

**Westminster Road Runners Newsletter**  
**Fall: September-December, 2009**

Unless otherwise indicated, regular fees are \$2 for members (\$5 maximum for a family unit) and \$4 for non-members. For races/events with special, usually higher, rates the information will be noted in the description of the event, listed on the club web page, or found on an enclosed entry form.

**For NEW members joining in October or later, the 2009 dues of \$5 for students 21 and under, \$15 for individual adults, and \$20 for a family unit will apply through the end of 2010.**

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

**Sunday, August 23, 8:00 am, KOWOMU TRAIL FOUR MILE ROAD RACE**, Rinehart Road, Westminster. Glenn and Ivy Smink will provide farm produce and an up and down course through the woods shading Kowomu Trail for the last club race of the summer. They welcome leashed four-legged friends! For information contact Glenn Smink at 410-857-5691 or e-mail Glenn at [gsmink@fuchsnorthamerica.com](mailto:gsmink@fuchsnorthamerica.com) (his preference!!) Regular fees.

Monday, September 7, 8:30 am, *LABOR DAY 5K ROGUE RUN AND 1 MILE CROSS WALK* (beginning at 9:15), Liberty High School, Eldersburg. The Eldersburg Rogue Runners sponsor one of their big events, a loop course starting and ending at Liberty High School. For more information check the EER website or [LaborDayRace@ERRun.org](mailto:LaborDayRace@ERRun.org)

**Saturday, September 12, 9:30 am, 1 Mile 'Step to Prep' Fun Run/Walk**, Town Mall of Westminster, 400 North Center St, Westminster, MD. This race will be held on the road that loops around the mall. Post-race food/entertainment and awards will be held at 10AM at the Preparedness Expo in the mall. **The race is FREE**. Free shirts will be given to the first 100 registrants. Contact Chrissy Culp, 410-386-2296, [ccalp@ccq.carr.org](mailto:ccalp@ccq.carr.org). Entry form is enclosed.

**Saturday, September 12, 11:00 am, WRRC PICNIC!** This year the picnic will be held at the "Pennington Ranch" (i.e., the home of Chrissy, Alan, and Sadie Pennington; 393 Silver Run Valley Rd., Westminster, MD 21158; 410-346-6794). It will be pot luck, with the WRRC providing the main course, so bring a dish and your drinks along with the entire family. Activities include: Tot Trot @ 11:00 am; Kids Run @ 11:30. Twilight Series awards will be distributed. RSVP as soon as possible to Bob Sommerville at 410-751-7219 or [rjs4u2uz@verizon.net](mailto:rjs4u2uz@verizon.net) (subject line PICNIC). Bob needs to know the number of adults, kids, and tots.

**Sunday, September 20, 8:00 am, D. HERLOCKER MEMORIAL BACHMAN VALLEY HALF-MARATHON**, Bachman Valley Farms, Old Bachman Valley Road, Westminster. Entry for WRRC members is \$10. This race is now in its 27<sup>th</sup> year. An entry form with details is included with this newsletter, or you can register online by following the instructions in the Schedule section of the WRRC web page. Since many volunteers are needed, if you are not running, please contact Beth Weisenborn at [wrrc.web@gmail.com](mailto:wrrc.web@gmail.com) or at 717-357-1666. Entry form is enclosed.

**Saturday, September 26, 8:30 am, Sun, Fun, 5K Run & 1-Mi Family Fun Walk**. Sykesville Middle School, 7301 Springfield Ave., Sykesville, MD 21784. Course passes through Millard Cooper Park and the Springfield Hospital campus. 5K is \$25 before August 1; \$30 at packet pickup and race-day. Contacts: 410.970.7180 or [shc5krun@gmail.com](mailto:shc5krun@gmail.com). Entry form is enclosed. Race website: <http://dhmh.state.md.us/springfield/html/5krun.htm>.

**Saturday, October 3, 8:00 am, 3.5-Mi Emerald Run & 1-Mi Family Run/walk**, Montessori School of Westminster, 1055 Montessori Dr., Westminster. \$15 for 3.5-mi Run before 9/28; \$10/family for 1-mi Walk/Run. Contact Laura Gulley, [Gulleys@comcast.net](mailto:Gulleys@comcast.net). Entry form is enclosed.

**Sunday, October 18, 8:00 am, OTTERDALE MILL FIVE MILE RUN**, Trevanion and Stonesifer Roads, Taneytown. The course is flat with minimal traffic. The fees are regular and Dan Replogle will answer any additional questions at 410-756-1654.

