

FREDERICK WOMEN'S DISTANCE FESTIVAL

Saturday, August 1, 2026

Student Center, Frederick Community College

7932 Opossumtown Pike, Frederick, MD

[DIRECTIONS](#)

[COURSE MAP](#)

[RACE WEBSITE](#)

It's almost race day and we can't wait to see you on Saturday! Please read through this information carefully so that you are prepared.

Early Packet Pickup - Frederick Community College Student Center

Picking up your packet on Thursday/Friday will save you time on race morning. Enter at the main door of Student Center and follow the signs to the second floor. As an added incentive, we'll be doing random prize drawings at early packet pickup on Thursday AND *giving away* previous years race shirts both days (while supplies last). The Grand Prize at the random prize drawing on Thursday is a **\$500 Shopping Spree** at Nelson-Coleman Jewelers in Frederick!

We highly recommend early packet pickup if you can make it to avoid lines and congestion on race morning.

- Thursday, July 30, 4-7pm, Frederick Community College Student Center
- Friday, July 31, 4-7pm, Frederick Community College Student Center

Race Day Schedule

- Packet Pickup: 6:45am - 8:00am (inside main lobby of Student Center)
- Little Women 1K Fun Run: 7:30am
- Begin lining up for 5K: 7:45am
- Athletes Serving Athletes Start: 7:55am
- General 5K Start: 8:00am
- Expo/Celebration: 6:30am - 10:00am

NOTE: We know that you will want to spend time visiting with your friends, getting your photo taken at the Photo Booth, grabbing something from the food trucks, etc, so we will not be holding a formal awards ceremony. And as much we have enjoyed our awards ceremony in the past, we've just gotten too big to gather everyone.

If you think you may have won an award, check your results by scanning the QR code on your bib or check at one of the Results Kiosks next to the Awards tent. If you are an award winner come to the Awards table to pick up your award.

Race Day Parking (see diagram below)

Enter the Frederick Community College campus at the main (first) entrance. We'll have signs out on Opossumtown Pike to guide you. Follow the signs to the following parking lots: Staff Lot, Lots 2 and 3, and the FCC Parking Deck.

If you arrive after 7:25am, you will need to enter at the second entrance to FCC, since the road around the Student Center will be closed to traffic in order to set up the start line.

If you need to leave the race site early (before 9:10am), please consider parking at the Career Tech Center (first left after entering campus at the main entrance). This will keep your vehicle off of the race course while there are still runners/walkers finishing up.

Be aware that there are **speed cameras** on Opossumtown Pike. Stay under the 35mph speed limit before and after the race to avoid an unpleasant surprise speeding ticket in the mail.

Race Day Expo and Celebration

Stick around after the race to enjoy our expo, post-race celebration, and awards.

Runners will receive snacks, water, medals, and an ice-water cooling towel at the finish line. We will also have two food trucks for you and your cheer crew! Participants in the Little Women 1K will receive a ticket for a free mini-cone from the GlamourView Creamery food truck!

Get your photo snapped at our photo booth in front of the Student Center next to the awards tent. All photos will be available for free download!

Check out the merchandise for sale at some of our booths and please remember to thank our sponsors who are attending, as well as our volunteers. We couldn't put on this race without them!

Stride Forward Foundation Club is a student-led nonprofit initiative based at Urbana High School that collects gently used running shoes and redistributes them to underserved track and cross-country athletes. Visit their expo table on race day to learn more about their mission, donate gently used running shoes, or support their efforts to help young athletes access quality footwear.

Other Information

Bag Check is not necessary since there is plenty of parking close to the Student Center.

Weather: It's August and heat is not unusual. Take it easy, stay hydrated and don't push too hard if you're not fully acclimated to summer running. While there doesn't appear to be any rain in the forecast, we are always prepared for surprise storms. If we are faced with an actual thunderstorm with lightning, we may need to consider a short delay while the storm passes.

Water Stops: There will be two water stops along the course, but if you feel you might need additional hydration, you might want to carry your own water.

Timing: The race is timed using the chip on the back of your bib. Wear your bib pinned to the front of your shirt, and do not remove, fold, or squish the chip. Except for our overall winner who are scored according to gun time, your finish time is calculated from the time you cross the start mat until you cross the finish line.

