

47th ANNUAL LINCOLN-DOUGLAS RUN

Saturday, June 22, 2019

TIME: 7:30 AM – EIGHT MILE AND THREE MILE RUN (Walkers welcome in 3 mile run)

TIME: 8:00 AM – ½ MILE KIDS FUN RUN (Age 12 and under)

COURSE: All races start in front of MTCO and finish in front of the Historic Metamora Courthouse.

ENTRY FEE: \$20.00 if paid by June 21. \$25.00 on day of race. (T-shirts will be given to the first 200 entries for 3 or 8 mile runners). \$5.00 discount given to IVS Grand Prix Participants.

CHECK-IN: Runners are to pick up their numbers or register at Metamora Twp. HS from 6:30 to 7:15 AM.

FACILITIES: Restrooms and shower facilities will be provided at Metamora Twp. High School.

AGE GROUPS & AWARDS

<u>3 MILE</u>			<u>8 MILE</u>	
Male & Female			Men & Women	
14 & under	28-35	51-59	19 & under	40-49
15-19	36-43	60-69	20-29	50-59
20-27	44-50	70 & over	30-39	60 & over

The top male and female in each race will receive an individual overall trophy, and there will be 3 awards in each age group.

Online Registration and Payment: <https://runsignup.com/Race/IL/Metamora/LincolnDouglas3Mile8MileRace>

For Paper Registrations and Payment mail to: Dean Zobrist
P.O. Box 1040
Metamora, IL 61548

Make checks payable to:
Metamora Twp. High School

Race Questions: Work (309) 367-4400 / Home (309) 383-3049

LINCOLN-DOUGLAS RUN ENTRY FORM

NAME _____ SEX _____ AGE _____

Indicate T-shirt size: small _____ medium _____ large _____ X-large _____ XX-large _____

GRAND PRIX PARTICIPANT DISCOUNT CODE: _____

ADDRESS _____ CITY _____ ZIP _____

RACE: 3 MILE _____ 8 MILE _____ ½ MILE _____

BIRTH DATE: _____ PHONE: _____

IN CONSIDERATION OF YOUR ACCEPTING THIS ENTRY, I, MY HEIRS, EXECUTORS AND ADMINISTRATORS WAIVE ALL CLAIMS OR DAMAGES AGAINST THE DIRECTORS OF THE RACE, WOODFORD COUNTY OLD SETTLERS ASSOCIATION, THE VILLAGE OF METAMORA AND THE METAMORA TOWNSHIP HIGH SCHOOL LETTERMAN'S CLUB FOR INJURIES SUFFERED TO ME. I ALSO AFFIRM THAT I HAVE THE NECESSARY PHYSICAL EXAMINATION BY A PHYSICIAN TO QUALIFY ME CAPABLE TO COMPETE IN THIS EVENT.

Signature of runner

Signature of parent if runner is under 18 yrs

Sponsors: Auto-Owners Insurance, MTCO, Zobrist-Schierer Insurance, IGA,
Heartland Bank, Goodfield State Bank, Coca-Cola
Organized by: Metamora Township High School