



2024 Women's Distance Festival 5K Runner's Guide

General Info

Date: Sunday, June 9, 2024
Time: 7:30am
 Distance: 5K
 Location: Howard Community College
 10600 Hickory Ridge Road
 Columbia, MD 21044

Packet Pickup

Date	Time	Location
Saturday, June 8, 2024	10:00am-12:00pm	Feet First, Columbia
Sunday, June 19, 2024 (Race Day)	6:15am-7:00am	HCC campus Lot F

Pre-Race

Porta-pots will be available in Lot F. Hand sanitizer will be provided adjacent to the port-a-pots. See attached Start/Finish Layout.

A warm-up, led by Katie Pajerowski of Ascend PT, will be held at 7:00am on Lot F.

The race will start on time at 7:30am. Please be in the start line chute at least 5 minutes before race start. We will not delay the start.

Hickory Ridge Road will be closed by Howard County Police at 7:00am. If you arrive late, enter HCC campus via Little Patuxent Parkway.

There will be no access to any buildings on race day. Do not attempt to enter any buildings.

No earbuds, strollers, or pets allowed on the course. Adaptive racing equipment is exempt.

Parking

The West Garage and parking lots A, B, and C are available for runners. The West Garage is closest to the finish line. See attached Start/Finish Layout.

Course

The course laps around the Hickory Ridge neighborhood. The start line is on Hickory Ridge Road across from the Campus Drive entrance. Howard County Police will take control of the course around 7:00am. Course marshals with yellow vests and flags will also provide direction to runners. Runners will run "clock-wise" in the loop and finish in Lot F off Campus Drive. See attached course map.





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Walkers

Per our agreement with the Howard County Police Department, the police will provide traffic control for runners for a set period (until 8:30am). Once the police open the course to traffic, walkers are expected to move to the sidewalk and obey the rules of the road when crossing intersections. **The timing mats and finish line chute will remain open to score all participants.**

Walkers who fail to move onto the sidewalk or follow the rules of the road may be DISQUALIFIED.

On Course Aid Station

There will be one aid station on the course around Mile 1.6 at the intersection of Owen Brown Road and Jerry's Drive. Runners are encouraged to carry their own bottle.

Awards

Awards will consist of plaques and gift certificates. The following is a summary of awards:

- Overall 1st, 2nd and 3rd (Plaque)
- Overall Masters 1st only (Plaque)
- Overall Grand Masters 1st only (Plaque)
- Top 3 in Age Groups (Gift Cert)
 - Under 9
 - 10-19
 - 20-29
 - 30-39
 - 40-49
 - 50-59
 - 60-69
 - 70-79
 - 80+
- Mother and Daughter Teams 1st, 2nd and 3rd (Plaque)
 - Daughter 13 and Under
 - Daughter 14-20
 - Daughter Over 21



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Race Premium

Finishers will receive a 2-piece premium consisting of

Nordic Style Athletic Headband

Polar Fleece Touchscreen Gloves



Post-Race Ceremony

The awards ceremony will be held after the race around 8:45am. If you believe that you have won an overall, age group, or team award please stay on-site after you finish to claim your award. There will be no "double dipping" and participants are only eligible for one award.

