



# 33rd Annual Women's Distance Festival Grand Prix Series

"RUNNING IS A CELEBRATION OF THE HEART"

The 2022 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. Complete the form below and RETURN BY 09/25/2022.** For more information go to <https://maryland-rrca.org/wdf-series>, #MarylandWDF, or email [joannemallet@verizon.net](mailto:joannemallet@verizon.net).

**June 5, 2022 8:00 a.m. \***

**DCRRC**

329 N. Manchester St.  
Bluemont Park South Pavilion  
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)

**June 12, 2022 7:30 a.m.**

**HOWARD COUNTY STRIDERS**

Howard Community College  
Columbia, MD  
Hafiz Shaikh and Cecilia Murach

[cecilia.murach@striders.net](mailto:cecilia.murach@striders.net)

[seacialraces@striders.net](mailto:seacialraces@striders.net)

<http://www.striders.net/wdf>

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

**June 18, 2022 8:00 a.m.**

**MONTGOMERY COUNTY RRC**

"Run for Roses"

Wheaton Regional Park, Wheaton MD  
Christina Caravoulas 301-236-4869

[mccrrcrunforroses.org/](http://mccrrcrunforroses.org/)

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

**July 9, 2022 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 10, 2022 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 17, 2022 8:00 a.m.**

**BALTIMORE RRC**

Meadowood Regional Park  
10650 Falls Road  
Lutherville, MD 21093  
Maureen Hall 240-522-9503

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

**August 6, 2022 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 14, 2022 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**

**2022 WDF Grand Prix Series Participation Award Registration**

**THIS FORM MUST BE SUBMITTED BY 09/25/2022** to ensure you will receive your WDF GPS 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). **IF AWARD IS CLOTHING, WHAT IS YOUR SIZE \_\_\_\_\_?**

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

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

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

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

**Check ALL WDF races you completed. Must be at least 4. Submit by 09/25/2022 to guarantee award!**

DCRRRC 6/05     HCS 6/12     MCRRC 6/18     ANNAPOLIS 7/09

WRRC 7/10     BRRC 7/17     FREDERICK 8/06     PGRC 8/14