



28th Annual
Women's Distance Festival
Grand Prix Series
"RUNNING IS A CELEBRATION OF THE HEART"

The 2017 Maryland Women's Distance Festival Grand Prix Series is sponsored by the Maryland RRCA and its participating RRCA clubs. Our WDF Grand Prix Series consists of 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 09/08/2017**. 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.

May 6, 2017 8:00 a.m.
"Women's 5K By The Bay"
RASAC - HARFORD COUNTY RUNNING CLUB
Tydings Park
Havre de Grace, MD
Sarah Lovelidge
womens5kbythebay@gmail.com
www.womens5kbythebay.com
www.runharford.com

May 13, 2017 9:00 a.m.
BALTIMORE RRC
Hammerman Park
Baltimore, MD
Robin Goodwin
robingood@comcast.net
www.brrc.com

June 11, 2017 8:00 a.m.
DCRRC
Bluemont Park
Arlington, VA
Miguel Matta
miguel.matta@dcroadrunners.org
www.dccroadrunners.org

June 17, 2017 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

June 24, 2017 7:30 p.m.
HOWARD COUNTY STRIDERS
6940 Columbia Gateway Drive
TD Ameritrade Bldg. Parking Lot
Columbia, MD
Melinda Krummerich
Christine Merenda
wdfhd@striders.net
www.striders.net

July 8, 2017 7:45 a.m.
ANNAPOLIS STRIDERS
West Annapolis Elementary School
Annapolis, MD
Kathleen Hanson
Maureen Hall
wdf5k@annapolisstriders.org
www.annapolisstriders.org

July 9, 2017 8:00 a.m.
WESTMINSTER RRC
Union Mills, MD
Liuda Galinaitis 410-857-5427
liuda@netzero.com
<https://sites.google.com/site/wrrclub>

August 5, 2017 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 13, 2017 7:30 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

2017 WDF Grand Prix Series Participation Award Registration

THIS FORM MUST BE SUBMITTED BY 09/08/2017 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 9/08/17. 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 5/06
- ☐ BRRC 5/13
- ☐ DCRRC 6/11
- ☐ MCRRC 6/17
- ☐ HCS 6/24
- ☐ ANNAPOLIS 7/08
- ☐ WRRC 7/09
- ☐ FREDERICK 8/05
- ☐ PGRC 8/13