Fun Run: The Little Women 1K Fun Run will start at 7:30am near the Arch set up in the parking lot. Note that this is not the same as the 5K start. Adults may run along with their little runners and strollers are allowed. The **course** is set up away from the main road, is well-marked, and is staffed with our volunteer course marshals. Each participant will receive a medal when they return to the finish line. If you need to pick up a bib on race morning for your little runner, we recommend that you arrive no later than 7:00am.

5K Start/Finish: The start is out on the road in front of the parking lot and the finish line is at the arch in the parking lot. Please line up according to your expected pace. Our elite runners who run faster than 8:00 min/mile should line up at the starting line. Everyone else should line up according to expected pace behind the volunteers holding pace signs. Walkers should line up at the back. It takes a little while to get everyone lined up, so we suggest you head over to the start by 7:45am.

Strollers: Strollers are allowed in the 5k, but you **MUST** walk. For everyone's safety, stroller participants are not permitted to run. Participants running with strollers are subject to disqualification. The sports chairs used by the Athletes Serving Athletes organization are exempt from this rule.

Headphones: Enjoy the race and your fellow runners, and stay alert on the race course. Headphones are strongly discouraged.

Not Allowed: Dogs, bicycles, skates, and other wheeled conveyances are NOT allowed on the course.

Bib transfers are not permitted. Please do not give your bib to someone else if you are unable to use it. Tabulating results with inaccurate identities just doesn't work well for anyone.

Results: Your bib will have a QR code on it that can be scanned to retrieve real-time results. You may also check your results at the kiosks next to the Awards tent. We encourage you to check your results so that we have an opportunity to correct any discrepancies before the awards are distributed. If you do not complete the full race course, please do not cross the finish line.

Restrooms are located inside the Student Center. If the ones on the first floor are crowded, head up the stairs to the second floor. There are no facilities along the course.

QUESTIONS?

If you have questions about the race, take a look at our [FAQ Page](#) and/or ask the [WDF Chatbot](#). If you don't find the answer you're looking for, send email to info@frederickwdf.com and we'll get right back to you!

A FINAL WORD

We are truly thankful for the support that we continue to receive from our participants, sponsors, and volunteers! The Frederick Steeplechasers Running Club will again be donating the proceeds to the Women's Giving Circle of Frederick County, supporting women in our community who are facing obstacles and challenges.

Happy Running

Harriet Langlois, Race Director, Frederick Women's Distance Festival



Welcome to Frederick Community College

A Annapolis Hall

Adult Services, Veteran Services, Services for Students with Disabilities, Adult Education (GED), ESL, Institutional Advancement, Mail Room, Administrative Offices

B Braddock Hall

Math Learning Center, Faculty Offices, Classrooms

C Catoclin Hall

Science Labs, Computer Labs, Faculty Offices, Classrooms, Student Lounge in Upper B/C Knuckle

D Athletics Center

Gymnasium, Weight Room, Classrooms, Athletics, Faculty Offices, Locker Rooms

E Conference Center

Large and Small Meeting Rooms, Technology Labs, Continuing Education & Workforce Development

F Visual & Performing Arts Center

JBK Theatre, MCH Art Gallery, FCC Studio Theatre, Music Classrooms & Practice Rooms, Art Classrooms, Mac Classroom & Lab, Faculty Offices

G Gambrell Hall

Human Resources, Purchasing, Fiscal Services, IT Services, Risk Management and Public Services, Administrative Offices

H Student Center

Cougar Grille, Bookstore, Multicultural Student Services, Security, Center for Student Engagement, Student Government Association, Honors College Classroom & Lounge, Tutorial Services, Faculty Offices, Student Lounges

J Jefferson Hall

Welcome Center, Admissions, Registration & Records, Student Accounts, Counseling & Advising, Career & Transfer Center, Financial Aid, Office of Diversity, Equity, and Inclusion, Learning Support Offices

K Mercer-Akre Klin

L Linganore Hall

Learning Commons, Allied Health/Nursing Labs, Testing Center, Video Classroom & Lab, Language Lab, Faculty Offices, Classrooms, Student Lounge, Staff Lounge, Distributed Learning offices, IT Help desk, Dual Enrollment

M The Carl and Norma Miller Children's Center

P Plant Operations

S Sewardner Hall

Lecture Hall

In case of an emergency Call 2453 or 4444 on campus or 301.846.2453 off campus or on your cell.

Evacuation Locations

Accessible Parking

Electric Car Charging

For information on accessible routes, please visit our website at frederick.edu