**Saturday, October 24, 8:00 am, St. George's 5K & 1-Mi Fun Run/Walk**, St George's Church, 2434 Cape Horn Rd, Hampstead, MD 21074. The course will be run mostly on the running path at Cape Horn Park. 5K is \$20 by October 1, \$25 after; this fee includes a shirt. 1-mi Fun Run/walk is \$5 (without shirt) or \$17 (with shirt). Race-day registration starts at 7AM. Preregistration is done by mail or at 10:00AM any Sunday at St. George's Church. Awards will go to the top three overall runners and top two in each age group. Contact Cassie Smink, [ducksandhens@msn.com](mailto:ducksandhens@msn.com).

**Sunday, November 1, 9:00 am. BARNOLD FARM Part CROSS COUNTRY 4 MILER**. 313 North Springdale Rd., Westminster (0.4 mi off Uniontown Road) The Barnold's have graciously offered their farm and surrounding roads for our first partial cross country course since Jenny Caple left town. The actual course is approximately two miles on a road, part on a gravel drive and part across a field. Sonya has offered a "farm" breakfast for all finishers! Chris Reese (410-848-3216 or [reesechris@comcast.net](mailto:reesechris@comcast.net).) will co-direct this race with Sonya Barnold (410-848-4557) who can answer all questions about the course. Hopefully, you did not forget to turn your clocks back last night or else you will be running the course an hour before the rest of us! Regular fees.

**Sunday, November 15, 9:00 am, MAYBERRY SEVEN MILE RUN**, Runnymede Elementary School, Taneytown. This distance was well received last year and Bob is will to direct us again. This loop course more closely resemble the Twilight Series eight miler that used to exist rather than the out-and-back 8K that we have done in recent years. Bob McCubbin is the director, 443-980-4244 or [runjfkbob@gmail.com](mailto:runjfkbob@gmail.com) (his preference), and the fees are regular.

**Sunday, November 29, 9:00 am, BURK MEMORIAL 5K RUN**, Tahoma Farm Road, Westminster. Frank Schaeffer and Bob Leatherman have done a flip-flop in their race directing this season. Bob Leatherman will be directing this race, 410-848-1782. Does this mean that Shirley's cookies will flip this way also? Regular fees.

**Sunday, December 13, 9:00 am, DANCER DASH 10K RUN**, F & M Manufacturing Company, Tech Court, Westminster. Frank Schaeffer takes his turn direction for this race. He can be contacted for questions by phone, 410-857-5154 or by e-mail, [swschae@hughes.net](mailto:swschae@hughes.net). Regular fees.

**Friday January 1, 2009, 12 noon, WINFIELD MILE**, South Carroll High School, Winfield. Welcome to the new year, with a friendly reminder that the start of this race happens to be a mile away from the finish (and registration!) point. Be sure to allow that extra time when you come to run. Alan Pobletts, 410-549-1873 will supply those runners who did not use up all their speed in the previous year with his *WalMart* after Christmas candies. Fees are regular, but Liuda will be more than happy to collect your WRRC dues for the year 2010.

## **Future Events:**

### **Coming in 2010... fun Club races and adventures...**

-**January** brings Tom Yinger's exhilarating Mighty Medford Freeway 5K (Westminster, MD).

-**February** brings Sam Alspach's Bear Run 4-miler (Pleasant Valley FD, Westminster, MD), RRCA 10-mile Club Team Challenge (Scott Kohr; Columbia, MD), and Alan Gowen's Hashawha Hills 50K (Feb. 27<sup>th</sup>, Bear Branch Nature Center, Westminster, MD). The Club plans to send a team to the 10-mile Challenge and work an aid station at the 50K.

-**March** brings Bobby Ward's 4-mi Predicted Time Run (Westminster, MD), and Skip Fennell's 5K Track Run (Westminster, MD).

-**April** brings the Club's biggest race of the year, the Main Street Mile, tentatively scheduled for April 14. WRRC is also sending a team of 12 to run the **200-mile American Odyssey Relay Run Adventure** (April 23-24). Bob McCubbin is the team captain.

## **Other News:**

- Would you like a custom Maryland RUN license plate? They are available through the MD RRCA. Contact Phil Lang ([philiplang@verizon.net](mailto: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.

## **The Crowd Stands and Cheers For:**

(by race)

**Our runners of the Catoclin 50K** – KARSTEN BROWN (2<sup>nd</sup> overall, 5:13:30), TIM SMITH (7<sup>th</sup> overall, 5:52:44), BETH WEISENBORN (6:59:21), RHONDA STRICKLETT (7:15:22), ALAN GOWEN (7:56:23), PAM GOWEN (9:00:40).

