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CARA announces partnership with the University of Chicago Medicine
Runners’ association will work with medical team in series of upcoming events

The Chicago Area Runners Association (CARA) is thrilled to announce its partnership with the University of Chicago Medicine, as the official hospital of CARA. The medical center will serve as the official hospital for CARA running events, training programs and will provide educational information for runners. Additionally, the Orthopaedics Center at the University of Chicago Medicine will assist the CARA medical team at races and events.

The partnership will include:

- **UCM Medical Minute** – an online monthly educational column related to running written by the University of Chicago Medicine’s Orthopaedics Center physicians and sports medicine specialists.
- **Monthly Twitter chats** – online chats featuring the University of Chicago Medicine’s sports medicine physicians answering questions on the CARA Twitter page in real time.
- **Cubicle-to-5K** – hosted at the University of Chicago Medicine, a beginning running training program for employees and the public is currently underway.

CARA sees the hospital as a logical partner for their programs and events.
“We look forward to having them help us educate runners on running related medical topics and to help execute safe, quality races and training programs alongside our medical committee,” said Johnpaul Higgins, interim executive director of CARA.

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“We are thrilled to partner with a great organization like CARA that is committed to expanding, motivating, supporting and celebrating the running community of Chicagoland,” said Orthopaedic Surgeon Douglas Dirschl, MD, Chairman of the Orthopaedics Center at the University of Chicago Medicine. “As a triathlete, I understand how important keeping a routine is to a runner’s quality of life and look forward to educating runners on how to prevent injuries as well as provide minimally invasive approaches to orthopaedic treatment.”

Since its start in 1989, CARA has helped more than 35,000 runners complete the 26.2 mile course of the Chicago Marathon and other competitive races. CARA has helped thousands of aspiring marathoners and seasoned veterans make it to the finish line, and can’t wait to help thousands more with the University of Chicago Medicine team.

For more information about the Orthopaedics Center at the University of Chicago Medicine, visit them online at uchospitals.edu/ortho. The center has orthopaedic specialty locations in Chicago’s Hyde Park neighborhood, Matteson and River Forest. To make an appointment to be evaluated at any of the above locations, call 888-824-0200.

The Chicago Area Runners Association (CARA) is a 501(c)(3) non-profit organization devoted to expanding, motivating, supporting and celebrating the running community of Chicagoland. CARA connects runners to resources that enable them to run—farther, faster, better, for life.

CARA is the largest running organization in the Midwest and the third largest in the nation, with over 8,600 members. For more information, please visit www.cararuns.org or call 312-666-9836.

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