



THE CHICAGO LIGHTHOUSE  
& CHICAGO CENTRAL LIONS CLUB

# RISE TO SHINE

★ 10K / 5K / 1M ★

SUNDAY, OCTOBER 23, 2022  
ILLINOIS MEDICAL DISTRICT



## CERTIFIED AND CHIP-TIMED

Join us and be one of the first runners on a new certified and chip-timed 10K/5K/1M Run & Walk Sunday, October 23, 2022.

7:30 AM: 5K/10K Adaptive Participants  
8:00 AM: 5K/10K/1M General Participants

## RACE SWAG

Rise to Shine and look awesome! All registered runners and walkers will receive a cooling performance t-shirt and custom finisher medal. Custom age group awards will also be presented in 5-year increments up to age 70+.

## ACCESSIBLE & INCLUSIVE

Rise to Shine Run & Walk welcomes runners and walkers with visual, hearing and physical disabilities. Visit our website to learn about event accessibility and guide information at [rise2shinerace.org](http://rise2shinerace.org)

## CREATE A TEAM

Add another layer of fun! Invite colleagues, family or friends. Create a team name, fun shirt or wear crazy costumes. A team can be anywhere from 3 people or 100 people. Just select team option when registering, names can be added at any time!

## FAMILY DASH BASH

Join us after the Run & Walk for our Family Dash Bash featuring a kid's race, entertainment and fun activities for the whole family.

## VOLUNTEER

Help make this event amazing! Hand-out race packets and medals, cheer on runners and meet new friends. For volunteer opportunities and registration go to: [rise2shinerace.org](http://rise2shinerace.org)

## YOUR IMPACT

The event will benefit The Chicago Lighthouse and the Chicago Central Lions Club. The organizations are working together to promote healthy lifestyles and vision services in the Illinois Medical District through 40 educational, health, employment and independent-living programs for people who are blind, visually impaired, disabled or Veterans every year.

## REGISTRATION & COURSE DETAILS



[rise2shinerace.org](http://rise2shinerace.org)  
or scan the QR code.

### BENEFITTING



### SPONSORS

