



SATURDAY, JULY 18, 2026
SOLDIER FIELD • CHICAGO

10
Sweet Years
❤️

2026 OFFICIAL PARTICIPANT GUIDE



INSIDE THIS *Guide*

Welcome Letter	3
Race Weekend Schedule	4
Packet Pick-Up	5-6
Race Day Information	7
Getting There (Parking & Transportation)	8
Basecamp Map	9
Start Line & Basecamp	10-11
Timing & Start Corrals	12
Weather & Policies	13
Course Maps & Kids Dash	14
Aid Stations & Course Information	15
Finish Festival (Donuts & Coffee)	16-17
Awards & Results	18-19
Cal's Angels	20
Frequently Asked Questions	21-22
Sponsors	23
Share the Sweetness	24
Volunteers Needed	25
Thank You!	26



Scan to Visit:
donut5k.com

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Welcome to the *Sweetest Race* in Chicago



Dear Stan's Donut Race Family,

Welcome to the **10th Anniversary** of the **Stan's Donut Race**! Whether this is your first time joining us or you've been with us since the very beginning, thank you for choosing to spend your morning celebrating with us in the sweetest way possible.

For ten incredible years, this event has been about so much more than running. It's about bringing people together, creating memories with family and friends, supporting our community, and, of course, enjoying some amazing donuts along the way. We are honored that you're part of this milestone celebration.

While I have the privilege of serving as Race Director, my most important role is being a mom. Nearly ten years ago, our daughter Quinn was diagnosed with cancer at just four years old. Like so many families, we entered a world we never expected, a world filled with uncertainty, hospital visits, treatments, and prayers. Along that journey, we experienced firsthand how much hope, encouragement, and simple acts of kindness can mean during life's hardest seasons.

That's why our partnership with **Cal's Angels** is so close to my heart.

Cal's Angels is dedicated to granting wishes, raising awareness, and funding pediatric cancer research while bringing hope to children and families facing unimaginable challenges. Their mission reminds families that they are never walking alone, and I know personally what that kind of support can mean.

When you cross the starting line on Saturday, you're doing more than participating in a race. You're helping make a difference. Every registration, every donation, every volunteer, and every person cheering from the sidelines helps support a mission that brings hope to children fighting cancer and their families.

On behalf of our entire team, Stan's Donuts, our incredible sponsors, volunteers, and Cal's Angels, thank you for being part of this special anniversary. We hope you have an unforgettable race weekend filled with smiles, community, and plenty of donuts.

As we celebrate 10 Sweet Years together, I hope you enjoy every moment, from the excitement at the start line to the finish line celebration, the mini donut stops, cold brew coffee, and, of course, your well-earned Stan's Donut.

Thank you for being part of this incredible community. We can't wait to celebrate with you!

See you at the starting line!

Dani Snare

RACE DIRECTOR
Stan's Donut Race



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RACE WEEKEND

Schedule



THURSDAY, JULY 16



Fleet Feet Elmhurst

12:00–6:00 PM



Fleet Feet South Loop

12:00–6:00 PM



FRIDAY, JULY 17



Fleet Feet Lincoln Square

12:00–6:00 PM



SATURDAY, JULY 18

TIME	EVENT
6:00 AM	Race Site Opens
6:00 AM	Race Day Packet Pickup (\$10 Fee Per Packet)
6:00 AM	Gear Check Opens
7:00 AM	10K Start
8:00 AM	5K Start
9:15 AM	Awards Ceremony
9:45 AM	Kids Dash (Ages 8-12)
10:00 AM	Kids Dash (Ages 2-7)
11:00 AM	Site Closes

Packet Pickup

SKIP THE RACE MORNING LINES!

We strongly encourage all participants to pick up their race packet before race day. It's the easiest way to start your morning stress-free and get straight to the fun.



PRE-RACE PACKET PICKUP



**THURSDAY,
JULY 16**



12:00 PM – 6:00 PM



Fleet Feet Elmhurst
124 Schiller St.

