



# 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, visit the Club web sites listed, contact the race directors, or email [joannemallet@verizon.net](mailto: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](mailto:womens5kbythebay@gmail.com)  
[www.womens5kbythebay.com](http://www.womens5kbythebay.com)  
[www.runharford.com](http://www.runharford.com)

**May 13, 2018 9:30 a.m.**  
**BALTIMORE RRC**  
 Hammerman Park  
 Baltimore, MD  
 Maureen Hall/Valencia Hike  
[mhall@mdtiming.com](mailto:mhall@mdtiming.com)  
[www.brrc.com](http://www.brrc.com)

**June 10, 2018 7:30 a.m.**  
**HOWARD COUNTY STRIDERS**  
 Howard Community College  
 Columbia, MD  
 Melinda Krummerich/Christine Merenda  
[wdf@striders.net](mailto: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](mailto:miguel.matta@dcroadrunners.org)  
[www.dcroadrunners.org](http://www.dcroadrunners.org)

**June 16, 2018 8:00 a.m.**  
**"Run for Roses"**  
**MONTGOMERY COUNTY RRC**  
 Wheaton Regional Park, Wheaton MD  
 Christina Caravoulis 301-236-4869  
[run4roses@mcrrc.org](mailto:run4roses@mcrrc.org)  
[www.mcrrc.org](http://www.mcrrc.org)

**July 8, 2018 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)

**July 14, 2018 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 4, 2018 8:00 a.m.**  
**FREDERICK STEEPLECHASERS**  
 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)

**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](mailto:rcormeny@aol.com)  
[www.pgrc.org](http://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 invited to the **Annual Awards Party** and receive your award. 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](mailto:joannemallet@verizon.net). **IF AWARD IS CLOTHING, WHAT IS YOUR SIZE** \_\_\_\_\_

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

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

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

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

**Check ALL WDF races you completed. Must be at least 5. Submit by 09/08/2018 to guarantee award and party invitation!**

- 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