



FOR MORE INFORMATION OR TO REGISTER ONLINE, SCAN HERE:

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

KIDS RACES (9:30am)

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 (8:05am)

The course consists of one loop around the historic paved road inside Taylor Park. **This is an untimed fun run.**

5K RACE (8:20am) Wave Start*

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. ***Possible**

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 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**, 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 13th, 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 9th \$25
- Entries received after August 9th ... \$35
- Under 18..... \$15
- Rockford Road Runner (Early Only) \$22.50
- Rockford Wildcats (Early Only)..... \$13.50

- MILE FUN RUN** by Aug 9th \$10
- RRR&RW (Early Only by Aug 9th) \$8
- Late (After August 9th) \$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.

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

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

Register for the 5K on line 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

SPRING CHICKEN

05/01/21 Family Y at 9:00am

PRETZEL CITY 5K

06/26/21 Krape Park at 8:00am

FHN Healthy Heart Hustle

07/17/21 Burchard Hills at 8:00am

LINCOLN DOUGLAS 5K

08/14/21 Taylor Park at 8:00am

COLBY SMITH MEMORIAL RUN

08/28/21 St.Thomas Church at 8:00am



The Lincoln-Douglas 5K
is a 2021 Rockford Road
Runners Circuit Race

www.rockfordroadrunners.org

EIGHTEENTH ANNUAL LINCOLN-DOUGLAS RACES FREEPORT, ILLINOIS

**Saturday, August 14, 2021
8:00 a.m.**

**5K Race
Mile Fun Run
& Kids Races**



**Benefits
United Way Agencies of
Northwest IL**

**Location: Taylor Park
900 East Stephenson Street
Freeport, IL**

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

E-mail address:

City

State

ZIP

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, United Way and other organizers and officials of this running/walking event.

SIGNATURE _____

Date: _____