Parking is free up to a three-hour limit in the **Schiller Street parking garage** and in the Walgreens parking lot across from the Elmhurst location. Free on-street parking is also available. The location is also accessible from the Elmhurst station on the Metra Union Pacific West Line.



**THURSDAY,
JULY 16**



12:00 PM – 6:00 PM



Fleet Feet South Loop
150 W. Roosevelt Rd

Parking is available in the **Roosevelt Collection Garage**. The entrances are located on the Plaza and accessible from Roosevelt Road and Wells Street. The first two hours are free with in-store validation.

Metered parking is available on the Plaza at \$2.25 for 15 minutes / \$9.00 per hour.

The location is accessible from the **Roosevelt Road stop** on the CTA Red, Green and Orange lines.



**FRIDAY,
JULY 17**



12:00 PM – 6:00 PM



Fleet Feet Lincoln Square
4762 N. Lincoln Ave.

Parking with a three-hour time limit is available at the municipal parking lot south of the store at the intersection of Leland and Western Avenues, next to the CTA Brown Line Western station.

Metered street parking with a two-hour time limit is also available on Lincoln, Western, or Lawrence avenues. The location is also accessible from the Western stop on the CTA Brown Line

Packet Pickup



WHAT YOU'LL NEED

- ✓ Your registration QR Code (confirmation email).
- ✓ A photo ID (recommended) if missing QR code.
- ✓ Picking up for someone else? Bring their QR Code too.



GROUP PACKET PICKUP

Picking up for a group of 10 or more?



Email events@adrenalinespecialevents.com
before Wednesday, July 15 with:

- ✓ Full participant names
- ✓ Pickup location
- ✓ Estimated pickup day and time

We'll have your packets grouped together to make pickup quick and easy.



ADD-ON PURCHASES

Purchased packet shipping? Your packet has been mailed directly to you.

Purchased an extra shirt or additional merchandise? Pick up your items during pre-race packet pickup or at the Add-On Tent on race morning.

Race Day INFORMATION



Welcome to Soldierfield!

Stadium Green

1410 Special Olympics Drive
Chicago, IL 60605

The excitement begins at 6:00 AM! Basecamp will be buzzing with music, coffee, donuts, sponsor activations, gear check, packet pickup, and thousands of runners celebrating the 10th Anniversary of the Stan's Donut Race.



RACE DAY PACKET PICKUP

Available beginning at **6:00 AM** under the white tents.

A **\$10 Race Day Packet Pickup Fee** applies for participants who did not pick up their packet on Thursday or Friday. To avoid this fee, please attend one of our pre-race packet pickup locations or have a friend pick up your packet using your QR code.



GEAR CHECK

Gear check opens at **6:00 AM** and is available under the white tents.

Use the tear-off gear check tag attached to your race bib and secure it to your bag with the zip tie included in your packet.

Please do not check valuables.



INFORMATION TENT

- General questions
- Race day assistance
- Lost & Found



MEDICAL

Medical personnel and first aid will be available located near the Finish and along the course. If you need assistance, notify the nearest volunteer or medical team member immediately.

Getting Here

Plan Ahead for a Smooth Race Morning

With thousands of runners and spectators joining us, we highly recommend arriving 60 minutes before your race start to allow plenty of time for parking, walking to Basecamp, gear check, and finding your start corral.



PARKING

Waldron Parking Deck

458 E 18th Dr, Chicago, IL 60605

\$30

Soldier Field - North Garage

1356 Special Olympics Dr, Chicago

\$30

PRE-PAY HERE

We strongly encourage carpooling and arriving early, as traffic congestion and street closures are likely on race morning. Please allow extra time, roads surrounding Soldier Field tend to get busy.

Want the easiest experience? Consider:

- ✓ Carpooling
- ✓ Public transportation
- ✓ Uber or Lyft
- ✓ Going green by bike
(bike racks will be available!)

