be prepared and ready to have a great race experience.

We created this guide as a step-by-step manual to assist you during race week, from your visit to the Abbott Health & Fitness Expo, to race morning in Grant Park and during the race itself.

Our top priority is to make sure you have a safe and successful experience at the Chicago Marathon. Please do your part by reading through all the information in this guide, and bring it with you on race weekend. We promise it will come in handy on numerous occasions.

My team and I wish you all the best with your final weeks of training, and we will see you at the start line on October 12.

As always, if you have any questions about the event, please contact our office at 312.904.9800 or send us an email at office@chicagomarathon.com.

Sincerely,

Carey Pinkowski
Executive Race Director
Bank of America Chicago Marathon

chicagomarathon.com
The Bank of America Chicago Marathon website (chicagomarathon.com) is a great resource for your pre-race, race day and post-race needs. The website houses the most up-to-date participant, event and spectator information.

Event contact information
Bank of America Chicago Marathon
Phone: 312.904.9800
Email: office@chicagomarathon.com

Sustainability
The Bank of America Chicago Marathon is the largest marathon to be certified a sustainable event by the Council for Responsible Sport. From pre-race to post-race, the event is about environmental sustainability and social responsibility.

Look for recycling icons located throughout the participant guide; these icons indicate many of the event’s sustainability initiatives. Thank you for helping to make the Bank of America Chicago Marathon a sustainable event.

Schedule of events
Friday, October 10
Abbott Health & Fitness Expo; Packet pick-up
McCormick Place; North Building, Hall B1
9 a.m. – 8 p.m.

Saturday, October 11
Abbott Health & Fitness Expo; Packet pick-up
McCormick Place; North Building, Hall B1
9 a.m. – 6 p.m.

Sunday, October 12
Grant Park
Marathon Wheelchair Start 7:20 a.m.
Marathon Handcycle Start 7:21 a.m.
Athletes with Disabilities Start (AWD) 7:22 a.m.
Wave 1 Start 7:30 a.m.
Wave 2 Start 8 a.m.
Spectator access to Grant Park begins 9 a.m.

Bank of America Chicago Marathon 27th Mile Post-Race Party
Grant Park, Butler Field
9 a.m. – 3:30 p.m.
Abbott Health & Fitness Expo

The Abbott Health & Fitness Expo features more than 200 health and fitness industry exhibitors offering Bank of America Chicago Marathon merchandise and the latest in running footwear, apparel, nutrition and technology. The Health & Fitness Expo is free and open to the public.

By the numbers: 140,000 people visited the Abbott Health & Fitness Expo in 2013.

Abbott Health & Fitness Expo Location
McCormick Place, North Building, Hall B1
2301 S. Prairie Ave.
Chicago, IL 60616

*For driving and parking, use the above address for the best access to the Abbott Health & Fitness Expo. The publicly listed mailing address for McCormick Place is 2301 S. Lake Shore Dr.

McCormick Place is the largest convention center in North America to be certified according to the ASTM Standard pertaining to the evaluation and selection of venues for environmentally sustainable meetings, events, trade shows and conferences.

Abbott Health & Fitness Expo hours
Friday, October 10 9 a.m. – 8 p.m.
Saturday, October 11 9 a.m. – 6 p.m.

Abbott Health & Fitness Expo transportation
Free shuttle bus service
Free shuttle bus service to the Abbott Health & Fitness Expo will be provided to and from the following four locations:
• Downtown: Hilton Chicago, 720 S. Michigan Avenue (8th Street entrance)
• South Loop: CTA Red Line Stop serving Red, Orange and Green lines, State Street and Roosevelt Road
• Magnificent Mile: Nike Chicago, 669 N. Michigan Avenue, behind the store to the east on St. Clair Street at Erie Street

Abbott Health & Fitness Expo

Thank you to the Bank of America Chicago Marathon official sponsors

Bank of America
Merrill Lynch
Tata Consultancy Services
Advocate Health Care
Liberty Mutual Insurance
TAG Heuer
American Airlines
Chicago Sun-Times

CTA transit tips
The Chicago Transit Authority (CTA) offers an economical and convenient way to get to and from the Abbott Health & Fitness Expo. Learn how to use the CTA bus and rail system to get to the Health & Fitness Expo and Grant Park on race day by visiting transitchicago.com.

Visit the CTA booth at the Health & Fitness Expo for travel information and transit tips.

CTA fare information
Cash fare
Accepted on CTA buses only. Exact fare (coins and bills accepted). No cash transfers available.
• Full fare: $2.25
• Reduced fare: $1.10 (applies to children ages 7 to 11 and customers with a valid RTA Reduced Fare Permit)

Ventra™ Card
Purchase a Ventra Card for $5 at CTA station vending machines, participating Ventra retail locations, by calling 1.877.NOW.VENTRA and online at ventrachicago.com. Once your card is purchased, you can register it to have the $5 charge immediately refunded as transit value to pay for rides. Just tap and board, and your card will be deducted full fares and transfers on CTA and Pace.
• Full fare: $2 (bus); $2.25 (rail); $5 (from O’Hare)*
• Full fare transfer: $0.25
• Reduced fare: $1.00 (bus); $1.10 (rail)
• Reduced fare transfer: $0.15 (applies to children ages 7 to 11 and to customers with a valid RTA Reduced Fare Permit)

You can also load transit value and passes to your Ventra Card at CTA station vending machines, participating Ventra retail locations, online and by phone. Passes offer unlimited rides on CTA buses and trains for a specified period of time and include: 1-day: $10, 3-day: $20, 7-day: $28. Passes cannot be shared.
Ventra Ticket
Single-ride ($3) and 1-day ($10) Ventra Tickets are available at CTA station vending machines. These disposable tickets cannot be reloaded. Single-ride Ventra Tickets include one full fare and two transfers.

* $5 O'Hare rate applies to people paying with Ventra Transit Account pay-per-use value.

Visit ventrachicago.com for more information.

CTA transit directions to McCormick Place

From downtown Chicago
From Jackson Blue or Red Lines or from the Adams/Wabash Pink, Green, Orange, Purple or Brown elevated lines, walk east to Michigan Avenue and board a southbound #3 King Drive bus. Buses run every 10 - 15 minutes.

OR, transfer from all CTA rail lines serving downtown to a southbound 95th/Dan Ryan Red Line train to the Cermak-Chinatown station. Transfer to an eastbound #21 Cermak bus directly to McCormick Place. Buses run every 10 - 15 minutes.

