



th Annual
Women's Distance Festival
Grand Prix Series

"RUNNING IS A CELEBRATION OF THE HEART"

The 2015 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 ten 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 09/08/2015**. 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.

April 26, 2015 8:00 a.m.
"Women's 5K By The Bay"
RASAC - HARFORD COUNTY RUNNING CLUB
 Tydings Park
 Havre de Grace, MD
 Sue Jacobs
 Sarah Lovelidge, lovelidge@gmail.com
www.womens5kbythebay.com
www.runharford.com

May 17, 2015 8:00 a.m.
BALTIMORE RRC
 Lake Montebello
 Baltimore, MD
 Robin Goodwin
robingood@comcast.net
www.brcc.com

June 7, 2015 7:00 p.m.
DCRRC
 Bluemont Park
 Arlington, VA
 Alex Albertini
alexalbertini@gmail.com
www.dcroadrunners.org

June 20, 2015 8:00 a.m.
"Run for Roses"
MONTGOMERY COUNTY RRC
 Wheaton Regional Park, Wheaton MD
 Christina Caravoulis 301-236-4869
run4roses@mcrrc.org
www.mcrrc.org

June 27, 2015 8:30 p.m.
HOWARD COUNTY STRIDERS
 Columbia Gateway Office Park
 Columbia, MD
 Melinda Krummerich
 Christine Merenda
wdfrd@striders.net
www.striders.net

June 28, 2015 8:00 a.m.
Baltimore Women's Classic 5K
 Rash Field
 Inner Harbor
 Baltimore, MD
events@charmcityrun.com
www.baltimorewomensclassic.com

July 11, 2015 7:45 a.m.
ANNAPOLIS STRIDERS
 West Annapolis Elementary School
 Annapolis, MD
 Sandra Kellstrom 240-460-1127
sandyg33@yahoo.com
www.annapolisstriders.org

July 12, 2015 8:00 a.m.
WESTMINSTER RRC
 Union Mills, MD
 Liuda Galinaitis 410-857-5427
liuda@netzero.com
<https://sites.google.com/site/wrrclub>.

August 08, 2015 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 15, 2015 7:30 a.m.
PRINCE GEORGE'S RUNNING CLUB
 Lake Artemesia
 5240 Paint Branch Parkway
 College Park, MD
 Rebecca Cormeny rcormeny@aol.com
 Amanda Mercer merceramanda4@gmail.com
www.pgrc.org

2015 WDF Grand Prix Series Participation Award Registration

THIS FORM MUST BE SUBMITTED BY 09/08/2015 to ensure you will be included as an award winner. 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. WE CANNOT GUARANTEE AN AWARD IF FORM IS SUBMITTED AFTER 9/08/15. **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 check **ALL WDF races** you completed.

RASAC 4/26 BRRRC 5/17 DCRRRC 6/07 MCRRRC 6/20 HOWARD COUNTY 6/27
BALTIMORE CLASSIC 6/28 ANNAPOLIS 7/11 WRRRC 7/12 FREDERICK 8/08 PGRC 8/15