



Frederick Women's Distance Festival

Saturday, August 6

Frederick Community College, 7932 Opossumtown Pike, Frederick, MD

[DIRECTIONS](#)

[COURSE MAP](#)

It's almost race day and we can't wait to see you on Saturday! Please read through this information carefully so that you are prepared.

Early Packet Pickup - Frederick Community College Student Center

Enter at main door of Student Center and follow the signs to Room H-105. Picking up your packet on Thursday/Friday will save you time on race morning.

- Thursday, August 4, 4-7pm
- Friday, August 5, 4-7pm

Race Day Schedule

- Packet Pickup: 6:45am - 8:00am (inside main lobby of Student Center)
- Little Women 1K Fun Run: 7:30am
- Begin lining up for 5K: 7:40am
- Athletes Serving Athletes Start: 7:55am
- General 5K Start: 8:00am
- Awards Ceremony: 9:00am, or shortly thereafter
- Expo: 6:30am - 10:00am

Race Day Parking (see diagram below)

Enter the Frederick Community College campus at the main (first) entrance. We'll have signs out on Opossumtown Pike to guide you. Follow the signs to Parking Lots 2, 3, and the FCC Parking Deck. Please do not park in Lot 1 directly in front of the Student Center or in the Staff Parking Lot (reserved for sponsors/volunteers).

If you arrive after 7:25am, you will need to enter at the second entrance to FCC, since the road around the Student Center will be closed to traffic in order to set up the starting line.

If you need to leave the race site early (before 9:10am), please consider parking at the Career Tech Center (first left after entering campus at the main entrance). This will keep your vehicle off of the race course while there are still runners/walkers finishing up.

Be aware that there are speed cameras on Opossumtown Pike. Stay under the 35mph speed limit before and after the race to avoid an unpleasant surprise speeding ticket in the mail.

Race Day Expo and Celebration

Stick around after the race to enjoy our expo, post-race celebration, and awards. Runners will receive a grab 'n go snack bag, hydration, and an ice-water cooling towel at the finish line. We will also have a food vendor on-site with baked goods, as well as free Bruster's Italian Ice and watermelon for you and your cheer crew!

Get your photo snapped at our photo booth in front of the Student Center next to the awards tent. All photos will be available for free download!

Check at our Random Prize table next to the awards tent to see if you're a winner!

Please remember to thank our sponsors who are attending, as well as our volunteers. We couldn't put on this race without them!

Other Information

Bag Check is not necessary since there is plenty of parking close to the Student Center.

Weather: It's August and heat is not unusual. Take it easy, stay hydrated and don't push too hard if you're not fully acclimated to summer running. There is a slight chance of rain in the forecast, but we runners don't mind a little bit of cooling rain, right? If we are faced with an actual thunderstorm with lightning, we may need to consider a short delay while the storm passes.

Water Stops: There will be two water stops along the course, but if you feel you might need additional hydration, you might want to carry your own water.

Timing: The race is timed using the chip on the back of your bib. Wear your bib pinned to the front of your shirt, and do not remove, fold, or squish the chip. Except for our overall winners who are scored according to gun time, your finish time is calculated from the time you cross the start mat until you cross the finish line.

Fun Run: The Little Women 1K Fun Run will start at 7:30am. Adults may run along with their little runners and strollers are allowed. The course is set up away from the main road, is well-marked, and is staffed with our volunteer course marshals. Each participant will receive a medal when they return to the finish line.

5K Start/Finish: The finish line is at the arch in the parking lot and the start is out on the road in front of the parking lot. Please line up according to your expected pace. Our elite runners who run faster than 8:00 min/mile should line up at the starting line. Everyone else should line up according to expected pace behind the volunteers holding pace signs. Walkers should line up at the back. It takes a little while to get everyone lined up, so we suggest you head over to the start by 7:40am.

