

## Frequently Asked Questions



The Howard County Striders Women's Distance Festival is a beginner-friendly race. Questions are always welcomed, so if you're still wondering about something after reading these FAQs, just send us a message. We are happy to help!

### Can I Do Actually Do This?

#### **How long is a 5K?**

A 5K, or 5-kilometer race, is 3.1 miles. You'll see signs at each mile mark on the WDF course.

#### **Can I run a 5K without training?**

The answer depends on your current fitness level. If you're already an active person and have been doing cardio exercise (biking, swimming or walking), you may be able to run a 5K even if you don't run on a regular basis. But if you want to give yourself the best chance of completing the race comfortably and successfully, it's best not to cram your preparations. Join a Howard County Striders training program (<http://www.striders.net/training>), specifically Next Step - Females in Training 2020 (F.I.T.), for a supportive and SUPER FUN training program.

#### **Is it okay to walk during a 5K?**

Absolutely! You won't be disqualified for walking during a race. In fact, using a run/walk approach can be a very smart race day strategy. There's no shame in taking a walking break!

## Registration

### How do I register?

If you're online and see this FAQ page, you're already in the right place! Click on the 'Registration' tab and the process will be easy to follow.

To create a Mother/Daughter Team, the first team member registers, selecting the option to **Create new team** when that screen is reached. Enter the team name and continue through the registration process. When you reach the payment screen, instead of selecting Checkout, select **Add new entry**. Proceed through the registration process for the second member. On the team page, choose **Join existing team**, and enter the team name. Continue through the registration process and choose **Checkout** at the end. Should you encounter any difficulty, email [wdf@striders.net](mailto:wdf@striders.net) and we can connect your Team members.

### What if I miss the online registration deadline?

That's easy! If you miss the 05/28/2020 online registration deadline, just come to Feet First Sports at 5305 Village Center Drive, Columbia, MD to register.

*There will be no race day registration.*

### Packet Pick Up

All participants are required to pick up their bib number before the start of the race at one of the following locations (see 'Packet Pickup' tab):

- Saturday, 05/30/2020 from 10 A.M. – 4 P.M. at Feet First Sports, 5305 Village Center Drive, Columbia, MD
- Sunday, 05/31/2020 – 6:30 A.M. – 7:15 A.M. at race site; *again, no registrations will be possible on race day*

## Participant Shirt

This year we are excited to offer a **pink** technical tank top. It's a moisture wicking/anti-microbial fabric, and the sizing is generous. **Shirts are only guaranteed to participants who register by 11:59 P.M., 05/14/2020.**

## Sizing Guide

(in inches)	XS	S	M	L	XL	2XL
Body Length	25	26	27	28	29	30
Body Width	14 ½	16	17 ½	19	20 ½	22

## What if my shirt doesn't fit?

Look for a shirt swap area at the start/finish zone. If we have spare shirts, we will try to accommodate exchanges for unworn shirts.

## Is there a minimum age for the 5k?

No - girls may participate in the 5k as long as they can run/walk the course without a stroller, bicycle, etc. It is your responsibility to ensure that younger girls are properly supervised.

## Are men or boys permitted to register?

No - this is a female-only event in the spirit of the original Women's Distance Festival in 1980. We welcome men who are interested in volunteering and certainly appreciate their participation as cheerleaders on the course and in the start/finish area!

## I'm not able to participate in the race. Can I get a refund or give my bib to someone else to use?

No refunds or bib-transfers are allowed. Thank you for your cooperation and understanding.

## Race Day Planning

### **How early should I arrive on race day?**

Arriving no less than 45 minutes prior to the race's start will help you to feel relaxed and ready. You will have plenty of time to park/use the facilities/socialize/warm up/get in the 'zone.'

### **Where do I park?**

See 'Directions/Parking' tab. HCC has plentiful parking within close-proximity to the race's start/finish area.

### **If I pick up my bib on Saturday, will I still need to check-in on race day?**

Nope. You'll be all set! Just get to HCC early enough to park and use the bathroom, if necessary.

### **What do I do with the race bib?**

You will be given safety pins along with your bib. Pin the bib to the **front** of your shirt, being careful not to fold or bend the timing chip on the back of the bib. If the chip is damaged, it may not record your time correctly at the start/finish.

### **Will there be bathrooms available at the start/finish?**

Yes! We have real bathrooms in the HCC Athletic Center, not porta-potties! Ahhh....it's the little details : ) Please note, there are no porta-potties along the course, so you'll want to take care of, ahem, business, before the race starts.

### **What do I do at the start?**

When you see everyone heading to the start line, follow them! Runners are encouraged to line up according to how they think they will finish - faster runners in the front. This will help to keep everyone safe and happy by eliminating congestion on the course.

## **On the Course**

### **Where will we run?**

See 'Course tab' for a detailed map with mile markings.

### **Are headphones/earbuds permitted?**

Please consider leaving these at home! For your safety and the safety of those around you, we want you to be aware of your surroundings. Plus, it's so much more fun to really be a part of the race and to focus on your own run and the energy of the other runners and the spectators cheering for you.

### **Are strollers allowed in the 5k?**

No strollers permitted. Thank you for your cooperation.

### **Will I be last?**

We have lots of runners and run/walkers with widely varied paces. We cheer loudly for every single participant. It's statistically unlikely you will be last, but if that's you, be ready for some crazy-loud cheering! EVERYONE who crosses the finish line at WDF receives food, drink and a cold towel – so if you're last, you're just getting more for your money's worth!

### **Will there be water on the course?**

Yes. We will have one water stop on the course, and water at the finish line. If you think you might need water more frequently, you are encouraged to carry your own water bottle or hydration belt.

### **What if it's really hot on race day?**

With a 7:30 A.M. race start, it is usually not too hot, however, we always encourage our runners to use their best judgment. A really hot day is not the day to push yourself to a personal best. Slow down, take it easy, walk if you need to, and drink plenty of water.

## **Finish Area**

### **How do I win an award?**

If you're super-speedy, we recognize and award the top runners (overall/age group/team). However, we celebrate ALL participants for their efforts and will have lots of random give-away prizes on race day. Please see the 'Awards' tab for more information.

### **How are Mother/Daughter Teams scored?**

For each Team, the finish times of the fastest minimum number of runners is totaled. The team with the lowest total is the winner. Participants do not need to run together, but it is really fun to do that, too!

### **Will there be food and water?**

Yes! Cold water, icy wash cloths and lots of cheer will greet you at the finish line. Take a few minutes to stretch and relax, then come enjoy some light snacks including watermelon and salty (gluten-free) potato chips. Stay to enjoy your accomplishments, cheer for the other runners, take pictures, celebrate the award winners, cross your fingers to be a random prize recipient and CELEBRATE your awesomeness.