



POTOMAC VALLEY ASSOCIATION



BALTIMORE ROAD RUNNERS CLUB
2009 WOMEN'S DISTANCE FESTIVAL
Sunday, May 17, 2009

5K RUN AND WALK
8:00 A.M.

Maryland Women's Distance Festival Grand Prix Series

Location: Goucher College, 1021 Dulaney Valley Rd., Towson, MD.

Course: Two loops around "Goucher Loop Road" beginning at the Goucher Track/Gym. Great course, terrific volunteers, random prizes!! Post race refreshments and awards ceremony following the race (at the track).

RACE PREMIUM: *Overnight Sensation Slingpack - Stylish single shoulder strap pack, with large main compartment, headphone port, mesh water bottle pocket, adjustable strap with cell phone pocket, colorful trim and custom logo imprint.*

Awards: Prizes to top 3 overall finishers, first Master, first Grand Master (50-59), first Grand Sage (60-69), first Soaring Eagle (70+) and top 3 in each of the following age groups: 19/under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+. Awards to the first three mother/daughter running teams. Awards to first g-mother/g-daughter running team. No duplication of awards (cannot qualify for both individual age group and team award). Must indicate preference of competition category at registration and prior to race.

Registration Fees: **Individuals:** \$20 through May 16, 2009. \$25 race day. High School Students: \$15 through May 16, 2009. \$20 race day.
Teams: \$40 through May 16; \$50 race day. If daughter or granddaughter is high school student, \$35 pre-race/\$45 race day.

Register on Active.Com through May 15, 2009

Or, make checks payable to BRRC.

Mail to: Women's Distance Festival
P.O. Box 9825
Baltimore, MD 21284

Please register early—it helps with our planning and inventory. We do our best to satisfy our runners, but depending on registrations, we may not be able to guarantee our premiums for race day pickup.

Check it Out! www.brcc.com

Packet Pick-up: NEW THIS YEAR!!! PLEASE MAKE A NOTE OF NEW DAY AND TIME!!! Registration and packet pick-up will be available at **Sports Her Way**, 876 Kenilworth Drive (The Shops at Kenilworth—2nd floor) Towson, MD 21204, on Friday, May 15, 2009 from 6-9 PM (Beltway Exit 25/Charles Street, south to Kenilworth Drive. Turn left and follow approximately 1/2 mile. Shops on left. OR take York Road N/S and turn left/right onto West Road. Go approximately 1/2 mile to Kenilworth Drive. Turn right and shops on right past BMW dealership. (Phone: 410-321-6280)

Race day registration and packet pick-up will be 6:45-7:30 A.M. at Goucher College Gym parking lot.

Race Director: Christy St.Clair (410-661-7870/saint15@comcast.net)

Club Hotline: 410-377-7327

Directions to Race: Goucher College is located on Dulaney Valley Rd. in Towson--Exit 27 South on the Baltimore Beltway (I-695). Travel one-half block and turn left onto campus. Follow the Loop Road (to the left or straight ahead) approximately 3/4 mile to the track.

PLEASE PRINT NEATLY

5 K run _____ 5 K walk _____
Last Name _____ First Name _____ Email _____
Street Address _____
City, State, Zip _____
Telephone (Day) _____ (Evening) _____
Age on Race Day _____ Amount Enclosed \$ _____
Mother/Daughter Team _____ **
Grandmother/Granddaughter Team _____ **

** (please send team entries together. Adult team: \$40 pre-race/\$50 race day; if daughter/granddaughter is high school student--\$35 pre-race/\$45 race day)

In consideration for your acceptance of this entry, I the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the Baltimore Road Runners Club, the Road Runners Club of America, and any sponsors and their representatives, successors and assigns for any and all injuries suffered by me in said event, even if such injuries result from the negligence of any of the above named groups or entities. I represent that I understand that physical training is required in order to reduce the risk of injury and I represent that I am physically fit and sufficiently trained for the completion of this event. Further, I hereby grant full permission to any of the foregoing to use any photographs, videotapes and any other record of this event for any legitimate purpose.

Signature _____ Date _____
Parent/legal guardian must sign if runner is under 18