

Entry Form  
 Women's Distance Festival Frederick 5K  
 August 9, 2008

\*\*\*Please Complete All Information\*\*\*

Make checks payable to: FSRC

Mail to: WDF Frederick 5K

P.O. Box 681, Frederick, MD 21705-0681

Amount Enclosed: \$ \_\_\_\_\_

(Before July 31, 2008: Students Under 18 - \$10; Adults -

\$15 After July 31: 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 9, 2008, 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: \_\_\_\_\_

Women's Distance Festival  
 Frederick 5K Race  
 Sponsors

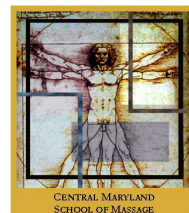
**GENERAL DYNAMICS**  
 Information Technology



Greater Frederick Chapter



Shell Oil  
 West Patrick Street



**NEWBANKS®**



Women's Distance Festival  
 Frederick 5K Race



Saturday, August 9, 2008  
 Frederick Community College  
 Frederick, MD



Who said women can't run the world!!

# Women's Distance Festival Frederick 5K Race

The Frederick Steeplechasers Running Club is sponsoring a 5K (3.1 mile) race as part of the 19th 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 2008 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](http://www.mdrcca.org)

**To Volunteer or for More Information:**  
Peggy Waxter at 301-663-8082  
email: [pwaxter@comcast.net](mailto:pwaxter@comcast.net)

**Race Start: 8:30 a.m.**

**Start & Finish Location:**  
Frederick Community College  
Opossumtown Pike  
Frederick, Maryland

**Directions:**

from Washington: I-270 N to the junction of Route 15N...  
from Baltimore: I-70 W to the Route 15 N exit...  
...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).

**Course description:**

Scenic two-loop 5K course on college campus.

**Entry Fees:**

**Before July 31, 2008:**

Students Under 18 — \$10; Adults — \$15

**After July 31:**

Students Under 18 — \$15; Adults — \$20

**Registration:**

[www.steeplechasers.org](http://www.steeplechasers.org) for entry form  
[www.active.com](http://www.active.com) to register online

**Packet Pickup/Late Registration:**

Registered runners can pick up their race packets and late registrants may register on race day from 7:00 - 8:00 am in FCC Gymnasium.

**T-Shirts:**

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

**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+**

**as well as:**

**the first mother-daughter,  
sister-sister, aunt-niece,  
grandmother-granddaughter teams.**

No duplication of prizes.

**Post-race refreshments will  
be provided.**

**Random prizes galore!**

**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 and/or logo on the race tee shirts. Prize donations such as vendor gift certificates are greatly appreciated as well!

Please send check to: FSRC P.O. Box 681  
Frederick, MD 21705.

e-mail logo to: [Luanne.houck@gdit.com](mailto:Luanne.houck@gdit.com)