Strollers: Strollers are allowed in the 5k, but you MUST walk. For everyone's safety, stroller participants are not permitted to run. Participants running with strollers are subject to disqualification. The sports chairs used by the Athletes Serving Athletes organization are exempt from this rule.

Headphones: Enjoy the race and your fellow runners, and stay alert on the race course. Headphones are strongly discouraged.

Not Allowed: Dogs, bicycles, skates, and other wheeled conveyances are NOT allowed on the course.

Bib transfers are not permitted. Please do not give your bib to someone else if you are unable to use it. Tabulating results with inaccurate identities just doesn't work well for anyone.

Orangetheory Fitness Morphwoman: Orangetheory Fitness is sponsoring one of our speedy runners to start out at the back of the pack and pass as many other runners as possible. Orangetheory will donate \$2 per passed runner to our charitable beneficiary, the Women's Giving Circle of Frederick County. Give our orange-garbed morphwoman a shoutout as she speeds past you!

Results: If you do not complete the full race course, please do not cross the finish line. Your bib will have a QR code on it that can be scanned to retrieve real-time results. You may also check your results at the kiosks in front of the Student Center. We encourage you to check your results so that we have an opportunity to correct any discrepancies before the awards are distributed.

Restrooms are located inside the Student Center. There are no facilities along the course.

QUESTIONS?

If you have questions about the race, take a look at our [FAQ page](#). If you don't find the answer you're looking for, send email to info@frederickwdf.com and we'll get right back to you!

A FINAL WORD

We are truly thankful for the support that we continue to receive from our participants, sponsors, and volunteers! The Frederick Steeplechasers Running Club will again be donating the proceeds to the

Women's Giving Circle of Frederick County, supporting women in our community who are facing obstacles and challenges.

Happy Running!

Harriet Langlois, Race Director, Frederick Women's Distance Festival



Welcome to Frederick Community College

- A Annapolis Hall
Adult Services, Veterans Services, Services for Students with Disabilities, Adult Education (GEDs), ESL, Student Institutional Advancement, Mail Room, Administrative Offices
- B Braddeck Hall
Math Learning Center, Faculty Offices, Classrooms
- C Catoclin Hall
Science Labs, Computer Labs, Faculty Offices, Classrooms, Student Lounge in Upper B's Knuckle
- D Athletics Center
Gymnasium, Weight Room, Classrooms, Athletics, Faculty Offices, Locker Rooms

- E Conference Center
Large and Small Meeting Rooms, Technology Labs, Continuing Education & Workforce Development
- F Visual & Performing Arts Center
J&K Theatre, M&I Art Gallery, FC Studio Theatre, Music Classrooms & Practice Rooms, Art Classrooms, Music Classroom & Lab, Faculty Offices
- G Gambrell Hall
Human Resources, Purchasing, Fiscal Services, IT Services, Risk Management and Public Services, Administrative Offices
- H Student Center
Copestake Office, Bookstore, Multicultural Student Services, Security, Center for Student Engagement, Student Government Association, Honors College Classroom & Lounge, Tutorial Services, Faculty Offices, Student Lounges

- J Jefferson Hall
Welcome Center, Admissions, Registration & Records, Student Accounts, Counseling & Advising, Career & Transfer Center, Financial Aid, Office of Diversity, Equity, and Inclusion, Learning Support Offices
- K Mercer-Akre Kiln
- L Linganore Hall
Learning Commons, Allied Health Nursing Labs, Testing Center, Media Classroom & Lab, Language Lab, Faculty Offices, Classrooms, Student Lounge, Staff Lounge, Distributed Learning Offices, IT Helpdesk, Dual Enrollment
- M The Carl and Norma Miller Children's Center
- P Plant Operations
- S Swadner Hall
Lecture Hall

In case of an emergency, Call 2453 or 4444 on campus or 301.846.2453 off campus or on your cell.

- ▲ Evacuation Locations
- ♿ Accessible Parking
- 🔌 Electric Car Charging

For information on accessible routes, please visit our website at frederick.edu