



WDF 5K

Annapolis Strider's Women's Distance Festival 5K Race & Men's Run after the Women 5K Race

Saturday, July 11, 2015

Time: Women's start 7:45 am/ Men's start approximately 8:30 am

Registration: Mail In application deadline July 1 or [Online](#) via Active.com

Cost: Pre-registration \$25.00 /Race Day Registration \$30.00 (no guarantee of premium on race day)

Note: Unfortunately we cannot grant refunds or transfers for either race.

Where: Mexican Café, 609 Melvin Ave., Annapolis, MD 21401

Course/Water Stops: A short walking distance from the Mexican Café. Race begins on Tucker Street behind the West Annapolis Elementary School located at 210 Annapolis St, Annapolis, MD 21401. A two loop open course through the Wardour neighborhood of West Annapolis. On paved roads, with some shaded areas, mostly flat, with a few hills, and one foot bridge. Two water stops will be provided with water/Gatorade. One located at the foot bridge and one near the start/finish line.

Packet Pickup: Same day as race at the Mexican Cafe.

Premium: Custom designed hats (light blue for women and red for men)

Timing: Chip timing provided by Maryland Timing. Unofficial Results will be posted by July 12, 2015 on the following websites: Annapolis Striders at <http://annapolisstrider.org> and Maryland Timing at <http://wmtiming.com>.

Awards: 1st, 2nd, and 3rd Overall Place Awards for Women's and Men's Races. Age group awards will be awarded to 1st, 2nd, and 3rd place winners for following age groups: 19 & Under, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80 and over.

Post-race Refreshments & Random Prizes: Post-race refreshments located at the Mexican Café'. All registered runners will be entered drawing for random prizes!

Parking: Ample FREE on street parking in the neighborhood.

For more information contact Sandy G. Kellstrom, Race Director via e-mail at SandyKellstrom@gmail.com.

Mail in Registration form on reverse side

Complete all information & Mail By July 1, 2015. Make checks payable to: Annapolis Striders, Inc.,

No Refunds or Transfers will be granted for this race.

Return to: Sandy Kellstrom, 1212 Poplar Ave., Annapolis, MD 21401

PLEASE PRINT

Last Name: _____ First Name: _____

Address _____

City, State, Zip: _____

Emergency Contact: _____ Phone Number: _____

Age on race day: _____ Gender: _____ Race day Worker: Yes/No Annapolis Strider 5K Class: Yes/No

WAIVER: 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 activity, including but not limited to falls, the effects of weather, including high heat humidity, the conditions of the track and/or road, traffic on the course and all risks being known and appreciated by me. Having read this wavier or release, knowing these facts and in consideration of my acceptance into this race, I, for myself and anyone entitled to act on my behalf, waive and release the Annapolis Striders, the RRCA, all sponsors and host, and their representatives and successors from all claims liabilities of any kind arising from involvement in this activity. All entries must sign waiver. My signature below indicates I have read this waiver:

Signature of Entrant: _____ Date _____

Signature of Parent (If entrant is under 18) _____