

Walk, Run & Roll with Team Noah

Our Mission

Every person has the right to fully participate in life's events, inclusively.

Our Vision

Count Us In!



Our Values

Respect - Grit - Determined
Kindness - Friendship
Joy - Active

In partnership with the Christie Clinic Illinois Race Weekend 5K event, come be part of the WALK, RUN & ROLL with Team Noah and experience the thrill and excitement of an athletic event. Join in the fun by either walking, running, or rolling your wheelchair across the finish line at Memorial Stadium on the campus of University of Illinois and see yourself on the jumbo screen.

Date: Friday, April 26, 2024

Event Time: 7:30 PM

Course Length: For *Team Noah participants only* - choose 1 mile or 3.1 miles (5K) course

Eligibility: Team Noah is open to any individual with a disability and their support person, as well as Veterans.

Fee: Team Noah covers the registration fee for each participant and their support person. Team Noah is funded by Licia and Greg Lukach, parents of Noah.

Team Noah Contact:

Licia Lukach
217-841-5675



Noah's Legacy

Team Noah was created in the summer of 2010 when his Mom, Licia, began running with her son, Noah, who was multiply impaired. Although Noah had many physical limitations, he exuded joy and happiness. This summer hobby quickly turned into a family event and each family member had their turn pushing Noah in many 5Ks over the last decade. Noah completed the Christie Clinic Illinois 5K nine times, and he absolutely loved this event! He enjoyed hearing people cheering and crossing the finish line.

Sadly, Noah passed away in March of 2020 due to a respiratory illness. To honor Noah's memory, his family has teamed up with the Christie Clinic Illinois Race Weekend and support the Walk, Run & Roll with Team Noah so people with disabilities are able to experience the thrill of race weekend, as Noah did, and the joy of leading an active lifestyle.

How to register and participate

1. REGISTER

- To apply for Team Noah, click on this link to receive a registration code. https://docs.google.com/forms/d/e/1FAIpQLSfVxDyOsTOlg6FJbZaeb2BcCmUUDVw_4tdby1SpwhYm125tXA/viewform
- Once a code is received, complete your registration at the link below and read more about the race; the registration button is located midway down screen. <https://illinoismarathon.com/races/5k/>
- Any questions or assistance needed, contact Licia at 217-841-5675.

2. PICK UP PACKET and GOODIE BAGS

- Pick up your race packet (race number, goody bag, and race shirt) at the Health & Fitness Expo at the Activities and Recreation Center (ARC). The expo is open Thursday April 25, 4:00 p.m. to 8:00 p.m., and Friday April 26, starting at 10:00 a.m.
- Stop by Team Noah Booth at the Expo for your Team Noah goodie bag and to select the 1 mile or 3.1 (5K) mile route option and also receive further instructions.

3. COMPETE IN THE RACE EVENT on FRIDAY EVENING

- Meet at the Team Noah tent near the start of the race by 7:00 pm.
- Walk, run, or roll the race. (Note - If doing the 1-mile, you will be guided where to turn).
- Finish at Memorial Stadium and receive your finisher medal. Find the Team Noah flag in the end zone to check in and receive another goodie bag.



View a video to learn about this event and Team Noah (~3 min.) at the registration link.

Count Us In!



Team Noah



Frequently Asked Questions

Q1 – Is there an age limit? Absolutely not; all are encouraged to participate.

Q2 – What is the cost? Free! Team Noah covers your registration as well as your support person's registration.

Q3 – What happens if I don't have a support person to participate with me? Team Noah will match you with a mentor to walk, run, or roll with you.

Q4 – I'm not sure I can do a 5K; can I still sign up? Yes! Team Noah has the option to walk 1 mile if you do not feel comfortable and confident to complete a 5K.

Q5 – If I pick up my race packet, do I still need to go to Team Noah booth in the expo? Yes, specific information about being a Team Noah participant will be shared and Licia will record the distance you plan to walk, run, or roll.

Q6 – If I can't make it, do I have to call someone? Please let Licia know; her number is 217-841-5675.

Q7 – Do I have to be "fast" to participate? Not at all. This event is open to many finishing times, as the participants will either be running, walking, pushing strollers or wheelchairs.

Q8 – If it is raining, will the event still take place? Jan Seeley, Director of the Christie Clinic Illinois Race Weekend, will make all weather-related announcements.

Q9 – Where do we meet before the race? Look for the Team Noah tent on the west side of Oak St near the start of the 5K event on Friday evening. We will gather as a group to start the race.

Q10 – Do we all run together? We will all start together, but we are not required to finish together. Some participants will be faster than others.

Q11 – Is my race timed? Yes, and it will show your great accomplishment. You will receive a bib number and will wear it on your outer layer of clothing. Note: Those choosing the 1-mile option will not receive an official finish time but you will wear a race number, as all participants are required to wear a race one.

Q12 - Who do I contact if I have any questions? Please reach out to Licia Lukach 217-841-5675 (call or text) or licia.lukach@gmail.com.

Don't forget to stop by Team Noah Booth at the Expo for instructions.