From Ogilvie Transportation Center
From the Washington Street exit, take the #20 Madison bus, #56 Milwaukee bus, #60 Blue Island/26th bus, #124 Navy Pier or #157 Streeterville/Taylor (Monday-Friday only) bus eastbound to Michigan Avenue, then transfer to the southbound #3 King Drive bus directly to McCormick Place. Buses run every 10 - 15 minutes.

From Union Station
From the Jackson Boulevard exit, board the #7 Harrison (Monday-Friday only) or #126 Jackson bus on the east side of Canal at Jackson Blvd and go eastbound to Michigan Avenue. From Canal St, board #60 Blue Island/26th, #124 Navy Pier, or #157 Streeterville/Taylor (Monday-Friday only) bus on Canal south of Adams and go eastbound to Michigan Avenue. Then transfer to the southbound #3 King Drive bus directly to McCormick Place. Buses run every 10 - 15 minutes.

Note: CTA does not issue transfers when paying with cash.

South Shore Line
The South Shore invites you to park your car in one of its convenient stations and ride in comfort to the Abbott Health & Fitness Expo and to Grant Park on race day. The South Shore will make extra stops and run extra trains October 10-12. Visit chicagomarathon.com for details.

Abbott Health & Fitness Expo parking
Parking will be available to all Abbott Health & Fitness Expo attendees at McCormick Place Parking Lot A for a reduced rate of $10.

Driving directions to McCormick Place Parking Lot A
From O'Hare International Airport (22 miles), northwest or the north
Follow I-190 East to I-90 East. This turns into I-90/94 East (Dan Ryan Expressway). Keep to the right and follow to I-55 North (Stevenson Expressway). Exit at Martin Luther King Drive (Exit #293D) and follow signs to Lot A entrance ramp located immediately to your left.

From the west
Take I-290 East (Eisenhower Expressway) to I-94 East (Dan Ryan Expressway). Keep to the right and follow to I-55 North (Stevenson Expressway). Exit at Martin Luther King Drive (Exit #293D) and follow signs to Lot A entrance ramp located immediately to your left.

From Midway Airport (10 miles) or southwest
Take I-55 North (Stevenson Expressway). Exit at Martin Luther King Drive (Exit #293D) and follow signs to Lot A entrance ramp located immediately to your left.

From the south or Indiana via I-80/94
From I-80/94, exit at I-94 West (Bishop Ford Expressway) and proceed on I-94 West (Dan Ryan Expressway). Follow to I-55 North (Stevenson Expressway). Exit at Martin Luther King Drive (Exit #293D) and follow signs to Lot A entrance ramp located immediately to your left.

From Indiana Skyway
Take I-90 West (Indiana Tollway turns into the Chicago Skyway). Merge onto I-90/94 West (Dan Ryan Expressway). Exit at I-55 North (Stevenson Expressway). Exit at Martin Luther King Drive (Exit #293D) and follow signs to Lot A entrance ramp located immediately to your left.

From North Lakeshore Drive (US-41)
From Lake Shore Drive, exit at 31st Street and turn right (west). Turn right again on Martin Luther King Drive. Turn left on 24th Place. Follow signs to Lot A.

From South Lakeshore Drive (US-41)
From Lake Shore Drive, exit at 31st Street and turn left (west). Turn right on Martin Luther King Drive. Turn left on 24th Place. Follow signs to Lot A.

From Congress Parkway
From Congress Parkway, turn right onto Michigan Avenue. Proceed south to Cermak Road (E. 22nd Street). Turn left on Cermak Road, to Martin Luther King Drive. Follow signs to Lot A.

For more information, contact McCormick Place Transportation at 312.791.6166, or visit chicagomarathon.com/mccormickplace.
Participant packet pick-up

Packet pick-up ticket

Your packet pick-up ticket (the back cover of this guide), or the emailed version of your packet pick-up ticket (whether in mobile or printed form) is your individual proof of entry into the race and must be presented, along with one form of photo ID, at the Participant Packet Pick-Up area of the Abbott Health & Fitness Expo to receive your participant packet (bib number and timing device), participant bag and Nike running shirt.

Review your packet pick-up ticket for accuracy, including your name, address, age, gender and start corral assignment. This information is critical for accurate scoring and mailing of results.

To update your information contact the Bank of America Chicago Marathon by phone at 312.904.9800 or by email at office@chicagomarathon.com.

Participant packet

Your participant packet includes:

- Bib number
- MYLAPS BibTag timing device
- Gear check tag
- Complimentary post-race 312 Urban Wheat Ale beer ticket*  

*For participants age 21 and over

Packet pick-up instructions

- All participant packets and participant bags must be picked up in person at the Abbott Health & Fitness Expo during regularly scheduled hours. These items will not be available for pick up on or after race day, and items will not be mailed before or after race day.
- You must pick up your own participant packet and participant bag at the Health & Fitness Expo. Individuals will not be allowed to pick up these items on behalf of others.
- When you arrive at the Health & Fitness Expo, you will be directed to the Participant Packet Pick-Up area where staff members will assist you at one of the 16 check-in stations.
- To check in, you must present your photo ID (driver’s license, state ID or passport), along with one of the following documents: your packet pick-up ticket (the back cover of this guide), or the emailed version of your packet pick-up ticket (whether in mobile or printed form).
- If you misplaced or did not receive a packet pick-up ticket or email, go directly to the Participant Services Desk where a staff member will, upon verification of your registration, check you in.
- You will then be directed to a numbered pick-up station to receive your participant packet.
- Proceed to the Participant Bag Pick-Up area to receive your participant bag and Nike running shirt; shirts will be distributed according to the size indicated on your packet.

By the numbers: 45,000 participants are registered to run the 2014 Bank of America Chicago Marathon. This year’s race includes participants from all 50 states and more than 100 countries.

Timing device

The 2014 Bank of America Chicago Marathon will use the MYLAPS BibTag timing device to record your net finish time. The timing device is permanently attached to the back of your bib number. Important: do not remove the timing device from your bib or fold it in any way. Pin all four (4) corners of your bib to the outermost layer of clothing on your chest. You must do this throughout the entirety of the race in order to record an official finish time and finish place. Your time will be recorded from the point that you cross the timing mats at the start line until you cross the timing mats at the finish line. The MYLAPS BibTag is a single-use device that does not need to be returned upon finishing the race.

