



29th Annual Women's Distance Festival Grand Prix Series

"RUNNING IS A CELEBRATION OF THE HEART"

The 2018 Maryland Women's Distance Festival Grand Prix Series is sponsored by the Maryland RRCA and its participating RRCA clubs. Our WDF Grand Prix Series features 5K (3.1 miles) races for women runners and walkers of all ages and abilities. **Women who complete 5 or more of the following races are eligible to receive the WDF PARTICIPATION AWARD.** Complete the form below and **RETURN BY 09/08/2018.** You must register for each race separately. For more information about the individual races, please visit the Club web sites listed, contact the race directors as indicated, or email joannemallet@verizon.net.

April 14, 2018 8:00 a.m.
"Women's 5K By The Bay"
RASAC - HARFORD COUNTY RUNNING CLUB
 Tydings Park
 Havre de Grace, MD
 Christina Graber
 Katie Streib
womens5kbythebay@gmail.com
www.womens5kbythebay.com
www.runharford.com

May 13, 2018 9:30 a.m.
BALTIMORE RRC
 Hammerman Park
 Baltimore, MD
 Maureen Hall
 Valencia Hike
mhall@mdtiming.com
www.brcc.com

June 10, 2018 7:30 a.m.
HOWARD COUNTY STRIDERS
 Howard Community College
 Columbia, MD
 Melinda Krummerich
 Christine Merenda
wdf@striders.net
<http://www.striders.net/wdf>

June 10, 2018 8:00 a.m.
DCRRC
 Bluemont Park
 Arlington, VA
 Miguel Matta
miguel.matta@dcroadrunners.org
www.dcroadrunners.org

June 16, 2018 8:00 a.m.
"Run for Roses"
MONTGOMERY COUNTY RRC
 Wheaton Regional Park, Wheaton MD
 Christina Caravoulas 301-236-4869
run4roses@mcrrc.org
www.mcrrc.org

July 8, 2018 8:00 a.m.
WESTMINSTER RRC
 Union Mills, MD
 Liuda Galinaitis
 410-857-5427
liuda@netzero.com
www.wrrclub.com

July 14, 2018 7:45 a.m.
ANNAPOLIS STRIDERS
 West Annapolis Elementary School
 Annapolis, MD
 Kathleen Hanson
wdf5k@annapolisstriders.org
www.annapolisstriders.org

August 4, 2018 8:00 a.m.
FREDERICK STEEPLECHASERS
 Frederick Community College
 7932 Opossumtown Pike
 Frederick, MD
 Harriet Langlois
info@frederickwdf.com
www.frederickwdf.com
www.steeplechasers.org

August 12, 2018 8:00 a.m.
PRINCE GEORGE'S RUNNING CLUB
 Lake Artemesia
 5240 Paint Branch Parkway
 College Park, MD
 (Must park across the street at the Wells Ice Rink, where the Farmers Market is located on Saturdays)
 Rebecca Cormeny
rcormeny@aol.com
www.pgrc.org

2018 WDF Grand Prix Series Participation Award Registration

THIS FORM MUST BE SUBMITTED BY 09/08/2018 to ensure you will be included as an award winner. Check all the races you completed (**MUST BE AT LEAST 5**). Mail form to Joanne Mallet, 14358 Chesterfield Rd., Rockville, MD 20853. Or email: joannemallet@verizon.net. WE CANNOT GUARANTEE AN AWARD IF FORM IS SUBMITTED AFTER 9/08/18. **IF AWARD IS CLOTHING, WHAT IS YOUR SIZE** _____

Name: First _____ Last: _____

Street: _____

City: _____ State: _____ Zip: _____ Club: _____

Phone: _____ - _____ - _____ (D) _____ - _____ - _____ (E) e-mail _____

Even though only five are required for the participation award, please check **ALL WDF races** you completed.

- RASAC 4/14
 BRRC 5/13
 HCS 6/10
 DCRRC 6/10
 MCRRC 6/16
 WRRC 7/08
 ANNAPOLIS 7/14
 FREDERICK 8/04
 PGRC 8/12