

Westminster Road Runners Newsletter
April-September, 2009

-Dues for 2009 are: \$5 for students (21 and under); \$10 for adults; and \$15 for family groups. The membership form is enclosed/attached or available at the following location (<http://www.carr.org/~wrrc/membership.htm>). You can either drop off your form and money at a Club race or mail it directly to Liuda (address on form).

-We will NO LONGER MAIL Club Newsletters UNLESS YOU SPECIFY THAT YOU WANT IT MAILED ON YOUR 2009 MEMBERSHIP FORM. The newsletter is available (PDF or DOC) on the Club website and it will also be emailed to active/current members.

-Entry fees for regular races are \$1 for members (\$2 limit for a family group) and \$2 for non-members. Entry fees for special races are included on the entry form, in the race information, or on the club's web page (<http://www.carr.org/~wrrc>).

Upcoming Events (<http://www.carr.org/~wrrc/schedule.htm>)

Saturday, April 4, 9:00 am, *MAGIC MILES 5K RUN/WALK*, Century High School, Eldersburg. This race is a fund raiser for a local softball team (Maryland Magic 16 U Girls Fastpitch Team), using a course similar to one used in the Twilight Series. Mark Sobota, 410-833-0346 or msobota1@verizon.net is the contact person. Entry forms will be available on the web page.

Saturday, April 4, 8:00 am, *Spring is Here 10K*, Cumberland, MD. For more information or contact Kevin Spradlin at run@mountainMDmarathon.org.

Saturday, April 11, 9:00 am, *Teen Expo 5K and 1 Mile Walk/run*, Carroll County Ag Center, Agricultural Center Dr., Westminster. Proceeds from this event benefit a local family in need of assistance with medical costs. An entry form is enclosed. For more information contact Christine Webbert, cwebbert@comcast.net. All participants get early entry into the first annual Teen Expo – WRRC and Flying Feet will have a booth at the Expo! <http://www.teenexpomd.com/>.

Wednesday, April 15, 7:00 pm, *MAIN STREET MILE*, Westminster. Another spring brings another mad dash down the Main Street Hill. The shirts are keepers, the **ice-cream sandwiches** are yummy, and one of these years someone may actually break the course records, which are older than many of the runners. **Registration for the race is CLOSED, as our 700-runner limit was reached on APRIL 1!** (No fooling!) Beth Weisenborn, wrrc.web@gmail.com or 717-677-6883.

Sunday, April 19, 7:30 am, *Mountain Maryland Marathon, Half Marathon, & 5K*, Cumberland, MD. Kevin Spradlin is the race director for Maryland's running festival. The course is a loop course beginning and ending in downtown Cumberland and passing through the communities of LaVale, Clarysville, Eckhart and Frostburg, the Mountain City. Online registration is now open: http://www.active.com/page/Event_Details.htm?event_id=1641848. Visit the race website: <http://www.mountainmdmarathon.org/> for more information or contact Kevin Spradlin at run@mountainMDmarathon.org.

Friday, Apr 24 to Sat, Apr 25: *AMERICAN ODYSSEY 200-MILE RELAY* (inaugural race from Gettysburg, PA to Washington, DC); Club contacts are: Bob McCubbin (runbob@juno.com) and Jo Ann Zaleski (zaleski707@verizon.net). Team members include: Bob McCubbin, Tina McCubbin, Ted Zaleski, Monica Zaleski, Chrissy Pennington, Jim Rodriguez, Bob Paczynski, Frank Schaeffer, Kevin Spradlin, Gary Honeman, Fred Hudson, and Abby Gruber.

~~Saturday, April 25, 9:00 am, *Tres 5K Run and 1 Mile Walk/run*. This race has been **canceled** for 2009.~~

Saturday, May 2, 8:00 am, *SANDYMOUNT FOUR MILER*, Sandymount Rec Park, Old Westminster Pike. If you get to the parking lot early enough, you'll beat the soccer moms who grab all the parking spaces. Joe Loveland, 410-857-1201, will try to protect your cars while you are on the course, which heads northwest to the turnaround, near the Reese Fire Hall. Shock and surprise! A nearly level course can be found in Carroll County! Regular fees.

Saturday, May 9, 9:00 am, *FLOWER AND JAZZ FESTIVAL & CARROLL COUNTY SERVICE YOUTH BUREAU 5K*, Tahoma Farm Road and Rt. 31, Westminster. This program includes a kiddie run for the really little ones, a longer 1-mile run for older kids, and a 5K run/walk on a new course! Call Gary Honeman, 410-848-2118, for any questions. An entry form is enclosed.