Nike+ Pace Team

The Nike+ Pace Team will help you set the pace on race day. Pace Team leaders—nearly 100 experienced marathon runners—will run according to the following finish time goals:


Visit the Nike+ Pace Team booth at the Abbott Health & Fitness Expo for more information and to sign up to be part of a pace group. Pace Team leaders will be available to talk about...
race day plan, how to locate your group within the start corral and to answer general questions about the Pace Team.

Upon joining a Nike+ Pace Team, you will receive a pace bib to wear on your back during the race that will indicate your pace group (e.g. 4:00) and identify you as a member of the Pace Team. There is no cost to participate. Sign-up is available only at the Health & Fitness Expo. Pace times are limited to start corral assignments. Your start corral assignment may not allow you direct access to a particular Pace Team.

Exhibitors
For a list of Abbott Health & Fitness Expo exhibitors, go to chicagomarathon.com/expovendors.

Bank of America expo booth – Put your mark on #ChiMarathon
The sights and sounds of the Bank of America Chicago Marathon route will define your running experience. Get to know the course you will be traveling at the Bank of America Expo booth and leave your mark on the giant Chicago Marathon course map. Your Chicago experience starts now by using #ChiMarathon to share your favorite training moments, Chicago expectations and race weekend experiences. Your posted comments, images and videos could be shared with all your running peers on our large video screen at the Expo.

Connect with Merrill Lynch to make your race day plan
Merrill Lynch can help you and your support team build your race day plan from start to finish. Stop by the Bank of America booth near the front of the Health & Fitness Expo to calculate your arrival times at key course checkpoints with the Merrill Lynch Course Connector. Share the results with friends and family and pick up a few bull bells so they can cheer loudly for you where you need the encouragement most.

Main Stage presentations
Main Stage presentations at the Abbott Health & Fitness Expo give you an opportunity to learn more about the course, receive last-minute tips, see the latest in running gear and technology and hear from industry experts and special guests. Main Stage presentation information will be available race week at chicagomarathon.com.

Event Alert System
The color-coded Event Alert System (EAS) will communicate the status of race conditions leading up to and on race day. EAS levels range from Low (Green) to Moderate (Yellow) to High (Red) to Extreme (Black) based primarily on weather, as well as other conditions.

- Email and website communication during race week will inform you of the current EAS status and provide preparation tips based on advance weather forecasts.
- Updates will be made at the Abbott Health & Fitness Expo via public address announcements and color-coded signs.
- On race day, stay tuned to the current EAS status via public address announcements and color-coded signs/flags at the start and finish areas and at each of the 20 aid stations along the course.
- If necessary, additional emergency information will be communicated via email and/or text message.

Familiarize yourself with the Event Alert System prior to race day, remain alert for directions from race officials, announcers and volunteers, and take precautions to prepare properly for varying conditions on race day.

Race day timeline
- Gear check opens 5:30 a.m.
- Start corral open 5:30 a.m.
- Wave 1 Start Corrals close 7:20 a.m.
- Wheelchair Start 7:20 a.m.
- Handcycle Start 7:21 a.m.
- Athletes with Disabilities Start 7:22 a.m.
- Wave 1 Start 7:30 a.m.
- Pedestrian crosswalks close 7:30 a.m.
- Wave 2 Start Corrals close 7:45 a.m.
- Wave 2 Start 8 a.m.
- 27th Mile Post-Race Party/spectator access to Grant Park begins 9 a.m.
- Gear check closes 3 p.m.
- 27th Mile Post-Race Party Ends 3:30 p.m.

Grant Park: Start line
Transportation and parking
You are strongly encouraged to use public transportation to get to the start and finish areas in Grant Park. If you drive, allow sufficient time for traffic congestion and street closures due to the race. More information on race day parking options is available at chicagomarathon.com/racedayparking.

CTA transit directions to Grant Park
For best access to Grant Park, take a Pink, Green, Orange, Purple or Brown Line train to
As a participant, you may store small personal items or articles of clothing during the race at your designated gear check area, which is determined by the color of your race bib: White, Red, Blue or Gray. Please make note of your assigned gear check area and how to access it prior to your arrival on race day.

Follow these guidelines when checking your gear on race day:

- Gear check is available to participants only; spectators are not allowed in the gear check area.
- You must use your race-issued gear check bag (your clear plastic participant bag); no other bags will be accepted at gear check.
- Remove your gear check tag from your bib number and attach it to your gear check bag.
- Do not check valuable items such as jewelry, cell phones, cameras, music or electronic devices, etc.; the event is not responsible for lost, stolen or damaged items.
- You must show your bib number when dropping off and picking up your gear.
- Loose articles of clothing or other personal items that are not placed in your clear plastic event-issued gear check bag will not be accepted at gear check.
- All bags must be picked up by 3 p.m. on race day or they will be taken to the Bank of America Chicago Marathon office (135 S. LaSalle St., Suite 1160) where they can be picked up in person starting Monday, October 13, at 11 a.m.
- If picking up your bag at the event office, please call 312.904.9800 to confirm that your bag is available for pick up.
- Any items unclaimed by November 1, 2014 will no longer be available.

Directions to gear check locations

Wave 1
White Gear Check: American Development Corral
Bib #s 51 – 200 and 251 – 400
Located in the American Development Tent, in Butler Field.

Directions to American Development Tent: Enter Grant Park at Gate #1. Walk east on Jackson Drive to the south entrance to Butler Field (north side of Jackson Drive between Columbus Drive and Lake Shore Drive).

Red Gear Check: Corrals A, B, C, D and E
Bib #s 501 – 20,000
Located on the east side of the Buckingham Fountain plaza, east of Columbus Drive, between Jackson Drive and Balbo Avenue.

Directions to Red Gear Check: Enter Grant Park at Gate #1 or Gate #2. Walk east into Grant Park from Jackson Drive or Van Buren Street. Continue walking east past Columbus Drive. Turn right onto the north side of Buckingham Fountain. Gear check is located to the left on the east side of Buckingham Fountain.
Wave 2
Blue Gear Check: Corrals F and G
Bib #s 20,001 – 40,000
Located on the south side of the Buckingham Fountain plaza, east of Columbus Drive between Jackson Drive and Balbo Avenue.