PUBLIC TRANSPORTATION

Getting to Soldier Field is a **cakewalk (or donut stroll)** with Chicago transit options:



CTA TRAINS

Red, Green, or Orange Lines to **Roosevelt Station** Approx. $\frac{3}{4}$ -mile walk to the stadium entrance

CTA BUSES

#146 Inner Drive/Michigan Express Connects Roosevelt Station to the stadium entrance on McFetridge Drive

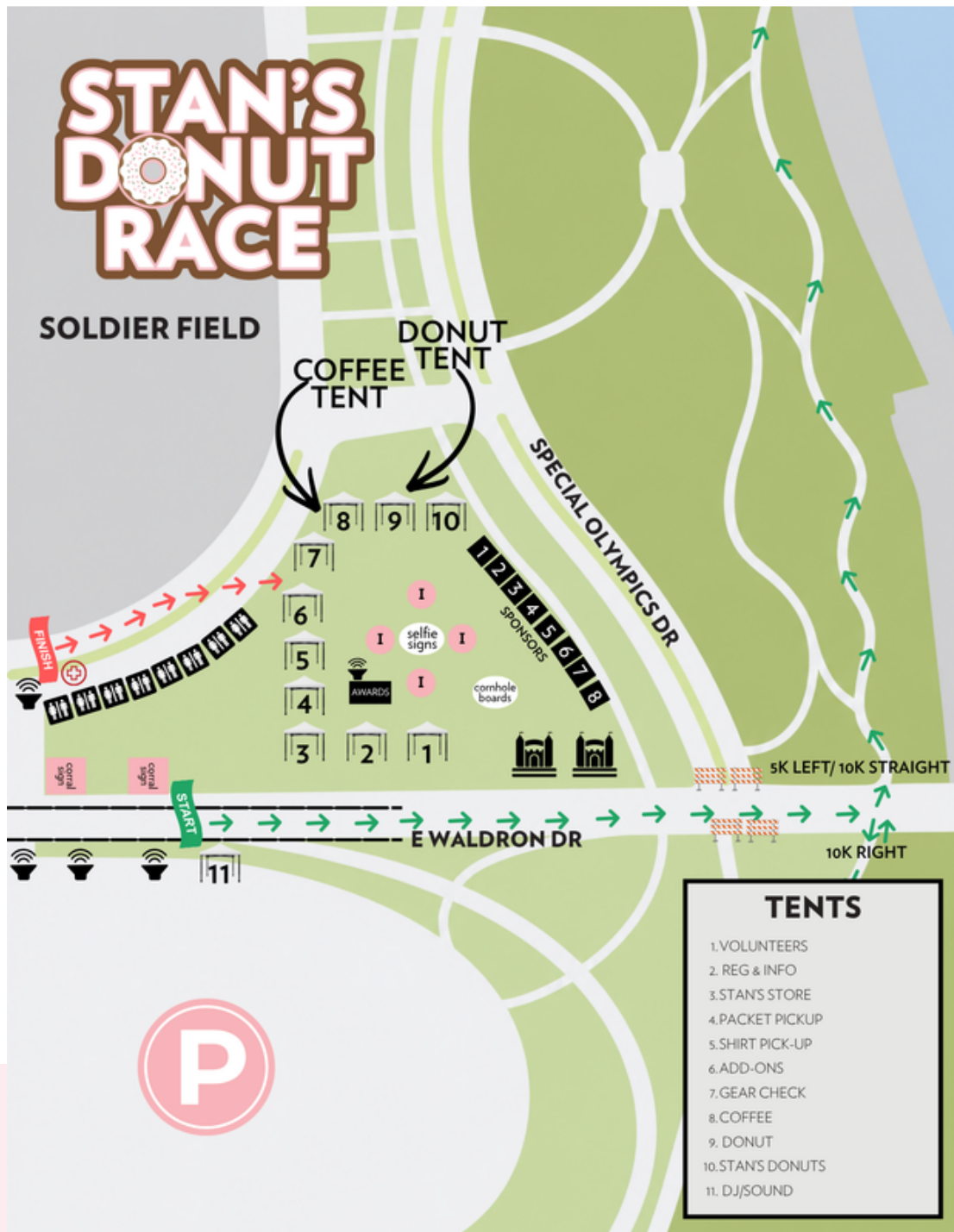


#130 Museum Campus Bus

(Memorial Day–Labor Day)