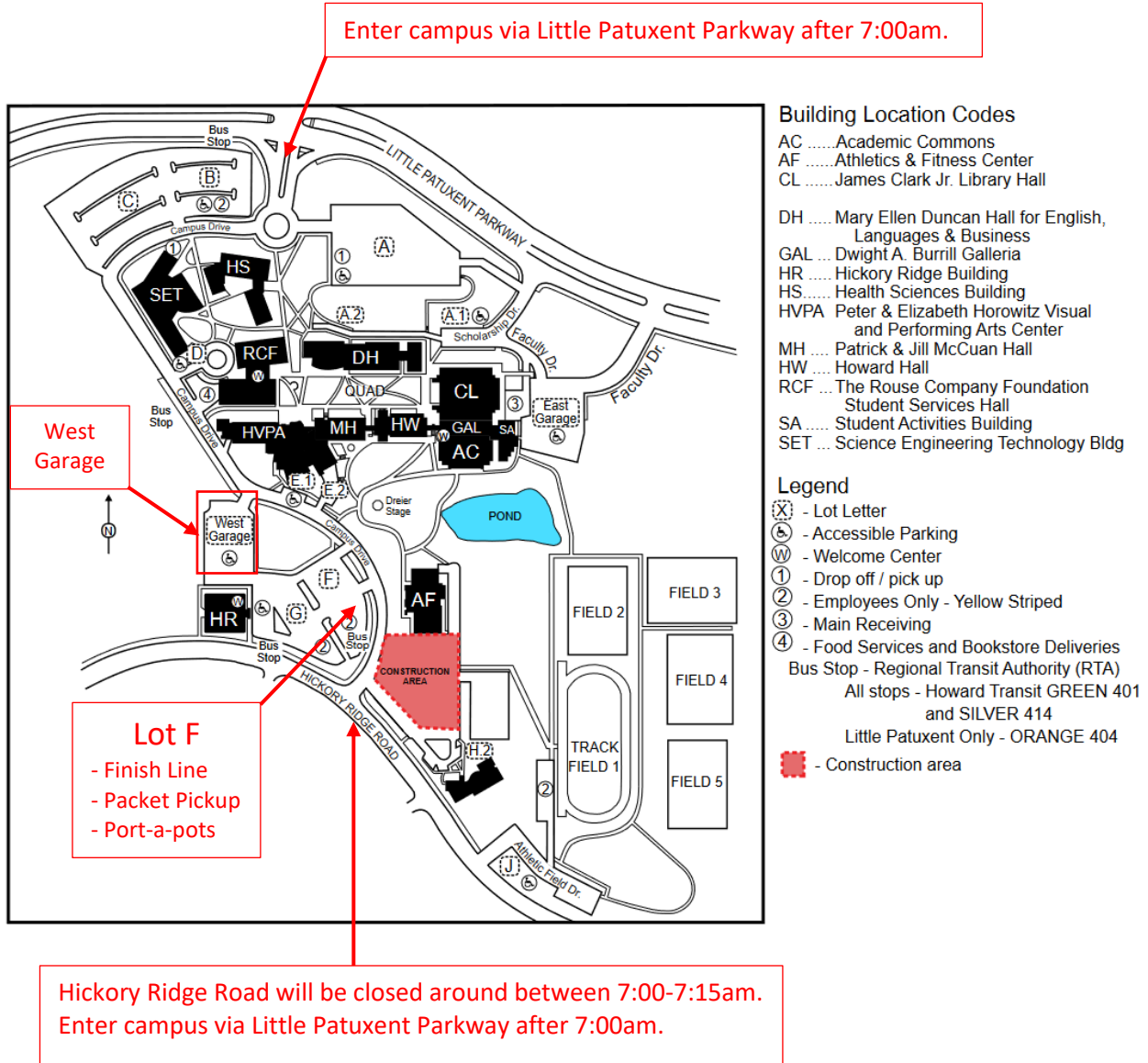
Post-race food will be limited. Our sponsor Wegmans will provide individually-packaged snacks and fruit. There will be water and electrolyte drink bottles at the finish.

Participants choosing to hang out after the race should consider bringing their own tables, chairs, and food/drinks.



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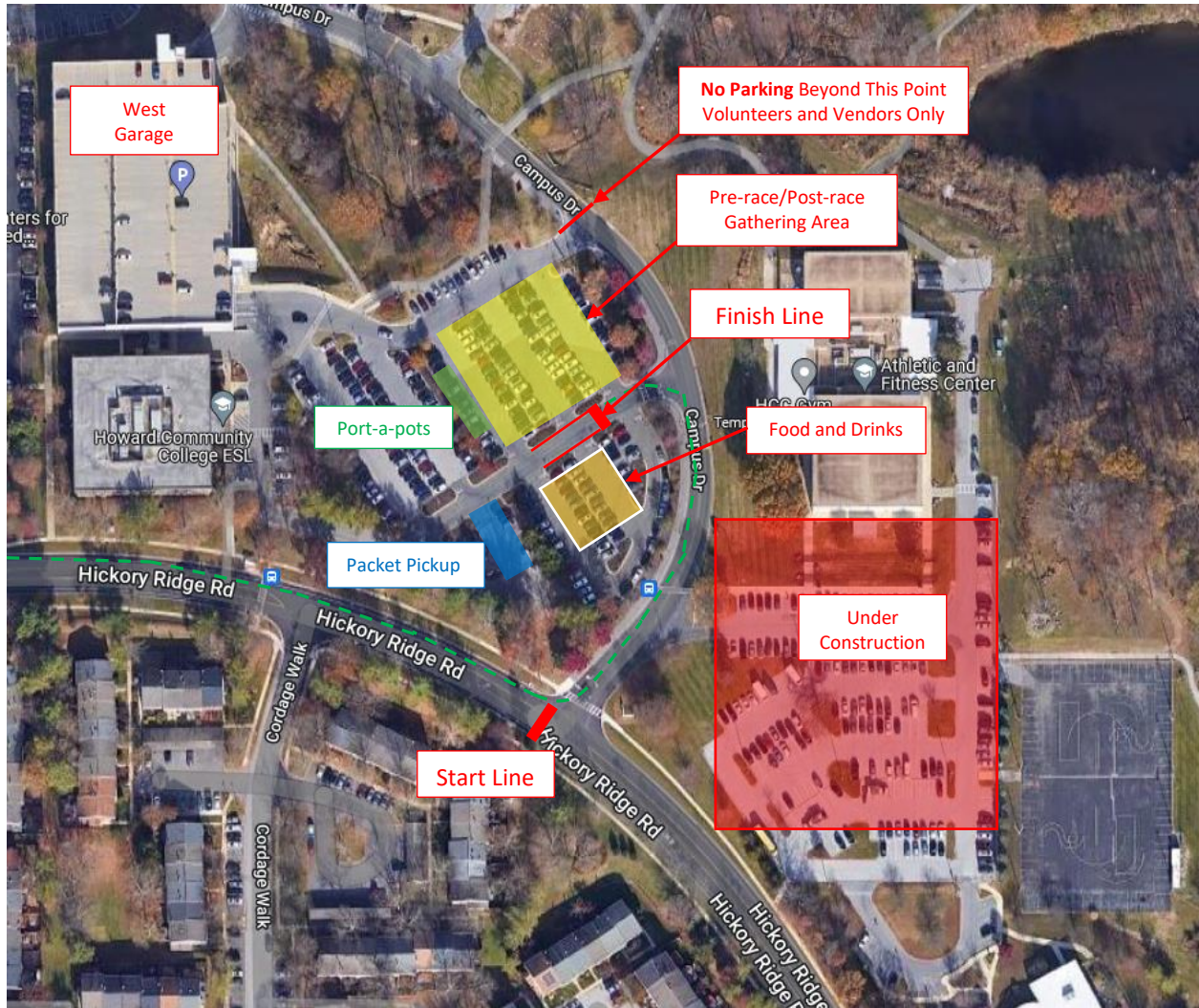
HCC Campus Map





