

Women's Distance Festival Grand Prix Series

"RUNNING IS A CELEBRATION OF THE HEART"

The 2010 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 twelve 5K (3.1 miles) races for women runners and walkers of all ages and abilities. Women who complete 4 or more of the following races are eligible to receive the WDF PARTICIPATION AWARD. Complete the form below and RETURN BY 09/08/2010. For more information about the individual races, please visit the Club web sites listed, contact the race directors indicated, or email joannemallet@verizon.net. The complete schedule is also posted on the www.mdrcca.org website.

April 25, 2010 8:00 a.m.
"Women's 5K By The Bay"
 RASAC
 Tydings Park
 Havre de Grace, MD
 Sue Jacobs gusandsuerun@comcast.net
www.rasac.com

May 16, 2010 8:00 a.m.
BALTIMORE RRC
 Goucher College
 Towson, MD
 Christy St. Clair 410-661-7870
www.brrc.com

June 8, 2010 7:00 p.m.
DCRRC and WASHINGTON RUNNERS
 Bluemont Park, Arlington, VA

races@dcroadrunners.org
www.dcroadrunners.org

June 19, 2010 8:00 a.m.
"Run for Roses"
MONTGOMERY COUNTY RRC
 Wheaton Regional Park, Wheaton MD
 Nancy Betress
 Christina Caravoulas 301-236-4869
run4roses@mcrrc.org
www.mcrrc.org

June 26, 2010 8:00 a.m.
"Spring into Summer"
RESTON RUNNERS
 Reston YMCA
 Reston, VA
 Donna Miller Rostant
wdf@restonrunners.org
www.restonrunners.org

June 27, 2010 8:00 a.m.
The New Balance Baltimore Women's Classic 5K
 35th Running
 Rash Field-Inner Harbor, Baltimore, MD
 Laurie Amatucci 443-823-0673
laurie@baltimorewomensclassic.com
www.baltimorewomensclassic.com

July 10, 2010 7:45 a.m.
ANNAPOLIS STRIDERS
 West Annapolis Elementary School
 Annapolis, MD
 Jackie Talbott jacitalbott@verizon.net
 Roxanne Hatcher roxhatcher@yahoo.com
www.annapolisstriders.org

July 11, 2010 8:00 a.m.
WESTMINSTER RRC
 Union Mills, MD
 Liuda Galinaitis 410-857-5427
liuda@netzero.com
<http://www.carr.org/~wrrc>

July 11, 2010 8:00 a.m.
HOWARD COUNTY STRIDERS
 Howard Community College
 Columbia, MD
 Tacy Feliciano tlf_21_21@yahoo.com
www.striders.net

July 17, 2010 9:00 a.m.
WESTERN MARYLAND ROAD RUNNERS
 Rocky Gap State Park, MD
 Maureen Hall 301-729-7849
mhall@allconet.org
www.wmtiming.com

August 14, 2010 8:00 a.m.
FREDERICK STEEPLECHASERS
 Frederick Community College, Opossumtown Pike
 Frederick, MD
 Peggy Waxter
 301-663-8082
www.steeplechasers.org

August 28, 2010 8:00 a.m.
"WDF 5K Run for Haiti"
PRINCE GEORGE'S RUNNING CLUB
 Lake Artemesia
 College Park, MD
 Nick Panebianco
wdf@pgrc.org
www.pgrc.org

2010 WDF Grand Prix Series Participation Award Registration

THIS FORM MUST BE SUBMITTED BY 09/08/2010 to ensure you will be included as an award winner. Circle 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. WE CANNOT GUARANTEE AN AWARD IF FORM IS SUBMITTED AFTER 9/08/10. IF AWARD IS CLOTHING, WHAT SIZE DO YOU WANT? _____

Name: First _____ Last: _____

Street: _____

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

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

Even though only four are required for the participation award, please circle ALL WDF races you completed.

- RASAC 4/25 BRRC 5/16 DCRRC 6/08 MCRRC 6/19 RESTON 6/26 BALTIMORE WOMEN'S CLASSIC 6/27
 ANNAPOLIS 7/10 WRRR 7/11 HOWARD COUNTY 7/11 WMRR 7/17 FREDERICK 8/14 PGRC 8/28