

Westminster Road Runners Newsletter

August-December, 2007

Unless otherwise indicated, regular fees are \$1 for members (\$2 maximum for a family unit) and \$2 for non-members. For races/events with special, usually higher, rates, the information will be given either from the club web page, from an enclosed entry form, or in the description of the race/event.

For NEW members joining in October or later, the 2007 dues of \$5 for students 21 and under, \$10 for adults, and \$15 for a family unit will apply through the end of 2008.

Fall Schedule

Saturday, August 18, 8:00 am, SEASON TO REMEMBER 5K RUN/1 MILE WALK, Dixon Parking Lot, Stoner Avenue, Westminster. Although the Carroll Hospice has recently opened on Old Washington Road, Md Rt 32, near the hospital, this race is being held to help with expenses for the facility. The race starts on Stoner Avenue, combining a loop with an out-and-back segment on Gist Road, before finishing in the Dixon Parking Lot. The entry form is located in the Schedule section of the web page. For more information contact Karen Opper at 410-871-7653.

Sunday, August 19, 8:00 am, KOWOMU TRAIL 5K ROAD RACE, Rinehart Road, Westminster. Glenn and Ivy Smink will provide fresh farm produce, very wet water, and a delightful up and down course through the woods shading Kowomu Trail for the last of the summer club races. Information regarding the results of this summer's Twilight Series will be given by Series Director Lauren Reese. For information contact David Herlocker at 410-848-8332. Regular fees.

Monday, September 3, 8:30 am, LABOR DAY 5K ROGUE RUN AND 1 MILE CROSS WALK, Liberty High School, Eldersburg. The Eldersburg Rogue Runners sponsor one of their big events, a loop course starting and ending at Liberty High School. It would be a great beginning to the last big holiday of the summer. Proceeds from the Cross Walk will be given to the Leukemia and Lymphoma Society. The entry form is located in the Schedule section of the web page. For more information contact Mark Smith at 410-552-5018.

Saturday, September 15, 9:30 am, GREEN TERROR SPLIT DISTANCE (3K or 5K) CROSS-COUNTRY CHALLENGE, McDaniel College, Westminster. If the word cross-country has not totally paralyzed you, imagine a team competition on the golf course at McDaniel College against college teams and other running clubs. The club coordinator is Jim Rodriguez, 410-848-6035, who has the entry forms and who will gladly take your money. For information about the course, contact Doug Renner at 410-857-2581.

Sunday, September 23, 8:00 am, BACHMAN VALLEY HALF-MARATHON, Bachman Valley Farms, Old Bachman Valley Road, Westminster. Many long years ago, Frank Schaeffer, then newly elected president of the young Westminster Road Runners Club, sent a survey to all club members. One of the sections considered starting new events, and from the results there was born the Bachman Valley Half-Marathon, now in its twenty-fifth year, making it one of our oldest continuing events. An entry form is included in the newsletter, or you can register on-line by following the instructions in the Schedule section of the web page. Special, long-sleeved 25th anniversary T-shirts will be available for both runners and non-runners. Since many volunteers are needed, if you will not be running, we can find something for you to do. Contact David Herlocker at 410-848-8332, before he contacts you.

Wednesday, September 26, 7:00 pm, FALLFEST MILE, Pennsylvania Avenue and Monroe Street, Westminster. Since the 2005 edition had three entrants, and the 2006 edition had thirty entrants, it is only logical to assume that the 2007 edition will have three hundred entrants. The race will precede the annual Fallfest parade, ending on Longwell Avenue near City Hall. Since the race is point-to-point, you could leave your car near the finish and walk to the start before you run, or you could leave your car near the start and walk from the finish after you run. Decisions, decisions. Doug Renner at 410-857-2581 is the contact for both entry forms and information.

Sunday, October 21, 8:00 am, OTTERDALE MILL FIVE MILE RUN, Trevanion and Stonesifer Roads, Taneytown. The course is flat, it has minimal traffic on it, and the nearest facilities are at the Taneytown McDonalds. If this description sounds like a trip back in time, it is. The fees are regular, and Dan Replogle, 410-756-1654, is taking a week off from his high school cross-country coaching duties to make certain that things go well for you.

Saturday, October 27, 9:00 am, 4H 5K CLOVER RUN AND FUN WALK, Carroll County Ag Center, Smith Avenue, Westminster. Proceeds from this event benefit programs of the local 4H organization. An entry form is enclosed. For more information contact Leeann Boyce at 410-386-2760.

