



2022 Women's Distance Festival 5K Runner's Guide

General Info

Date: Sunday, June 11, 2023
Time: 7:30am
 Distance: 5K
 Location: Howard Community College
 10600 Hickory Ridge Road
 Columbia, MD 21044

Packet Pickup

Date	Time	Location
Saturday, June 10, 2022	10:00am-2:00pm	Feet First, Columbia
Sunday, June 11, 2022 (Race Day)	6:15am-7:15am	HCC campus Lot F

Walk-up registration will be permitted during packet pickup windows for *Individual entry only*.
 Registration fee is \$45 cash only (exact change is expected)

Pre-Race

Porta-pots will be available in Lot F. Hand sanitizer will be provided adjacent to the port-a-pots.
 See attached Start/Finish Layout.

Starting at 6:15am, **hair braiding** will be offered by Alexa (first come first serve)

At 7:00am, there will be a **group warm-up** led by Phyllis Rich of *Salvere Health and Fitness*

The race will start on time at 7:30am. Please be in the start line corral at least 5 minutes before
 race start. We will not delay the start.

There will be no access to any buildings on race day. Do not attempt to enter any buildings.

No earbuds, strollers, or pets allowed on the course.

Parking

The West Garage and parking lots A, B, and C are available for runners. The West Garage is
 closest to finish line. See attached Start/Finish Layout.

**Hickory Ridge Road will be closed by Howard County Police at 7:00am. If you arrive late, enter
 HCC campus via Little Patuxent Parkway.**





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Course

The course laps around the Hickory Ridge neighborhood. The start line is on Hickory Ridge Road across from the Campus Drive entrance. Howard County Police will take control of the course around 7:00am. Course marshals with yellow vests and flags will also provide direction to runners. Runners will run "clock-wise" in the loop and finish in Lot F off Campus Drive. See attached course map.

Walkers

Per our agreement with the Howard County Police Department, the police will provide traffic control for runners for a set period (until 8:30am). Once the police open the course to traffic, walkers are expected to move to the sidewalk and obey the rules of the road when crossing intersections. The timing mats and finish line chute will remain open to score all participants.

Walkers who fail to move onto the sidewalk or follow the rules of the road may be DISQUALIFIED.

On Course Aid Station

There will be one aid station on the course around Mile 1.6 at the intersection of Owen Brown Road and Jerry's Drive. Runners are encouraged to carry their own bottle.

Race Premium

Finishers will receive a Premium Velour 30" x 60" Beach Towel.





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Post-Race

Phyllis Rich of *Salvere Health and Fitness* will be near the finish line leading a series of post-race cool-down stretches with a new session beginning every few minutes.

Post-race food will be provided by Wegmans in Columbia. There will be water and sports drink bottles at the finish.

Awards

The awards ceremony will be held after the race around 8:45am. If you believe that you have won an overall, age group, or team award please stay on-site after you finish to claim your award. There will be no "double dipping" and participants are only eligible for one award.

