

Women's Distance Festival Frederick 5K Run/Walk Saturday, August 15, 2009 Frederick Community College, Frederick, MD



The **Frederick Steeplechasers Running Club** is sponsoring a 5K (3.1 mile) race as part of the **20th Annual Women's Distance Festival Grand Prix Series**. This is a series of running/walking events for women only that is held throughout the State of Maryland and hosted by local running clubs. The purpose of the Women's Distance Festival is to promote health and wellness among women of all ages and abilities. Now more than ever, we know how important an active lifestyle is in order to stay or become healthy.

The 2009 Maryland Women's Distance Festival Grand Prix Series, sponsored by the Maryland RRCA, consists of twelve 5K races for women runners and walkers of all ages and abilities. For more information on the series participation award (for completing at least 4 races in the series), go to www.mdrcca.org

Time: Race Start 8:30 a.m.

Course description: Scenic two-loop 5K course on FCC's college campus.

Packet Pickup/Late Registration: Registered runners can pick up their race packets and late registrants may register on race day between 7:00 - 8:00 am in FCC Gymnasium.

Start & Finish Location: Frederick Community College, Opossumtown Pike, Frederick, Maryland, 21702 (from Washington – I-270 N to the junction of I-70 and Route 15; from Balt. – I-70 W to the Route 15 N exit. From both Balt. and Washington, then follow Route 15 north to the Motter Avenue exit. Bear right on exit ramp onto Opossumtown Pike and travel one mile and turn left at the 2nd entrance to the FCC Gymnasium (Field House).

Entry Fees: Before August 3, 2009 - Students Under 18 - \$10; Adults - \$15; After August 3: Students Under 18 - \$15; Adults - \$20.

Registration: Go to www.steeplechasers.org for entry form or www.Active.com to register online.

T-Shirts: Commemorative technical T-shirts will be given to all pre-registrants. No guarantee of T-shirts for race-day registrants.

Awards Ceremony and Celebration: Awards to top three overall finishers, first master, first three in each age group (under 14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-80, and 81+) and the first mother-daughter, sister-sister, aunt-niece, and grandmother-granddaughter teams. No duplication of prizes. Post-race refreshments will be provided. Random prizes galore!

To Volunteer or for More Information Contact: Peggy Waxter at 301-663-8082 / email: pwaxter@comcast.net

Corporate sponsorships: To make this a successful race, we need the support of our community. In return for your contribution of \$50 or more, we will print your company's name logo on the race tee shirts. Please send check to FSRC P.O. Box 681, Frederick, MD 21705; e-mail logo to Luanne.houck@gdit.com Prize donations such as vendor gift certificates are greatly appreciated as well!



Who says women can't run the world!!!

Entry Form
Women's Distance Festival Frederick 5K – August 15, 2009
*****Please Print and Complete All Information*****

Make checks payable to: **FSRC**. Mail to: **WDF Frederick 5K**, P.O. Box 681, Frederick, MD 21705-0681

Amount Enclosed: \$ _____ (**Before August 3, 2009** - Students Under 18 - \$10; Adults - \$15; **After August 3:** Students Under 18 - \$15; Adults - \$20)

Name: _____

Email: _____

Address: _____

City: _____ State: _____

Zip Code: _____ Phone: _____

Sex: ___F

Age on Race Day: _____

T-Shirt Size : ___S ___M ___L ___XL

Mother/Daughter * Sister/Sister * Aunt/Niece * Grandmother/Granddaughter
(Please circle one)

Team Name: _____
(Separate entry required for each runner)

WAIVER: In consideration of the right granted to me to participate in the Women's Distance Festival Frederick 5K on August 15, 2009, I hereby waive all claims and damages against the Frederick Steeplechasers Running Club and any other sponsors and organizers arising from my participation or any injury I might suffer in this event. I attest that I am physically fit and prepared for this event. I understand that rollerblades, bikes, strollers, skateboards, etc. are not allowed. **Runners must sign below.**

Runner's signature _____ Date: _____

Parent/Guardian (for minors under age 18)

_____ Date: _____