**All races** start near the statue of ***Lincoln The Debater*** in Taylor Park, 900 East Stephenson Street, Freeport, IL.

**KIDS RACES (9:30 a.m.)**

A series of short distances for children

8 & under - 100 Yards; 9-10 – 200 Yards; 11-12 – 400 Yards

**All finishers receive ribbons**

The boy and girl winners of each age group will run a 100-yard dash following the 5K to determine…

***THE* *FASTEST KID IN TOWN*!**

**ONE MILE FUN RUN (8:05 a.m.)** The course consists of one loop around the historic paved road inside Taylor Park. **This is an untimed fun run.**

**5K RACE (8:20 a.m.)**

**Course:** The course consists of three loops around the historic paved road inside Taylor Park – a 5K (3.1 miles), wheel-measured, certified course that is flat and fast designed to help you achieve a personal best.

**5K AGE GROUPS/AWARDS**

Male and Female—1st,2nd,3rd - Overall, 10 and under,11-12, 13-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 and over.

**WATER/AID:** Water on the course; water and light refreshments will also be provided at the finish line.

**SHIRTS/PREMIUMS**

All pre-registered **5K entrants** are guaranteed a quality tee shirt. Shirts provided to race day **5K** **registrants**, as available. Sponsored goody bag and other sponsor items to all.

**Packet Pick-up**

Race packets for pre-registered entrants may be picked up at the Freeport Family Y on Highland CC Campus Friday, August 11th, 8:00 am- 5:00 pm.

**Race Day Registration** and **Packet Pick-up** at Shelter near Start/Finish Line inside Taylor Park at 900 East Stephenson Street, Freeport 6:45 to 7:45 am

**ENTRY FEES:**

**5K** Received by August 7th …... $ 25

Entries received after August 7th … $ 35

Under 18………………..……. $ 15

Rockford Road Runner (Early Only) $22.50

Rockford Wildcats (Early Only).….. $13.50

**MILE FUN RUN** by Aug 7th $ 10

RRR&RW (Early Only by Aug 7th) $ 8

Late (After August 7th ) $ 12

**KIDS RACES**…………………$ 2

Complete and sign registration form.

**Send entry form portion and check payable to “Family YMCA of NW IL.”**

**INTERESTED IN SPONSORING? Contact:**

**Peter Flynn at** [**p.flynn2@comcast.net**](mailto:p.flynn2@comcast.net)

**Register for 5K online at** Run Signup **at** https://tinyurl.com/2023LD5K

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**Circle Event You Are Entering** (One Event Per Application) **5K Race - One Mile - Kids Race**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_/\_\_\_/\_\_\_\_ \_\_\_\_\_\_\_\_\_\_ \_\_\_

Last Name First Name Date of Birth Age on Race Day Sex **M / F**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_

**Address**  **City** State ZIP

**E-mail address:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**T Shirt for 5K Only … Size----Circle One**: **Youth**: Large **Adult**: S M L XL XXL

**Entry Fee** \_\_\_\_ **United Way of NWIL Donation** \_\_\_\_\_ RRR/Wildcat Promo Code \_\_\_\_\_

**WAIVER**: In consideration of this entry, I, intending to be legally bound, hereby, for myself, my heirs, executors, and

administrators, waive and release any and all rights and claims to photos or for damage I may have as a result of my participation in this athletic contest. I release and hold harmless the sponsors, hosts, Freeport Park District, City of Freeport, YMCA, Rockford Road Runners, United Way and other organizers and officials of this running/walking event.

SIGNATURE \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_

**Register Race Day at**

**Taylor Park**

**6:45 am to 7:45 am**

**Visit our web site at:**

[**www.lincoln-douglas5k.com**](http://www.lincoln-douglas5k.com)

**Mail or Drop off Entry received by Thursday, August 10th, 12 Noon**

**To:**

**Family YMCA of Northwest Illinois**

**2998 W. Pearl City Road Freeport, IL 61032**

**Disclaimer:** The Lincoln Douglas 5K/Fun Run will take place rain or shine. Organizers reserve the right to cancel the event should weather pose a danger to the safety of the participants and volunteers. Entry fees are not refundable and will be considered a donation to Family YMCA of NW IL or a United Way Charity if race is cancelled.

**RUN ALL 5 Freeport, IL Races**

**SPRING CHICKEN** 05.06.23

Family YMCA 9:00am

**PRETZEL CITY 5K** 06.24.23

Krape Park 8:00am

**FHN Healthy Heart Hustle** 07.15.23

Burchard Hills 8:00am

**LINCOLN DOUGLAS 5K** 08.12.23

Taylor Park 8:00am

**COLBY SMITH MEMORIAL RUN**

St.Thomas Church 8:00am 08.26.23

**TWENTIETH ANNUAL**

**LINCOLN DOUGLAS RACES**

**FREEPORT, ILLINOIS**

**Saturday, August 12, 2023**

8:00 a.m.

5K Race, Mile Fun Run

Kids Races

The Fastest Kid in Town



**Benefits**

**United Way Agencies of Northwest IL**

**Location: Taylor Park**

900 East Stephenson Street

Freeport, IL

The Lincoln-Douglas 5K is a 2023

Rockford Road Runners Circuit Race

www.rockfordroadrunners.org