Thank you for registering for the 2024 Virtual Frederick Women's Distance Festival!

Race Packet

We started to ship out race shirts via First Class US Mail on July 26. We'll continue shipping out packets as new participants register until registration closes on August 4th. If you find a problem with your shipment, please email info@frederickwdf.com and we'll address it right away.

Is there a race bib for the virtual race?

You can download your digital race bib for printing by looking up your registration.

Go out and Run or Walk your Race

It's simple. Go out and run a 5K (3.1 miles or thereabouts) anytime race weekend, August 3-4 You can run in your neighborhood, on the trails, or on a treadmill. If you plan to submit your results, it's best to use a GPS Running/Fitness app like Map My Run, Strava, or a Garmin watch, or another timing device.

Results

You will be able to optionally submit your 5k finish time and be listed in the results. Make sure that you submit your results by August 6.

Submit virtual results at the RunSignUp results page. The results upload button will activate on August 3.

Photos:

We can't wait to see your photos! Please post and tag #frederickwdf either on your own social media or on our facebook event.

Finisher's Certificate

You will be able to download a special finisher's certificate for your 5k race. Just bring up your result from the [Results Page](#), and click on the Certificate button.

QUESTIONS?

Check out our [FAQ page](#) or send email to info@frederickwdf.com

A Final Word

We are happy to provide a virtual option for our 2024 race, and we're truly thankful for the support that we continue to receive from our participants, sponsors, and friends! 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 continue to face so many obstacles and challenges this year.

Happy Running!

Harriet Langlois
Race Director, Frederick Women's Distance Festival