**our finishers at the Highlands Sky 40-mile Run** – KARSTEN BROWN (3<sup>rd</sup> overall, 7:17:25 - with nearly NO sleep the night before the race), RHONDA STRICKLETT (11:01:23), ALAN GOWEN (11:01:24), BETH WEISENBORN (11:01:24), and KEVIN SPRADLIN (11:45:42; in his first ultra after an 8-year break).

**our runners at the Dreaded Druid 10K**, including ARTHUR LEATHERS (1st overall; 36:32), DAVE GRIFFIN (49:12), MAGGIE LEATHERS (2nd female 18-24; 51:03), CAROLE WILLIAMSON (1:03:30), DEBBIE LEATHERS (PR; 1:06:31), CHRISTINA CARAVOULIS (1:19:05).

**our finishers of the Maryland Half Marathon** – DAVE MOUNT (1:49:09), AMY BUDZYNSKI (1:58:57), SKIP FENNELL (2:04:41), JON HILL (2:13:51), HEATHER BURKER (2:17:27), MARYANN LANGE (2:55:02).

**our finishers at the Capon Valley 50K** – KARSTEN BROWN (1<sup>st</sup> overall, 4:05:23), RHONDA STRICKLETT (6:19:50), BETH WEISENBORN (6:22:07), CHRIS BATTEN (6:22:08), CAROLE WILLIAMSON (6:57:06), and DEBBIE LEATHERS (8:14:46).

**our Frederick Marathoners** – TIM SMITH (3<sup>rd</sup> overall; 2:47:29), KARSTEN BROWN (5<sup>th</sup> overall; First male 35-39; 2:51:46), SHERRY STICK (2<sup>nd</sup> female overall; 3:20:53), Robert Muhl (3:26:50), Jason Fritch (4:44:57), Laura Beck (5:09:44).

**our Frederick Half Marathoners** -- Tom Yinger (1:33:33), Miguel Rodriguez (1:37:15), John Schmitt (1:39:47), Marsha Demaree (4th female 40-44; 1:44:53), Scott Kohr (1:47:58), Jennifer Ziolkowski (1:47:59), Dave Mount (1:48:45), Jim Rodriguez (1:50:20), Linda Morris (1:53:48), Sandy Montgomery (1:54:34), Mallory Beall (1:57:17), Bob Sommerville (2:02:46), Lynn Olexy (2:04:31), Klaus Lemke (2:05:15), Skip Fennell (2:05:48), Jamie Nave (2:05:50), Julie Peatt (2:07:13), Carole Williamson (2:07:26), Sharon Larrimore (2:07:54), Christine Sadler, (2:08:05), Lisa Hughes (2:08:40), Becky Arnold (2:09:02), Rich Coffey (2:11:22), Debbie Leathers (2:11:31), Debbie Arnold (2:20:30), Lynn Kohr (2:21:14), Maggie Wade (2:27:05), Tina Mullaney (2:30:27), Gary Foster (2:33:20), Lisa Cinquegrani (2:37:05), Mary Evans (3:12:27), Jim Evans (3:32:31).

**our awesome American Odyssey 200-mile Relay team** for their 30:55:00 finish. Team members included: Bob and Tina McCubbin, Frank Schaeffer, Gary ("Iron Man") Honeman, Fred ("Mountain Goat Warrior") Hudson, Bob Paczynski, Jim Rodriguez, Kevin Spradlin, Monica and Ted Zaleski, Abby Gruber, and Chrissy ("The Energizer Bunny") Pennington. Sadie and Al Pennington were the 'team mascots'... and Jo Ann Zaleski was the 'team mom.'

our survivors of the 1st annual Rockville Runamuck Mud and Music Festival 5K, which included a wild and crazy 5k course littered with obstacles (walls, hay bales piled up, tires, and plenty of mud and water). This race comes highly recommended for next year! 'Survivors' include: Jon Hill, Darcey Hott, and Lori Bentley.

our runners of the inaugural Maryland Mountain Marathon, GRANT HADDEN (3:55:45), and Half Marathon, KELLY GRUBER (1:34:14) and TIM GOSNELL (2:00:12).

(by individual)

ALAN GOWEN, for his PR at the Massanutten Mountain Trail 100-mile Run in 32:05:34.

BOB LEATHERMAN, with the completion of this year's Twilight Series, has completed 149 consecutive Twilight Series Races dating back to 1985. For Bob, it is just a part of his routine.

KARSTEN BROWN, who managed to have an amazing summer running season, with a win at the Hatfield McCoy Marathon (2:51:41) and 3<sup>rd</sup> place finish at the Bob Potts Marathon (2:47:42).

