

POST-RACE PANCAKE BREAKFAST (free for participants, \$5 for non-participants)

On event day, a post-race pancake breakfast is offered free for race participants! Your ticket for the Pancake Breakfast is on your race bib. **Entries for non-participants will be available for purchase for \$5 at the cafeteria.** Opens after the first runner crosses the finish line for the 5K Run.



Pancake T-Shirts Are Back!

\$10 available at info booth inside Fieldhouse
cash or credit

Limited Youth & Adult Sizes

100% of purchase benefits the
Park District of Oak Park Scholarship Fund

PLUS: Previous Years' FLW Races Shirts Available \$2
LIMITED QUANTITIES

INSIDE THE OPRF FIELDHOUSE

- Race Day Packet Pickup & Customer Service
- Information & First Aid Booth
- Gear Check (open 6:30am-10:30am)
- "Will Run For Pancakes" Shirt Sales & Past Years' Shirt Sales
- Official 5K Warm Up at 7:30 and 10K Warm Up at 8:15am from Athletico
- Volunteer/Sponsor Check In
- Past Races Slideshow
- Restrooms
- Post -Race Surveys at Info Booth
- Race Results posted on south wall (when available)
- Award Ceremonies (staggered, held as results become available)
- Lost & Found at Info/First Aid Booth

OUTSIDE: FINISH CHUTE (Registered Participants Only, Please)


- Bananas, Bread, Cereal Bars from Trader Joe's of Oak Park
- Finish Line Water from Culver's
- Bagels from Bruegger's Bagels

PHOTOS

Event photos will be available for purchase online at
<http://chicagophotopress.com/flw2014>



OUTSIDE: SPONSOR AREA (Open to Everyone!)

- Visit with our Platinum Sponsor, Dominican University!
- Free giveaways, massages & more at select sponsor booths
- Info Booth: Hosted by DJ Frank E Lee of 93XRT 
- Info Booth: Fill out the Post-Race Survey and enter to win prizes
- Electrolyte Recovery Packets from Fruitful Yield
- Chocolate Milk from Nestle Nesquick - Visit and play games with the Nesquick Bunny!
- Appearances by Scoopie from Culvers, and Oakie and Parker from the Park District of Oak Park!
- Applesauce from GoGoSqueez, Iced Tea from Flat Top Grill



WWW.FLWRACES.COM

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.

- 5K Run/Walk Start Time: 8am
- 10K Run Start Time: 8:45am
- Youth Mile Start Time: 9am

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. Please note: if running in both the 5K and 10K, WEAR ONLY THE BIB CORRESPONDING TO THE RACE YOU ARE RUNNING. If you do not do this, your race times will be off. 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!

AWARDS

Award Ceremonies are staggered, and will be held as race results are made available. Awards not picked up at the ceremonies can be picked up at Lively Running at 109 N Oak Park Ave in Oak Park, IL. Visit www.livelyrunning.com or call 708-358-0605 for hours.

RACE RESULTS ONLINE

Race results will also be posted online at www.flwraces.com by 5pm on race day.

STROLLERS & DOGS

Strollers are allowed at the back of the pack of 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.

PHOTOS

Event photos will be available for purchase online at <http://chicagophotopress.com/flw2014>



POST-RACE SURVEY -

Share your experience and win!

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

Survey also available online at www.pdop.org/flw2014_postsurvey

AVAILABLE PRIZES INCLUDE:

- 1-hour massage at Advanced Physical Medicine
- Free Moving Comfort bra from Lively Running
- Free pair of Hoka One One shoes, women's only, from Lively Running
- Free Nestle Nesquik Product Certificate
- (4) Pairs of Public Skating Passes, good for one visit to the Paul Hruby Ice Arena at Ridgeland Common Recreation Complex
- (2) Dining certificates from Triton Cafe
- (4) pairs of hi-performance socks from Dominican University

Winners will be selected at random on November 1 and notified using contact information provided on survey!

The Annual FLW/Races are a community event presented by the Park District of Oak Park.

Visit us online at www.pdop.org



FRANK LLOYD WRIGHT RACES

RACE DAY START & FINISH AREAS

10.19.14

OAK PARK RIVER FOREST HIGH SCHOOL

SOUTH CAFETERIA

Post-Race Pancake
Breakfast

\$5 for non-participants
Purchase here!

FIELDHOUSE

Race Day Packet Pickup

Information & First Aid Booth

"Will Run For Pancakes"
Shirt Sales - Limited Qty!

Volunteer and Sponsor
Check-In

Gear Check

7:30am - 5K Warm Up
8:15am- 10K Warm Up
(provided by Athletico)

FLW Past Years
Photo Display

Awards Ceremonies

FINISH AREA



INFO BOOTH & POST-RACE SURVEY ENTRIES

Stop by and say hi to Frank E Lee from WXRT!



