

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 6 th)	\$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.

**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

**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 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 _____

Address _____ City _____ State _____ ZIP _____
E-mail address: _____

T-Shirt for 5K Only **Circle One: Female Male**
Size---Circle One: Small Medium Large 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 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)