



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

FAMILY DASH BASH

The Dash Bash will open at 7:00 AM and includes a kids race, entertainment and activities. Visit our website for race time and to register for the kids race.

VOLUNTEER

Help make this event amazing! Volunteer opportunities are available at: rise2shinerace.org

YOUR IMPACT

The event will benefit The Chicago Lighthouse and the Chicago Central Lions Club, who are working together to promote vision health, well being and inclusion in our community

Thank you to our sponsors!



REGISTRATION & COURSE DETAILS



rise2shinerace.org
or scan the QR code.