



# 20th Annual Women's Distance Festival

## Grand Prix Series

"RUNNING IS A CELEBRATION OF THE HEART"

The 2009 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 09/20/2009. For more information about the individual races, please visit the Club web sites listed or contact the clubs or race directors indicated. Keep checking <http://mdrrca.org/> for complete, up-to-date information on these events.

<b>April 26, 2009 8:00 a.m.</b> <b>"Women's 5K By The Bay"</b> <b>RASAC</b> Tydings Park Havre de Grace, MD Nikki Zander 443-616-8082 <a href="http://www.rasac.com">www.rasac.com</a>	<b>June 27, 2009 8:00 a.m.</b> <b>"Spring into Summer"</b> <b>RESTON RUNNERS</b> Reston YMCA Reston, VA Donna Miller Rostant <a href="mailto:wdf@restonrunners.org">wdf@restonrunners.org</a> <a href="http://www.restonrunners.org">www.restonrunners.org</a>	<b>July 18, 2009 9:00 a.m.</b> <b>WESTERN MARYLAND ROAD RUNNERS</b> Rocky Gap State Park, Flintstone, MD Maureen Hall 301-729-7849 <a href="mailto:mhall@allconet.org">mhall@allconet.org</a> <a href="http://www.wmtiming.com">www.wmtiming.com</a>
<b>May 17, 2009 8:00 a.m.</b> <b>BALTIMORE RRC</b> Goucher College Towson, MD Sandy Buck Christy St. Clair 410-661-7870 <a href="http://www.brcc.com">www.brcc.com</a>	<b>June 28, 2009 8:00 a.m.</b> <b><i>The New Balance Baltimore Women's Classic 5K</i></b> The Museum of Industry Inner Harbor, Baltimore, MD Laurie Amatucci 443-823-0673 <a href="mailto:lsamatucci@comcast.net">lsamatucci@comcast.net</a> <a href="http://www.baltimorewomensclassic.com">www.baltimorewomensclassic.com</a>	<b>August 2, 2009 8:00 a.m.</b> <b>WESTMINSTER RRC</b> Lions Pavilion @ Union Mills Union Mills, MD Liuda Galinaitis 410-857-5427 <a href="mailto:liuda@carr.org">liuda@carr.org</a> <a href="http://www.carr.org/~wrrc">www.carr.org/~wrrc</a>
<b>June 9, 2009 7:00 p.m.</b> <b>DCRRC and WASHINGTON RUNNERS</b> Bluemont Park, Arlington, VA Robert Selin-Williams <a href="mailto:bob@selin-williams.org">bob@selin-williams.org</a> <a href="http://www.dcroadrillers.org">www.dcroadrillers.org</a>	<b>July 11, 2009 7:45 a.m.</b> <b>ANNAPOLIS STRIDERS</b> West Annapolis Elementary School Annapolis, MD Melissa Currence 410-360-9019 Ginger Andrews 410-903-2363 <a href="http://www.annapolisstriders.org">www.annapolisstriders.org</a>	<b>August 15, 2009 8:30 a.m.</b> <b>FREDERICK STEEPLECHASERS</b> Frederick Community College Opossumtown Pike, Frederick, MD George and Peggy Waxter 301-663-8082 <a href="http://www.steeplechasers.org">www.steeplechasers.org</a>
<b>June 20, 2009 8:00 a.m.</b> <b>"Run for Roses"</b> <b>MONTGOMERY COUNTY RRC</b> Wheaton Regional Park, Wheaton MD Nancy Betress/Christina Caravoulis MCRRC Clubline 301-353-0200 <a href="http://www.mcrcc.org">www.mcrcc.org</a>	<b>July 12, 2009 8:00 a.m.</b> <b>HOWARD COUNTY STRIDERS</b> Howard Community College Columbia, MD Tacy Feliciano <a href="mailto:tlf_21_21@yahoo.com">tlf_21_21@yahoo.com</a> Dorothy Beckett <a href="mailto:runbecketrtrun@verizon.net">runbecketrtrun@verizon.net</a> <a href="http://www.striders.net">www.striders.net</a>	<b>August 29, 2009 8:00 a.m.</b> <b>"Girls Just Wanna Have Fun"</b> <b>PRINCE GEORGE'S RC</b> Lake Artemesia College Park, MD Lucy Younes 301-927-1924 <a href="http://www.pgrc.org">www.pgrc.org</a>

### 2009 WDF Grand Prix Series Participation Award Registration

**THIS FORM MUST BE SUBMITTED BY 09/20/2009** 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](mailto:joannemallet@verizon.net). WE CANNOT GUARANTEE AN AWARD IF FORM IS SUBMITTED AFTER 9/20/09. **IF AWARD IS CLOTHING, WHAT SIZE DO YOU WANT? \_\_\_\_\_**

Name: First \_\_\_\_\_ Last: \_\_\_\_\_

Street: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Club: \_\_\_\_\_

Phone: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ (Day) \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ (Evening) e-mail \_\_\_\_\_

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

- RASAC 4/26   
  BRRC 5/17   
  DCRRC 6/09   
  MCRRC 6/20   
  RESTON 6/27   
  BALTIMORE CLASSIC 6/28  
 ANNAPOLIS 7/11   
  HOWARD COUNTY 7/12   
  WMMR 7/18   
  WRRRC 8/02   
  FREDERICK 8/15   
  PGRC 8/29