

**RRCA 2009 Women's Distance Festival**  
**Sunday, August 2, 2009 at 8:00 a.m. (Note new time!)**  
*Walkers Welcome*

Sponsored by: Westminster Road Runners Club

Location: Union Mills Homestead (~3430 Old Hanover Rd., Westminster, MD 21158)  
-> Approximately 5.5 miles north of Westminster on Rt. 97; turn right onto Old Hanover Rd and turn into the Lions pavilion on the right

Course: Rolling 5K on shaded country roads

Entry fee: **\$3.00 pre-entry** (Checks payable to WRRC.)  
Includes refreshments

**\$5.00 race-day entry**

Awards: Women's Festival Race  
- Top 3 finishers; Age groups; Random prizes  
- Club Challenge award given to top area club with best 3 finishers  
(WRRC, 2008 winner)

Packet pickup: Race day only

Mail form to: WDFestival Race  
c/o Liuda Galinaitis  
1796 S. Pleasant Valley Rd.  
Westminster, MD 21158

Questions: 410.857.5427

Email: [Liuda@ccpl.carr.org](mailto:Liuda@ccpl.carr.org)

----- detach here (copies acceptable) -----

Name \_\_\_\_\_ Age on 8/2/09 \_\_\_\_\_ Gender \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Member of RRCA Club: Yes \_\_\_\_\_ No \_\_\_\_\_ If yes, which club? \_\_\_\_\_

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my safely completing the run. I assume all risks associated with running in this event including, but not limited to, falls, contact with other participants, the effects of weather, including high temperature or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Westminster Road Runners Club and all sponsors and their successors from all claims of liabilities of any kind arising out of my participation in this event.

Signature \_\_\_\_\_

(parent's signature required if under 18)