Directions to Blue Gear Check: Enter Grant Park at Gate #3. Walk east on Congress Parkway past Columbus Drive toward Buckingham Fountain. Gear check is located to the right on the south side of Buckingham Fountain.

Gray Gear Check: Corrals H, J and K
Bib #s 40,001 – 55,000
Located on the south side of Congress Parkway, west of Columbus Drive.

Directions to Gray Gear Check: Enter Grant Park at Gate #4 or Gate #5. If you enter at Gate #4 walk east on Congress Parkway. Gear check is located to the right. If you enter at Gate #5 walk east on the Harrison Street footpath. Gear check is located to the left.

Participant changing facilities
For your convenience, male and female changing facilities are available near the gear check areas in Grant Park.

Pre-race fluids, supplies and toilet facilities
Gatorade Endurance Formula (lemon-lime), Gatorade Endurance Carb Energy Drink, Gatorade Endurance Carb Energy Chews and water will be available prior to the race at Start Hydration areas. Other supplies such as Band-Aids, safety pins and skin lubricant will be available at Pre-Race Supply Tents near your assigned gear check. Toilet facilities will be positioned near start corral entryways.

Refer to the Grant Park map on pages 23 and 24 for specific locations.

Wave start and start corral
The 2014 Bank of America Chicago Marathon will feature a wave start and start corral process to facilitate a smooth start to the race for all participants. Your start wave is determined by your start corral assignment. You have been assigned to one of 13 start corrals as indicated on your packet pick-up ticket: Wheelchair, Athletes with Disabilities, American Development, A, B, C, D, E, F, G, H, J and K. Please make note of the designated access points to your start corral prior to your arrival on race morning.

Start corral instructions
• Your bib number corresponds with your start corral assignment.
• Your bib number must be fastened to the front of your running attire and visible to gain access to your start corral.
• You will be granted access to your assigned start corral only.
• Start corrals open at 5:30 a.m.
• Wave 1 Start Corrals (American Development, A, B, C, D and E) will close at 7:20 a.m.
• Wave 2 Start Corrals (F, G, H, J and K) will close at 7:45 a.m.
• Family and friends will not be allowed to accompany participants to the start area.

Directions to start corral locations
Wave 1 – Start corrals close at 7:20 a.m.*
Start Corrals: American Development, A, B, C, D and E
To access the American Development Start Corral (White Bibs # 51 – 200 and 251 – 400) from the American Development Tent: The entrance to your start corral will be on the east side of Columbus Drive. Escorts will depart from the American Development tent beginning at 6:45 a.m. to lead you to your start corral entrance.
To access Start Corrals A, B, C, D and E (Red Bibs # 501 – 20,000) from Red Gear Check:
- Start Corrals A and B: Walk north from the Red Gear Check Tent to Jackson Drive. At Jackson Drive follow the directional signs indicating Start Corrals A and B. You will be able to access your corral on the east side of Columbus Drive.
- Start Corrals C and D: Walk north from the Red Gear Check Tent to Jackson Drive. At Jackson Drive follow the directional signs indicating Start Corrals C and D. You will be able to access your corral on the east side of Columbus Drive.
- Start Corrals E: Walk north from the Red Gear Check Tent to Jackson Drive. You will be able to access your corral from the rear at Jackson Drive.

*If you are not in your start corral by 7:20 a.m. you must start at the back of your assigned Wave.

To access Start Corrals F, G, H, J and K (Gray Bibs # 40,001 – 55,000) from Gray Gear Check:
Walk north from the Gray Gear Check Tent to Columbus Drive. You will be able to access your corral on both the east and west sides of Columbus Drive. Corral entrances will be marked by the start corral letters.

*If you are not in your start corral by 7:45 a.m. you must start at the back of your assigned Wave.

**Start line procedures**
It will take approximately 15-20 minutes for the final participant from each wave to cross the start line.

Wave 1 Start Time: 7:30 a.m.
Wave 2 Start Time: 8 a.m.

Please adhere to your assigned wave and the start time. Remember that your official time will not begin until you cross the timing mat at the start line. Follow directions from race officials and volunteers at all times for a safe and orderly start to the race.

**Information presented by Tata Consultancy Services**
Information presented by Tata Consultancy Services will be available throughout Grant Park on race day. Information Tents will be available to assist participants and spectators with event information, course maps and general event inquiries as well as lost and found items. Information Tents will be located in the following areas:
- On the east side of Michigan Avenue at 11th Street
- On the east side of Michigan Avenue at Harrison Street
- On the east side of Michigan Avenue at Jackson Drive
- Within the Buckingham Fountain Gear Check facility (participant only Information Tent)
- North side of Jackson Drive between Columbus Drive and Lake Shore Drive
- On the northwest corner of Congress Parkway and Columbus Drive

In addition to the six Information Tents, Information Teams of 2 to 4 individuals will be positioned throughout Grant Park and on Michigan Avenue on race morning to assist participants and spectators with maps and viewing tips.

**Lost & found**
Lost & Found items will be collected throughout the day and can be reclaimed by 3 p.m. at Information Tent locations. Unclaimed items will be taken to the Bank of America Chicago Marathon office (135 S. LaSalle Street, Suite 1160) where they can be picked up in person starting Monday, October 13, at 11 a.m. Call 312.904.9800 or send an email titled “Lost & Found” to office@chicagomarathon.com to inquire about lost items. Any items unclaimed by November 1, 2014 will no longer be available.
Aid stations
20 aid stations are located along the course approximately one to two miles apart. Each aid station consists of the following amenities in this order:
• Medical Tent with access to a Runner Transport vehicle*
• Toilet facilities
• Gatorade Endurance Formula (lemon-lime flavor)
• Water
• Public address announcer

*Runner Transport vehicles provide non-emergency transportation back to Grant Park in the event that a participant is unable to complete the race.

PowerGel® Energy Gels will be at Aid Station 13 (Mile 17.8). Available flavors will be in both caffeinated (Chocolate and Strawberry Banana) and non-caffeinated (Vanilla, Orange Dream and Pomegranate Blueberry Acai) offerings.* The flavors will be separated by caffeinated and non-caffeinated at the aid station. Runners should consume caffeine responsibly and within dietary and safety recommendations.

*Specific flavors may be subject to change and not necessarily guaranteed on race day.

Aid Stations 15-18 (Miles 20-23.5) will offer bananas.

