



POTOMAC VALLEY ASSOCIATION



# BALTIMORE ROAD RUNNERS CLUB 2005 WOMEN'S DISTANCE FESTIVAL

## 5K RUN AND WALK

Sunday, May 22, 2005

8:00 A.M.

### CELEBRATING 25 YEARS OF WOMEN'S RUNNING 1980-2005

**Location and Course:** Goucher College, Towson, MD. Two loops around "Goucher Loop Road" beginning at the Goucher Track/Gym.

Post race refreshments and awards ceremony following the race. Random prizes!

**RACE PREMIUM: SPECIAL 25<sup>TH</sup> ANNIVERSARY EDITION BRRC CUSTOMIZED TOTE BAG TO ALL ENTRANTS.**

**Awards:** Prizes to top 3 overall finishers, first Master, first Grand Master (50-59), first Grand Sage (60+), 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+. Awards to the first three mother/daughter running teams. Awards to first g-mother/g-daughter running team. No duplication of awards. Must indicate preference of competition category at registration and prior to race.

**Registration/Entry Fees:** \$20 through May 21. \$25 race day. Students: \$15 through May 21. \$20 race day.

**Make checks payable to BRRC.**

**Check it Out!** [www.brcc.com](http://www.brcc.com)

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

**Packet Pick-up:** Registration and packet pick-up will be available at Sports Her Way, 876 Kenilworth Drive (The Shops at Kenilworth—2<sup>nd</sup> floor) Towson, MD 21204, on Saturday, May 20 from 10:30 AM until 2:30 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 Directors:** Christy St.Clair /Sandy Buck 410-661-7870

**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). 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 \_\_\_\_\_ MI \_\_\_\_\_

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: \$40 pre-race/\$50 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**