Thursday, May 28, 7:00 pm, **TWILIGHT SERIES RUNS**, beginning at Westminster High School, Westminster. A series of six races, with distances ranging from 2 Miles to 8K, will be held on alternating Thursday nights until early August. Entry fees are \$2/race (\$10 for the whole series if paid on the first night) for members and \$3/race (no deals) for non-members. Individuals running and/or working at five events will be eligible for this year's series premium, a sweat shirt. The series is directed by Lauren Crue, lrcrue@gmail.com or 410-236-9787. **See the next section for more information.** Beginning this year we will be using an entry form for the Series which can be found at the end of the newsletter.

Sunday, August 2, 8:00 am, **WOMEN'S DISTANCE FESTIVAL 5K RUN**, Union Mills Homestead, Union Mills. Our WDF race is part of a series--involving a number of RRCA clubs in Maryland, DC, northern Virginia-- promoting women's distance running, with runners who participate in enough races in this series getting a series premium. **See the next section for more information; a Series entry form is at the end of the newsletter.** For this race the major focus involves winning the team competition for the WRRRC. For more information about everything, contact Liuda Galinaitis, 410-857-5427. An entry form is available through the WRRRC website.

Sunday, August 23, 8:00 am, **KOWOMU TRAIL 4-MILE ROAD RACE**, Rinehart and Kowomu Trail Roads, Westminster. The bridge is finally complete! Now you get to run the original course. Direct your questions to Glenn Smink, gsmink@fuchsnorthamerica.com. Regular fees. (We're thinking about making this run a bit more fun by adding a second TRAIL course option. So, those of you who want to run the 4-mi course on the road may do so, and those of you who want to tackle 3 miles of trail may do so... perhaps we'll have the trail goats 'race' the roadies to see which pack can lick Kowomu Trail the fastest!)

Saturday, September 12, 11:00AM to 1:30PM, **WRRRC PICNIC**, is being held at the (Chrissy and Al) 'Pennington Ranch', 393 Silver Run Valley Rd., just north of Silver Run. We'll have tots and kids races, a raffle, food, and Twilight Series awards, etc. Bring the whole family, a dish (or something to snack on), and your drinks. Let Bob (rjs4u2uz@verizon.net) know if you plan to attend; he wants to make sure we have enough food and prizes for the kids who participate in the races.

Sunday, September 27, 8:00 am, **D. HERLOCKER MEMORIAL BACHMAN VALLEY HALF-MARATHON**, Bachman Valley Farms, Old Bachmans Valley Road, Westminster. Since this year's Baltimore Marathon and its assorted other races have been scheduled for October 10, the 27th running of the BVHM this year be an early fall race – this way the BVHM works well for those of you tapering for the Baltimore Marathon. If you need your long run for the MCM, you can always tack on one more loop of the course to hit your 20-mile mark. More information will be available in the fall newsletter, available on or about August 1. FYI, this race is the WRRRC contribution to the **Grand Prix Series for 2009** and is dedicated to the memory of Dave Herlocker, our Club's "President for Eternity." **There is more information about the GPS later in this newsletter.**

Future Events:

September—Labor Day 5K Rogue Run; Fallfest Mile (?); Emergency Preparedness 5K (?); Springfield 5K (?)

October—Otterdale Mill 5-Mi Run; 4H 5K (?)

November—Union Mills 8K may be 'relocated' to the Barnold Farm near Taneytown for safety reasons; Mayberry 7-Mi Run

December—Burk Memorial 5K; Dancer Dash 10K

Other News:

- Would you like a custom **Maryland RUN license plate**? They are available through the MD RRCA. Contact Phil Lang (philiplang@verizon.net) or <http://mdrrca.org/index.php/md-run-license-plates> for more info. A portion of the cost goes toward supporting the MD RRCA.

2009 Twilight Series Information
Directed by Lauren Crue -- 410-236-9787 or lrcrue@gmail.com

This year we conduct the 31th version of our signature Series. The **Series Entry Form is at the end of this newsletter** – please complete the form and bring it to the first/second race OR (better yet) mail it to Lauren (address is on the form) before the series starts! General operating instructions are given below. All Series questions should be directed to the Series director, Lauren Crue. Any questions regarding the individual races should be directed to the individual race directors.