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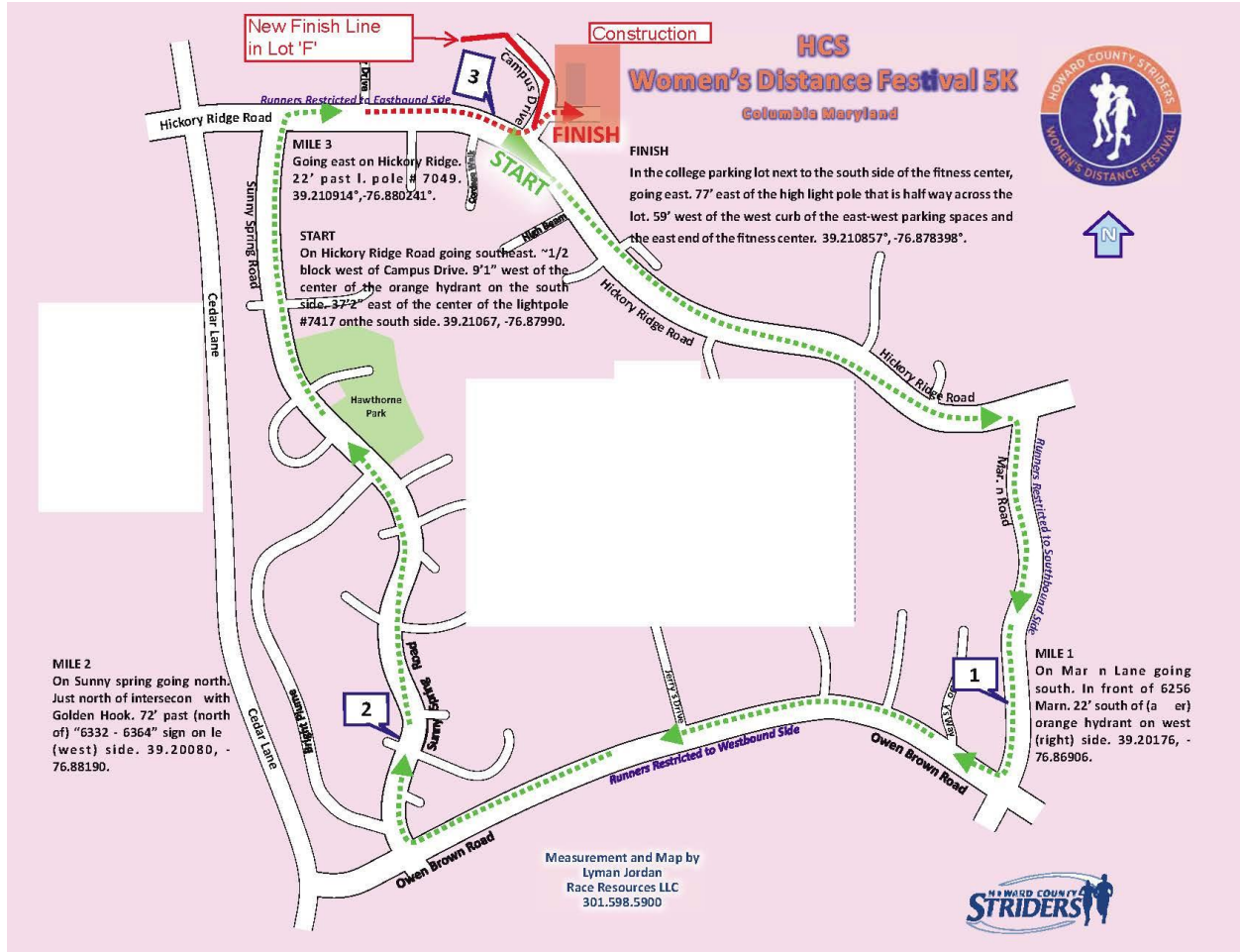
Start/Finish Layout





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Course Map





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