

ABOUT Delco RRC
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, 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 Elem. 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: 6:30 PM

Springfield Library, 70 Powell Rd, Springfield

Wednesdays: 6:30 PM

Swarthmore Presbyterian parking lot Harvard
Ave, Swarthmore

Thursdays: 6:30 PM

Springfield Library, 70 Powell Rd, Springfield
The old Oakmont Elem School, Darby & Eagle Rds.,
Havertown

Subject to change

Delco RRC presents
an RRCA event *cross country style!*



5K CROSS COUNTRY RUN/WALK
10:00 am, Saturday, OCT. 16, 2010
At Rose Tree Park (rain or shine)
1671 N. Providence Road, Media, PA
www.WomensDistanceFestival.com

BUDDY UP: Join our training runs in
September and tackle this great
cross country course with confidence.

Free training runs on the Rose Tree course
every Thursday starting September 9th at
6:30 p.m. sharp (and 15 minutes early the
final week as daylight fades).

Benefits **Philly Girls in Motion**



The **31st Annual WDF** celebrates the
determination and grit of women runners, and
we're doing it again **cross country style**. The
grassy course covers rolling hills and a single
creek crossing.

www.WomensDistanceFestival.com

Delco RRC
P.O. Box 1811
Media, PA 19063
www.delcorrc.com | info@delcorrc.com

Oct. 16, 2010: A Delco RRC Doubleheader:

A Day of Champions

The day starts with the 31st Annual Women's Distance
Festival; in the afternoon, the high school athletes
take over, competing in the 47th Annual Delaware
County Cross Country Championships.

DELCO ROAD RUNNERS CLUB

Race official only: Bib # _____

Name _____

Address _____

Phone (____) _____

Email _____

Date _____

Race Day Age _____ Male Female

T-shirt Small Medium Large XL

Check enclosed, payable to Delco RRC

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 or promotion of the event.

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

Long-sleeve Ts for first 150 registered

Entry fees (no refunds):

\$15 Postmarked by Sept. 24, 2010

\$20 Sept. 24 through race day

Student discount: ages 18 and under, save \$5 [**\$10** by Sept. 24; **\$15** after]

Special Buddy Up Discount:

Two entries for **\$25** when you register together with a buddy by **Sept. 24**.

Mailed entries only; no online discount.

Online registration:

www.Womensdistancefestival.com

Mail-in registration: Send to Dawn Patterson, 626 Sherman Road, Springfield, Pa. 19064.

Questions? Sunsetmk@aol.com

Awards (no duplication of awards)

- Gift certificates to **The Running Place** for overall winners: 1st place: \$50; 2nd place \$40 ; 3rd place: \$30
- Top three in age groups: 14 & under; 15-19; 20-29; 30-39 40-49; 50-59; 60 & over

Men may enter, but only women win 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**. Today, WDF events nationwide commemorate the history of a **woman's right** to participate in running events of any distance and at any age. **Delco RRC** has been hosting the **WDF** since 1980, encouraging women at all stages of their lives to take the time for **personal fitness**.

For the first time, we'll be supporting Philly Girls in Motion, which is a volunteer driven organization that engages girls in activities that

encourage fitness and good nutrition. In turn, the organization supports healthy body image, confidence and good decision making processes. Additionally, proceeds will help **Delco RRC** in its efforts to **promote running for fun and fitness**, including the Cross Country Championships and the Junior Development Track Meet for students.

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



Bamboo Nails and Spa
www.bamboonails.com

State Farm Insurance, Rose Pennington
Rose.pennington.buzn@statefarm.com

MAILSOURCE INC.
JSANTELLA@MAILSOURCEONLINE.COM

Gregory Milbourne, Psy.D.
Licensed Psychologist
Custom Bagels
Robert Lista Plumbing 484-432-6039
Burlap and Bean Coffee