

Venus de Miles Participant Guide



Dear Venus de Miles participants – thank you for joining us for Venus de Miles and supporting Greenhouse Scholars! Please read the following participant guide to help you prepare for event day and the finish line festivities. You can contact us at venus@greenhousescholars.org or 303-460-1731 with any questions. We look forward to seeing you on July 21st in Lake Forest!

Start & Finish Line // Where to Park

The Glen Rowan House at Lake Forest College
500 North Sheridan Road
Lake Forest, IL 60045

Parking is available on the north, middle, and south campuses on a first come, first serve basis. You may only park in “marked” spaces. You may not use “Resident Reserved” or “RL Reserved” spaces. Additional parking can be found in downtown Lake Forest, approximately 1 mile from the start line.

Start Times // When to Arrive

We recommend arriving 30-minutes to 1-hour prior to your start time so you have plenty of time to park, check bags, stretch, and hear important announcements.

7:00 a.m. – 60-mile riders depart
8:00 a.m. – 25-mile riders depart
8:30 a.m. – 5k runners / walkers depart
9:00 a.m. – Finish Line Festival opens

The 5k course closes at 10:00 a.m. and the bike courses close at 2:00 p.m.

NOTE – you may not start outside of your course’s published start time and you MUST start with your selected course. Rest stops and other on course support is planned according to the times listed above.

Gear Check

There will be a supervised tent where you can leave personal belongings: jackets, bags, etc. while you ride or run. Your items will be ticketed to correspond with your participant number. Venus de Miles is not responsible for lost valuables so please ensure your bag has a secure closure such as a zip or tie.

DO NOT FORGET to bring...

- Bib number & safety pins - affix to your shirt. Number must be visible at all times while on course.
- Bike, helmet, and water bottles if riding
- Sneakers or bike shoes
- ID for the finish line cocktails
- Important medical information and insurance cards
- Any donations you have received for Greenhouse Scholars

IT IS STRICTLY PROHIBITED TO GIVE ANOTHER PARTICIPANT YOUR BIB NUMBER. Bib numbers are uniquely assigned and are our only means of identifying you in emergencies. Each participant in Venus de Miles must be registered and have a signed waiver on file.

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Warming Up

When you arrive at the Glen Rowan House, you will find coffee, light snacks, mechanics who can give your bikes a quick check, and port-a-potties.

On-Course Support

Courses will be marked with arrows to guide you and volunteers will be stationed along the course to help control traffic. The Tutu Crew support team will also be riding to help with minor mechanical issues. Rapid Response Paramedic will be patrolling on motorcycles as well. During the event you can reach Medical Director Robert Montoya at 303-917-5465. In the case of an emergency please dial 911 immediately.

Event Hotline (551) 258-3687 or (551) 25-VENUS

If you have any **non-medical emergencies**, you can call our event hotline for assistance. This line will be open from 7am-2pm on event day. The number will also be printed on your participant bib.

Course Maps

Printed course maps will be available the morning of Venus de Miles. We recommend taking your smart phone with you to link to the digital course maps (venusdemiles.com/courses-il/) through your web browser or the Ride With GPS app. If you need to use your cell phone during the ride, find a safe location where you can pull off to the side of the road and come to complete stop.

Switching Ride Course Distances

There is no cost to change your ride course distance and you can do so up to event day simply by arriving for the course you plan to participate in. We encourage you to select the course you are confident you can complete without additional assistance. SAG vehicles will not be available to transport non-emergency participants back to the finish line. **Remember, you MUST begin at the published start time for your selected course. You will NOT be allowed on course beyond 5 minutes past the start time.**

Rest Stops

On the ride courses there will be rest stops along the route where you can stop to use bathroom facilities, refill water bottles, and grab some snacks. Local bike mechanics will also be available to help with any bike maintenance needs. Rest stop locations and opening times are outlined on your course maps.

Finish Line Festival // Bike Parking

After you cross the finish line you will see an area of bike racks where you can leave your bike. You will also be directed to pick up a wristband which will provide you with your drink and meal tickets. At the finish line festival you will enjoy a catered lunch, two complimentary cocktails provided by North Shore Distillery and Tighthead Brewing Co., official Venus de Miles merchandise, and the opportunity to meet and greet the beneficiaries of Venus de Miles - the Greenhouse Scholars!

Note: Bike parking is self serve and Venus de Miles is not responsible for any lost or damaged equipment.

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SAFETY AGREEMENT

While we want everyone to have fun, your safety is our number-one concern. Below you will find our safety agreement, which includes the most important things to keep in mind when participating in Venus de Miles. We ask every participant to take some time to get familiar with the rules of the road so you can be respectful of your fellow participants, motorists, local residents, and the communities that graciously host Venus de Miles year after year.

Venus de Miles is conducted on open roads with vehicular traffic. Roads include both marked and unmarked hazards. Though we go to great lengths to make the event as safe as possible, always remember that safety is in your own hands.

You must participate by these rules:

- Riders must wear a helmet at all times - NO EXCEPTIONS!
- Participants must wear the bib number assigned in their name. It is strictly prohibited to give anyone else your bib number to participate in Venus de Miles.
- Carry ID and relevant medical information.
- Ride or run single file. Maximum of two abreast when conditions allow; do not impede traffic.
- Ride or run as far right as reasonable.
- Rules of the road apply; you have the same responsibilities as drivers.
- Obey all traffic lights, signs, and regulations.
- Pass only on the left; announce "passing," "hello," or "on your left."
- Use hand signals to indicate road hazards, stopping, slowing, and right and left turns.
- Prepare properly - train in advance to avoid injury, bring light food and water to have on hand in between rest stops, and bring layers.
- No Burleys are permitted on the ride. You are welcome to have your child on a tag along bike or tandem, however you need to register them separately.
- No headphones for riders (really). We'll provide the music; please leave your headphones at home.
- Riding or running safely and considerately is vital to your enjoyment and the safety of other participants.
- Please be respectful to everyone you encounter on event day; participants, volunteers, law enforcement, and the environment.

WARNING – If we see or hear reports of a participant acting unsafely, we reserve the right to remove that participant from the event. It is everyone's responsibility to tell participants if they are behaving in an unsafe manner. If a participant continues to disregard the rules outlined above, please take note of their bib number and call our event hotline to make us aware of the situation.

Participating safely and considerately is vital to your enjoyment and the safety of the other participants. Thank you for your cooperation!

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Greenhouse Scholars

Venus de Miles fully benefits Greenhouse Scholars, an education non-profit that cultivates extraordinary young leaders to change low-income communities and families. These leaders are Illinois' high-achieving but under-resourced college students from across the state. With our help, Scholars are creating positive change not only in their own lives, but in communities across the globe. Several of the Scholars who benefit from Venus de Miles will be on hand to cheer you on as you leave the start line and to congratulate you as you return to the finish. Please take a moment to say hello to them and ask them their story. You will leave feeling inspired about your efforts at Venus de Miles.

Fundraising

While fundraising is not required to participate in Venus de Miles, the event is Greenhouse Scholars' largest fundraiser of the year so we appreciate any efforts you make in spreading the word about the organization. There is no cut off date for fundraising so you can continue to share your Race Roster pledge page link or send in checks (please make payable to Greenhouse Scholars) after Venus de Miles. If you have your eye on one of our fundraising appreciation gifts, please refer to our website for the qualification deadlines and other important information.

Sponsors

Venus de Miles would not be possible without the generous support of our sponsors and product donors. As you see representatives of these brands, please thank them for making the event happen. If you are so inclined, show them some love by buying their products and services!

