

**Fun, Food, And  
Random Prizes!**

**Picnic After  
the Race!**

**Bring Your Swimsuit  
And Stay For the Day!**



## **The Women's Distance Festival 5k Run & Walk**

### **Sponsored By...**

- \* Rocky Gap Lodge & Gulf Resort
- \* Kenney Signs
- \* Brooks
- \* Western Maryland Road Runners
- \* Peak Performance Orthopedics
- \* Boston Billy Sunglasses
- \* SkirtSports
- \* Boston Billy Sunglasses
- \* Wanda's Clocks & Trophies
- \* Western Maryland Timing
- \* Lifefitness Management



## **The Women's Distance Festival**

**5k Run**



**Western Maryland Road Runners  
"Present"**

**Women's Distance Festival 5k Run**

**Men's 5k Run & Walk**

**July 19, 2008 At 9:00 AM**

**Rocky Gap State Park**



**The Women's Distance**

**Festival 5k Run & Walk**

July 19, 2008 At 9:00 AM

Rocky Gap State Park

*First 100 runners and walkers will receive A performance T-shirt. Random awards and age group awards for top three open finishers and first masters male and female.*

*All walker will receive a finishers medal and eligible for random prizes. First walker male and female will receive a special award.*

**FREE KJDS RUN**

**AFTER THE 5k Run**

Age Groups: 19 & Under, 20-29, 30-39  
40-49, 50-59, 60-69, 70+

*Race will start and finish in the main Parking lot. A light breakfast will Follow the race. Ladies race starts at 9am. Men race after the ladies. Followed by an awesome Western Maryland Road Runners picnic!*

**Race Director:**

**Maureen Hall**

**301-729-7849**

**mhall@allconet.org**

Name \_\_\_\_\_

Address \_\_\_\_\_

State \_\_\_\_\_ Zip Code \_\_\_\_\_

**\$15.00 before July 1, 2008. \$20.00 after and race day.**

**\$15.00 students \$15.00 for two or more family members.**

**Shirt Size: Small Medium Large x-large**

Age on race day \_\_\_\_\_ Phone Number \_\_\_\_\_

Date of birth \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

**Club member of Western Maryland Road Runners: y n**

**Join today for only \$10.00!**

Signature: \_\_\_\_\_

**Special awards to top 1, 2, 3 place Military Finishers!**

**What Branch of service \_\_\_\_\_**

**Must be Ret. Act. Reserve**

**Parent Signature if under 18 years of age)**

\_\_\_\_\_  
**WAIVER: I have trained for this event and waive & release any and all sponsors (Western Maryland Road Runners, Peak Performance, of claims of liabilities of any arising out of my participation in this event.**

Signature \_\_\_\_\_

Date \_\_\_\_\_

**Mail To: Maureen Hall Checks To: Western Maryland Road Runners  
614 N. Second Street  
LaVale, Maryland 21502**