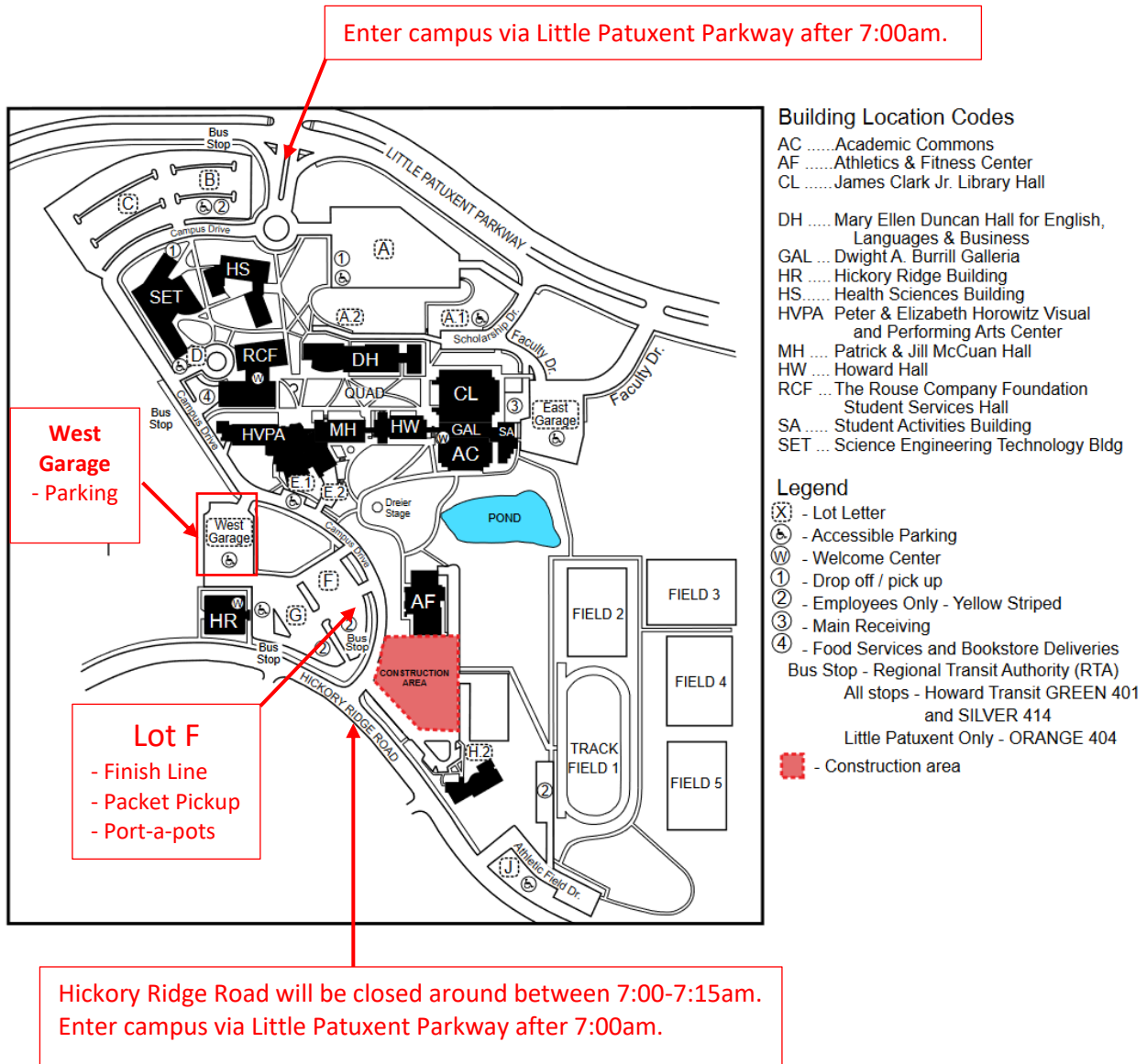
Awards will consist of carved wooden plaques, jewelry (provided by Momentum Jewelry) as well as WDF car seat covers, as detailed below. The following is a summary of awards:

- Individual
 - Overall 1st, 2nd and 3rd (plaque, jewelry)
 - Overall Masters 1st only (plaque, jewelry)
 - Overall Grand Masters 1st only (plaque, jewelry)
 - Top 3 in Age Groups (WDF car seat covers)
 - Under 9
 - 10-19
 - 20-29
 - 30-39
 - 40-49
 - 50-59
 - 60-69
 - 70-79
 - 80+
- Mother and Daughter Teams 1st, 2nd and 3rd (plaque, jewelry)
 - Daughter 13 and Under
 - Daughter 14-20
 - Daughter Over 21