Familiarize yourself with the locations and offerings at each aid station and prepare for slower traffic in these areas. The aid stations are approximately two city blocks in length and tables with Gatorade Endurance Formula and water line both sides of the street. Continue moving through the aid station if the first tables are too crowded to obtain fluids.

By the numbers: 12,000 volunteers give their energy and support to the Bank of America Chicago Marathon race weekend, and more than 1.7 million spectators line the course to cheer on runners.

Course time limit
The Bank of America Chicago Marathon has a course time limit of 6 hours and 30 minutes. After this time, the course will re-open to vehicular traffic. You must maintain a 15-minute per mile pace (approximately) or faster and complete the full marathon distance—start line to finish line—within the event time requirement. Those who finish outside of the time limit will not be recorded as official finishers and may not receive full on-course support from aid stations and traffic safety personnel.

Timing checkpoints, clock and mile markers
Timing checkpoints are positioned at the start line, at each 5K, at the halfway point (13.1 miles) and at the finish line. Your MYLAPS BibTag timing device will register split times at each of these checkpoints.

Digital clocks are positioned at the start line, throughout the course and at the finish line to provide the elapsed race time. Mile and kilometer markers are positioned at each mile and 5K to assist you in locating the clocks. Digital clocks at the finish line will display the elapsed race time, which begins with the start of Wave 1 (7:30 a.m.). Your individual race time may differ depending on when you cross the official start line.

Prohibited devices on course
Wheeled devices are not permitted for use on the Bank of America Chicago Marathon course by anyone other than registered and authorized wheelchair and handcycle participants. Prohibited devices include non-registered wheelchairs and handcycles, baby joggers, strollers, skateboards, rollerblades and bicycles.

Music devices with headphones are permitted for use on the course; however, participants must be alert to their surroundings at all times, and must pay attention to important announcements made in Grant Park and along the course.
McDonald’s Runner Update Centers
Eight on-course McDonald’s locations are proud to be designated as Runner Update Centers where spectators can go to check on the status of their runners by looking them up online.

- 201 N. Clark St. (at Lake St.)
- 23 S. Clark St. (at Madison St.)
- 180 W. Adams St. (at Wells St.)
- 230 S. State St. (at Adams St.)
- 600 N. Clark St. (at Ohio St.)
- 2635 N. Clark St. (at Wrightwood Ave.)
- 1563 N. Wells St. (at North Ave.)
- 1664 S. Blue Island Ave. (at 18th St.)

Nike Northside/Southside Challenge at the Bank of America Chicago Marathon
Nike and the Bank of America Chicago Marathon are inspiring the next generation to race in the footsteps of their running heroes. The Nike Northside/Southside Challenge gives high school athletes the unique opportunity to compete in an invitational meet on the Chicago Marathon course while the race is in progress. Athletes will compete on behalf of their respective high schools and as part of the larger Northside or Southside teams. The race starts at Mile 24 where boys and girls will compete over the last 2.62 miles of the Chicago Marathon course, ending at the official finish line in Grant Park. The boys’ race starts at 7:40 a.m., followed by the girls’ race at 7:50 a.m.

Grant Park: Finish line
Finish line procedures
For the convenience and safety of all participants, please continue moving through the finish area. No stopping or loitering is allowed at or beyond the finish line. Participants who sit or lie down in the finish area will immediately be transported to the Medical Tent and will not be released until cleared by medical staff. Volunteers will be positioned just beyond the finish line within the Runner Recovery area to distribute Heatsheets™ and finisher medals. Once you exit the finish area there is no re-entry.

By the numbers: Since 1977, 623,150 runners have crossed the Bank of America Chicago Marathon finish line.

Mariano’s Runner Refreshment
Refreshments will be available beyond the finish line within the Mariano’s Runner Refreshment area, including Gatorade Endurance Formula (lemon-lime), Aquafina bottled water, bananas, PowerBar® ProteinPlus® bars and a variety of other food products from Mariano’s.

Fresh Market. For participants age 21 and over, Chicago’s own Goose Island Beer Co. will provide complimentary 312 Urban Wheat Ale.

Green Team volunteers will be located throughout Runner Refreshment to assist you in discarding materials appropriately in compost, recycle or trash bins.

Bank of America Chicago Marathon
27th Mile Post-Race Party
Upon exiting the finish area, celebrate your accomplishment at the Bank of America Chicago Marathon 27th Mile Post-Race Party in Butler Field, near the start line at Columbus Drive and Jackson Drive. The outdoor celebration will feature live music, food and beverages available for purchase. Participants age 21 and over (photo ID required) can redeem the tear-off portion of their bib number for one free 312 Urban Wheat Ale.

The 27th Mile Post-Race Party is open to the public from 9 a.m. – 3:30 p.m., with live music beginning at 10:30 a.m. and beer ticket redemption and sales from 11 a.m. – 3 p.m.

Runner Reunite area
Reunite with your family and friends after the race at the Runner Reunite area at the Bank of America Chicago Marathon 27th Mile Post-Race Party. The Runner Reunite area will be organized by alphabetical signs (A-Z) to facilitate meeting locations by name. When making plans to reunite with your family and friends, factor in the necessary time it will take for you to navigate through the finish area and collect your bag from gear check. Also, be sure to devise a back-up plan in the event that you cannot locate your party within Grant Park.

Bank of America Customer & Military Family Upgrade
As a valued customer of Bank of America and to show appreciation to our armed services members and their families, we are proud to offer you an upgraded experience on race day at the Bank of America Chicago Marathon 27th Mile Post-Race Party in Grant Park. You will receive race day amenities in a private tented space including restrooms and runner refreshments. Simply bring your Bank of America or Merrill Lynch debit/credit card, other customer identification or Military Identification to the Bank of America booth at the Abbott Health & Fitness Expo on Friday, October 10 or Saturday, October 11. There you will receive wristbands allowing you and one (1) guest access to the Upgrade area on race day.*

*Customer or Military identification is required to receive offer. Available while supplies last. Wristbands must be worn on race day to gain access to the area.
Massage therapy
More than 200 students, faculty and alumni from Chicago’s Cortiva Institute will offer complimentary post-race massage treatments for participants from 10 a.m. – 3:30 p.m. The Massage Tent will be located within the Bank of America Chicago Marathon 27th Mile Post-Race Party at the southwest corner, adjacent to the Petrillo Band Shell.

