



**30th Annual  
Women's Distance Festival  
Grand Prix Series**

"RUNNING IS A CELEBRATION OF THE HEART"

The 2019 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. Visit the Club websites for race information and online registration. **Women who complete 4 or more of the following races are eligible for the WDF PARTICIPATION AWARD and PARTY INVITATION. Complete the form below and RETURN BY 09/10/2019.** For more information email [joannemallet@verizon.net](mailto:joannemallet@verizon.net).

**June 09, 2019 7:30 a.m.**  
**HOWARD COUNTY STRIDERS**  
Howard Community College  
Columbia, MD  
Sam Kieley/Emily Howe  
[hcs.wdf.rd@gmail.com](mailto:hcs.wdf.rd@gmail.com)  
<http://www.striders.net/wdf>

**July 14, 2019 8:00 a.m.**  
**WESTMINSTER RRC**  
Union Mills, MD  
Liuda Galinaitis  
410-857-5427  
[liuda@netzero.com](mailto:liuda@netzero.com)  
[www.wrrclub.com](http://www.wrrclub.com)

**June 09, 2019 8:00 a.m.**  
**DCRRC**  
Bluemont Park  
Arlington, VA  
Miguel Matta  
[miguel.matta@dcroadrunners.org](mailto:miguel.matta@dcroadrunners.org)  
[www.dcroadrunners.org](http://www.dcroadrunners.org)

**July 21, 2019 8:00 a.m.**  
**BALTIMORE RRC**  
"Christmas in July"  
Lake Montebello  
Baltimore, MD  
Robin Goodwin  
[robingood@comcast.net](mailto:robingood@comcast.net)  
[www.brrc.com](http://www.brrc.com)

**June 15, 2019 8:00 a.m.**  
**MONTGOMERY COUNTY RRC**  
"Run for Roses"  
Wheaton Regional Park, Wheaton MD  
Christina Caravoulas 301-236-4869  
[run4roses@mcrrc.org](mailto:run4roses@mcrrc.org)  
[www.mcrrc.org](http://www.mcrrc.org)

**August 3, 2019 8:00 a.m.**  
**FREDERICK STEEPLECHASERS**  
"Little Women 1k" @ 7:30 a.m.  
Frederick Community College  
7932 Opossumtown Pike  
Frederick, MD  
Harriet Langlois  
[info@frederickwdf.com](mailto:info@frederickwdf.com)  
[www.frederickwdf.com](http://www.frederickwdf.com)  
[www.steeplechasers.org](http://www.steeplechasers.org)

**July 13, 2019 7:45 a.m.**  
**ANNAPOLIS STRIDERS**  
West Annapolis Elementary School  
Annapolis, MD  
Kathleen Hanson  
[wdf5k@annapolisstriders.org](mailto:wdf5k@annapolisstriders.org)  
[www.annapolisstriders.org](http://www.annapolisstriders.org)

**August 18, 2019 7:30 a.m.**  
**PRINCE GEORGE'S RUNNING CLUB**  
Lake Artemesia  
5240 Paint Branch Parkway  
College Park, MD  
(Park across the street at the Wells Ice Rink)  
Anwar Young  
[young.anwar@gmail.com](mailto:young.anwar@gmail.com)  
[www.pgrc.org](http://www.pgrc.org)

**2019 WDF Grand Prix Series Participation Award Registration**

**THIS FORM MUST BE SUBMITTED BY 09/10/2019** to ensure you will be invited to the **Annual Awards Party** and receive your award. Check all the races you completed (**MUST BE AT LEAST 4**). Mail form to Joanne Mallet, 14358 Chesterfield Rd., Rockville, MD 20853. Or email: [joannemallet@verizon.net](mailto:joannemallet@verizon.net). **IF AWARD IS CLOTHING, WHAT IS YOUR SIZE \_\_\_\_\_ AWARDS WILL NOT BE MAILED!**

Name: First \_\_\_\_\_ Last: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Club: \_\_\_\_\_

Phone: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ e-mail \_\_\_\_\_

Check ALL WDF races you completed. Must be at least 4. Submit by 09/10/2019 to guarantee award and party invitation!

• HCS 6/09    • DCRRRC 6/09     MCRRC 6/15     ANNAPOLIS 7/13

• WRRRC 7/14    • BRRRC 7/21    • FREDERICK 8/03    • PGRC 8/18