

# FRONTIER DAYS FESTIVAL

## FRONTIER DAYS STAMPEDE RUN

**Race Start: Miner School (Miner Street and Dryden Avenue) Arlington Heights**  
**Race Finish - Recreation Park, 500 East Miner Street, Arlington Heights**

USATF certified routes:



5K Route (IL-08052-JW) 10K Route (IL-08051-JW)

### Frontier Days Stampede Run

The 5K and 10K routes will be the same as last year, featuring fast and flat routes through residential areas. Strollers, baby joggers, etc., will **ONLY** be permitted on the 5K Fitness Walk. Both the 5K & 10K routes are USATF certified.

Aid stations with Gatorade and Water will be provided. TIME CLOCKS will be posted at each mile marker on the courses.

**All 5K & 10K participants will receive a Technical T-Shirt.**

The shirts technical and are sized **SMALLER** than regular cotton T-Shirts. We also will have separate women's sizes. Kids Race entrants will receive 100% cotton t-shirts.

### Kids Race

The 1/4 mile Kids Dash will **start** and finish at Recreation Park (At the finish line of the 5K & 10K races).

### Packet Pick Up

ONE DAY ONLY—Race packets may be picked up on Saturday (July 2<sup>nd</sup>) at Runner's High 'n Tri, located at 121 W. Campbell St., Arlington Heights (10:30 am-5:00 pm) or on Race Day starting at 6:15 a.m. at RECREATION PARK at the finish line. Go to [www.runnershigh-n-tri.com](http://www.runnershigh-n-tri.com) for more information. NOTE: PLEASE ALLOW 48 HOURS AFTER REGISTERING ON-LINE BEFORE ATTEMPTING TO PICK UP PACKET AT RUNNER'S HIGH on July 1st, 2016. IF YOU SIGN UP AFTER 12:00 PM (NOON) ON FRIDAY, JUNE 24, YOUR PACKET WILL NOT BE AVAILABLE UNTIL SUNDAY MORNING AT THE FINISH LINE. Race sign up will also be available on Friday, July 1<sup>st</sup> at Runner's High N Tri.

### **Gear Check**

We provide a secure Gear Check. Check your gear at the finish line and pick it up at the same place after the race.

### **Awards**

#### **5K and 10K Races:**

The top overall Male and Female runner will receive award and \$50.00 Gift Certificate to Runner's High 'N Tri.

Top 3 Male and Female in each age group will receive a race theme drinking glass.

#### 5K Run:

8 & under; 9-10; 11-12; 13-14; 15-16; 17-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-59; 70-74; 75 and over.

#### 10K Run:

14 & under; 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-59; 70 and over.

#### **1/4 Mile Kids Dash**

All kids will receive "Finisher Ribbons" for participating.

### **Refunds & Transfers**

No refunds will be available. Transfer of applications and bib numbers is **prohibited**.

### **Results** [Click Here for 2016 Results](#)

[5K Results](#) [10K Results](#)

#### **Questions?**

Contact: Stampede Race  
Phone: (773) 617-0284  
Email: [stampede@frontierdays.org](mailto:stampede@frontierdays.org)

**Age group awards not picked up after the race at Recreation Park, will be available at Runners High n Tri in Arlington Heights through the end of the day on Friday, July 8, 2016.**