



# 27th Annual Women's Distance Festival Grand Prix Series

"RUNNING IS A CELEBRATION OF THE HEART"

The 2016 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 09/08/2016**. 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](mailto:joannemallet@verizon.net).

**April 24, 2016 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](mailto:womens5kbythebay@gmail.com)  
[www.womens5kbythebay.com](http://www.womens5kbythebay.com)  
[www.runharford.com](http://www.runharford.com)

**July 9, 2016 7:45 a.m.**  
**ANNAPOLIS STRIDERS**  
 West Annapolis Elementary School  
 Annapolis, MD  
 Kathleen Hanson 410-693-4466  
[Khanson21401@yahoo.com](mailto:Khanson21401@yahoo.com)  
 Maureen Hall 240-522-9503  
[mhall@mdtiming.com](mailto:mhall@mdtiming.com)  
[www.annapolisstriders.org](http://www.annapolisstriders.org)

**May 14, 2016 7:00 p.m.**  
**HOWARD COUNTY STRIDERS**  
 6940 Columbia Gateway Drive  
 TD Ameritrade Bldg. Parking Lot  
 Columbia, MD  
 Melinda Krummerich  
 Christine Merenda  
[wdfrc@striders.net](mailto:wdfrc@striders.net)  
[www.striders.net](http://www.striders.net)

**July 10, 2016 8:00 a.m.**  
**WESTMINSTER RRC**  
 Union Mills, MD  
 Liuda Galinaitis 410-857-5427  
[liuda@netzero.com](mailto:liuda@netzero.com)  
<https://sites.google.com/site/wrrclub>.

**May 15, 2016 8:00 a.m.**  
**BALTIMORE RRC**  
 Lake Montebello  
 Baltimore, MD  
 Robin Goodwin  
[robingood@comcast.net](mailto:robingood@comcast.net)  
[www.brcc.com](http://www.brcc.com)

**August 13, 2016 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)

**June 14, 2016 7:00 p.m.**  
**DCRRC**  
 Bluemont Park  
 Arlington, VA  
 Alex Albertini  
[alexalbertini@gmail.com](mailto:alexalbertini@gmail.com)  
[www.dcroadrners.org](http://www.dcroadrners.org)

**August 21, 2016 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)  
 Jennifer Cormeny [jennifercormeny@yahoo.com](mailto:jennifercormeny@yahoo.com)  
 Charmaine Massiah [cmiah@msn.com](mailto:cmiah@msn.com)  
[www.pgrc.org](http://www.pgrc.org)

**June 18, 2016 8:00 a.m.**  
**"Run for Roses"**  
**MONTGOMERY COUNTY RRC**  
 Wheaton Regional Park, Wheaton MD  
 Christina Caravoulas 301-236-4869  
[run4roses@mcrrc.org](mailto:run4roses@mcrrc.org)  
[www.mcrrc.org](http://www.mcrrc.org)

### 2016 WDF Grand Prix Series Participation Award Registration

**THIS FORM MUST BE SUBMITTED BY 09/08/2016** 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](mailto:joannemallet@verizon.net). WE CANNOT GUARANTEE AN AWARD IF FORM IS SUBMITTED AFTER 9/08/16. **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 4/24   
  HCS 5/14   
  BRCC 5/15   
  DCRRC 6/14   
  MCRRC 6/18  
 ANNAPOLIS 7/09   
  WRRRC 7/10   
  FREDERICK 8/13   
  PGRC 8/21