1. The fees will be **\$2 per race for WRRRC, Flying Feet, and ERR members (\$10 for the entire series**, paid on the night of the first race) and **\$3 per race for non-members** (no deals here). If you have not paid this year's dues, you are considered a non-member. The individual race directors will have a list of current members. Final decisions regarding current membership will be made by Liuda Galinaitis, Treasurer-for-Life. To qualify for this year's Series premium, a sweatshirt, you must run and/or work at least five events. You do not have to be a member to qualify to the premium.

2. The series consists of six races, on alternating **Thursdays at 7:00PM**, beginning in late May and concluding in early August.

May 28 – **2Mi Track Run** @ the Westminster High School track, Westminster; Directed by Sherry Clower, rclower@mcdaniel.edu, 410-848-6471. The track run will consist of three sections--masters men, 7:00 pm; women and children, 7:20 pm; open men (and anyone else who contacts the race director), 7:40 pm. During registration for the track run, if you indicate participation for the entire Series, you will be asked for your size for the sweatshirt.

June 11 – **5K (3.1Mi) Road Race** @ Century High School, Eldersburg; Directed by Bob Paczynski, vintage66pony@aol.com, 410-549-1123

June 25 – **~3Mi Trail (X-C) Run** @ Camp Hashawha (pond), Westminster; Directed by Gary Honeman, ghoneman@ccysb.org, 410-848-2118

July 9 – **6K (3.7Mi) Road Race** @ FSK High School, Uniontown; Directed by Tom Russell, 410-751-1434

July 23 – **4Mi Road Race** @ Pleasant Valley Fire Hall, Westminster; Directed by Liuda Galinaitis, liuda@carr.org, 410-857-5427

August 6 – **8K (4.9Mi) Road Race** @ Runnymede Elementary School, Westminster near Taneytown; Directed by Tim Gosnell, tmgsnll@aol.com, 410-871-1716

3. All races will begin at 7:00 pm.

4. Runners will be scored by gender, with one point given for finishing first in a race, two for finishing second, etc. Overall and age group rankings will be assigned from your five best performances. If you miss a race, you will be scored as if you were the next finisher after the last real finisher in that race. Thus missing only one race will have no effect on your overall or age group rankings.

5. If you wish to run ONE race at an off-time, you must contact the race director prior to the actual race. While your effort may be counted as one of the five affecting your ranking and towards your eligibility for the premium, you will be scored as if you were the next finisher after the last real finisher in that event. This process may be used only once during the Series.

6. Runners will be scored in the following age groups: 15 and under; 16-19; 20-29; 30-39; 40-49; 50-59; 60 and over. Awards will be given to the top overall and age group finishers. There will be no duplication of awards. While we shall wish you well if you have a birthday during the Series, you will not change age groups for the purpose of prize considerations.

7. The Series director, Lauren Crue, in conjunction with the individual race directors, has the authority to shorten, cancel, or reschedule races due to dangerous heat, humidity, thunder, or lightning conditions, as happened in 2007 at the Runnymede 8K run, which was shortened to a 4K run. If a race is canceled and not rescheduled, as happened in 2005 with the FSK 6K run, the Series will be considered to be a five race Series, with the best four being used for the awarding of the Series premium.

2009 Maryland RRCA Grand Prix Series (GPS)

The 2009 Maryland Grand Prix Series is sponsored by RRCA clubs in Maryland and DC and the Maryland RRCA (website: <http://www.racepacket.com/james/rrca916.htm>). The Series consists of ten races sponsored by ten clubs, with date ranging from February to December and distances ranging from 1 mile to a marathon.

-> **INDIVIDUALS** WHO COMPLETE AT LEAST 4 (OR MORE) OF THE FOLLOWING RACES ARE ELIGIBLE TO RECEIVE AN OVERALL OR AGE-GROUP AWARD. Although any member of the WRRRC who ran the ten mile team championship either as a WRRRC member or for someone else is eligible for this year's series, any four races will qualify you for consideration. You must list the same affiliation for all races in the series. Thus if you ran the team ten miler for someone else, you must be consistent throughout the year. You must contact each race individually for entry.

-> This WRRRC can win awards for **TEAM** participation in the GPS. Here's how it will work. At 4 or more of the races below, we need a team of 5 runners from WRRRC (at least two men and two women) to participate. Teams can be made of ANY WRRRC runners. There are Open, Masters, and Grandmasters categories for the team competition. And, here's the best part, if you are a Master's runner you are scored as being on the Master's team AND the Open team for WRRRC (so you could double).

[See the GPS website for more info.](#) And, our very own James Moreland is the director and scorer of the GPS. Feel free to contact James if you have any questions.

