

# Women's Distance Festival Frederick 5K Run/Walk Saturday, August 14, 2010 Frederick Community College, Frederick, MD



The **Frederick Steeplechasers Running Club** is sponsoring a 5K (3.1 mile) race as part of the **21<sup>th</sup> 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 2010 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.mdrrca.org](http://www.mdrrca.org)

**Time:** Race Start 8:00 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 – 7:45 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 2<sup>nd</sup> entrance to the FCC Gymnasium (Field House).

**Entry Fees:** Before August 4, 2010 – Students under 18 - \$10; Adults - \$20;  
On or After August 4: Students under 18 - \$15; Adults - \$25.

**Registration:** Go to [www.steeplechasers.org](http://www.steeplechasers.org) for entry form or [www.Active.com](http://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. *Sizes cannot be exchanged until after the race if additional shirts are available.*

**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, grandmother-granddaughter and corporate 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](mailto:pwaxter@comcast.net)

**Corporate sponsorships:** To make this a successful race, we need the support of our community. Various levels of sponsorship are available promoting your company's business. Please request a Fact Sheet on sponsorship from [Luanne.houck@gdit.com](mailto:Luanne.houck@gdit.com)

Prize donations such as vendor gift certificates are greatly appreciated as well for random prize drawings!



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

-----  
**Entry Form**  
**Women's Distance Festival Frederick 5K – August 14, 2010**  
**\*\*\*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 4, 2010** - Students Under 18 - \$10; Adults - \$20;  
**After August 4:** Students Under 18 - \$15; Adults - \$25)

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

Zip Code: \_\_\_\_\_ Phone: \_\_\_\_\_

Age on Race Day: \_\_\_\_\_

T-Shirt Size : \_\_\_\_S \_\_\_\_M \_\_\_\_L \_\_\_\_XL (No children's sizes)

*Sizes cannot be exchanged until after the race if additional shirts are available.*

Mother/Daughter \* Sister/Sister \* Aunt/Niece \* Grandmother/Granddaughter \* Corporate Team  
**(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 14, 2010, 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: \_\_\_\_\_