Sunday, November 4, 9:00 am, UNION MILLS 8K, Union Mills. The first thing you need to know about this race is that the CLOCKS CHANGED TODAY. If you didn't change yours, you'll be there before anyone else. Of course that means you will have no problems parking at the pavilion, and you can probably run the certified course at least once as a warm up exercise. The fees are regular, and Chris Reese, 410-848-3216, is the race director.

Sunday, November 18, 9:00 am, MAYBERRY FOUR MILE RUN, Runnymede Elementary School, Taneytown. This course is a slightly smaller version of the last Twilight Series course, and while there are longer races on the schedule, Bear Run Road has seen at least two runners turn around early and walk back in recent years. Could it be that Bob McCubbin, 410-374-5932, has cast a hex on this race, while still requiring regular fees?

Saturday, December 1, 9:00 am, BURK MEMORIAL 5K RUN, Tahoma Farm Road, Westminster. There are earth movers working in the area, giving rise to the possibility that the Burk Linear Trail may be longer this year and that the course may be different. The fees will still be regular, however, the prizes will still be gift certificates to the Treat Shop, now located on Cranberry Road, between the Pizza Hut and David's Jewelers, and Rich Beck, 410-790-0957 will still answer all your questions.

Sunday, December 9, 9:00 am, DANCER DASH 10K, F & M Manufacturing Company, Tech Court, Westminster. Since Bob Leatherman, 410-848-1782, has been known to bring boxes of goodies to the race for performance and random prizes, you might want to wait to see what he has before you spend too much money on your Christmas gift list. The out-and-back course over hill and dale should prepare you for some of Shirley Leatherman's outstanding chocolate chip cookies, a real steal at regular fees.

Tuesday, January 1, 2008, 12:00 noon, WINFIELD MILE, South Carroll High School, Winfield. Today starts a leap year, which includes national political conventions, federal and state elections, and the summer Olympics. Before any of these events, however, there comes the Winfield Mile, and with it, the never-ending question of how many runners will need a ride to the starting line in beautiful, downtown Winfield because they registered too late to get there on their own? Alan Pobletts, 410-549-1873, will award runners of various ages and speeds samples of WalMart's post-Christmas candies. While the fees are regular, it is time to consider the WRRC dues for 2008.

Upcoming Events

- February--RRCA Team Championship 10 Mile Run in Columbia
- April--Main Street Mile

The Crowd Stands and Cheers for

ASHLEY BAKER, who graduated cum laude in May from McDaniel College with a major in math and a minor in secondary education. This fall she will be teaching at Thomas Johnson Middle School in Frederick and coaching cross-country at Walkersville High School.

JIM BULLOCK, who was profiled in Dave Griffin's July 8th running column in the Carroll County Times.

KARSTEN BROWN, who finished sixth in the Ocean City Factory Outlets Marathon in Ocean City in 3:10:24 and twelfth overall, first in the male 30-34 age category, in the Frederick Marathon, the day after he won a club four mile run. His 2:55:25 time at Frederick qualifies him for the 2008 Boston Marathon.

SHELDON DEGENHARDT, who is ranked sixteenth in the Maryland-DC-Virginia region in the male 40-44 age category in the latest Washington Running Report rankings, compiled by club member JAMES MORELAND.

KATIE GRIFFIN, who graduated from Winters Mill High School in June and who will be attending Gettysburg College this fall. She received an MVAL (Monocacy Valley Athletic League) academic award for 2006-2007.

MAUREEEN HALL, who finished first in the female 40-44 age category at the Spirit of Gettysburg 5K.

ELLEN HOCHEDER, who is ranked eleventh in the female 60-64 age category in the Washington Running Report.

KATIE HURSEY, who graduated from North Carroll High School in June and who will be attending Syracuse University this fall. She won the 1600 meter and 3200 meter runs at the Chesapeake Conference/MVAL meet, the 800 meter, 1600 meter, and 3200 meter runs at the county and class IIIA west regional meets, and the 1600 meter run at the class IIIA state meet. She was named to the Chesapeake Conference/MVAL first team for track and field, to the All-Metro team by the Baltimore Sun, and as the County Performer of the Year by both the Baltimore Sun and the Carroll County Times. Upon graduation she received the Brinton Memorial Award and was recognized as a United States Army Reserve Scholar/Athlete. She was also listed as a 2007 North Carroll High School Maryland Scholar and received both a Chancellor's Scholarship and a Cross-country/Track Scholarship from Syracuse University.