Please let Beth (wrrc.web@gmail.com) if you are interested in running the GPS in 2009.

1. **MDRRCA Club Challenge 10 Miler**, February 22, 8:00 am, Howard Community College, Columbia. **Howard County Striders**. Richard Bernstein, 410-730-1668, or <http://www.striders.net>
2. **Springburst 8K**, April 9, 9:00 am, Greenbelt National Park, Greenbelt. **Prince Georges Running Club**. John Giamalva, johngiamalva@gmail.com, 202-521-1495, or <http://www.pgrc.org>. Online and mailin registration are available.
3. **Dreaded Druid Hills 10K**, May 23, 8:30 am, Druid Hill Park, Baltimore. Fall Road Running Club. Jim Adams, 410.296.5050, jim@baltimorerunning.com, or <http://www.baltimorerunning.com>. Online registration is available along with awesome premiums.
4. **Bel Air Town Run 5K**, June 7, 8:00 am, Tollgate Park, Bel Air. **RASAC**. Michael Feinberg, 410-838-7864, or <http://www.rasac.com>
5. **Dawson's Fathers Day 10K**, June 21, 8:00 am, Severna Park High School, Severna Park. **Annapolis Striders**. Lisa Murphy (brblbabe@aol.com), Brannan Vilee (Brannan.Vilee@xerox.com), or <http://www.annapolisstriders.org>
6. **Larry Noel 15K & 3K**, August 22, 5:00 pm, St. Hugh's School, Greenbelt. **DC Road Runners**. Ben Richter, larrynoel15k@verizon.net, or <http://www.dcroadrunners.org>
7. **Bachman Valley Half Marathon**, September 27, 8:00 am, Bachman Valley Farms, Westminster. Westminster RR. Beth Weisenborn, wrrc.web@gmail.com, 717-677-6883, or <http://www.carr.org/~wrrc>
8. **Steeplechasers Market Street Mile**, October 3, 8:00 am, Frederick. Frederick Steeplechasers, Paul Spurrier, plspurrier@aol.com, or <http://www.steeplechasers.org>
9. **Rockville 10K/5K**, November 1, 8:30 am, King Farm Village Center, Rockville. **Montgomery County RR**. Jim Farkas, rocun@mcrrc.org, 301-651-3372, or <http://www.mcrrc.org>
10. **North Central Trail Marathon**, November 28, 9:30 am, Sparks Elementary School, Sparks. **Baltimore RR**. Dave Cooley/Christy St. Clair, nctrailmarathon@gmail.com, 410-377-0392, or <http://www.brrc.com>

20th Annual Women's Distance Festival Grand Prix Series

The 2009 Maryland Women's Distance Festival Grand Prix Series is sponsored by the Maryland RRCA and its participating RRCA clubs. There are twelve 5K races, from late April to late August, 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 distributed at the annual WDF banquet. For more information about the individual races, visit the club web site listed or contact the clubs or race directors indicated. The **WDF Award Registration Form** is at the end of this newsletter and available on WRRC's schedule and must be submitted by September 19 for you to get your participation award and other goodies.

1. April 26, 8:00 am, **Women's 5K by the Bay**: Tydings Park, Havre de Grace. **RASAC**. Nikki Zander, 443-616-8082, or <http://www.rasac.com>
2. May 17, 8:00 am, **WDF 5K**: Goucher College, Towson. **Baltimore RR**. Sandy Buck or Christy St. Clair, 410-661-7870, or <http://www.brrc.com>
3. June 9, 7:00 pm, **WDF 5K**: Bluemont Park, Arlington, VA. **DC RR and Washington RunHers**. Robert Selin-Williams (bob@selin-williams.org), or <http://www.dcroadrunners.org>
4. June 20, 8:00 am, **Run for Roses 5K**: Wheaton Regional Park, Wheaton. **Montgomery County RR**. Nancy Betress or Christina Caravoulas, 301-353-0200, or <http://www.mcrrc.org>
5. June 27, 8:00 am, **Spring into Summer**: Reston YMCA, Reston, VA. **Reston Runners**. Donna Miller Ronstant, wdf@restonrunners.org, or <http://www.restonrunners.org>
6. June 28, 8:00 am, **The New Balance Baltimore Women's Classic 5K**: The Museum of Industry, Inner Harbor, Baltimore. Laurie Amatucci, lsamatucci@comcast.net, 443-823-0673, or <http://www.baltimorewomensclassic.com>
7. July 11, 7:45 am, **WDF 5K**: West Annapolis Elementary School, Annapolis. **Annapolis Striders**. Melissa Currence (410-360-9019), Ginger Andrews (410-903-2363), or <http://www.annapolisstriders.org>
8. July 12, 8:00 am, **WDF 5K**: Howard Community College, Columbia. **Howard County Striders**. Tacy Feliciano (tlf_21_21@yahoo.com) or Dorothy Beckett (runbeckettrun@verizon.net), or <http://www.striders.net>
9. July 18, 9:00 am, **WDF 5K**: Rocky Gap State Park, Flintstone. **Western Maryland RR**. Maureen Hall, mhall@allconet.org, 301-729-7849, or <http://www.wmtiming.com>
10. August 2, 8:15 am, **WDF 5K**: Union Mills Homestead, Union Mills. **Westminster RR**. Liuda Galinaitis, Liuda@carr.org, 410-857-5427, or <http://www.carr.org/~wrrc>
11. August 15, 8:30 am, **WDF 5K**: Frederick Community College, Frederick. **Frederick Steeplechasers**. George and Peggy Waxter, 301-663-8082, or <http://www.steeplechasers.org>
12. August 29, 8:00 am, **Girls Just Wanna Have Fun**: Lake Artemesia, College Park. **Prince Georges Running Club**. Lucy Younes, 301-927-1924, or <http://www.pgrc.org>

