



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 go to <https://maryland-rrca.org/wdf-series> or email 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
<http://www.striders.net/wdf>
www.striders.net

June 09, 2019 8:00 a.m.
DCRRC
Bluemont Park
Arlington, VA
Miguel Matta
miguel.matta@dcroadrunners.org
www.dcroadrnners.org

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
mcrrcrunforroses.org/
www.mcrrc.org

July 13, 2019 7:45 a.m.
ANNAPOLIS STRIDERS
West Annapolis Elementary School
Annapolis, MD
Kathleen Hanson
wdf5k@annapolisstriders.org
www.annapolisstriders.org

July 14, 2019 8:00 a.m.
WESTMINSTER RRC
Union Mills, MD
Liuda Galinaitis
410-857-5427
liuda@netzero.com
www.wrrclub.com/wdf
www.wrrclub.com

July 21, 2019 8:00 a.m.
BALTIMORE RRC
"Christmas in July"
Lake Montebello
Baltimore, MD
Maureen Hall/Robin Goodwin/Valencia Hike
robingood@comcast.net
www.brcc.com

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
www.frederickwdf.com
www.steeplechasers.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)
Anthony Bell/Dave Roeder
wdf@pgrc.org
pgrc.org/races/womens-distance-festival-5k/
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. **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 • BRRC 7/21 • FREDERICK 8/03 • PGRC 8/18