

START TIMES & LOCATION

All races start and finish near Oak Park & River Forest High School, 201 N. Scoville, Lake & Scoville, Oak Park, IL. Races start just east of the high school on Ontario.

- 10K Run start time: **8:00am**
- 5K Run/Walk start time: **8:30am**
- Youth Mile start time: **9am**

REGISTRATION

You can still register at packet pickup, (Ridgeland Common Recreation Complex) 415 Lake Street, Oak Park, until 1pm on Saturday Oct. 21. Allow extra time for registration.

GEAR CHECK

Gear check is inside the OPRF Fieldhouse and is open from 6:30-10:30am. Bike parking is not available in the Fieldhouse, but ample bike parking is available outside.

PARKING/TRANSPORTATION

Public transportation is recommended. The high school is near the CTA Green Line Ridgeland Stop and a short walk from the Metra Union Pacific West Line Oak Park stop.

The parking garage adjacent to the high school is closed for construction. On-street parking is available nearby, please follow posted parking restrictions.

STROLLERS & DOGS

Strollers are allowed at the back of the pack for runners in the 10K and 5K Run events. Strollers are also allowed in the 5K Walk. Dogs are not allowed in any event unless serving in a service animal capacity.

5K RUN, 10K RUN & YOUTH MILE ARE TIMED EVENTS

We use the B-Tag timing system, a tag built into your bib. The 5K Walk is not timed, so B-Tags are not on bibs issued to walkers. Results and finish placement are based on B-Tag times, not your physical place in the race. Someone can finish after you but still have a faster time!

RACE RESULTS

Race results will be available in the Fieldhouse after the races have ended. They will also be online at both **flwraces.com** and **flw.enmotive.com**.

AWARDS

Award Ceremonies are held inside the Fieldhouse and will begin around 9:30am. Awards not picked up at the ceremonies can be picked up at: Lively Athletics, 109 N Oak Park Ave, Oak Park, IL. Visit www.livelyathletics.com for hours.



**FRANK
LLOYD
WRIGHT
RACES
10.22.2017**

PARK DISTRICT of OAK PARK ■ 5K 10K YOUTH MILE

FREE COFFEE

For participants and spectators, in the OPRF High School Cafeteria.

POST- RACE OATMEAL BAR

The Oatmeal Bar inside the OPRF High School cafeteria will open at 8:10am with fresh toppings from Trader Joe's. FREE for participants (ticket on bib), \$5 for non-participants (cash only at the door).

HEALTH & FUN FAIR

Everyone is invited to visit our sponsors along Scoville Avenue for giveaways, massages, games and more.

POST-RACE SURVEY

Share your experience and win prizes!

Fill out a survey at one of our information booths and you'll be entered to win one of four prizes in a drawing set for Nov. 1.

Prizes include: a one-month, unlimited PDOP fitness pass; one free entry to the 2018 FLW Races; four Ridgeland Common Ice Arena skating passes; and framed art of a motif from Frank Lloyd Wright's Avery Coonley House. The survey is also available online at **pdop.org/flwsurvey**.

AFTER THE RACE

Redeem the coupon on the participant bib for a free scoop at Culvers, 6943 W. Roosevelt Road, Berwyn.



**PARK DISTRICT
of OAK PARK**

www.pdop.org