PAUL KELLY, for his awesome finish in the Boston Marathon (3:44:27).

STEVE KARTALIA, for his induction into the Carroll County Sports Hall of Fame.

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This time around we give special thanks for **all the contributors to our "Clock/timer Fund"** (as of 8/19):

**Gold** (Contributions of \$200 or more)

Bobby Ward  
Gorman Davis

**Silver** (Contributions of \$100 - \$199)

Reese Family  
Skip Fennell  
Frank Schaeffer  
Flying Feet  
Carole Williamson

**Bronze** (Contributions up to \$99)

Green Terror Track XC	Lynn Scherbarth
BWAC (Doug Renner)	Paul Kelly
Dan Replogle	Christa Binns
Ted Zaleski	Sherri Lima
Sherry Clower	Becky Arnold
Gary Honeman	Sam Case
Amy Morrow-Funk	Jim Beacham
Sherry Stick	Leathers Family
Steve Kerzel	Liuda Galinaitis
Scott Kohr	Lynn Kohr
Mark Sobotoa	Marjorie Bliss
Joe Loveland	
Barnold Family ( <u>In honor of Samantha Barnold's and Steve Staub's wedding.</u> )	

*Miscellaneous donations:* If you are in this non-listed group, you made a donation to Liuda, but have not completed the donation form that helps Liuda keep track of who gave her money.

A most special thanks goes to Beth Weisenborn who paid for the clock up front so that we could have use of it while we collected money to pay for it!

**Who to Blame:**

President-for-Eternity: David Herlocker

New President: *YOU!*

New Vice President(s): *Write your name here.*

Mom-of-two, Wanna-be Trail Runner, BVHM RD, and Ex-President-in-Waiting: 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](mailto:lrcrue@gmail.com)

WDF Director: Liuda Galinaitis, 410-857-5427 or [liuda@carr.org](mailto:liuda@carr.org)

GPS Director: James Moreland, 240-476-5913 or [grandprixscorer@mdrrca.org](mailto:grandprixscorer@mdrrca.org)

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

200-mile Am. Odyssey Relay Coordinator: Bob McCubbin, [runbob@juno.com](mailto:runbob@juno.com)

Equipment Guy: Joe Loveland, 410-857-1201 or [joeloveland1@hotmail.com](mailto:joeloveland1@hotmail.com)

Treasurer-for-Life: Liuda Galinaitis, 410-857-5427 or [liuda@carr.org](mailto:liuda@carr.org)

Webmaster: Beth Weisenborn, 717-677-6883 or [wrrc.web@gmail.com](mailto:wrrc.web@gmail.com)

Newsletter and Race Calendar Coordinator: Chris Reese, [reesechris@hotmail.com](mailto:reesechris@hotmail.com)

Flying Feet Director: David Griffin, 410-596-0746 or [dpgflyingfeet@aol.com](mailto:dpgflyingfeet@aol.com)

BWAC/CMAC Director: Doug Renner, 410-857-2581 or [drenner@mcdaniel.edu](mailto:drenner@mcdaniel.edu)

Mountain Maryland Club Director: Kevin Spradlin, [run@mountainMDmarathon.org](mailto:run@mountainMDmarathon.org)

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

# Why a Fundraiser?

One of the most important responsibilities of a running club is **providing complete and accurate times** for the runners that compete in their races. Missing this season from Westminster Road Runner races is the display clock, which stopped functioning earlier this year. The race timer is 1970 vintage device which has none of the storage and back-up features available in modern timers. To replace both of these will cost nearly \$2,600.00.

The Westminster Road Runners have traditionally had minimal membership and race entry fees. As a result the WRRRC does not have the funds to make such a large purchase.

The Westminster Road Runners are appealing to the members and friends of the club to **help raise the funds needed to purchase a new display clock and race timer.**

Through your donations the Westminster Road Runners will be able to continue to put on the high quality races at the affordable fees for which the club is well known.

Please consider making a donation toward our **\$2,600.00 goal.**

Thank You.

*Westminster Road Runners Club*

## Display Race Clock

The LM Series Race clock by Electro-



Numerics features a single sided 5 digit display. It has reflective, yellow electromagnetic "flip" four inch digits for easy viewing. The clock comes with a six foot tripod and case.



## Race Timer

The Time Machine-Road Race printing timer stores 8,000 times and 225 events. The easy to use timer provides a digital display and written printout.



