



# 32nd Annual Women's Distance Festival Grand Prix Series

"RUNNING IS A CELEBRATION OF THE HEART"

The 2021 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 up-to-date race information and online registration. **Women who complete 4 or more of the following races are eligible for the WDF PARTICIPATION AWARD. Complete the form below and return by 09/25/2021.** For more information go to <https://maryland-rrca.org/wdf-series> #MarylandWDF, or email [joannemallet@verizon.net](mailto:joannemallet@verizon.net).

**June 13, 2021 7:30 a.m.**  
**HOWARD COUNTY STRIDERS**  
Columbia Gateway Business Community  
7110 Samuel Morse Dr.  
Columbia, MD 21046  
Hafiz Shaikh  
[hcs.wdf.rd@gmail.com](mailto:hcs.wdf.rd@gmail.com)  
<http://www.striders.net/wdf>  
[www.striders.net](http://www.striders.net)

**June 19, 2021 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)  
<https://www.mcrrcrunforroses.org/>  
[www.mcrrc.org](http://www.mcrrc.org)

**July 10, 2021 7:45 a.m. \***  
**ANNAPOLIS STRIDERS**  
Mexican Café, 609 Melvin Ave.  
Annapolis, MD  
Kathleen Hanson  
[wdf5k@annapolisstriders.org](mailto:wdf5k@annapolisstriders.org)  
[www.annapolisstriders.org](http://www.annapolisstriders.org)

**July 18, 2021 8:00 a.m. \***  
**BALTIMORE RRC**  
Meadowood Regional Park  
10650 Falls Road  
Lutherville, MD 21093  
Maureen Hall 240-522-9503  
[moerunningmoe8@gmail.com](mailto:moerunningmoe8@gmail.com)  
[www.brcc.com](http://www.brcc.com)

**August 7, 2021 8:00 a.m.**  
**FREDERICK STEEPLECHASERS**  
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)

**September 18, 2021 8:00 a.m. \***  
**DCRRC**  
Bluemont Park  
Arlington, VA  
Jennifer Vu  
[jennifer@dcroadrunners.org](mailto:jennifer@dcroadrunners.org)  
<https://www.dcroadrunners.org/sign-up/wdf-ratw>  
[www.dcroadrunners.org](http://www.dcroadrunners.org)

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

## 2021 WDF Grand Prix Series Participation Award Registration

**THIS FORM MUST BE SUBMITTED BY 09/25/2021** to ensure you will receive your participation 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) or Christina Caravoulas at [clcruns@yahoo.com](mailto:clcruns@yahoo.com). **AWARDS WILL 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 09/25/2021 to receive award.**

HCS 6/13       MCRRC 6/19       ANNAPOLIS 7/10

BRRC 7/18       FREDERICK 8/07       DCRRC 9/18