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To the Race Director and your incredible team, to every selfless volunteer, and to the amazing residents of Rockford—thank you from the bottom of our hearts. Your passion, dedication, and spirit went far beyond expectations. You didn't just support a race—you made it possible for us to challenge ourselves, to push through the heat, and to do so safely because of your unwavering care. We athletes are truly blessed and deeply grateful that you gave so freely of your time, talents, and energy. You lifted us up with every cheer, every cup of water, and every act of kindness. Thank you, thank you, thank you. - *Brett Jackson, IRONMAN 70.3 Rockford Participant*



Rockford, You Crushed It!

WOW, Rockford—you showed up big time for our first-ever IRONMAN 70.3, and I couldn't be prouder. Thousands of visitors felt the energy, heart, and hospitality that make our city shine. Whether you volunteered, cheered, ran a local business, or just smiled at a stranger, you helped make this event unforgettable.

Thank you for proving, once again, that when Rockford comes together, anything is possible.

Let's keep the momentum going!

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Medical Care Comes to the Family Peace Center

I'm incredibly proud to share that starting this July, survivors of domestic violence will have access to on-site medical care at the Family Peace Center—thanks to a powerful new partnership with Mercyhealth's Family Medicine Residency Program. Every Friday morning, resident doctors will be on hand to provide checkups, treat injuries, and support overall wellness—all with the compassion and trauma-informed care survivors deserve.

This collaboration helps break down barriers and ensures survivors and their children get the care they need, when and where they need it most. It's another big step in our ongoing mission to create a safer, healthier Rockford for everyone.



Family Peace Center

8th Annual Educators' Summit

CHAMPIONING YOUTH SAFETY IN THE CLASSROOM: RESPONDING TO DOMESTIC AND SEXUAL VIOLENCE IN OUR COMMUNITIES

Attend this interactive and informative two-day training led by regional subject matter experts, designed to equip educators and youth-serving professionals with the knowledge and strategies helpful in supporting youth safety related to domestic and sexual violence.

Enjoy networking with regional colleagues and local providers, and take advantage of self-care stations designed to support you in your work.

Cost: **FREE**

**PDCs available for certified educators
CEUs available for counselors, social workers, and nurses**

For more information on training sessions and to register, scan the QR code or visit

<https://bit.ly/4kcTYca>



Event Details

AUGUST 5 & 6, 2025

9:00 am – 4:00 pm

City First Church | 5950 Spring Creek Road | Rockford

If you are in need of a reasonable accommodation to participate in this event, please contact City of Rockford Mayor's Office at 779-348-7150 by July 29.

Big News from a Rockford Staple!

Thrilled to help announce a major expansion at J.L. Clark—a Rockford institution for over 120 years! They're investing \$10M into their headquarters and adding 70+ new jobs. J.L. Clark's commitment to its team and our community is clear—from longtime employees like Melvin (46 years!) to generous support for local nonprofits. Their investment is a huge vote of confidence in Rockford's future. And yes, there's a great photo of me in a hairnet—still lucky to need one!



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Celebrate 150 Years of Water Service to Rockford!
Honoring Our Past. Sustaining Our Future.

Splash Bash

150



Friday, August 8
2 to 4 p.m.
1141 Cedar Street

- Water Education
- Music
- Free Refreshments
- Hydrant Party

For 150 years, the City of Rockford has delivered clean, safe, and reliable water to homes, schools and businesses—fueling our growth and health. We're proud to honor this legacy and look forward to the next 150 years!

Summer Sounds and City Pride

I had an incredible time at the Phantom Regiment show right here in Rockford. There's nothing like hearing that first note ring out under the summer sky!

As we head into the second half of summer, I want to wish everyone a season that's safe, fun, and full of memory-making moments. Whether you're enjoying our parks, catching a concert, or just soaking up the sun with friends and family, please take care of yourselves and each other.

Rockford, let's finish this summer strong!



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A copy of our report is on file with the Winnebago County Clerk, 404 Elm St, Rockford, IL. Tom McNamara, Democratic Candidate for Rockford Mayor. Paid for by friends of Tom McNamara.

Send to Friends of Tom McNamara
P.O. Box 1134
Rockford, IL 61105

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