The Crowd Stands and Cheers For:

KARSTEN BROWN, who placed 34rd overall in the National Marathon in March, with a time of 2:53:43!

JIM BULLOCK, who was ranked 18th (65-69 Division) in Washington Running Report's **2008 Year-End Runner Rankings**.

MIRA FOOTE, for her 4:07 finish at the National Marathon.

SKIP FENNEL, for finishing the Rehoboth Beach Seashore Marathon.

ELLEN HOCHEDER, who was ranked 4th (65-69 Division) in Washington Running Report's **2008 Year-End Runner Rankings**. And, Ellen finished first in her age group at the Kelly's St. Patrick's 5K in 26:47.

STEVE KARTALIA is set to have a noteworthy spring, too. On April 17, he's to be inducted into the Carroll County Sports Hall of Fame... just before he heads to the inaugural Mountain Maryland Marathon!

BILL KELVEY, who was ranked 44th (50-54 Division) in Washington Running Report's **2008 Year-End Runner Rankings**.

ARTHUR LEATHERS won his indoor race on January 23, 2009, which was his first college win at Division I Level (the 2 mile in 9:03). ARTHUR then went on to win the 5000m at the Marietta Open in Ohio on February 6. He ran 15:50 (a 20-second PR) and his coach wouldn't let him run 'all out' because the conference meet was approaching at the end of February. Congrats to Arthur for these huge wins as a Freshman at Robert Morris University.

DEBBIE LEATHERS for finishing her first trail race, one loop of the Hashawha Hills 50K!

DEE NELSON, who was ranked 11th (60-64 Division) in Washington Running Report's **2008 Year-End Runner Rankings**.

JAMES MORELAND, who was ranked 16th (55-59 Division) in Washington Running Report's **2008 Year-End Runner Rankings**.

LINDA MORRIS, who ran 24:11 to finish 3rd in her age group at the Kelly's St. Patrick's 5K.

SHERRY STICK, who was ranked 29th (Open Women) in Washington Running Report's **2008 Year-End Runner Rankings**.

CAROLE WILLIAMSON, who is now sponsored by UnderArmour! Also, Carole finished her first trail ultra, the Hashawha Hills 50K in February.

Winter Solstice 5-miler (20 Dec 2008), congrats to: **ARTHUR LEATHERS** (2nd male 19&under; 28:30.70), **SHERRY STICK** (3rd female overall; 30:27.45), **NOAH WOOD** (10th male 25-29; 32:18.55), **JAMES MORELAND** (2nd male 55-59; 35:17.10), **JO IANNUZZI**, **BETH WEISENBORN** (11th female 30-34), **AMY FUNK** (12th female 40-44), **JACK KLEIN** (6th male 60-64; 43:43.35), **CAROLE WILLIAMSON**, **LISA HUGHES**, **DEBBIE LEATHERS**, and **CHRISTINA CARAVOULIAS**.