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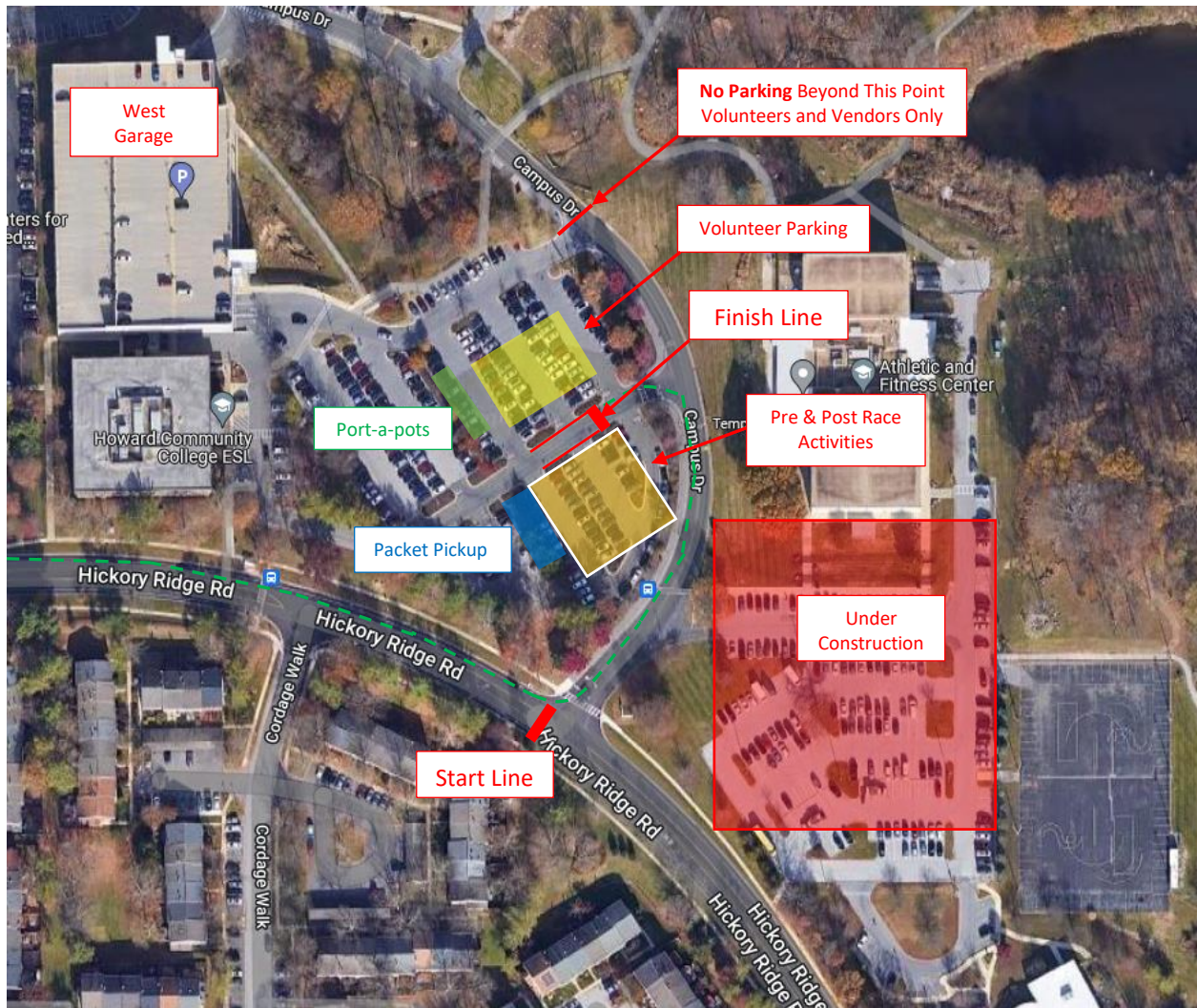
HCC Campus Map





