

## 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: **8:15am**
- Youth Mile start time: **9:15am**

## REGISTRATION

**Register online at [www.flwraces.com](http://www.flwraces.com).** Walk-in registration at the Ridgeland Common Recreation Complex (415 Lake Street, Oak Park) or the Gymnastics and Recreation Center (21 Lake Street, Oak Park). Registration for the race is non-refundable.

5K Walk \$43  
5K Run \$48  
10K Run \$48  
Youth Mile \$33

## 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.

**Bike to the race.** Bike parking is not available in the Fieldhouse, but ample bike parking is available outside.

**Parking is limited.** 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

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](http://flwraces.com) and [flw.enmotive.com](http://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](http://www.livelyathletics.com) for hours.



**FRANK  
LLOYD  
WRIGHT  
RACES  
10.21.2018**

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

[www.flwraces.com](http://www.flwraces.com)

## PACKET PICK-UP:

Runners can pick up their packets on the dates/locations listed below. Please bring in a copy of your registration confirmation email that has the QR code, or have it pulled up on your phone to speed up the process. If you are picking up for a friend, you will need to have their confirmation email as well.

### **Ridgeland Common Recreation Complex**, 415 Lake Street, Oak Park

- Thursday, October 18, 8:30am-7pm
- Friday, October 19, 8:30am-7pm
- Saturday, October 20, 10am-1pm

### **Oak Park and River Forest High School** Field House, 201 N. Scoville, Oak Park

- Sunday, October 21 starting at 6am

## RACE DAY GEAR CHECK

Gear check is inside the OPRF Fieldhouse and is open from 6:30-10:30am.

## 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.



**PARK DISTRICT**  
of OAK PARK