



17th Annual  
Women's Distance Festival  
Grand Prix Series



Potomac Valley Association

"RUNNING IS A CELEBRATION OF THE HEART"

The 2006 Maryland Women's Distance Festival Grand Prix Series is sponsored by the Maryland RRCA, its participating RRCA clubs, and the Potomac Valley Association of USATF. Our WDF Grand Prix Series consists of eleven 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 09/20/2006. 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.

May 21, 2006 8:00 a.m.  
**BALTIMORE RRC**  
Goucher College  
Towson, MD  
Sandy Buck  
Christy St. Clair 410-661-7870  
[www.brcc.com](http://www.brcc.com)

June 4, 2006 8:30 a.m.  
**DCRRC**  
Bluemont Park, VA  
Ed Grant 571-217-6547  
[www.dccroadrunners.org](http://www.dccroadrunners.org)

June 17, 2006 7:45 a.m.  
"Run for Roses"  
**MONTGOMERY COUNTY RRC**  
Wheaton Regional Park, Wheaton MD  
Nancy Betress/Christina Caravoulis  
MCRRC Clubline 301-353-0200  
[www.mcrrc.org](http://www.mcrrc.org)

June 24, 2006 8:00 a.m.  
**RESTON RUNNERS**  
Reston YMCA  
Reston, VA  
Donna Rostant 703-613-1958 (H) 703-352-0522 (O)  
[www.restonrunners.org](http://www.restonrunners.org)

June 25, 2006 8:00 a.m.  
**The New Balance Jenny Smith  
Baltimore Women's Classic**  
The Museum of Industry  
Inner Harbor, Baltimore, MD  
Laurie Amatucci 443-690-0718  
[www.baltimorewomensclassic.com](http://www.baltimorewomensclassic.com)

July 8, 2006 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 9, 2006 8:00 a.m.  
**HOWARD COUNTY STRIDERS**  
Howard Community College  
Columbia, MD  
Tacy Feliciano [tacy@comcast.net](mailto:tacy@comcast.net)  
Dorothy Beckett [2run1st@earthlink.net](mailto:2run1st@earthlink.net)  
Striders Clubline 410-964-1998  
[www.striders.net](http://www.striders.net)

July 16, 2006 8:15 a.m.  
**WESTMINSTER RRC**  
Union Mills, MD  
Liuda Galinaitis 410-857-5427  
<http://www.carr.org/~wrrc>

July 29, 2006 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.qcstriders.org](http://www.qcstriders.org)

August 12, 2006 8:00 a.m.  
**FREDERICK STEEPLECHASERS**  
Valley Elementary School  
Jefferson, MD  
Heath Coats 301-898-7025 x2642  
[Heath.coats@Cambrex.com](mailto:Heath.coats@Cambrex.com)  
[www.steeplechasers.org](http://www.steeplechasers.org)

August 26, 2006 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)

2006 WDF Grand Prix Series Participation Award Registration

**THIS FORM MUST BE SUBMITTED BY 09/20/2006** to ensure you will be included as an award winner. List 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 9/20/06.

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.

- BRRCC 5/21  DCRRC 6/04  MCRRC 6/17  RESTON 6/24  BALTIMORE CLASSIC 6/25  ANNAPOLIS 7/08  
 HOWARD COUNTY 7/09  WRRCC 7/16  WMRR 7/29  FREDERICK 8/12  PGRC 8/26