



Women's Distance Festival Frederick 5K Run/Walk

Saturday, August 13, 2011 – 8:00 am
Frederick Community College
Frederick, MD 21702



The **Frederick Steeplechasers Running Club** is sponsoring a 5K (3.1 mile) race as part of the **22th Annual Women's Distance Festival Grand Prix Series**. The proceeds of this race will go to the **Women's Giving Circle**, a local non-profit that assists women and children in need. The purpose of the WDF 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 2011 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 8:00 a.m.

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

Packet Pickup/Late Registration: Friday packet pickup at **If The Shoe Fits** shoe store from 3-6 pm or race day. Late registration on race day between 7:00 – 7:45 am in FCC Gymnasium.

Start & Finish Location: Frederick Community College, 7932 Opossumtown Pike, Frederick, MD 21702 (from Washington – I-270 N which becomes Route 15; from Balt. – I-70 W to the Route 15 N exit. From both Balt. and Washington, 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 4, 2011** – Students under 18 - \$10; Adults - \$20;
On or After August 4: Students under 18 - \$15; Adults - \$25.

Registration: Go to www.steeplechasers.org for entry form or <http://www.active.com/running/frederick-md/wdf-frederick-5k-2011> 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

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

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



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

Entry Form
Women's Distance Festival Frederick 5K – August 13, 2011 – 8:00 am
*****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, 2011** - Students Under 18 - \$10; Adults - \$20;
After August 4: Students Under 18 - \$15; Adults - \$25)

Name: _____

Email: _____ **Age on Race Day:** _____

Address: _____

City: _____ State: _____

Zip Code: _____ Phone: _____

T-Shirt Size : _____S _____M _____L _____XL (No children's sizes)

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

If you are participating with a team, please circle of team

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 13, 2011, 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: _____