

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 8:15 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, 14 and under, 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 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**, if available. Sponsored goody bag by Road ID and other sponsors 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 7th, 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 3rd..... . \$ 25
Entries received after August 3rd... \$ 35
Under 18..... \$ 15
Rockford Road Runner (Early Only) \$22.50
Rockford Wildcats (Early Only)..... \$13.50

MILE FUN RUN

Early (by Aug 3rd)..... \$10.
RRR&RW (Early Only)... \$ 8,
Late (After August 3rd) \$12.

KIDS RACES.....\$2

Complete and sign registration form.

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

EIGHTEENTH ANNUAL LINCOLN DOUGLAS RACES FREEPORT, ILLINOIS

Saturday, August 8, 2020
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 2020
Rockford Road Runners Circuit Race
www.rockfordroadrunners.org

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 Y of NW IL or a United Way Charity if race is cancelled.

**Mail or Drop off Entry until
Thursday, August 7th, 12 Noon**

**To:
Family Y of Northwest Illinois
2998 W. Pearl City Road Freeport,
IL 61032**

Register for 5K on line at:

Run Signup at
<https://runsignup.com/Race/IL/Freeport/LincolnDouglas5KandFunRun>

**Register Race Day at
Taylor Park
6:45 am to 7:45 am**

Visit our web site at:

www.lincoln-douglas5k.com

RUN ALL 5 Freeport, IL Races

SPRING CHICKEN	05.02.20
Family Y	
PRETZEL CITY 5K	06.27.20
Krape Park	
FHN Healthy Heart Hustle	07.18.20
Burchard Hills	
LINCOLN DOUGLAS 5K	08.08.20
Taylor Park	
COLBY SMITH MEMORIAL RUN	
St.Thomas Church	08.22.20

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 _____

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 and the other organizers and officials of this running/walking event.

SIGNATURE _____

Date: _____