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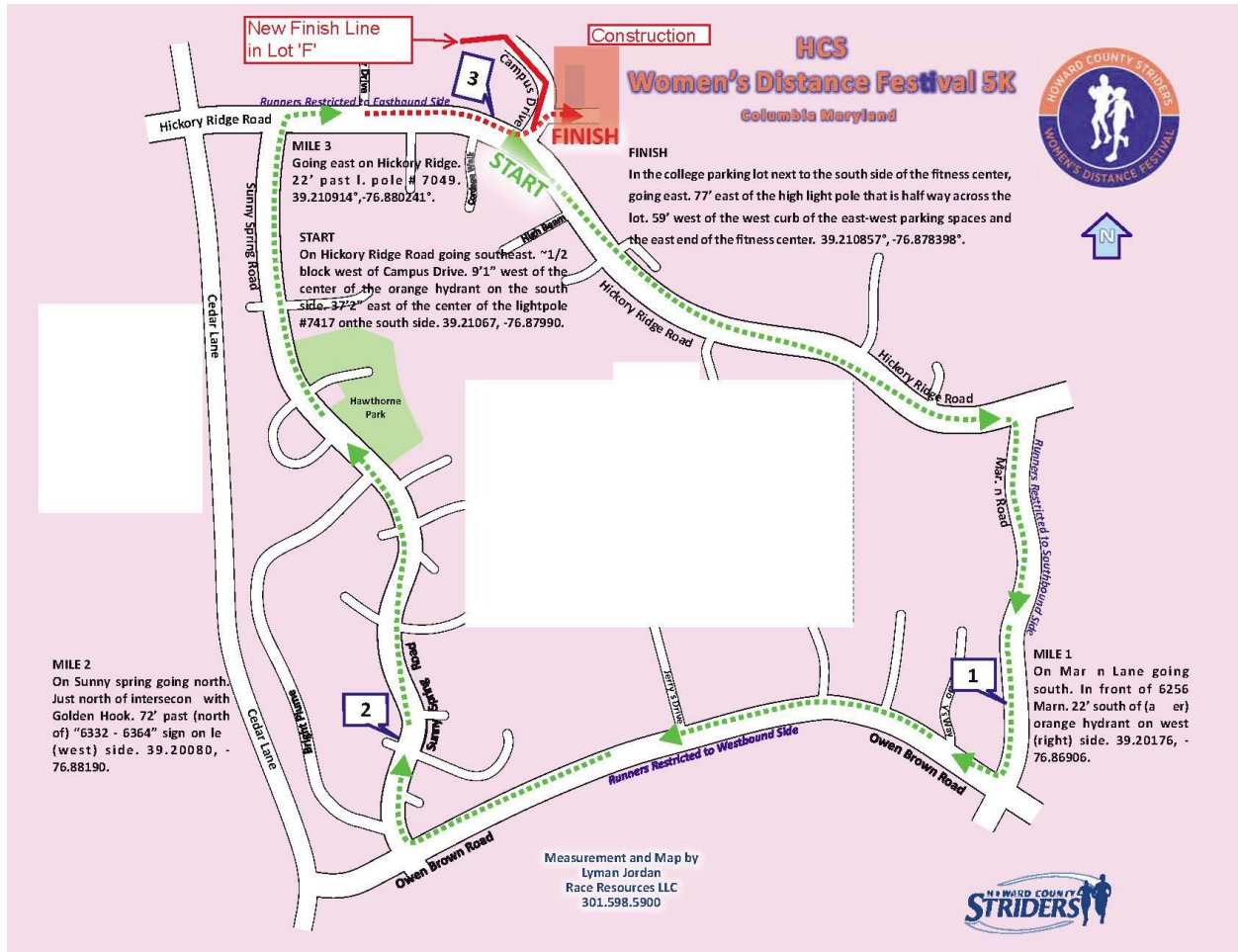
Start/Finish Layout





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Course Map





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