STEVE KARTALIA, who finished eighth overall and as the second male masters runner in the Spirit of Gettysburg 5K.

SCOTT AND LYNN KOHR, who were listed first in the family additions section of the most recent issue of The Hill, McDaniel College's alumni magazine, for the arrival of Caroline Kohr, their second and perhaps final child. Their first place listing in a group of thirty-four couples may be due to the fact that they both graduated from McDaniel earlier than any of the other parents listed.

ARTHUR LEATHERS, a rising senior at Francis Scott Key High School, who won the 1600 meter run and finished second in the 3200 meter run at the Piedmont Conference/MVAL and county meets, before finishing third in the 3200 meter run at the class IIA west regional meet and fourth in the 3200 meter run at the class IIA state meet. He was named to the first team Piedmont Conference/MVAL track and field team and to the first team all-county by both the Baltimore Sun and the Carroll County Times.

DOUG MOCK, who finished second in this year's Main Street Mile, is ranked twenty-seventh in the open category and first in the male 40-44 age category in the Washington Running Report. He finished fifth overall and as the first male masters runner in the Spirit of Gettysburg 5K.

DEE NELSON, who is ranked fourth in the female 60-64 age category in the Washington Running Report.

KATE PACZYNSKI, a rising senior at Liberty High School, who finished first in the high jump at the Piedmont Conference/MVAL meet, second at the county and class IIA regional meets, and tied for third at the class IIA state meet. She was named to the first team Piedmont Conference/MVAL track and field team and to the first team all-county by the Baltimore Sun.

DIANA POOL, who finished as the seventh female overall, second in the female 25-29 age category, at the Spirit of Gettysburg 5K. She will be the assistant cross-country coach at McDaniel College this fall.

KEVIN POOL, who finished second overall, in a time of 14:59, at the Spirit of Gettysburg 5K. He had finished third in the race in 2003. A graduate of Westminster High School and Allegheny College, he will be the cross-country coach at Thiel College in Greenville, Pennsylvania, this fall.

BECKY RHODES, aka Becky Alvarez and Becky Alvarez-Rhodes, who finished as the fourth female in the Ocean City Factory Outlets Half-Marathon.

SHERRY STICK, who finished as the first female and sixth overall in a field of 418 at the Ocean City Factory Outlets Half-Marathon. Her finishing time of 1:26:53 gave her a winning margin of almost nine minutes. She also finished as the third female overall in the Oriole Advocates 5K. She was honored twice in latest issue of The Link, a publication for Carroll Lutheran Village, once for her running and once for her working at CLV for five years.

JARED WELSH, who graduated from Francis Scott High School in June and who will be attending Iona College this fall. He won the 3200 meter run at the Piedmont Conference/MVAL, county, and class IIA west regional meets, before finishing third at the class IIA state meet. He also finished third in the 1600 meter run at the Piedmont Conference/MVAL and county meets, before winning it at the class IIA west regional meet. He was named to the first team Piedmont Conference/MVAL track and field team and to the first team all-county by both the Baltimore Sun and the Carroll County Times. Upon graduation he received chemistry and English departmental awards and was listed on the 2007 Honor Roll for having been on the Honor Roll for all 16 quarters of his high school career. He also received the Principal's Challenge Award for having taken 5 or more AP courses, the Governor's Merit Scholarship Award, and the President's Education Award.

HEIDI WOLFSBURGER, a member of the CMAC division, who finished as the second female overall, in a time of 17:26, at the Spirit of Gettysburg 5K.

Who to Blame

Cross-Country Coordinator: Jim Rodriguez, 410-848-6035 or jimrodriguez1@verizon.net

Equipment Guy: Joe Loveland, 410-876-9249 or joeloveland1@hotmail.com

Newsletter Editor: David Herlocker, 410-848-8332 or dherlock@mcdaniel.edu

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

Half-Marathon Contact: David Herlocker, 410-848-8332 or dherlock@mcdaniel.edu

Twilight Series Director: Lauren Reese, 410-236-9787 or lcreese4@hotmail.com

Ten Mile Team Coordinator: Scott Kohr, 410-857-3845 or sdkohr@hotmail.com

Treasurer-for-life and WDF director: Liuda Galinaitis, 410-857-5427 or liuda@carr.org

Webmasters: Beth Weisenborn, 717-677-6883 or weisenbo@gmail.com

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