

PRINCE GEORGE'S RUNNING CLUB *presents*

# Women's Distance Festival 5K Run

*and*

## Estimated Time Fun Run/Walk

*... FOR ALL!*



*Benefit for*  
**BIG BROTHERS/  
BIG SISTERS**  
*of the National Capital Area*

GIRLS JUST WANNA HAVE FUN...

**Saturday August 29, 2009**  
College Park, MD

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### 22nd Annual Women-Only 5K 8:00 a.m.

#### Awards and prizes:

- Top three overall, masters (40+), and 5-year age groups (19 and under, 20-24, ... 65-69, 70+).
- T-shirts for all participants.
- Post-race refreshments
- Random prizes

*No team scoring*

#### Registration and Fees: **RACE DAY = \$30**

##### DISCOUNTS:

- Bring a friend—Two or more registering together receive \$5 discount each.

##### **No team scoring**

- Early registration—through 8/16: \$20 individual, \$15 group
- Pre-registered—8/17 through 8/27:\* \$25 individual, \$20 group  
*\*Do not mail after 8/21.*
- PGRC member discount—\$5
- Student/senior (65+) discount—\$5

**Online Registration:** [www.GetMeRegistered.com](http://www.GetMeRegistered.com)  
or mail to:

Lucy Younes, 4008 Oglethorpe Street, Hyattsville, MD 20782

*Make checks payable to PGRC*

### Estimated Time Fun Run/Walk 9:00 a.m. (Same 5K course)

You predict how long it will take you to cover 5K (3.1 miles) and turn in your watch. Winners are the three nearest their estimated times — **not** the fastest!

**Location:** Meets at 94th Aerosquadron Restaurant, 5240 Paint Branch Parkway, College Park, MD. Flat, fast course through Paint Branch Stream Valley Park looping around Lake Artemesia.

#### Packet pickup & race day registration:

- WDF—7:00-7:45 a.m.
- ET Fun Run—8:00-8:45 a.m.

**Directions:** From Capital Beltway, exit #23, Kenilworth Ave. south. Go about two miles; turn right on Paint Branch Parkway. Entrance to 94th Aerosquadron Restaurant approximately ¼ mile on right.

For more information, see [www.pgrc.org](http://www.pgrc.org),  
e-mail [lyounes@aol.com](mailto:lyounes@aol.com), or call 301-927-1924

**REGISTER TODAY!**

(see other side)

# REGISTRATION

Race:  Women's 5K

Estimated time 5K

Predicted time: \_\_\_\_\_ mins.: \_\_\_\_\_ secs.

NAME \_\_\_\_\_  
Please print First Middle Initial Last

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

EVENING PHONE \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ EMAIL \_\_\_\_\_

DATE OF BIRTH: \_\_\_\_\_ AGE ON RACE DAY: \_\_\_\_\_

CLUB:  PGRC  Other \_\_\_\_\_

T-SHIRT SIZE: Please indicate sizing preference:

S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_

**Additional donation to the Big Brothers Big Sisters**

\$ \_\_\_\_\_

Entry and waiver **MUST** be signed by runner (parent or guardian if runner is under 18)

I know that running is a potentially hazardous activity and that I should not enter and run in this race unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely compete in the run. I assume all risks associated with running including, but not limited to, falls, contact with other participants, the effects of the weather, including heat and high humidity, and the condition of the path or road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my enrollment, I, for myself and anyone entitled to act on my behalf, waive and release the Prince George's Running Club, the Maryland National Capital Park and Planning Commission, the Road Runners Club of America, the 94th Aerosquadron Restaurant, plus all event partners, sponsors, volunteers, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this race even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. If I am signing this waiver as parent or legal guardian on behalf of the minor(s) named above, I agree to be responsible for the conduct and safety of the minor(s), and I recognize and assume the risks described above on behalf of those minor(s).

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

WITH THANKS TO:

