

Thank you for registering for the 2026 Frederick Summer Solstice 8K!

Saturday, June 13, 7:30pm

Walkersville Volunteer Fire Company, 79 W. Frederick St, Walkersville, MD

Race Day is almost here! Please read these instructions carefully and completely so that you're prepared.

Weather Forecast:

At this point, the forecast is for warm temperatures with a chance of thunderstorms. The event is held rain or shine but we're hoping for more shine and less rain! We encourage our runners to stay hydrated and take it easy if it's very hot on race night.

Of course, the forecast could change several times before Saturday!

Early Packet Pickup:

Thursday, June 11, 4-7pm at Charm City Run, 925 W. Seventh St, Frederick

We encourage local runners to avoid race-night packet pickup lines by coming to early packet pickup. As an added incentive, show your Summer Solstice 8K bib at Charm City on June 11 and get 15% off store purchases.

Race Day Reminders

Race Venue: Walkersville Volunteer Fire Company, 79 W. Frederick St, Walkersville, MD

Parking: Parking is in the field behind the Fire Company. Please approach from the south end of W. Frederick St off of Woodsboro Pike (Rt 194) to avoid the start/finish line where our timer will be setting up. Follow signs and volunteer directions. (See Diagram below).

Packet Pickup: Race night Packet Pickup will be held 6:00-7:30pm at the race venue. After picking up your bib, you'll be directed to the shirt table and then the ID check table if you would like to get an over-21 wristband ahead of time. ID Check will remain open throughout the evening if you prefer to wait.

Shirts: If you registered after the shirt deadline of May 13, you may not have been able to choose your desired shirt style/size. Please return to the shirt table race night after packet pickup if you would like to exchange your shirt (or get one if you didn't select a shirt at all).

Start Staging: We'll be lining up on W. Frederick St. Line up generally according to your expected pace. Fast runners up front, slower runners towards the back. The rest of you somewhere in the middle! There is NO hurry; your start time will be recorded when you cross the starting line. There will be a lead cyclist with an orange volunteer shirt for the front-runners.

Water Stops: There are three water stops along the course at mile 1.7, 2.5 and 4.0 miles.

Finish Line: At the finish line you will be handed an ice-cold cooling towel and we will have tables with Grab 'n Go food bags. fruit, water, and sports drink. Keep moving through the finish

chute, grab your food and beverages and exit the finish line area to make room for others. Please don't bunch up at the finish line. Proceed to the race celebration area.

Bib/Timing Chip: The race is timed using the chip on the back of your bib. Pin your bib to the front of your shirt and do not remove, fold, or mutilate the chip. Your finish time is calculated from the time you cross the start mat until you cross the finish line. Note: Overall winners are scored **by clock time**.

Not Allowed: Dogs, strollers, bicycles, and skates, are NOT allowed on the course and will result in disqualification. Exceptions: Athletes Serving Athletes sport chairs are permitted in the 8K and strollers are permitted in the One-Mile Fun Run. Small children in strollers do not need to be registered to participate in the Fun Run as long as their adult is registered.

Headphones: Enjoy the race and your fellow runners, and stay alert on the race course. For your safety and the safety of those around you, headphones are discouraged.

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 leads to inaccurate results and possible unfair awards. (See the [FSRC Policy](#))

Weather Policy: We love the summer season, but occasionally the weather can be uncooperative. At the discretion of the Race Director, medical personnel, and Walkersville Town officials, the race may be postponed for up to 30 minutes, changed to an untimed Fun Run, or canceled due to severe weather.

Medical Support: Medstar Health will be at the finish line and on the course to provide assistance to participants.

Results/Awards: We know that our runners love the live-music party, so we won't be interrupting the entertainment with an awards ceremony. You may check your results by scanning the QR code on your bib to see if you've won an award. You can also check your results at the kiosks next to the Awards table. Awards will be available for pickup (same location as packet pickup) as soon as results are finalized. We encourage you to check your results so that we have the opportunity to work with the timer to correct any discrepancies before awards are distributed.

Expo: Our sponsors help us to keep our race fees as low as possible so that we are able to continue our support of Blessings In A Backpack. Please stop by their race-night booths to thank them. Our Premier Sponsor, MedStar Health will be hosting a Recovery Zone in the celebration area after the race. The MedStar team will be offering massages, zero-gravity chairs, Normatec compression sleeves, ice packs and cold towels -- all designed to help you recharge, recover, and feel your best after your race.

Race Night Party:

We are thrilled to offer a first-class party this year, featuring drinks by **RAK Brewing**. Runners are provided with a drink ticket (attached to the race bib) for one alcoholic or non-alcoholic beverage. You **MUST** bring your ID to get a wristband in order to be served beer. **NO EXCEPTIONS.** We don't care how old you look!

ID Check will be available at the packet pickup building.

Additional drink tickets can be purchased by runners, volunteers, and spectators for \$7 (beer) and \$2 (soft drinks). Tickets are not sold at the beer service tent so make sure you have a ticket before getting in line there.

Beverage Service is scheduled for 7:30-10:00pm

Non-alcoholic beverages: If beer isn't your thing, you can use your drink ticket for non-alcoholic beer (served at the beer tent) or other soft drink (served at the Non-Alcoholic Drink Tent).

Food: If you're going to stick around and the finish line snacks aren't quite enough, we'll have two food trucks onsite: Traditional Authentic Mexican Food and Cryin' Johnnie's hot dogs. Please consider making it worth their while to show up at the race.

The **Milk Mountain Band** is an awesome local band. They will be playing from 8:00-10:00pm. Bring a chair or a blanket and settle in for a fun night.

Questions

Still have questions? Send email to info@frederickss8k.com

Thank you for supporting our race and Blessings In A Backpack!

Harriet Langlois

Race Director, Frederick Summer Solstice 8K

Frederick Steeplechasers Running Club

