



# 31st Annual Women's Distance Festival Grand Prix Series

"RUNNING IS A CELEBRATION OF THE HEART"

The 2020 Maryland/DC Women's Distance Festival Grand Prix Series is sponsored by the Maryland/DC RRCA and its participating RRCA clubs. Our WDF Grand Prix Series features 5K (3.1 miles) races for women runners and walkers of all ages and abilities. Visit the Club websites for race information and online registration. **Women who complete 4 or more of the following races are eligible for the WDF PARTICIPATION AWARD and PARTY INVITATION. Complete the form below and RETURN BY 09/10/2020.** For more information go to <https://maryland-rrca.org/wdf-series> #MarylandWDF or email [joannemallet@verizon.net](mailto:joannemallet@verizon.net).

May 31, 2020 7:30 a.m.

## **POSTPONED! Check Website**

### **HOWARD COUNTY STRIDERS**

Howard Community College  
Columbia, MD  
Sam Kieley/Emily Howe  
[hcs.wdf.rd@gmail.com](mailto:hcs.wdf.rd@gmail.com)  
<http://www.striders.net/wdf>  
[www.striders.net](http://www.striders.net)

June 7, 2020 8:00 a.m. \*

### **DCRRC**

Bluemont Park  
Arlington, VA  
Miguel Matta  
[miguel.matta@dcroadrunners.org](mailto:miguel.matta@dcroadrunners.org)  
<https://www.dcroadrunners.org/sign-up/wdf-ratw>  
[www.dcroadrunners.org](http://www.dcroadrunners.org)

June 13, 2020 8:00 a.m.

### **MONTGOMERY COUNTY RRC**

#### **"Run for Roses"**

Wheaton Regional Park, Wheaton MD  
Christina Caravoulas 301-236-4869  
[run4roses@mcrrc.org](mailto:run4roses@mcrrc.org)  
[mcrrcrunforroses.org/](http://mcrrcrunforroses.org/)  
[www.mcrrc.org](http://www.mcrrc.org)

July 11, 2020 7:45 a.m. \*

### **ANNAPOLIS STRIDERS**

West Annapolis Elementary School  
Annapolis, MD  
Kathleen Hanson  
[wdf5k@annapolisstriders.org](mailto:wdf5k@annapolisstriders.org)  
[www.annapolisstriders.org](http://www.annapolisstriders.org)

July 12, 2020 8:00 a.m.

### **WESTMINSTER RRC**

Union Mills, MD  
Liuda Galinaitis  
410-857-5427  
[liuda@netzero.com](mailto:liuda@netzero.com)  
[www.wrrclub.com/wdf](http://www.wrrclub.com/wdf)  
[www.wrrclub.com](http://www.wrrclub.com)

July 19, 2020 8:00 a.m. \*

### **BALTIMORE RRC**

Eastern Regional Park  
11723 Eastern Ave.  
Chase, MD 21220  
Maureen Hall/Robin Goodwin/Valencia Hike  
[robingood@comcast.net](mailto:robingood@comcast.net)  
[www.brrc.com](http://www.brrc.com)

August 1, 2020 8:00 a.m.

### **FREDERICK STEEPLECHASERS**

#### **"Little Women 1k" @ 7:30 a.m.**

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)

August 16, 2020 7:30 a.m. \*

### **PRINCE GEORGE'S RUNNING CLUB**

Lake Artemesia  
5240 Paint Branch Parkway  
College Park, MD  
(Park across the street at the Wells Ice Rink)  
Anthony Bell/Dave Roeder  
[wdf@pgrc.org](mailto:wdf@pgrc.org)  
[pgrc.org/races/womens-distance-festival-5k/](http://pgrc.org/races/womens-distance-festival-5k/)  
[www.pgrc.org](http://www.pgrc.org)

\* 5k race for men follows the women's event

## 2020 WDF Grand Prix Series Participation Award Registration

**THIS FORM MUST BE SUBMITTED BY 09/10/2020** to ensure you will be invited to the **Annual Awards Party** and receive your award. 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). IF AWARD IS CLOTHING, WHAT IS YOUR SIZE \_\_\_\_\_ AWARDS WILL NOT BE MAILED!

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

Address: \_\_\_\_\_

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

Phone: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ e-mail \_\_\_\_\_

**Check ALL WDF races you completed. Must be at least 4. Submit by 09/10/2020 to guarantee award and party invitation!**

- HCS (?)     DCRRRC 6/07     MCRRC 6/13     ANNAPOLIS 7/11  
 WRRC 7/12     BRRC 7/19     FREDERICK 8/01     PGRC 8/16