

Annapolis Striders  
**29<sup>th</sup> Women's Distance Festival 5k**  
-part of the Maryland RRCA Grand Prix Series -  
*and*  
**The Run After the Women 5k (for Men only!)**

**Saturday, July 11, 2009**

**Location:** West Annapolis Elementary School, 210 Annapolis Street, Annapolis, MD 21401

**Registration:** 6:45 AM – 7:30 AM    **Start:** Women's 5k - 7:45 AM    Men's 5k - 8:30 AM

**Entry Fee:** Pre-Registered \$14.00    Race Day Registration \$20.00

Fee includes tank shirt - available on race morning to the first 150 women and 50 men.

[Online Registration Available](#)

**Course:** Scenic residential paved streets, some moderate hills, tree lined and shaded

**Directions:** From Rt. 50, take Rowe Blvd, toward Annapolis. Turn left on to Melvin Avenue.  
Go 2 Blocks. School is on left. On street parking.

**Refreshments:** Watermelon, bagels, bananas

**Awards:** 1st and 2<sup>nd</sup> overall, Masters, age group awards in 5 year increments  
Random prizes awarded at finish line.

*---No strollers, no pets, no headsets, no wheels---*

*Please dress appropriately for hot and humid running on residential streets.*

For more Information contact: Race Director Ginger Andrews at [Tkd4ufitness@aol.com](mailto:Tkd4ufitness@aol.com)  
Melissa Currence at [astriders@hotmail.com](mailto:astriders@hotmail.com)

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Please print and mail with check payable to Annapolis Striders to:  
WDF c/o Ginger Andrews 106 Severn Avenue Severna Park, MD 21146

Circle:            Women's 5K                            Men's 5K

Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_ Phone # \_\_\_\_\_

Email \_\_\_\_\_ AGE on race day \_\_\_\_\_

Shirt Size (Circle)    Women's    S    M    L    XL            Men's    S    M    L    XL

WAIVER AND RELEASE: I know that running is a potentially hazardous activity. I understand that I should not participate unless medically able. I assume all risks associated with involvement with this race, including but not limited to falls, contact with participants, the effects of weather, including high heat and/or humidity, the condition of the course and/or road, and traffic on the course, these risks being known and appreciated by me. Having read this Waiver and Release, knowing these facts, and in consideration of my being accepted into this race, I, for myself and anyone entitled to act on my behalf, waive and release the Annapolis Striders, the Road Runners Club of America, the Association of American Running Clubs, all sponsor and hosts, and their representatives and successors from all claims or liabilities of any kind arising from my involvement in this race.

Participant's Signature (or parent if under 18) \_\_\_\_\_