

SATURDAY JUNE 13 - LAKE COUNTY RACES COMMEMORATIVE RUN

Back by popular demand, the LF/LB Running Club will host its **5th LAKE COUNTY RACES** "train" run/walk on **SATURDAY, JUNE 13, 7:30 AM prompt** start time. YOU DON'T WANT TO MISS THIS GREAT EVENT! **IT'S FREE for you and your guests! No registration required! Just show up and enjoy!**

We will commemorate the history and relive the excitement of the great LAKE COUNTY RACES (held from 1981 to 2000).

We'd like **everyone** to take part as we have an ambitious goal of **100 participants** from our club and the Evanston Running Club!!! We have also invited our running friends from Lake Bluff, Amy Kessler's LB running group. If you're a newer member and joined the LF/LB club within the past year, we'd LOVE for you to come out and join this FUN event!! You won't be disappointed!

Please contact Dan Loeger at dan.loeger@yahoo.com if you have ANY questions!

On SATURDAY JUNE 13, all running club participants and guests will hop on the UP-North Northbound Metra train to experience the unique POINT TO POINT nature of the Lake County Races!!

MOST IMPORTANT THING!! SET YOUR ALARM – PLEASE ARRIVE 7:30 AM PROMPTLY TO BOARD TRAIN!! YOU MISS THE TRAIN and YOU MISS THE EVENT!

YOU PICK THE DISTANCE:

- If you run the 10K distance, you'll get off at GREAT LAKES Train Station. It's more like a training run than a race, it won't be timed. :-)
- If you run/walk the 3.5M route (or 2 miles), you'll get off at the LAKE BLUFF Train Station. For optional 2 miles, you would walk on the bike path from Lake Bluff directly to the Lake Forest train station. For 3.5 miles, follow the course route.
- Everyone finishes at the same location – the Lake Forest train station – where there will be refreshments for everyone to enjoy!!

RACE BIBS:

- We encourage everyone to wear a favorite "race bib" of theirs.

- 1) you can wear your LCR commemorative bib from a previous year
- 2) OR wear your FAVORITE race bib! (we'll have extra pins if needed)

COURSE MAP:

- See the attached PDF Course Map.

UP-N METRA TRAIN SCHEDULE INFORMATION:

Saturday June 13, 2026

6:58 am Davis St. Evanston

7:01 am Central Evanston

7:35 am Lake Forest station - LF/LB club runners board the train

7:39 am Lake Bluff station - 3.5M / 2M runners/walkers de-board the train

7:43 am Great Lakes station - 10K runners de-board the train

All runners and walkers will finish @ the Lake Forest train station!!

9am - 10:15 am Post-Run Refreshments and Festivities at Lake Forest train station
Bagels will be provided and *people can bring other food items to add to the table!*

EVANSTON RUNNING CLUB – Returning Home

9:44 am OR 10:44 am LF station - **Evanston runners board Metra to return home**

10:17 am OR 11:17am Central St. Evanston station

10:20 am OR 11:20am Davis St. Evanston station

FAQ:

Q: Do I need a Metra ticket to ride?

A: YES

For Lake Forest train riders, a **group ticket** will be used to **cover everyone boarding**, so Lake Forest riders do NOT have to worry about paying any fares!

For Evanston train riders, it is recommended to purchase a \$7 Saturday Day Pass via the Ventra App to enable unlimited rides on Saturday. This will allow you to travel to Lake Bluff / Great Lakes and then return back to Evanston from the Lake Forest train station.

Q: Does Metra require masks?

A: NO, Metra does **not** require masks, but they are OPTIONAL if you want to wear one.

Q: Will the Course be marked with Signs?

A: Generally NO, but a handful of signs at key turns will mark the course. Course maps will be available. For Evanston runners, it'd be good to hang with fellow LF/LB runners/walkers to stay on course!

Q: Will the Course provide water?

A: No water stations. But there is a water fountain in downtown Lake Bluff. Please carry a water bottle if it's a hot day!

Q: Will there be fancy prizes at the end?

A: YES, of course, the thrill and satisfaction of finishing the Commemorative Run is your prize! haha