The **BALTIMORE-WASHINGTON ATHLETIC CLUB** (directed by Doug Renner; an affiliate of WRRRC) won the **USATF XC National Championship men's masters division**! The race was held in Derwood, MD on February 7, 2009; the team included two Westminster runners, **MARK GILMORE** (WHS class of '86) who finished 18th, and **STEVE KARTALIA** (WHS class of '83; WRRRC member; *photos below*) who finished in 10th place. They beat the team favorites and defending champions from southern California, the Fluffy Bunny Track Club. BWAC's team was made up of 8 guys, including 7 Marylanders and **RAY PUGSLEY** from Virginia. Others on our team were **ANDRES WRIGHT** from Frederick, **DOUG MOCK** from Columbia, **PETE KEATING** from Columbia, **DAVE BEARDI** from Baltimore, and **CHRIS CHATTIN** from Columbia. BWAC's top finisher was Ray Pugsley who placed 2nd, just 5 seconds behind the winner, Simon Gutierrez from Boulder, Colorado.



Photos of Steve, compliments of Victor Cretella.

MDRRCA 10-mile Club Team Challenge (22 Feb 2009):

LAURA O'HARA, 23, of Washington, D.C., led the WRRC women to their *first-ever team title* in the RRCA 10-Mile Club Challenge in Columbia, MD. O'Hara averaged 6:07 per mile for a blazing 61:15.30 – good for 1st place in the women's field and 50th overall among 603 finishers. Fellow team scorers included **SHERRY STICK** (63:42.19), **DIANA POOL** 3rd, 63:49.34) and **KELLY GRUBER** (4th, 67:25.2). Other team members acting as displacers included: **JENNIFER ZIOLOWSKI, BETH WEISENBORN, DEE NELSON, CHRISSY PENNINGTON, LINDA MORRIS, DOROTHY CARPENTER, MUFFIE BLISS, MALLORY BEALL, SANDY MONTGOMERY, KAREN KEMP, VICKI BORDERS, DEB CLARKE, TINA MULLANEY, and LISA CINQUEGRANI**. The team's efforts warranted a front-page photo on Washington Running Report's website and recognition of their significant accomplishment in writer James Moreland's WRR article. Of note, O'Hara is training for her first marathon – Pittsburgh in early May.

The WRRC Men's (and Co-ed) Teams placed 8th overall. Congrats to **ROLAND CHATTAWAY, TOM YINGER, DAVE GRIFFITH (yes, he's back!), JOHN SCHMITT, JAMES MORELAND, ROBERT MUHL, DAVID FOOTE, BOBBY WARD, SCOTT KOHR, JOE LOVELAND, KEVIN GIFFHORN, and GARY HONEMAN** for scoring. Job well done to our 'displacing runners': **RAY CARPENTER, HAROLD WALSH, JON HILL, DAVE MOUNT, BOB PACZYNSKI, FRANK SCHAEFFER, SKIP FENNELL, RICH COFFEY, and JACK KLEIN** (who is currently training for the Maryland Mountain Marathon!).

Hashawha Hills 50K (28 Feb 2009), congrats to finishers: **JAMES MORELAND, BETH WEISENBORN, RHONDA STRICKLETT, CAROLE WILLIAMSON, and PAM GOWEN**. Job well done to the 1-loopers (15.5 miles): **DAVID FOOTE, FRANK SCHAEFFER, and ALAN POBLETTS**. Race director (a new WRRC member), **ALAN GOWEN**, deserves a pat-on-the-back for pulling off a successful trail race at our beloved Hashawha.

First-ever **Break-in the (Hampstead) Bypass 5K** (22 March 2009), congrats to the *Flying Feet* running program for top winners, including: First masters male (**DAVE GRIFFIN**), Second masters male (**JOHN SCHMITT**), Second overall female (**JENNIFER ZIOLOWSKI**), and First masters female (**LINDA MORRIS**). While the course was a tad slower (due to surprisingly tough long sloping hills) than expected, WRRC had a great turnout and performances on the Bypass. Congrats to: **NOAH WOOD, DON O'BRIEN, CASEY & CHRISTINE WEBBERT, JON HILL, TED ZALESKI, SANDY MONTGOMERY, CAROL REMY, BOB SOMMERVILLE, Tim & SUSANNE MCCOWN, TINA MULLANEY, LYNNE SCHERBARTH, and LORI BENTLEY**. Job well-done to the North Carroll Hot Shots Softball Club for hosting a fun race.

Who to Blame:

President-for-Eternity: David Herlocker (with ????, see below, acting as Dave's 'earthly contact')

New President: *YOU!*

New Vice President(s): *Write your name here.* (If you don't, I will in the next newsletter. Seriously, if you care enough to actually read this page, you SHOULD be more involved in the club.)

