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

**KIDS RACES (8:00 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 (8:15 a.m.)** The course consists of one loop around the historic paved road inside Taylor Park.

**This is an untimed fun run.**

**All finishers receive ribbons**

**5K RACE (8:35 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 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 10th, 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 7:00 to 8:00 am

**ENTRY FEES:**

**5K** Received by August 6th…… . $ 25

Entries received after August 6th… $ 35

Under 18………………..…… $ 15

Rockford Road Runner (Early Only) $22.50

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

**MILE FUN RUN**

Early (by Aug 6th)………. $10.

RRR&RW (Early Only)… $ 8,

Late (After August 6th) $12.

**KIDS RACES**……………………$2

Complete and sign registration form.

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

**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.

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

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

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

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

**T Shirt - 5K Only Woman’s\_\_ Man’s\_\_\_Size: Youth \_\_\_ Small \_\_ Med.\_\_ Large\_\_\_ XL\_\_\_\_ XXL\_\_\_\_\_**

**Check Event You Are Entering** 5K Race/Walk\_\_\_ Corporate Team\*\_\_\_\_One Mile Fun Run/Wak\_\_\_ Kids Race\_\_\_\_\_

**Entry Fee** Enclosed\_\_\_\_\_\_\_\_\_\_\_Additional Tax Deductible United Way Donation\_\_\_\_\_\_\_ Total Enclosed \_\_\_\_\_\_\_\_\_

**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 for damage I may have as a result of my participation in this athletic contest. I release the sponsors, hosts, City of Freeport, YMCA, Rockford Road Runners and the other organizers and officials of this running/walking event.

\* **Corporate, four entries must be submitted together. Provide name of team here\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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

(Parent or Guardian if under 18)

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

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

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

**T Shirt - 5K Only Woman’s\_\_ Man’s\_\_\_Size: Youth \_\_\_ Small \_\_ Med.\_\_ Large\_\_\_ XL\_\_\_\_ XXL\_\_\_\_\_**

**Check Event You Are Entering** 5K Race/Walk\_\_\_ Corporate Team\*\_\_\_\_One Mile Fun Run/Wak\_\_\_ Kids Race\_\_\_\_\_

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

(Parent or Guardian if under 18)

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

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

**T Shirt - 5K Only Woman’s\_\_ Man’s\_\_\_Size: Youth \_\_\_ Small \_\_ Med.\_\_ Large\_\_\_ XL\_\_\_\_ XXL\_\_\_\_\_**

**Check Event You Are Entering** 5K Race/Walk\_\_\_ Corporate Team\*\_\_\_\_One Mile Fun Run/Wak\_\_\_ Kids Race\_\_\_\_\_

**Entry Fee** Enclosed\_\_\_\_\_\_\_\_\_\_\_Additional Tax Deductible United Way Donation\_\_\_\_\_\_\_ Total Enclosed \_\_\_\_\_\_\_\_\_

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(Parent or Guardian if under 18)

**T Shirt for 5K Only Circle One: Female Male**

**Size----Circle One**: Small Medium Large XL XXL

**Entry Fee** \_\_\_\_\_\_

RRR/Wildcat Promo Code \_\_\_\_\_\_

**Mail or Drop off Entry until Thursday, August 9th, 12 Noon**

**To:**

**Family Y of Northwest Illinois**

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

**Register for 5K on line at**:

[**www.itsyourrace.com**](http://www.itsyourrace.com) **or**

http://lincolndouglas5kandfunrun.itsyourrace.com/

**Register Race Day at**

**Race Site**

**7:00 am to 8:00 am**

**Visit our web site at:**

**www.lincoln-douglas5k.com**

**RUN ALL 4 Freeport, IL Races**

**SPRING CHICKEN** 05.05.18

Family Y

**PRETZEL CITY 5K** 06.23.18

Krape Park

**LINCOLN DOUGLAS 5K** 08.11.18

Taylor Park

**COLBY SMITH MEMORIAL RUN**

St. Thomas Church 08.25.18

**Circle Event You are Entering** (ONE EVENT PER APPLICATION) 5K Race One Mile Fun Run Kids Race

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

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

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

**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 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:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(Parent or Guardian if under 18)

**SIXTEENTH ANNUAL**

**LINCOLN DOUGLAS 5K**

**and FUN RUN**

**FREEPORT, ILLINOIS**

Saturday, August 11, 2018

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 2018

Rockford Road Runners Circuit Race