Pre-Race Water

Ontario St.

TO START →



THANKS TO OUR SPONSORS

Several are onsite today -
stop by and say hi!



**DOMINICAN
UNIVERSITY**

EXCLUSIVE PLATINUM SPONSOR



Entry/Exit

Scoville Ave.

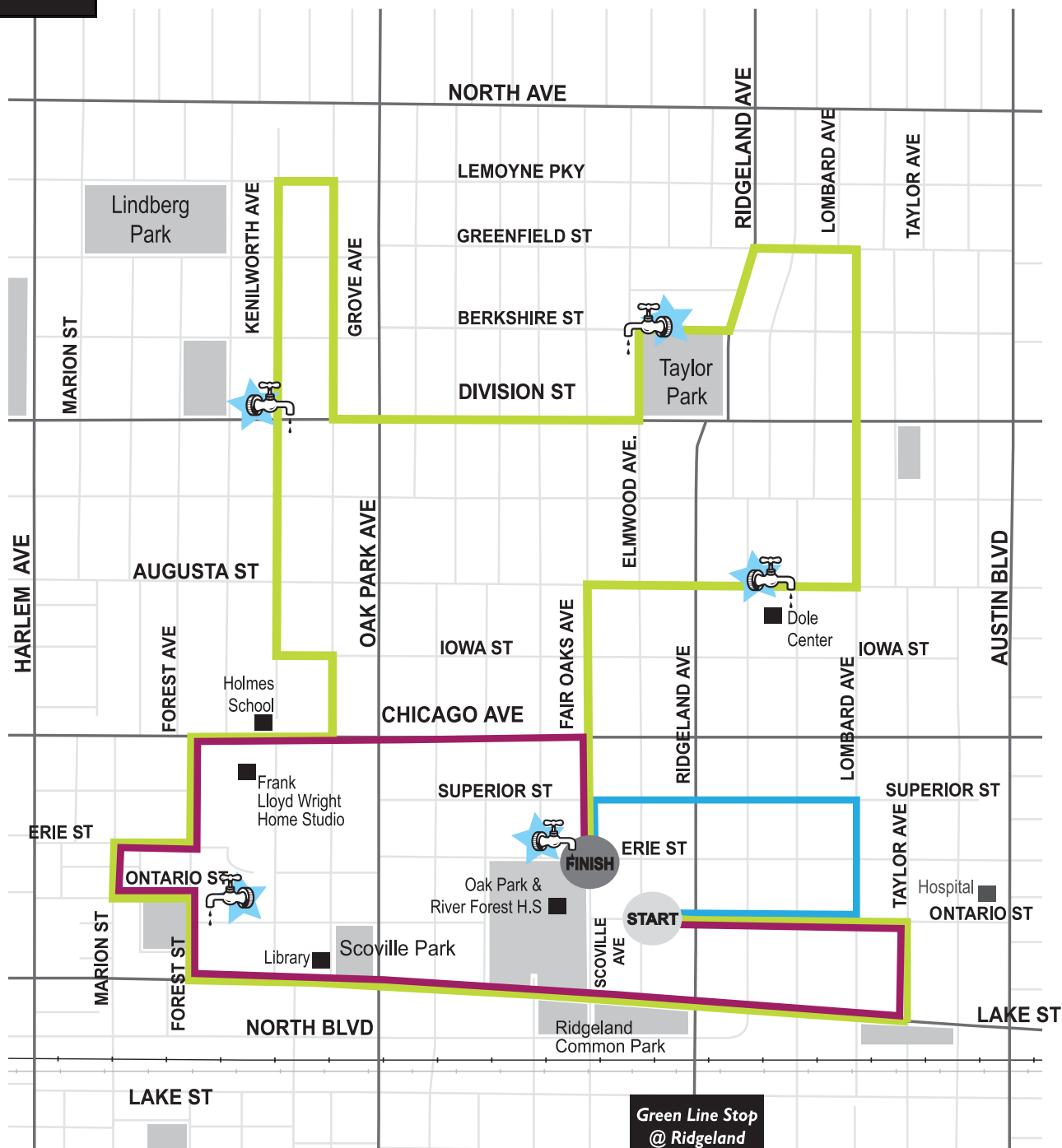
RACE DAY FAIR AREA

Entry/Exit

PARKING STRUCTURE
(USUALLY FULL BY 7AM)

Lake St.

Layout not to scale



START TIMES:

5K Run/Walk: 8am

10K Run: 8:45am

Youth Mile: 9am



WATER STATIONS

★ 1 Forest & Ontario

★ 2 Division & Kenilworth

★ 3 Elmwood & Berkshire

★ 4 Augusta & Cuyler

★ 5 FINISH LINE
Ontario & Scoville