

33rd Annual

Women's Distance Festival

5K

Run and Walk

JUNE 30, 2019

Albuquerque Road Runners

7:00 am START

Location: **SIPI Campus**

9169 Coors Rd NW, ABQ NM

Albuquerque Road Runners
WOMEN'S DISTANCE FESTIVAL
P.O. Box 20011
Albuquerque, NM 87154

33rd Annual

Women's Distance Festival

5K RUN & WALK

Sunday, June 30, 2019
7:00 am START

Albuquerque Road Runners invites you to our 33rd annual women-only race on the flat, fast course at SIPI on the West Side!

All finishers receive special goodies!

Proceeds benefit **RUNNING 505**



www.running505.com

AGE DIVISIONS

0-14	15-19	20-24	25-29	30-34
35-39	40-44	45-49	50-54	55-59
60-64	65-69	70-74	75 and up	

AWARDS

5K RUN	Top 3 Overall Finishers Top 3 Masters Top 3 in each Age Group
5K WALK	Top 3 Overall Finishers

Visit us at
www.abqroadrunners.com

TO REGISTER

- Complete and mail registration form with check payable to:
ABQ Road Runners, Women's Distance Festival, P.O. Box 20011, Albuquerque, NM 87154
- OR **online** at RaceEntry.com
- OR at **Packet Pickup** OR on **Race Day** 6-6:45 am

PACKET PICKUP on Saturday, June 29

12 noon to 4 pm at SPORT SYSTEMS
6915 Montgomery NE 87111 | 505.837.9400



Location: SIPI Campus
9169 Coors Rd NW (South of Paseo del Norte)

<http://www.usatf.org/routes/view.asp?rID=468347>

REGISTRATION FORM Women's Distance Festival 2019

Name _____
 Address _____
 City _____ State _____ Zip _____
 Phone _____
 Email _____
 Age on 6/30/2019 _____ Date of Birth _____

5K RUN _____ 5K WALK _____ BIB# _____

ENTRY FEE	Packet	RACE
ARR MEMBERS: _____ \$25	June 22 Pickup	DAY
Non-Members: _____ \$30	_____ \$30	_____ \$35
	_____ \$35	_____ \$40

Payment method: Cash _____ Check # _____

SHIRT SIZE (Circle one): S M L XL XXL

(Shirts are in women's fit and sizing - Select one size up.)

WAIVER: Please Sign!

I know that participating in 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 ability to safely complete the race. I assume all risks associated with running or walking in this event including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/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 acceptance of my entry, for myself, and anyone entitled to act on my behalf, I agree to release the Albuquerque Road Runners Club, the City of Albuquerque, Southwestern Indian Polytechnic Institute, Road Runners Club of America, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recording, or any other record of this event for any legitimate purpose. I understand that bicycles, skate boards, baby joggers, roller skates or blades, animals, and radio headsets and ipods are not allowed in the race and I will abide by this guideline.

Participant Signature _____ Date _____
Signature of parent or guardian if under 18 _____