Race day runner results
Look up your finisher results at the Race Day Runner Results Tent within the Bank of America Chicago Marathon 27th Mile Post-Race Party. Volunteers will be on-hand to help participants and spectators look up unofficial race day results.

Race results
Unofficial race results will be available on race day at chicagomarathon.com. The Monday, October 13, edition of the Chicago Sun-Times will include full race day coverage and unofficial results listings in the commemorative 2014 Bank of America Chicago Marathon section. *

Once race results are deemed official, all official finishers will be emailed a link to download their digital finisher’s certificate. All official finishers will receive the Official 2014 Bank of America Chicago Marathon results book mailed after the event with a complete listing of results, race day coverage and photos.

*Due to production deadlines, the Chicago Sun-Times cannot guarantee, but will make best efforts to include, the names of all participants who finish the Bank of America Chicago Marathon under 6 hours and 30 minutes.

Age divisions and awards
Personalized engraved finisher medals will be awarded to the top five finishers in each age division listed below. Age group medals will be mailed to the winners approximately six weeks after the race.


Medical
Medical support
Medical support is available at 21 on-course locations: all 20 aid stations and an additional medical tent in the final mile. Medical tents are indicated by tall, red, blade signs with the medical icon. Each medical tent is staffed by a team of medical professionals, is equipped with emergency and first aid supplies and has access to ambulance service.

In Grant Park, the Main Medical Tent, Podiatry Tent and Ice Station are located directly beyond the finish line. An additional medical tent is located in Grant Park adjacent to the Bank of America Chicago Marathon 27th Mile Post-Race Party. For the safety of all participants, only those requiring medical assistance may access the medical facilities.

Runner Transport service
Runner Transport vehicles provide non-emergency transportation from all 20 aid stations back to Grant Park in the event that a participant is unable to complete the race. Runner Transport signs and volunteers wearing green vests will be located at each on-course medical tent.

American Red Cross Patient Connection Program
If a participant is transported to a local area hospital at the discretion of the medical team, the American Red Cross of Greater Chicago’s Patient Connection staff will be on hand in Grant Park to provide information regarding that patient to family and friends. Patient Connection staff can be found in the Information Tents located throughout Grant Park as well as at the American Red Cross Patient Connection Program Medical Information Station. Family members may also call 888.659.9877 to speak with a Patient Connection Operator to inquire about a patient. Refer to the course map for locations and inform friends and family of this service in advance of race day.

Hospitality & promotions
Participant and spectator hospitality
If you purchased a ticket to the Bank of America Chicago Marathon Balbo Hospitality Tent, your ticket for venue access and race day instructions must be picked up at the Hospitality Ticket booth located at the Abbott Health & Fitness Expo Participant Services area. Tickets will be held under the name of the purchaser.

If you purchased tickets for two or more, the tickets will be held under the purchaser’s name. An individual may pick up his or her ticket by mentioning the purchaser’s name, signing a release and showing a photo ID. You must pick up your hospitality tickets at the Abbott Health & Fitness Expo during regularly scheduled hours. You will not be able to access the Balbo Hospitality Tent on race day without your ticket.

Join Nike race weekend
Nike will celebrate race week and race day with activities throughout Chicago, including special events, athlete appearances, race day course activations and post-race celebration festivities. Follow Nike on Twitter @NikeChicago for all race weekend information and updates.
Run with Nike+ on race day
Show how you #OWNCHICAGO during the 2014 Bank of America Chicago Marathon! Run with Nike+ on race day and share your run and photos with @NikeChicago.

Nike Store - Official Merchandise
Commemorate your achievement with Official 2014 Bank of America Chicago Marathon merchandise offered by Nike. The official merchandise collection includes commemorative performance running and lifestyle apparel and footwear and can be purchased at the following locations starting October 1.
- Abbott Health & Fitness Expo
- Nike Chicago, 699 N. Michigan Ave.
- Nike Running Bucktown, 1640 N. Damen Ave.
- Nike.com/ChicagoMarathon
- Fleet Feet Sports Old Town, 1620 N. Wells St.
- Fleet Feet Sports South Loop, 1520 W. Roosevelt Rd.
- Fleet Feet Sports Lincoln Square, 4762 N. Lincoln Ave
- Fleet Feet Sports Elmhurst, 124 E. Schiller St.
- Naperville Running Company North Store, 34 W. Jefferson St.
- Naperville Running Company South Store, 3416 S. Route 59

Commemorative merchandise
Commemorative merchandise for the 2014 Bank of America Chicago Marathon will be sold at the Abbott Health & Fitness Expo, as well as in Grant Park on race day. For more information visit chicagomarathon.com/commemorativemerchandise.

Race day photos
MarathonFoto has been the official photographer of the Bank of America Chicago Marathon for three decades. This year, MarathonFoto will take photos at more than 20 different locations along the course and as you cross the finish line. After you finish, your photo will be taken with your finisher medal while you pose in front of a custom Bank of America Chicago Marathon finisher backdrop. Additional candid photos will be taken at the Bank of America Chicago Marathon 27th Mile Post-Race Party. Make sure your bib number is visible to help MarathonFoto identify your photos. Event photos will be available online by October 15. Go to the marathon store page of chicagomarathon.com to receive a special offer. Pay $65 and get $100 worth of 2014 Bank of America Chicago Marathon products available for purchase online at marathonfoto.com. You can also stop by the MarathonFoto booth at the Abbott Health & Fitness Expo to receive money-saving discounts.

MarathonFoto products are backed by a 100% money-back guarantee.

American Airlines – Official airline
American Airlines, the official airline of the Bank of America Chicago Marathon, has made available a 5% discount off any applicable fare. Race participants (or families and friends) may also utilize the discount when traveling on American Airlines, American Eagle and AmericanConnection. The discount is valid only for travel that occurs from October 6-18, 2014 and may not be combined or used in conjunction with any other offer. Reservations on American Airlines and American Eagle may be booked on aa.com or by contacting the toll-free number at 1.800.433.1790. Please follow the procedures listed below for booking the available discounts and enter or mention 42H4BQ as the aa.com promotion code when booking your reservation:

5% Discount (applies to any applicable fare): Flights may be booked by contacting American Airlines toll-free at 1.800.433.1790 or by visiting aa.com. Flights booked through the toll-free number will be assessed any applicable administrative charges.

AAdvantage members may accure mileage on American Airlines for tickets purchased subject to the rules of the AAdvantage program. Electronic and monetary upgrades to Business or First Class are allowed after ticketing.

Airline group travel
American Airlines Group & Meeting Travel offers special fares and discounts for 10 or more passengers traveling to a common destination. Contact Group & Meeting Travel at 1.800.221.2255, email aagmt.internet@aa.com, or visit the website at aa.com/group.

GO Airport Express
GO Airport Express offers airport shuttle transportation between Chicago area locations and O’Hare and Midway Airports. Efficient and economical shared-ride shuttles depart from O’Hare and Midway Airports every 10 minutes for Chicago downtown and suburban locations. Shuttle counters are located at both O’Hare and Midway in the baggage claim areas. Transportation to airports is arranged by reservation. To make a shuttle reservation, visit airportexpress.com or call 800.284.3826 and use the code “marathon” for a discount. For private charters call 773.843.2420.

Hilton Chicago – Official headquarter hotel
The Hilton Chicago is the official headquarter hotel of the Bank of America Chicago Marathon. Overlooking Grant Park and Lake Michigan, the Hilton Chicago boasts 1,544 deluxe guest rooms. Ideally located on famed Michigan Avenue, and near the start and finish of the race, the Hilton Chicago is also within walking distance of Millennium Park, museums, shopping and the Loop Business District. To take a virtual tour, visit hiltonfamilychicago.com.
Chicago Sun-Times
Look to the Chicago Sun-Times on Monday, October 13, for race coverage and results listings in the Bank of America Chicago Marathon Commemorative Section. Preorder now in the Marathon Store at chicagomarathon.com to receive the October 12 and 13, 2014 morning editions of the Sun-Times delivered to your address. The first 1,000 orders will receive a free archival bag to preserve the day you made the news!

City Scents flowers for sale
City Scents is offering “good luck” and “congratulations” floral arrangements and bouquets for purchase online and on race day. For delivery to a hotel, home or office, go to the Marathon Store at chicagomarathon.com or call 312.836.0211 or 800.886.1050, or stop by their 209 E. Ohio Street location. City Scents also offers floral bouquets for sale on race day in Grant Park at four locations near the start/finish area.

Refer to the Grant Park map on pages 23 and 24 for locations.

Spectator information
Live broadcast
NBC 5 Chicago
NBC 5 Chicago and nbcchicago.com will provide complete live TV and online coverage of the Bank of America Chicago Marathon on race day from 7 – 11 a.m.

670 The Score
670 The Score will provide complete live radio coverage of the Bank of America Chicago Marathon on race day from 6 – 10 a.m.

Runner tracking and live results at chicagomarathon.com
Runner tracking will be available race week at chicagomarathon.com. The most efficient way to stay updated on race day results is at chicagomarathon.com. The mobile-friendly race website allows spectators to view our race leaderboard and to follow friends and family by getting real-time updates and splits every 5k.

Bank of America (RED) Cheer Zone – Mile 12
Bank of America is partnering with (RED) and The Global Fund to help eradicate mother-to-child transmission of HIV, helping us get one step closer to ending AIDS. Encourage your support group to visit the Bank of America (RED) Cheer Zone at Mile 12 to cheer you on as you approach the halfway point. Located between Franklin and Adams Streets (one block from CTA Quincy/Wells stop; two blocks from Union Station), the (RED) Cheer Zone will feature cheer items, fun photo opportunities and information on how to get involved.

Learn more about the Bank of America and (RED) partnership at bankofamerica.com/RED

U.S. Trust Cheer Zone
Directly beyond the Bank of America (RED) Cheer Zone at Mile 12 is the U.S. Trust Cheer Zone, at the intersection of Adams Street and Wacker Drive. You can support runners at one of the most scenic points of the course, just before they cross the Chicago River and approach the half marathon checkpoint. The energy is certain to be high with the second half of the race on the horizon.

Merrill Lynch Cheer Zones
Look for the Merrill Lynch Cheer Zones for some additional inspiration at miles 13.5 and 16.5. Just beyond the halfway mark, you will hear the sounds of music and bull bells welcoming you to the West Loop and the second half of your race. The voices and cheers of friends, family members and neighbors will greet you again for that added boost at the 16.5 mark as you prepare to head into the course’s southern stretch.

Bank of America Cheer Zone – Mile 26
Encourage your support group to visit the Mile 26 on-course Cheer Zone to join Bank of America in sharing our passions on race day. The Bank of America Cheer Zone is located between Michigan Avenue and Roosevelt Road (two blocks from CTA Red Line Roosevelt stop). Cheering supplies will be on hand for your friends and family to show their support.

Connect to the Bank of America Chicago Marathon, neighborhoods, and the city at bankofamerica.com/chimarathon or at #ChiMarathon.

Charity Block Party
Thousands of Bank of America Chicago Marathon participants are running and fundraising on behalf of important local, national and global causes. To celebrate the impact these participants make, the Bank of America Chicago Marathon will host a Charity Block Party near Mile 14. Spectators, family and friends are welcome to cheer on their charity runners at the Charity Block Party located at Adams Street and Loomis Street near Whitney Young High School.

By the numbers: This year’s race includes 195 official charities. More than $115 million has been raised through the Bank of America Chicago Marathon’s official Charity Program.
Event rules

The following event rules are intended to help produce and direct a large scale event, to ensure the safety of all participants, to meet the requirements of local government permits and to be compliant with applicable USA Track & Field (USATF) and International Association of Athletics Federation (IAAF) regulations for participant performance records and event liability.

Participation

- Registrants must be capable of completing the full distance, start line to finish line, within the event time requirement of 6 hours and 30 minutes.
- To register, you must be 16 years of age or older on event day. Individuals under 18 years of age must have a statement signed by their parent or legal guardian permitting their participation.
- Each participant must sign an event waiver before participating in the event as part of the registration process. Registrants under 18 years of age must have the applicant waiver signed by a parent or legal guardian.
- The event time requirement and age minimum apply to all forms of entry and event participation.
- Any participant seeking accommodation in respect of a disability must submit a written request to the Registration Manager, Howard Kambara, at the following e-mail address: registration@chicagomarathon.com
- Participant race number bibs are specific personal identifiers and may not be exchanged with or transferred/sold to any other person.
- The sale and/or transfer of race entries/bibs is strictly prohibited and will result in the disqualification and/or banning of any individuals involved from future events.
- The Bank of America Chicago Marathon maintains a no refund and no transfer policy on all race entries and other offers. Exceptions to the policy may be made only in the event of military deployment, bereavement or critical illness. In such cases, additional documentation may be required before a refund request is processed. All requests for exceptions must be made prior to the event.

