



GET YOUR **RUN** ON!

Village Green in
Downtown Frankfort
(Kansas & White Streets)

Sunday, April 8th, 2018

Old Plank Road Trail

5K & 10K Run

5K Walk

Sponsored by LWE
Music Boosters

Route & Registration on Our Website:

www.lwemusicboosters.org

Schedule of Events

8:00-9:00 am: Pre-Race Registration at the Green
9:15 am: Pre-Race Presentation & Warm-Up
9:30 am: Start time of 5K & 10K Run
9:40 am: Start time of 5K for Walkers
11:00 am: Awards Presentation

ON LINE REGISTRATION AVAILABLE!

Visit:

www.raceroster.com/14611

5K & 10K RUN/ 5K WALK INFORMATION

- All participants receive a Goodie item! (Item is guaranteed to all pre-registered participants by 3/1/18)
- **Fees: 5 K - \$25.00 Adult** Pre-registration; **\$35.00** day of event. **\$15.00 Student** Pre-registration; **\$25.00** day of event. **10K Run - \$35 Adult** Pre-registration; **\$45** day of event. **\$25 Student** Pre-registration; **\$35** day of event. Mail check and completed form to LWE Music Boosters, 201 E. Colorado, Frankfort, IL 60423 – Attn. Miles for Music 5K. (Please make checks payable to: LWE Music Boosters). **No refunds due to no show or weather.**
- **Pre-Registered applicants should check in no later than 9:00 AM to insure accurate start time of race.**
- Split times are announced at the first & second mile and at the finish of the race.
- Awards are given to the top male & female finishers in each age category.
- Water is available on the course.

REGISTRATION INFORMATION

(One form per participant. Photocopies are accepted. No refunds. Please check all boxes)

Name: _____

Sex: Male Female

Address: _____

Event: 5K Run/Walk 10K Run

City: _____

Age: 14 & under 15-18 19-29 30-39

State: _____ Zip: _____

40-49 50-59 60-69 70-79

Telephone: _____

Size: Small Medium Large XL

Email Address: _____

Date: ____/____/____

Signature: _____

Parent's or Guardian Signature (if under 18 years old): _____

Waiver: I know that running and/or walking a road race is a potentially hazardous activity. I should not enter and run/walk unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the course. I assume all risks associated with this event, including, but not limited to: falls; contact with other participants; the effects of the weather; traffic; and conditions of the road. All such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of this entry, I hereby for myself, heirs, executors and administrators waive any and all claims I may have for damages against the LWCHS 210 and all sponsors and individuals associated with the events, their representative and successors, and assigns for any and all injuries suffered by me in connection with this event, including pre- and post-race activities. Hereby grant permission to the LWCHS 210 and its authorized agents to use my name and photographs, videotapes, motion pictures, recording or any other record of my participation in this event for any purpose. There is a \$25.00 fee for all returned checks.



About Our Race

This race is a benefit race for the Music Department at Lincoln Way East High School. The race is sponsored by the LWE Music Boosters, a parent/community support group that serves as a resource for the music department. It is through the efforts of the music boosters that various avenues for participation are made available to our students. To ensure that LWE High School programs excel, the boosters provide moral, financial and physical support whenever it is required.

Race Day Info

What time should I get there?

The race begins at 9:30 AM, and the walk up registration is from 8:00 – 9:00 AM. We recommend you get there a little earlier, especially if you have not already picked up your packet. We will allow the true “runners” to start at 9:30 AM, and release our “fun” runners at 9:40 AM.

Where Should I Park?

All the parking for the race is free. Parking is available in multiple places, with most of them around the Frankfort Breidert Green located at Kansas and White Streets, Frankfort, IL.

Where is the starting line?

The starting line is in Prairie Park, just east of White St. on the Old Plank Road Trail. 5K is Certified Course IL13115jw. 10K Certified Course is IL16111NM. Race course maps available on www.lwemusicboosters.org, click on event page.

How do I get there?

From I-80 get off at Route 45 (LaGrange Road) and go south. Continue on Route 45 across Route 30, until you reach Nebraska Street. Continue on Nebraska St. until you reach White St. The starting line will be 2 blocks north in Prairie Park.

What do I need to bring?

Bring a photo ID to pick up your packet the day of the race, student rates are age 18 and under
Water. Water will be provided at the starting line, ½ point of race, and finish line
Clothing for prerace, race, and post-race. No warming stations will be available.
Cash, check or credit card for merchandise or donations

Schedule of events – 04/08/18

8 – 9 AM – Registration and packet pickup
9:30 AM – Start of 5K & 10K Run
9:40 AM – Start of 5K Fun Run/Walk
11 AM – Results tabulated and Awards immediately following

Other Notes

Participant care package available for consumption after the race
No refunds due to no show or weather
Leave your feedback
Photo station will be available, photos will be emailed
Pre-register for our event next year!



Registration/Official Entry Form 2018 – Race Date 04/08/18

(Please Print Information)

Name: _____ Home Phone: (____) _____ - _____

Address: _____ City/State/Zip: _____ / _____ / _____

Mobile Phone: (____) _____ - _____ Email: _____ @ _____ . _____

Age as of 04/08/18: _____

Sex (Circle One): Male or Female

Course: Runner – 5K

Runner – 10K

Walker – 5K (Circle One)

Adult T-shirt Size (For registration prior to 3/1/18):

SMALL

MEDIUM

LARGE

XLARGE

2XLARGE

3XLARGE

Age Categories for both Male & Female (Circle One):

14 & under

15 – 18

19 – 29

30 - 39

40 – 49

50 – 59

60 – 69

70 – and over

Awards presented to top 3 males and females in each age group

Top overall male and female to receive Trophy

Fees:

Prior to March 1st: Online registration/mail for **5K:** \$25 for adults w/goodie item, \$15 for children/students 10 – 18 w/goodie item.

Online registration/mail for **10K:** \$35 for adults w/goodie item, \$25 for children/students 10 – 18 w/goodie item.

Credit card payments online at www.racerooster.com/14611 or www.lwemusicboosters.org via online registration link on event page.

Mail in payments, make **check** payable to: “LWE Music Boosters”

Mail registration: Lincoln-Way East Music Boosters, 201 E. Colorado, Frankfort, IL 60423 Attn: Miles for Music

After March 1st through day of event: **5K:** \$35 for Adults, \$25 for children/students 10 – 18

10K: \$45 for Adults, \$35 for children/student 10 -18

Waiver & Release Form:

In consideration of foregoing, I for myself my heirs, executors, administrators, personal representatives, successors and assigns, waive and release any and all rights, claims, and causes of action I have or may have against the LWCHS 210, the City of Frankfort, and any and all sponsors, their representatives and successors, that may arise as a result of my participation in the LWE Music Boosters Miles for Music Run and any Pre- and Post- Activities. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event and my physical condition has been verified by a licensed medical doctor.

I do further agree to release any and all pictures, names, and race information for the use of reporting on this event.

Date: _____ / _____ / _____

Signature of Applicant/ Signature of Legal Guardian for Applicant under 18 years old