

About Our Race

This race is a benefit race for the Music Department at Lincoln Way North High School. The race is sponsored by the LWN 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 LWN High School programs excel, the boosters provide <u>moral</u>, <u>financial</u> and <u>physical</u> support whenever it is required.

Race Day Info

What time should I get there?

The race begins at 8:30 AM, and the walk up registration is from 7:00 – 8:00 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 8:30 AM, and release our "fun" runners at 8:40 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. Certified Course IL13115jw

Where can I pick up my packet?

Packet pickup will be held at Lincoln Way North High School, 19900 S. Harlem Ave, Frankfort, IL on 10/29 and 10/30 from 5:00 PM to 8:00 PM. You may also pick up your packet on race day starting at 7:00 AM at the race site.

Can I register on the day of the race?

Registration on the day of the race will be available from 7:00 AM to 8:00 AM. Fees are increased \$10 on the day of registration.

How do I get there?

From I-80 get off at Route 45 (LaGrange Road) and go south. Continue on Rte 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 are the entrance fees?

The entrance fees for adults are \$25 with tshirt through October 21^{st} , \$30 late registration/same day, no tshirt The entrance fees for children 10 - 17 are \$15 with tshirt thru October 21^{st} , \$20 late registration/same day, no tshirt

How Can I Register?

Go to <u>www.lwnmusic.org</u> and follow the links to register online. You can also download the registration documents and bring them the day of the race, for an increased fee.