

## ABOUT Delco RRC

[www.delcorrc.com](http://www.delcorrc.com)

The Delaware County Road Runners Club has been running for fun and fitness since 1972. We have a membership of more than 200 runners, walkers and triathletes of all ages and abilities.

Our yearly events calendar includes the Tyler Arboretum 10k Trail Run, Elwyn Maximum 5k Run, Jr. Development Track Meet, Running of the Monk, Women's Distance Festival 5k Run/Walk, Delco XC High School Championships and Thanksgiving Volkswanderung.

### Come run or walk with us\*:

**Saturdays:** 9:00 AM

Harris Elementary School, Sharon Ave,  
Collingdale

Ridley Creek State Park, Gate at Barren &  
Chapel Hill Rds, Media

8:00 AM Media Community Ctr, Third &  
Jackson Sts, Media

**Sundays:** 7:30 AM and 9:00 AM

Springfield Library, 70 Powell Rd, Springfield

**Mondays:** 6:30 PM

Ridley YMCA, South Ave, Secane

**Tuesdays & Thursdays:** 6:30 PM

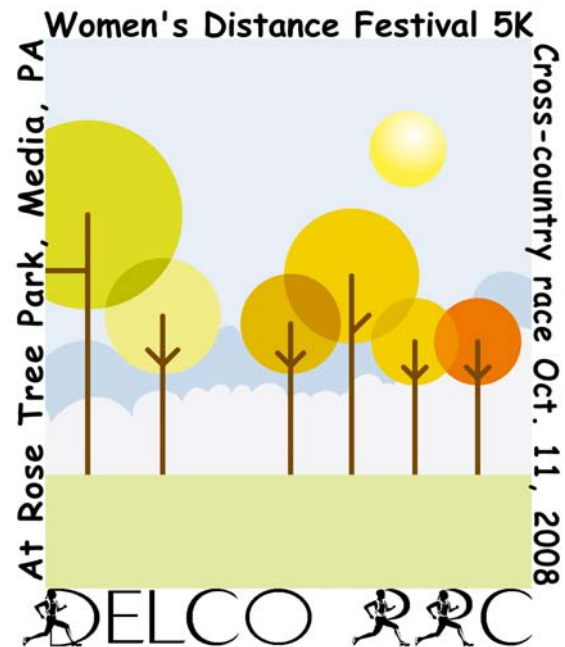
Springfield Library, 70 Powell Rd, Springfield

**Wednesdays:** 6:30 PM

Swarthmore Presbyterian parking lot Harvard  
Ave, Swarthmore

\*Subject to change

DELCO RRC PRESENTS AN RRCA EVENT



Run/Walk starts at 10:00 AM, rain or shine

The 29<sup>th</sup> annual WDF celebrates the determination and grit of women runners, and we're doing it again **cross-country style**. The grassy surface is kinder on the joints than pavement, with the challenge of rolling hills and a single creek crossing.

*Part of*  
**A Delco RRC Doubleheader:**  
*A Day of Champions*

After the WDF, the high schoolers take over, competing in the 45<sup>th</sup> Annual Delaware County Cross-Country Championships.

**Delco RRC**  
P.O. Box 1811  
Media, PA 19063  
[www.delcorrc.com](http://www.delcorrc.com)  
[info@delcorrc.com](mailto:info@delcorrc.com)

**DELCO ROAD RUNNERS CLUB**  
Celebrating running since 1972

Race official only: Bib # \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_\_

Email \_\_\_\_\_

Date \_\_\_\_\_

Race Day Age \_\_\_\_\_  Male  Female

T-shirt  Small  Medium  Large  XL

\_\_\_\_\_ Amount enclosed

\_\_\_\_\_ Additional tax-deductible contribution

*Delco RRC is a charitable 501(c)(3) organization that promotes running for fun and fitness for people of all ages and abilities.*

**WAIVER: Entrants must complete and sign**

I understand that running races are potentially hazardous activities. I attest that I am medically able and properly trained to participate in this event. I agree to abide by any decision of race officials about my ability to safely complete the run. I assume all risks associated with running and participating in club events including, but not limited to, falls, contact with other participants, the effects of the weather (including high heat and/or humidity), conditions of the road, and traffic on the course, all such risks being known, unknown and appreciated by me. Having read this waiver and knowing these facts, and in consideration of acceptance of this application, I, the undersigned, intend to be legally bound—and for anyone entitled to act on my behalf—to waive and release the Road Runners Club of America, United States Track and Field, Delco RRC, Upper Providence Township, Delaware County, Run the Day Race Management, and all sponsors, their representatives and their successors, from all claims and liabilities of any kind arising out of my participation in these club activities, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I also give permission for free use of my name and photograph in any broadcast, telecast or other accounts of the event.

Signature \_\_\_\_\_ Date \_\_\_\_\_  
(Parent/Guardian signature required if runner is under 18.)

**Distance:** 5K Run/Walk (3.1 miles)

**When:** Saturday, Oct. 11, 2008.

Registration opens at 9:00 AM at gazebo;  
race starts at 10:00 AM

**Where:** Rose Tree Park  
1671 N. Providence Road, Media, PA

**Entry fees:**

**\$15** Postmarked by Sept. 30, 2008

**\$20** Oct. 1 through race day

**Student discount:** ages 18 and under,  
save \$5 [**\$10** by Sept. 30; **\$15** after]

*Long-sleeve Ts for first 100 registered*

*Timed with radio-frequency DAG chips by*



**Register at [www.RunTheDay.com](http://www.RunTheDay.com) or mail attached form, with check payable to Delco RRC, to Amy Binder  
254 Clover Circle, Media, PA 19063**

*Join us for training runs on the course every Thursday in September at 6:30 pm, or as long as we have daylight. Questions? Call (610) 891-0806 or email [amy@amyink.com](mailto:amy@amyink.com)*

**Awards:**

- Gift certificates to **The Running Place**  
1<sup>st</sup> place: \$50 value; 2<sup>nd</sup> place \$40 value;  
3<sup>rd</sup> place: \$30 value
- Top three in age groups:  
18 & under; 19-29; 30-39  
40-49; 50-59; 60 & over

*Men may enter, but only women win awards  
No duplication of awards*



The **Women's Distance Festival** was created by the Road Runners Club of America in 1979 to bring attention to the lack of women's distance running events in the **Olympic Games**. The first WDF was held on July 13, 1980, the date of the men's marathon at the Moscow Olympics. Today, WDF events nationwide commemorate the history of a **woman's right** to participate in running events **at any distance** and **at any age**. The WDF, hosted by RRCA-affiliated running clubs, is a celebration of the determination and dedication of women runners, while promoting the benefits of a healthy diet and exercise.

**Delco RRC** has been hosting the **WDF** since 1980, encouraging all women to take the time for **personal fitness**. The club also hopes to encourage the **younger generation** to make **regular exercise** an integral part of their lives.

As always, special thanks to **our sponsors:**



**BRAZILL INSURANCE & INVESTMENTS**



Devon  
821 Lancaster Ave.  
Wayne, PA 19087  
610.688.9400