Service from downtown Metra stations to Soldier Field, Adler Planetarium, and Northerly Island

BASECAMP



Everything You Need in One Place

Once you arrive, you'll find everything located throughout Basecamp on Soldier Field's Stadium Green.



START LINE

- ✓ On Waldron Drive
- ✓ 5K & 10K



BASECAMP

Celebrate your accomplishment with:

- ✓ Stan's Donuts
- ✓ Stan's Cold Brew Coffee
- ✓ Photo Opportunities
- ✓ Music
- ✓ Sponsor Village



INFORMATION TENT

Questions?
Need help?
Lost something?
Visit us here.



GEAR CHECK

Gear check opens at **6:00 AM** and is available under the white tents.

Use the tear-off gear check tag attached to your race bib and secure it to your bag with the zip tie included in your packet.

Please do not check valuables.





RESTROOMS

Portable restrooms are conveniently located near Basecamp and the Finish Line.



STAN'S STORE

Need an extra shirt?

Want to remember this year?

Visit the Stan's Store Tent while supplies last.





TIMING

The **Stan's Donut Race 5K and 10K** are professionally timed using disposable bib timing technology.

Your timing chip is attached directly to the back of your bib.

Please remember:

- ✓ Wear your bib on the **FRONT**.
- ✗ Do not fold your bib.
- ✓ Pin all four corners.
- ✗ Do not cover your bib with jackets, hydration belts or water bottles.



CORRALS

Start Smart. Start Safe.

To create the best experience for everyone, start corrals are not assigned. We ask all participants to line up based on **the pace** they realistically expect to maintain throughout the race.

Please look for the pace signs in the start area and choose the corral that best matches your expected pace:

7 & Under → **8** → **9** → **10** → **11** → **12** → **13+ & Walkers**

Choosing the correct corral helps create a smoother, safer, and more enjoyable experience for everyone. Faster runners can maintain their pace, while walkers and those enjoying a more relaxed run have plenty of room to comfortably make their way through the course.

Walkers are absolutely welcome in the 5K! Please line up in the 13:00+ per mile / Walkers corral at the back of the start area.

Remember, this isn't about who crosses the start line first. Your timing doesn't begin until you cross the official start line, so there's no advantage to starting farther forward than your expected pace. No matter where you start, we promise there will be a delicious Stan's Donut waiting for you at the finish! 🍩



WEATHER

Race Day Weather: The forecast currently calls for sunny skies and warm conditions, with a high of 89°F (RealFeel® up to 94°F). Please hydrate before arriving, wear light-colored, breathable clothing, apply sunscreen, and be sure to utilize the water stations along the course. Your safety is our top priority, so listen to your body and adjust your pace as needed.

Our staff continually monitors weather conditions before and during race weekend. Should severe weather create unsafe conditions, participants will receive updates through:



[Website](#)



Email



[Facebook](#)



[Instagram](#)



SAFETY

Need assistance?

Look for:

- Race Staff , Soldier Field Security, Volunteer, Medical Personnel, Chicago Police



STROLLERS

Strollers are welcome.

For everyone's safety, please line up near the **back** of the starting corral.



