



Make 2010 the year you finally run that first 5K!

6 Weeks to Your First 5K

SUNDAY, OCTOBER 24

FRANK
LLOYD
WRIGHT
RACES

Registration Now Open!

Lace up your running shoes and join us for 6 weeks of training that will have you race-ready in time for the Frank Lloyd Wright 5K in October. This program is designed for beginning runners and will include drills, group runs and special guest speakers.

Pre-registration by Fri., Sept. 10 is required.

#443050-47	18 & up	Sept. 14 – Oct. 21
Tu,Th	6:00 – 6:55 p.m.	\$60/\$90

Please note: Fee for class does not include race registration. Code #473150-01 \$25 (thru Oct. 8) / \$35 (starting Oct. 9)

How to register:

- Online at www.oakparkparks.com
- Fill out and submit registration form from inside the current Park District brochure.
- Registration also accepted in person at 218 Madison, M-F from 8:30 a.m.-5 p.m. or at Ridgeland Common, 415 Lake, M-Sa from 9 a.m.-5 p.m.



PARK
DISTRICT
OF OAK PARK

Park District of Oak Park
218 Madison
Oak Park, Illinois 60304
(708) 383-0002

In partnership with the community, we provide quality parks and recreation experiences for the residents of Oak Park.

www.oakparkparks.com