

HOWARD COUNTY



# Women's Distance Festival

## 5K Race and Walk

### Sunday July 11, 2010 8:00 am



## HOWARD COUNTY GENERAL HOSPITAL

JOHNS HOPKINS MEDICINE



### Race Details

**Time and Place:** Sunday July 11, 2010, 8:00 am, Howard County Community College, Columbia, MD.

**Distance:** 5K (3.1 miles).

**Entry Fee:** \$18, \$20 during Packet Pick-up, and \$25 on race day.

### Registration

**Registration:** Mail entry form and fee (payable to Howard County Striders), c/o Feet First, Hickory Ridge Village Center, 6420 Freetown Rd, Columbia MD 21044. On-Line entry is encouraged and available at active.com.

**Entry Deadline:** Mail-in entries must be postmarked by July 6. Early registration is greatly appreciated. Entries will be accepted at Feet First until July 10, 5:00 pm. Race day registration at the race Start/Finish area starting at 7:00 am. T-shirt sizes not guaranteed on race day.

**Teams:** Team entries must be submitted together PRIOR to race morning. Team Categories: Mother and Daughter 1-13; Mother and Daughter 14 and over. Only one team per family. No one person can be on more than one team. No race day team registration.

### Packet Pick-up

**Packet Pick-up:** Packet Pick-up: At Feet First, Friday July 9 10:00 am - 5:00 pm. Saturday July 10 9:30 am - 5:00 pm. At Howard Community College (Race Day) Sunday July 11 7:00 - 7:45 am.

### Awards, Results, Information

**Awards and Premiums:** Cash awards (\$200, \$125, \$75) to top 3 overall finishers. Plaques to overall Master, Grand Master. and top 3 finishers in five year age groups. Only one team per family. Medals to all girls 12 and under finishing the course. No official results after 1 hour. Custom designed, premium quality Tank-Top shirts. Guaranteed T-shirts to pre-registrants (or 1st 400 entrants).

**Awards Ceremony and Celebration:** Immediately following the race, join us for the awards ceremony, food, refreshments, and lots of random prizes.

**Results:** Results will be posted on the Howard County Strider Home Page: [www.striders.net](http://www.striders.net) within 48 hrs of race.

**Race Information:** [www.striders.net](http://www.striders.net) or Feet First (410) 992-5800 or Race Director: Tacy Feliciano - [tlf\\_21\\_21@yahoo.com](mailto:tlf_21_21@yahoo.com)



### Women's Distance Festival Entry Form - Please print and complete all information.

First Name		Last Name			Official Use Only	
Street			City		State	Zip
Day Phone	Age Race Day	Birthdate (m/d/y)	Shirt Size <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL	Female in Training? <input type="checkbox"/> Y <input type="checkbox"/> N	Team Name	Team Category <input type="checkbox"/> M/D 1-13 <input type="checkbox"/> M/D 14+

### Waiver - Please read and sign. If under 18, parent or guardian must sign.

I know that running a road race is a potentially hazardous activity and I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to complete the run safely. I assume all risks associated with running in this event including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting of my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Howard County Striders Inc., and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event or carelessness on the part of the persons named in this waiver. Further, I grant permission to all of the foregoing to use photographs, motion pictures, recordings, or any other records of these events for any legitimate purpose. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals, and radio headsets are not allowed in the race and I will abide by this guideline.

SIGNATURE

DATE

Please make check payable to: Howard County Striders. No cash by mail. Send with form to:  
Howard County Striders, c/o Feet First, Hickory Ridge Village Center, 6420 Freetown Road, Columbia, MD 21044

**Howard County Striders**  
P.O. Box 563  
Columbia, MD 21045

**Non-Profit Organization**  
U.S. Postage  
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Columbia, MD 21045  
Permit No. 129