Recently Retired Head-honcho, Mom-of-two, and Wanna-be Trail Runner: Beth Weisenborn

Main Street Mile Committee: Beth Weisenborn, Liuda Galinaitis, Chris Reese, Lynn Richardson, Sherry Clower, & Scott Kohr

Twilight Series Director: Lauren Crue, 410-236-9787 or lrcrue@gmail.com

WDF Director: Liuda Galinaitis, 410-857-5427 or liuda@carr.org

GPS Director: James Moreland, 240-476-5913 or grandprixscorer@mdrrca.org

Picnic (Czar) Organizer: Bob Sommerville, rjs4u2uz@verizon.net

200-mile Am. Odyssey Relay Coordinator: Bob McCubbin, runbob@juno.com

Equipment Guy: Joe Loveland, 410-857-1201 or joeloveland1@hotmail.com

Treasurer-for-Life: Liuda Galinaitis, 410-857-5427 or liuda@carr.org

Webmaster: Beth Weisenborn, 717-677-6883 or wrrc.web@gmail.com

Newsletter and Race Calendar Coordinator: Chris Reese, reesechris@hotmail.com

Flying Feet Director: David Griffin, 410-596-0746 or dpgflyingfeet@aol.com

BWAC/CMAC Director: Doug Renner, 410-857-2581 or drenner@mcdaniel.edu

Mountain Maryland Club Director: Kevin Spradlin, run@mountainMDmarathon.org

Website: <http://www.carr.org/~wrrc> or <http://www.rrca.org> (check under clubs in Maryland)



Hey Maryland Teens!

Come out with your parents and siblings for...

The Teen Expo Fun Run!



Have a great time getting fit with your friends while helping a local family struggling with Cancer bills.

What? – 5K run and 1 mile fun run/walk

When? – Saturday, April 11th, 9:00 AM

**Where? – Carroll County AG Center Shipley Arena
706 Agriculture Center Drive, Westminster MD**

Registration?

By mail before 3/30/2009: \$20.00 for individual, \$45.00 for family of 3 or more
or

In person on race day (at 8AM): \$25.00 for individual, \$50.00 for family of 3 or more

Number/packet pickup? Starting at 8:00AM on race day

Early entrance into the TEEN EXPO for all runners!

Prizes will be awarded for all age groups!



Questions? Please contact cwebbert@comcast.net

----- detach here -----

2009 Teen Expo Fun Run – Official Entry Form [form may be reproduced; please print; provide a form for EACH runner]

Name: _____ Age (on 3/15/2009) _____ Gender: F M

Address: _____ Phone: _____ Email: _____

School (if student): _____

T-shirt* (circle one): Youth S / Youth M / Adult S / Adult M / Adult L / Adult XL

*A limited supply of t-shirts will be distributed on a first-come, first-serve basis on race-day. No refunds.

Check one: _____ **5K** _____ **1 mile** *Additional donation for the Page Family:* _____

Waiver and release: I recognize that participation in this activity may involve certain hazards. I understand that I should not participate unless medically able. I assume the risks associated with involvement in this activity, including but not limited to falls, contact with participants, effects of weather, and road and traffic conditions, these risks being known and appreciated by me. Having read this waiver release and considering the acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release the Teen Expo Fun Run, the City of Westminster, all sponsors and hosts, and their representatives and successors, from any claim of liability arising from my involvement in this activity.

Signature (signature of parent/legal guardian if under 18): _____

Mail form & fee by 3/30/09 to: Webbert/5K; 3339 Lawndale Road; Reisterstown, MD 21136 [**checks payable to: Teen Expo Fun Run**]

Please provide a registration form for EACH runner of your group. Race day registration begins at 8:00 am. Race-day fees are \$25.00 individual, \$50.00 for runners grouped as a family of 3 or more.



Westminster City Recreation Proudly Presents...



9th Annual Flower and Jazz Festival Benefit Run/Walk

Proceeds to benefit Carroll County Youth Services Bureau and Westminster Family Center's Group Fitness Department

Three Main Events:

Saturday, May 9, 2009 beginning at 9:00 am
Wakefield Valley Community Trail



9:00 am- 6 Years Old and Under- 200 Yard Dash
(Free! Receive a Medal!)



9:15 am- 7 Years Old and Up- 1 Mile Fun Run
(Free! Receive a Medal!)



