



GET YOUR **RUN ON!**

Village Green in Downtown Frankfort (Kansas & White Streets)

Sunday, April 7, 2019

Old Plank Road Trail
5K Run &
5K Walk

Schedule of Events

8:00-9:00 am: Pre-Race Registration at the Green
9:15 am: Start time of 5K
9:30 am: Start time for walkers
10:30 am: Awards Presentation

Sponsored by LWE
Music Boosters

ON LINE REGISTRATION AVAILABLE!
 Visit:
<https://www.active.com/frankfort-il/running/distance-running-races/miles-for-music-lincoln-way-east-music-booster-2019>

5K RUN/ 5K WALK INFORMATION

- 1st 150 participants receive a pair of music note socks
- **Fees: 5K - \$30.00 Adult** Pre-registration; **\$35.00** day of event. **\$20.00 Student** Pre-registration; **\$25.00** 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 half way point and at the finish of the race.
- Awards are given to the top male & female finisher as well as the top 3 in the age group 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 5K Walk

City: _____ **Age:** 14 & under 15-19 20-29 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 needed.

Race Day Info

What time should I get there?

The race begins at 9:15 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. The 5K run starts at 9:15 AM, and the fun run/walkers start at 9:30 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. 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 will be provided at the starting line, ½ point of race, and finish line. Clothing for pre-race, race, and post-race. No warming stations will be available. Cash, check or credit card for an additional donation to the Music Boosters organization.

Schedule of events – 04/07/19

- 8–9 AM – Registration and packet pickup
- 9:15 AM – Start of 5K Run
- 9:30 AM – Start of 5K Fun Run/Walk
- 10:30 AM – Results tabulated and Awards immediately following