

## 5K COURSE

This out and back 5K (3.1 miles), wheel-measured course consists of flat stretches and gently rolling hills designed to challenge the beginning walker or an experienced runner.

## KIDS RACES

A series of short distances for children 12 and under begins at 8:00 a.m. 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

**Starts at 8:15 and the 5K Starts at 8:35 a.m.** both from Debate Square (Corner of Douglas and State), site of the famous Lincoln-Douglas Debate of 1858. The courses traverse through downtown and residential Freeport, back to Debate Square for the finish.

## AGE GROUPS 5K

Male and Female—Overall 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>, 14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65 and over.

## CORPORATE CHALLENGE!!

Trophy awarded to the 5K team of four (with at least one female) with the fastest total time.

## AWARDS

**5K** Male and Female 1-3<sup>rd</sup> place, age group winners:trophies and medals

**MILE FUN RUN:** Trophies to

Male and Female-- 1<sup>st</sup> 2<sup>nd</sup> 3<sup>rd</sup> ;

all others receive finisher ribbons

**KIDS RACES:** 8 & Under - 100 Yards 9-10 –

200 Yards 11-12 – 400 Yards

All finishers receive ribbons.

**WATER/AID** Water on the course; water and refreshments at the finish line.

## SPONSORS

*The following sponsors have underwritten the costs of the race.*

**Hulsebus Gehlsen Chiropractic**

**Midwest Bank**

**Civil Construction**

**Highland Community College**

**Lindgren Callihan VanOsdol**

**Freeport Podiatry**

**Floor to Ceiling Store/Culvers**

**Fehr Graham**

**Freeport Family YMCA**

**Stout Insurance**

**Lincoln-Douglas Kiwanis**

**Ralph Elliott Law Offices**

## SHIRTS/PREMIUMS

All pre-registered entrants are guaranteed a quality tee shirt. Shirts provided to race day registrants, if available. Sponsored goody bag by Runners World and Road ID.

**Race Day Registration and Packet Pick-up at Start/Finish Line at Debate Square- Corner of Douglas and State in Downtown Freeport**

## ENTRY FEE

**5K (Received by July 27)**

\$15. (Under 18 - \$10)

**Rockford Road Runner (Early Only)**

\$14

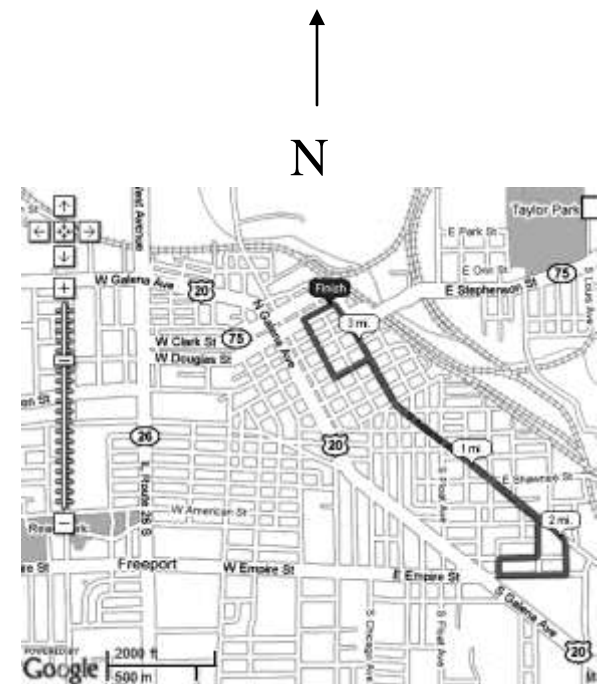
Entries received after July 27, \$20

**MILE** early \$10, RRR \$9, late \$12

**KIDS RACES** \$2

Complete and sign registration form. Send entry form portion and check payable to “Lincoln Douglas 5K.” Race packets may be picked up Friday, July 31st at the Freeport YMCA or at the start/finish line on race day.

## 5K RACE COURSE



# SEVENTH ANNUAL LINCOLN DOUGLAS 5K and FUN RUN FREEPORT, ILLINOIS

Saturday, August 1, 2009,  
8:00 a.m.

*5K Race  
Mile Fun Run  
Kids Races  
The Fastest Kid in Town  
Corporate Challenge*



Benefits United Way of Northwest  
Illinois, Debate Square, FHS High  
School Cross Country

**The Lincoln-Douglas 5K is part of the  
Rockford Road Runners Circuit**

“Lincoln-Douglas 5K”  
YMCA  
2998 W. Pearl City Road  
Freeport, IL 61032

Last Name _____	First Name _____	Date of Birth _____	Sex M/F _____
Address _____	City _____	State _____	ZIP _____
<b>Check Event You Are Entering</b> 5K Race/Walk _____ Corporate Team* _____ One Mile Fun Run/Walk _____ Kids Race _____			
Entry Fee Enclosed _____		Additional Tax Deductible United Way Donation _____ Total Enclosed _____	
T Shirt Size	Child's Large _____	Adult Med. _____	Adult Large _____ Adult XL _____ Adult XXL _____
<b>WAIVER:</b> 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.			
*For Corporate, four entries must be submitted together. Provide name of your team here _____			