9:30 am- Open 5K Run/Walk, \$20 donation
(Timed by the Westminster Road Runners)

Directions:

Benefit Run/Walk will be held at the Wakefield Valley Community Trail. Follow Route 140 West, take ramp to Route 31 South. From Rt. 31 S., make a Right on Tahoma Farm Road. Parking is on the left by the Fenby Farm Boulder Park. Benefit Run/Walk starts at the trail on the Right of Tahoma Farm Road, across the street from parking.

Information:

Same day registration will be accepted. A flower pot will be awarded to 1st, 2nd, and 3rd place winners in each category. For more information call Sarah Carias (scarias@westgov.com or Beth Lande (blande@westgov.com) at 410-751-5501

(Please cut and return this bottom portion)

Name: _____ Phone: _____

Emergency Contact: _____ Phone: _____

Donation: _____ Email Address _____

Please make all checks payable to Westminster City Recreation

Return to: Westminster Family Center, P.O. Box 710, Westminster, MD 21158, or Fax to 410-848-8310

In consideration of use of the Westminster City Park the Run/Walker, or if the Run/Walker is a minor, the Run/Walker's guardian(s), hereby agrees to release, indemnify and discharge the City of Westminster, on behalf of the Run/Walker (adult or minor). As a participant of the Run/Walk, I understand the nature of the event and that I and/or my minor child are qualified, in good health, and in proper physical condition to participate in such an event. I full accept and assume all risks and all responsibility for any injuries incurred while participating in the Westminster City Recreation 9th Annual Flower and Jazz Festival Benefit Run/Walk.

Photographic release: I permit the Recreation & Parks Department to use and publish photographs of me and/or my children for purposes of presenting recreation activities to the community. I also give my permission to release such photographs to the news media in support of the program. _____ (Please initial)

Signature: _____ Date: _____

If under 18, Signature of Parent/Guardian: _____ Date: _____

2009 Twilight Series Entry Form

The series consists of six races, on alternating Thursdays, beginning in late May and concluding in early August.

May 28 – 2-Mile Track Run @ Winters Mill High School, Westminster
Directed by Sherry Clower, rclower@mcdaniel.edu, 410-848-6471

June 11 -- 5K Road Race @ Century High School, Eldersburg
Directed by Bob Paczynski, vintage66pony@aol.com, 410-549-1123

June 25 – 3-Mile Cross-Country Run @ Camp Hashawha, Westminster
Directed by Gary Honeman, ghoneman@ccysb.org, 410-848-2118

July 9 -- 6K Road Race @ FSK High School, Uniontown
Directed by Tom Russell, 410-751-1434

July 23 – 4-Mile Road Race @ Pleasant Valley Fire Hall
Directed by Liuda Galinaitis, liuda@carr.org, 410-857-5427

August 6 -- 8K Road Race @ Runnymede Elementary School, Taneytown
Directed by Tim Gosnell, tmgsnll@aol.com, 410-871-1716

- **All races will begin at 7:00 pm.** The 2-mi track run will consist of three sections--masters men, 7:00 pm; women and children, 7:20 pm; open men (and anyone else who contacts the race director), 7:40 pm.
- The fees will be **\$2 per race for WRRRC, Flying Feet, and ERR members** (*\$10 for the entire series*, paid on the night of the first or second race) and **\$3 per race for non-members** (no deal available).
- Runners will be scored by gender, with one point given for finishing first in a race, two for finishing second, etc. Overall and age group rankings will be assigned from your five best performances.
- Runners will be scored in the following age groups: 15 and under; 16-19; 20-29; 30-39; 40-49; 50-59; 60 and over. Awards will be given to the top overall and age group finishers. There will be no duplication of awards. Awards will be distributed at the Club Picnic in September.
- To qualify for this year's Series premium, a sweatshirt, you must run and/or work at least five events. You do not have to be a member to qualify for the premium.
- For more information contact the Series director, Lauren Crue, at 410-236-9787 or lrcrue@gmail.com or the individual race directors.

DETACH HERE

2009 Twilight Series

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

E-Mail: _____ Phone: _____

Age: _____ Gender: M F

Premium (sweatshirt) Size: S M L XL XXL (for completing 5 of the 6 races)

I hereby waive all claims against the Westminster Road Runners Club, Carroll County Public Schools, and property owners for injuries which may result from participation in these events.

Signature (of parent if a minor) _____

Mail to:
2009 Twilight Series
C/O Lauren Crue
2527 Whitt Road
Kingsville, MD 21087

Club* Member? Y N
(*WRRRC, Flying Feet or ERR)



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.

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

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. 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
 WRRC 8/02
 FREDERICK 8/15
 PGRC 8/29