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WEDNESDAY  
JOURNAL  
of Oak Park and River Forest

20th Annual

Community Bank  
Oak Park • River Forest  
Makin'  
Tracks  
5K  
Community  
Run/Walk

Saturday, September 16, 2017

8:00am Start Time  
for Wheelchair Athletes

8:05am Start Time

Concordia University Chicago  
7400 Augusta Street  
River Forest, Illinois 60305

Net proceeds benefit the  
West Suburban Special  
Recreation Association



For more information, please visit our website at  
[www.rfparks.com](http://www.rfparks.com) or call 708-366-6660

Register online at [www.rfparks.com](http://www.rfparks.com)  
or [www.signmeup.com/118398](http://www.signmeup.com/118398)



This race has applied for and received the Chicago Area Runners Association designation as a 2017 CARA Certified Race (Certification # CARA17020). This race has agreed to adhere to and uphold CARA's Best Practices Guidelines. These Guidelines

embody the highest standards for quality, safety and comfort for participants in a road race.

This race has also been designated a 2017 CARA Green Race due to their agreement to adhere to a set number of Green Practices that have been approved by CARA. The successful completion of these practices, recognize the achievement of an eco-friendly race.

Due to CARA's advocacy efforts, runners in the Chicagoland area enjoy some of the highest quality road races in the country. To view the Practices and to learn more about CARA, visit [www.cararuns.org](http://www.cararuns.org).

The Chicago Area Runners Association (CARA) is a non-profit organization devoted to expanding, motivating, supporting and celebrating the running community of Chicago land. CARA connects runners to resources that enable them to run — farther, faster, better, for life.

## About the Race


The Community Bank Makin' Tracks 5K Run/Walk is presented by the Community Bank of Oak Park River Forest, the River Forest Park District, Concordia University Chicago and Fenwick High School. Net proceeds from this event will benefit the West Suburban Special Recreation Association (WSSRA) to provide superior recreation services for adults and children who have a physical impairment, developmental delay, a mental disability or any other type of disability. The race is a 3.1 mile USATF-certified course (USATF# IL-08078JW) that will run through the flat, tree-lined streets of River Forest. The course map is available on the River Forest Park District's website at [www.rfparks.com](http://www.rfparks.com). The 5K will begin at 8:00am for the Wheelchair Athletes, at 8:05am SHARP for the runners and walkers, and the 100 meter Wheelchair Dash and Tot Races will begin at 8:45am.

## A Message from the Sponsor

Community Bank of Oak Park River Forest is proud to announce its 20th year of sponsoring the Makin' Tracks 5K Run/Walk. Profits from the event go to support the West Suburban Special Recreation Association (WSSRA), which provides first class recreational services for persons with disabilities.

Together with the River Forest Park District, Concordia University of Chicago and Fenwick High School, we believe Makin' Tracks has become a community institution. Congratulations to all of our runners, walkers, and wheelchair athletes. Thanks for helping build Makin' Tracks into one of the premier events in our community. Good luck to all!

Sincerely,



Walter F. Healy,  
President, Community Bank of Oak Park River Forest

## Registration Information

Registration is available online at [www.rfparks.com](http://www.rfparks.com) or at [www.signmeup.com/118398](http://www.signmeup.com/118398) through Thursday, September 15, 2016 at 11:59pm (CST). Registration by mail should be sent to the River Forest Park District, 401 Thatcher Avenue, River Forest, Illinois 60305, postmarked no later than August 28, 2017 for the Early Bird Registration rate, or September 11, 2017 for the Late Registration rate. Walk in registration is available at The Depot, 401 Thatcher Avenue (8:30am-4:30pm, Monday-Friday) through Thursday, September 14, 2017. Registration will be closed all day Friday, September 15. Race day registration will be open Saturday, September 16 from 6:30am-7:45am at the west end of Concordia University Stadium.

## Entry Fees

5K Run/Walk (7 years & older)	<b>\$25</b> ( <i>Early Bird Registration, by 9/1/17</i> )
5K Run/Walk (7 years & older)	<b>\$30</b> ( <i>Late Registration, 9/2/17 - 9/14/17</i> )
5K Run/Walk (7 years & older)	<b>\$35</b> ( <i>Race Day Registration 9/16/17</i> )
Wheelchair Athlete (All Ages)	<b>Free</b>
Wheelchair Dash (All Ages)	<b>Free</b>
Tot Races (Ages 3-6)	<b>Free</b>

CARA members receive a \$4 discount

All paid registrations receive participation in the 5K Run/Walk, a goody bag, and food and water after the event. Early Bird registrants are guaranteed a race shirt.

## Packet Pick-up

Pre-race packet pick-up will be available for pick-up at the Community Bank of Oak Park-River Forest, 7751 W. Lake Street, River Forest, between September 12-13 from 8:30am-5:00pm, and at The Depot, 401 Thatcher Avenue, River Forest, between September 14-15 from 8:30am-4:30pm. Race day packet pick-up will be at the west end of Concordia University Stadium from 6:30am-7:45am.

## Race Information

**Directions to the Race:** Available at [www.rfparks.com](http://www.rfparks.com)

**Parking:** Free parking is available in the Concordia University campus parking structure, located off Bonnie Brae Place. Please note: Parking is not permitted on Monroe Avenue or on village side streets.

**Start/Finish:** The race will begin at 8:00am on Monroe Avenue, one-half block south of Division Street in River Forest. Monroe Avenue is the west border to Concordia University. The race will finish on the Concordia University Stadium track.

**Gear Check:** Gear may be checked just left of the registration tent, located at the west end of the stadium. Your gear will be checked according to your assigned race number. Makin' Tracks is not responsible for any lost or stolen items.

**Water:** Water will be available at the start, finish, and on the course.

**Split Times:** Miles 1 & 2.

**Restrooms:** ADA accessible restrooms are located near the finish line, on the east side of the stadium track.

**First Aid:** Medical professionals from the River Forest Citizen Corps will be available at a First Aid Tent at the finish line.

## Awards

Awards will be given to overall male and female winners, plus the top three finishers in the following age categories:

- 14 and under
- 15-19
- 20-29
- 30-39
- 40-49
- 50-59
- 60-69
- 70-79
- 80+
- Wheelchair Athlete

Ribbons will be given to all participants in the 100 meter Wheelchair Dash and Tot Races. The awards ceremony will begin at 9:15am.

## Results

Result times may be obtained from

[www.cararuns.org](http://www.cararuns.org); [www.racetime.info](http://www.racetime.info); [www.mychicagoathlete.com](http://www.mychicagoathlete.com)

This is a running event. For the safety of our runners, bicycles, in-line skates, roller skates, other wheeled vehicles (except for wheelchairs) & dogs are NOT allowed on the course.

Runners with baby joggers & strollers are permitted, but must line up behind the other runners.