PETS

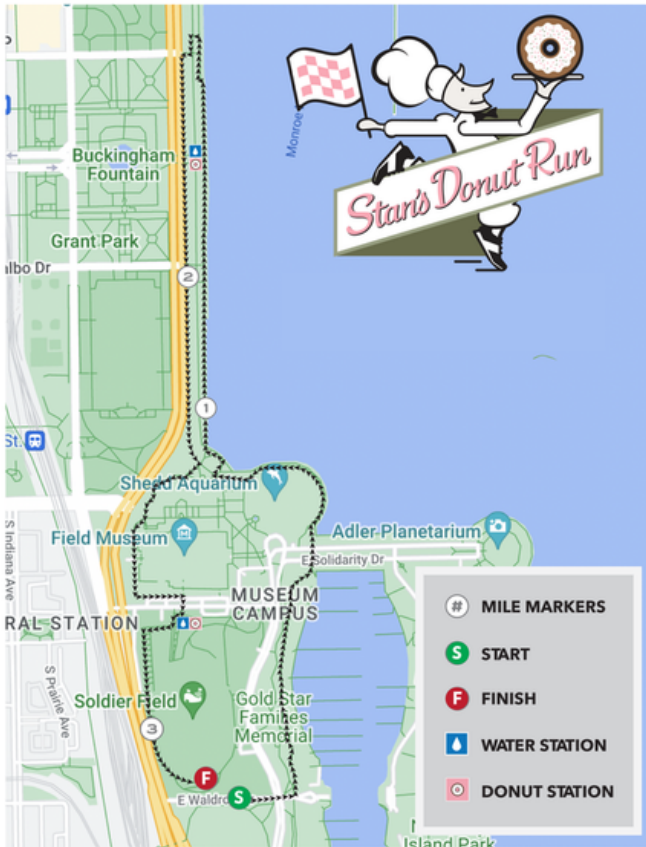
We love your furry friends...

...but please leave them at home.

Pets are not permitted anywhere on the course or inside Basecamp.

Course INFORMATION

5K MAP



10K MAP



KIDS DASH



The Kid's Corner

Kids will **start and finish** beneath the Finish Line Truss, where they'll be cheered on by family, friends, and fellow runners as they run, jog, walk, or skip their way to the finish. The half-mile out-and-back course turns around at the Mini Donut & Water Station before heading back to the finish line.

9:45 AM – Ages 8-12
10:00 AM – Ages 2-7

- ✓ Half-mile, age-appropriate **out-and-back** course
- ✓ **Turnaround** at the Mini Donut & Water Station
- ✓ Official Stan's Donut Kids Dash **shirt**
- ✓ Donut-themed **finisher medal**
- ✓ A delicious **Stan's Donut** waiting at the finish

Parents are welcome to run, walk, or jog alongside their child. Families with children in both age groups may choose the wave that works best for them.

Course INFORMATION



COURSE SUPPORT AND STATION INFO

Whether you're tackling the 5K or 10K, our amazing volunteers will be ready to cheer you on, keep you hydrated, and, of course, hand out some delicious Stan's mini donuts along the way!

Water & Aid Stations

Aid Station	10K Course	5K Course	What's Available
Aid Station #1	Approximately Miles 1 & 2	—	 Water Only
Aid Station #2	Approximately Mile 4.5	Approximately Mile 1.5	 Water +  Mini Stan's Donuts
Aid Station #3	Just before Mile 6	Just before Mile 3	 Water +  Mini Stan's Donuts



MINI DONUT STOPS

The two shared aid stations will each feature delicious Stan's Mini Donuts to give you a little extra motivation!

To make sure every participant gets to enjoy this sweet tradition, please take just **ONE** mini donut at each station. Our volunteers work hard to prepare thousands of mini donuts before race morning, and taking only one helps ensure there's enough for everyone to enjoy. **One runner. One donut. Lots of smiles.** 



FOLLOW THE COURSE

Our course is clearly marked to help guide you every step of the way.

Along the route, watch for directional arrow signs, mile marker signs, funny signs, cones to keep you safely on course, and course volunteers at key turns and intersections.

Please follow all course signage and the directions of our volunteers and public safety personnel. They're there to help keep everyone safe and ensure you make it all the way to the finish line. Just follow the arrows... we'll have the donuts waiting for you! 

