



22nd Annual Women's Distance Festival Grand Prix Series

"RUNNING IS A CELEBRATION OF THE HEART"

The 2011 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 eleven 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 09/08/2011**. 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.mdrrca.org website.

April 10, 2011 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 22, 2011 8:00 a.m.
BALTIMORE RRC
Goucher College
Towson, MD
Mia Turo
Christy St. Clair 410-661-7870
www.brrc.com

June 14, 2011 7:00 p.m.
DCRRC
Bluemont Park South Pavilion
399 N. Manchester St., Arlington, VA
Ben Richter
races@dcroadrunners.org
www.dcroadrunners.org

June 18, 2011 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 25, 2011 8:00 a.m.
RESTON RUNNERS
Reston YMCA
Reston, VA
Check website!
wdf@restonrunners.org
www.restonrunners.org

June 26, 2011 8:00 a.m.
The New Balance Baltimore Women's Classic 5K
Rash Field-Inner Harbor, Baltimore, MD
Carrie Sauter
carrie@baltimorewomensclassic.com
www.baltimorewomensclassic.com

July 9, 2011 7:45 a.m.
ANNAPOLIS STRIDERS
West Annapolis Elementary School
Annapolis, MD
Roxanne Hatcher roxhatcher@yahoo.com
Joe Hatcher
www.annapolisstriders.org

July 10, 2011 8:00 a.m.
HOWARD COUNTY STRIDERS
Howard Community College
Columbia, MD
Tacy Powers tlf_21_21@yahoo.com
www.striders.net

July 17, 2011 8:00 a.m.
WESTMINSTER RRC
Union Mills, MD
Liuda Galinaitis 410-857-5427
liuda@netzero.com
<https://sites.google.com/site/wrrclub>.

WESTERN MARYLAND ROAD RUNNERS

mhall@alconet.org **NO RACE THIS YEAR**
www.wmtiming.com

August 13, 2011 8:00 a.m.
FREDERICK STEEPLECHASERS
Frederick Community College
Opossumtown Pike
Frederick, MD
Peggy Waxter
301-663-8082
www.steeplechasers.org

August 27, 2011 8:00 a.m.
PRINCE GEORGE'S RUNNING CLUB
Lake Artemesia
College Park, MD
Valerie Grasso
training@pgrc.org
www.pgrc.org

2011 WDF Grand Prix Series Participation Award Registration

THIS FORM MUST BE SUBMITTED BY 09/08/2011 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 9/08/11. **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 4/10 BRRC 5/22 DCRRC 6/14 MCRRC 6/18 RESTON 6/25 BALTIMORE WOMEN'S CLASSIC 6/26
 ANNAPOLIS 7/09 HOWARD COUNTY 7/10 WRRC 7/17 FREDERICK 8/13 PGRC 8/27