Packet (bib number) pick-up

- Participants must pick up their own packets at the Abbott Health & Fitness Expo during regularly scheduled hours. No exceptions.
- Participants must provide photo identification upon picking up their packets to verify their identity as the registrant to whom the bib number is assigned.
- Participants are responsible for verifying that the timing device provided within their Participant Packet is working properly prior to the race and worn correctly during the race. Any problems with the timing device must be addressed at the Participant Services Desk at the time of Packet Pick-Up.

Event day

- Participants must follow instructions as given from all event officials including race staff, volunteers, medical personnel, security officers and city officials throughout the duration of the event.
  - All participants are expected to conduct themselves in a professional and courteous manner during their participation in the event. This means, for example, that urinating or defecating anywhere on or near the course shall be strictly prohibited except in toilet facilities. Anyone violating this rule of conduct shall be disqualified from the event and will be asked to leave the course.
  - All participants will be provided with a personally assigned event bib number, which must be conspicuously worn on the front (and back when applicable) of their running attire throughout the duration of the event. The event bib number is to be worn as issued. No participant shall be permitted to participate in the event without his/her appropriate bib number.
  - The use of video devices and computers or any similar devices by participants while in the event is prohibited.
  - The use of wheeled devices by participants or any other person authorized to be on the course shall be strictly limited to: (a) authorized and registered wheelchair and handcycle participants and (b) authorized course marshals on bicycles.
  - Baby joggers, baby strollers, skateboards, rollerblades, unauthorized bicycles or any other wheeled devices are not permitted on the course.
  - Participants must begin the event during the official recognized start times.
  - The course will remain secured until the 15 minute per mile pace Official End Vehicle crosses the finish line. At that time, the event is officially concluded and there will be no traffic protection and aid stations will cease operation.

The start

- Participants will be assigned to designated “start corrals” in accordance with time qualifying standards established each year by the event management. Assignments will be based on verification of qualifying performances submitted or performed by participants (Wave 1) or indicated at the point of registration (Wave 2).
- Participants will be notified of their start corral assignments by mail on their Packet Pick-Up Ticket or they may use the online Athlete Center at chicagomarathon.com to ensure proper assignment once proof of the qualifying standard has been supplied. Additional information on start corrals is available on the event website: chicagomarathon.com
- All participants are responsible for knowing the race’s start time and check-in method for their start corral. All participants must be present at the appointed time to receive instructions and to participate in the Official Start of the race.
- Participants shall assemble for the race in their assigned start corral no less than 15 minutes prior to the race start. Any athlete attempting to enter a start corral to which he/she is not assigned will be required to start after all other participants have crossed the start line.
- All participants must enter their start corral at the designated entry points. Any person who climbs the fence or otherwise enters improperly will be disqualified from the event.
- All participants must be positioned behind the official start line prior to the start of the race.
**Course monitoring**

- Any participant who refuses to obey the directions of event officials, city officials or course marshals, or who conducts himself/herself in an unsportsmanlike manner, or who is offensive by action or language to officials, volunteers, participants or spectators, may be disqualified from the event and from future participation at the discretion of race officials.
- No participant, after leaving the course, will be allowed to rejoin the race either for the purpose of gaining a place or to pace or to assist another participant.
- Any participant who has been found by a course marshal, event official or surveillance equipment to have gained an unfair advantage by intentionally shortening the route of the race ("cutting the course") will be disqualified from the event.

**Participant safety**

- The use of video devices and computers or similar devices by participants while in the event is prohibited. The use of wheeled devices by participants or any other person authorized to be on the course is strictly limited to: (a) authorized and registered wheelchair and handcycle participants and (b) authorized course marshals on bicycles. Baby joggers, baby strollers, skateboards, rollerblades, unauthorized bicycles or any other wheeled devices will not be permitted.
- Participants are responsible for their recognition and understanding of event signage and symbols relating to participant maps, facilities and directions.
- Medical personnel authorized by the event to do so may examine any participant who appears in distress. If, in the sole opinion of authorized medical personnel, it is in the best interest of the participant’s health and welfare, medical personnel may remove a participant from the event.

**Result timing**

- All participants are assigned a timing device prior to the event in their Participant Packet. Clock time (gun time) is the official time for designated elite athletes, American Development Program participants and Wheelchair participants. Official times will be recorded from the start of the race by the air horn to the point where participants cross the finish line. Times will be rounded to the next highest second. Net times will not be used for any purpose regarding designated elite athletes, American Development Program participants and Wheelchair participants.

**Timing disqualification**

- Participants found to be wearing two or more timing devices during the race will be disqualified and their results will not be recorded.
- Participants with missing or irregular split times at official timing checkpoints will be reviewed and may be disqualified.

**Prize money**

- In accordance with IAAF and USATF sanctions, athletes are subject to anti-doping rules. An anti-doping rule violation occurring during or in connection with the event may lead to disqualification of the athletes’ individual results, including forfeiture of all awards, points and prizes.

- All finish times and placements are reviewed and deemed official before cash awards are distributed.
• Any U.S. citizen who qualifies for prize money may be required to pay taxes on the gross amount. W-9 forms with a Social Security Number or Tax ID and signature are required by the United States Internal Revenue Service (IRS).

• Any non-U.S. citizen who qualifies for prize money may be subject to Income Tax withholding, which will be deducted from the prize money as required by the United States IRS.

• The age of a participant on the day of the race determines his or her Masters classification. If age verification is requested, only a birth certificate or a U.S. passport will be acceptable proof of age.

Exceptions

• Any individual requesting a waiver of any of these rules must submit a written request no less than 30 days prior to the event date specifying the nature of and reasons for the request.

Amendments / reservations / acknowledgements

• Event officials reserve the right to modify, supplement or waive all or part of the event rules.

• Participants shall be bound by any modification or supplement of the event rules published prior to the event.

• Failure to follow these event rules, as may be amended, will result in immediate disqualification, loss of prizes and removal from official results.

The Bank of America Chicago Marathon follows, and participants are subject to, the rules specified by USATF and IAAF. Please visit usatf.org and iaaf.org for additional information concerning the rules mandated by the governing bodies of the sport.