



19th Annual  
Women's Distance Festival  
Grand Prix Series

"RUNNING IS A CELEBRATION OF THE HEART"

The 2008 Maryland Women's Distance Festival Grand Prix Series is sponsored by the Maryland RRCA, its participating RRCA clubs, and the Gotta Run Running Stores. 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 09/15/2008. For more information about the individual races, please visit the Club web sites listed or contact the clubs or race directors indicated. Keep checking [www.mdrca.org](http://www.mdrca.org) for complete, up-to-date information on these events.

**April 27, 2008 8:00 a.m.**

**"Women's 5K By The Bay"**

**RASAC**

Tydings Park

Havre de Grace, MD

Nikki Zander 410-638-1636

[www.rasac.com](http://www.rasac.com)

**May 18, 2008 8:00 a.m.**

**BALTIMORE RRC**

Goucher College

Towson, MD

Sandy Buck

Christy St. Clair 410-661-7870

[www.brrc.com](http://www.brrc.com)

**June 10, 2008 7:00 p.m.**

**DCRRC and WASHINGTON RUNNERS**

Bluemont Park, Arlington, VA

Robert Selin-Williams

bob@selin-williams.org

[www.dcroadrunners.org](http://www.dcroadrunners.org)

**June 21, 2008 8:00 a.m.**

**"Run for Roses"**

**MONTGOMERY COUNTY RRC**

Wheaton Regional Park, Wheaton MD

Nancy Betress/Christina Caravoulas

MCRRC Clubline 301-353-0200

[www.mcrcc.org](http://www.mcrcc.org)

**June 22, 2008 8:00 a.m.**

**The New Balance Baltimore Women's Classic 5K**

The Museum of Industry

Inner Harbor, Baltimore, MD

Laurie Amatucci 443-690-0718

[www.baltimorewomensclassic.com](http://www.baltimorewomensclassic.com)

**June 28, 2008 8:00 a.m.**

**RESTON RUNNERS**

Reston YMCA

Reston, VA

Donna Rostant 703-352-0522 (O)

[wdf@restonrunners.org](mailto:wdf@restonrunners.org)

[www.restonrunners.org](http://www.restonrunners.org)

**July 6, 2008 8:00 a.m.**

**HOWARD COUNTY STRIDERS**

Howard Community College

Columbia, MD

Tacy Feliciano [tacy@comcast.net](mailto:tacy@comcast.net)

Dorothy Beckett

Striders Clubline 410-964-1998

[www.striders.net](http://www.striders.net)

**July 12, 2008 7:45 a.m.**

**ANNAPOLIS STRIDERS**

West Annapolis Elementary School

Annapolis, MD

Melissa Currence 410-360-9019

Ginger Andrews 410-903-2363

[www.annapolisstriders.org](http://www.annapolisstriders.org)

**July 13, 2008 8:15 a.m.**

**WESTMINSTER RRC**

Union Mills, MD

Liuda Galinaitis 410-857-5427

<http://www.carr.org/~wrrc>

**July 19, 2008 9:00 a.m.**

**WESTERN MARYLAND ROAD RUNNERS**

Rocky Gap State Park, MD

Maureen Hall 301-729-7849

[mhall@allconet.org](mailto:mhall@allconet.org)

[www.wmtiming.com](http://www.wmtiming.com)

**August 9, 2008 8:30 a.m.**

**FREDERICK STEEPLECHASERS**

Frederick Community College, Opossumtown Pike

Frederick, MD

George and Peggy Waxter

301-663-8082

[www.steeplechasers.org](http://www.steeplechasers.org)

**August 23, 2008 8:00 a.m.**

**"Girls Just Wanna Have Fun"**

**PRINCE GEORGES RRC**

Lake Artemesia

College Park, MD

Lucy Younes 301-927-1924

[www.pgrc.org](http://www.pgrc.org)

**2008 WDF Grand Prix Series Participation Award Registration**

**THIS FORM MUST BE SUBMITTED BY 09/15/2008** 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: [wdf@mdrrca.org](mailto:wdf@mdrrca.org). WE CANNOT GUARANTEE AN AWARD IF FORM IS SUBMITTED AFTER 9/15/08. **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 4/27  BRRC 5/18  DCRRC 6/10  MCRRC 6/21  BALTIMORE CLASSIC 6/22  RESTON 6/28  
 HOWARD COUNTY 7/06  ANNAPOLIS 7/12  WRRC 7/13  WMRR 7/19  FREDERICK 8/09  PGRC 8/23