The Sweetest FINISH



YOU EARNED THIS!

Cross the finish line and celebrate 10 Sweet Years with some well-deserved treats.



STAN'S DONUTS!

Every participant receives:

One **FREE** Stan's Donut

Simply tear off the "Donut" tab attached to your bib and redeem it at the Donut Tent.

*Pro Tip, tear it off while you are in line waiting.



STAN'S COLD BREW COFFEE

Need a little caffeine after your run?

Head over to the Coffee Tent and redeem your "Coffee" bib tab for one complimentary can of Stan's Cold Brew Coffee.

(One per participant.)



CELEBRATE!

- ✓ The Stan's Donut Race signage
- ✓ Giant donut props
- ✓ Sponsor activations
- ✓ Your finisher medal





VISIT OUR SPONSORS

Be sure to stop by Sponsor Village for:

- ✓ Giveaways
- ✓ Free samples
- ✓ Games
- ✓ Special offers



SHARE YOUR RACE!

Tag us in your race-day photos.

#StansDonutRace

FOLLOW US



PHOTO OPPORTUNITIES

- ☐ Finish your race
- ☐ Grab your finisher medal
- ☐ Eat your Stan's Donut
- ☐ Enjoy a Stan's Cold Brew Coffee
- ☐ Visit Cal's Angels
- ☐ Thank a volunteer
- ☐ Take a photo at the 10th Anniversary backdrop
- ☐ Visit Sponsor Village
- ☐ Post your finish line photo using #StansDonutRace

AWARDS & RESULTS



CELEBRATE YOUR SWEET FINISH!

Whether you're chasing a personal best or simply crossing the finish line with family and friends, every participant is part of what makes the Stan's Donut Race so special.



OVERALL AWARDS



10K Top Three Overall Male & Female



5K Top Three Overall Male & Female



Top Three Overall Winners will also receive a **Stan's Donuts Gift Card** and a Fleet Feet Gift Card.



AGE GROUP AWARDS

Donut-shaped finisher awards will be presented to the top three male and female finishers in each age group for both the 5K and 10K.



AGE GROUPS

10 & Under	45-49
11-14	50-54
15-19	55-59
20-24	60-64
25-29	65-69
30-34	70-74
35-39	75-79
40-44	80+



AWARDS CEREMONY



AWARDS STAGE

Approximately 9:15–9:30 AM

(Immediately following the 10K and 5K.)



Can't stay?

No problem!



Eligible award winners may have their award shipped after race weekend for a small mailing fee. Watch your post-race email for details.



LIVE RESULTS & PHOTOS

Results will be available live throughout the morning. Photos will be available the Monday after the race, be sure to check and don't forget to post!

SCAN THE QR CODE OR CLICK THE ICON



Live Results



Race Photos



CHARITY SPOTLIGHT

EVERY MILE MATTERS

Proudly Benefiting Cal's Angels



"Granting Wishes. Raising Awareness. Funding Research."

One of the things that makes the Stan's Donut Race so meaningful is the opportunity to run for something bigger than ourselves.

This year, we're honored to once again partner with **Cal's Angels**, a nonprofit dedicated to granting wishes, raising awareness, and funding pediatric cancer research.

Organizations like Cal's Angels remind families that they are never walking alone. They provide support when it's needed most and help create moments of joy in the midst of incredibly difficult journeys.

When you participate in today's race, you're helping make that possible.

Thank you for choosing to run, walk, volunteer, donate, and support a cause that is changing lives for children and families every single day.

Together, we are helping bring hope . . . one mile, one donut, and one child at a time.

LEARN MORE



Scan To
Learn More



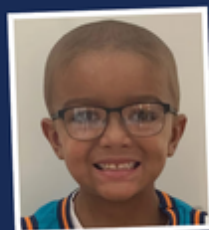
Donate Today



Volunteer



Calsangels.org



cal's angels
pediatric cancer foundation

Granting **wishes**, raising **awareness** and
funding **research** to help kids fighting cancer.

