



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

**Saturday, July 9, 2016**

**This is Leg 6 of the Maryland RRCA Women's Distance Grand Prix Series**

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

**Registration:** Mail In application deadline June 29 or Online via Active.com

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

**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:** To be Announced. **Guaranteed to the first 200 race applicants.**

**Timing:** Chip timing provided by Maryland Timing. Unofficial Results will be posted by July 10, 2016 on the following websites: Annapolis Striders at <http://annapolisstrider.org> and Maryland Timing at <http://wmtiming.com>.

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

**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 Kathleen Hanson and Maureen Hall, Race Directors via e-mail at [WDF5K@annapolisstriders.org](mailto:WDF5K@annapolisstriders.org).