FREQUENTLY ASKED QUESTIONS?



Can someone else pick up my packet?

Yes! Simply send them your registration QR Code found in your confirmation email or send them a photo of your ID.



Is race-day packet pickup available?

Yes! Race morning packet pickup begins at **6:00 AM** for a **\$10 fee**.



Can I wear headphones?

Yes. Please remain aware of your surroundings and other participants.



Are strollers allowed?

Yes! Please line up toward the back of your assigned start corral.



Can I bring my pet?

Unfortunately, pets are not permitted on the course or within the event site.



Where is Gear Check?

Gear Check is located under the white tents on Stadium Green and opens at **6:00 AM**. Please do not check valuables.



Where do I park?

We recommend the Waldron Parking Deck or nearby Museum Campus parking garages.

Public transportation is also highly encouraged.



Where do I get my donut?

At the Donut Tent after you finish!

Redeem your donut with the “donut tab” from your race bib.



Where do I get my coffee?

The Coffee Tent.

Redeem your coffee with the “coffee tab” from your race bib.



Where can I see my results?

Results are posted live throughout race morning.

Scan the QR Code or click the link on page 19.



Is the race rain or shine?

Yes.

We'll continue to monitor weather conditions and communicate any necessary safety updates via email and social media.

More Questions?

✉ events@adrenalinespecialevents.com

🔗 donut5k.com

THANK YOU TO OUR AMAZING SPONSORS

The Stan's Donut Race wouldn't be possible without the incredible companies and organizations that help make race weekend such a memorable experience. Please support the businesses that support our running community.



Share the Sweetness!

We can't wait to see your race-day memories!

Whether you're chasing a PR, walking with friends, celebrating your first race, or simply enjoying a donut at the finish line. . we want to see it!

TAG US



@StansDonutRace



Facebook



Instagram



TikTok

Official Hashtag

#StansDonutRace

#10SweetYears

#DoltForTheDonuts

#PoweredByDonuts

#StansDonuts

#SprintYourSprinklesOff

Don't Keep the Sweetness to Yourself!

Know someone who would love Chicago's sweetest race?

There's still time to join the fun but registration is almost sold out! Invite your friends, family, coworkers, or running buddies to be part of our 10th Anniversary Stan's Donut Race.

🎉 Save 10% with code: FFSTANS26

Visit donut5k.com to register before all spots are gone!

LOOKING FOR VOLUNTEERS

Our race couldn't happen without the incredible volunteers who help make the Stan's Donut Race such a fun and memorable experience.

If you have a friend, family member, coworker, community group, sports team, or service organization looking for a great way to give back, we'd love to have them join us on race day!

Every volunteer receives:

- Official Stan's Donut Race volunteer shirt
- Stan's Donuts & Cold Brew Coffee
- Volunteer swag
- The opportunity to support Cal's Angels and thousands of runners on race day

Know someone who'd love to help? Have them sign up at donut5k.com/volunteer or scan the QR code below.



Volunteer

SAVE THE DATE

Registration for the 2027 Stan's Donut Race will open in the beginning of 2027. Race will be in July!



Thank You for Celebrating **10 SWEET YEARS!**

What started as a fun idea to combine running with everyone's favorite treat has grown into one of Chicago's most beloved summer traditions.

Over the past ten years, tens of thousands of runners, walkers, volunteers, sponsors, and spectators have helped create unforgettable memories while making a meaningful impact in our community.

Whether you are coming to chase a personal record, enjoy a morning with family, or simply earn a donut, thank you for making the Stan's Donut Race part of your summer.

We hope the race leaves you with more than just a medal, it leaves you with new memories, new friendships, and maybe even a little powdered sugar on your shirt.

From all of us at Stan's Donuts, Adrenaline Special Events, Cal's Angels, our volunteers, and our incredible sponsors...

Thank you for being part of the sweetest race in Chicago.

We'll see you at the starting line!