## Fundraiser Contribution Form

Yes, I want to contribute to the WRRRC Clock Fund

<input type="checkbox"/> Limited edition WRRRC shirt	Amount \$50.00
<input type="checkbox"/> Limited edition WRRRC shirt + 2010 WRRRC membership	\$100.00
<input type="checkbox"/> Limited edition WRRRC shirt + 5 year WRRRC membership	\$200.00
<input type="checkbox"/> Cash donation in the amount of .....	_____

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 Phone \_\_\_\_\_

WRRRC shirt size    Small    Medium    Large    Extra Large,    2X LG

**Method of Payment**

Check # \_\_\_\_\_ (Make check payable to Westminster Road Runner Club)

Cash

<http://www.carr.org/~wrrrc>

**Westminster  
Road Runners  
Club**

<http://www.carr.org/~wrrrc>

**Mail Donations to:**

Luida Galinaitis  
1796 South Pleasant Valley Road  
Westminster, MD 21158

You may make your donation at any WRRRC race.



# Flying Feet Running Program – Winter 2009



A program designed for both beginner and experienced runners

January 3, 2009 through February 28, 2009

[dpgflyingfeet@aol.com](mailto:dpgflyingfeet@aol.com) or 410-596-0746

**General Information** – The Flying Feet Winter Running Program is designed to help runners of all levels reach their personal running goals, whether those goals are related to personal fitness or competition. The program features a structured environment that will help runners form the discipline needed to train consistently. Supportive guidance is provided by Coach Dave Griffin, helping runners overcome challenges and gain confidence.

**2009 Winter Program** – The program is designed for runners of all levels who wish to enjoy group runs and workouts in a structured setting and gain access to personal guidance from an experienced coach. Depending on your experience level, you can receive the following benefits:

- **New Runners**
  - A group environment to help you form the discipline needed to run routinely
  - Personal guidance to help you transition from walking to running consistently
  - Individual advice to help set and achieve goals
- **Experienced Runners**
  - Complete a solid base building training phase so you are ready for race specific training in the Spring
  - Personal guidance from a coach who has successful coaching and racing experience
  - Individual coaching to assure you are doing the right workouts based on your goals

**Group Runs** – Group runs will be held at locations in and around Westminster, MD on Saturday mornings and late Sunday afternoons.

**Running Schedules** – All participants of the Flying Feet Running Programs will receive a personal running schedule designed based on their specific goals and experience.

**Program Fees** – The cost of the 2009 winter program is \$65. This cost includes access to all group runs and workouts, a personal running schedule to follow, and direct coaching support and guidance. Any race registration fees are additional and are paid directly to the event sponsors. (Note – Additional members of the same household may register for \$40 each.)

**Send form and registration fee to – Dave Griffin, Flying Feet, 55 Bonfire Ct., Westminster, MD 21157**

Name \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_

Phone Number \_\_\_\_\_ Email \_\_\_\_\_

Address (incl. city, zip) \_\_\_\_\_

**Describe your running goals** - \_\_\_\_\_

\_\_\_\_\_

**Read Carefully** - In consideration of your acceptance of my application for participation in the Flying Feet Running Programs, I hereby, for my heirs, my executors, administrators and assignees, and myself waive, release and forever discharge Flying Feet Running Programs, LLC, and all coaches and sponsors of all claims, damages, demands, and actions whatsoever in any manner arising out of my, or my child's participation in this program.

Participant Signature (Parent if under 18)

Date



# STEP TO PREP 1 MILE RUN/WALK

## About the Race:

The Step to Prep 1 Mile Run/Walk will kick off activities at the TownMall of Westminster. This will include a competitive, timed 1 mile run (Heat 1) and a Fun Run/Walk (Heat 2). The 1 mile will begin at 9:30 AM. Food and awards will follow at 10 AM in the old Steve & Barry's store. Free t-shirts for the first 100 registered racers. All race participants will be entered into a random drawing to win a prize. **Fill out the attached registration form and mail back by Wednesday, September 2nd.**

**Heat 1:** This heat is **officially timed and scored**. All participants in Heat 1 must meet the following criteria: (1) age 11 & over, and (2) run a 10-minute mile or faster. If you are not able to meet these criteria, please register for Heat 2.

**Heat 2:** A clock showing an unofficial race time, will be at the finish line. **ALL** participants meeting **either** of the following criteria should register for Heat 2: (1) age 10 & under, or (2) those running/walking slower than a 10-minute mile.

**Prizes:** Free t-shirt for first 100 registered for the 1 Mile (regardless of Heat 1 or Heat 2), Complimentary Food & Drink!

### Medals for Heat 1:

- Top 3 Overall Runners
- Top 3 Male Runners
- Top 3 Female Runners

## Step to Prep 1 Mile Registration Form

Cut along dotted line, complete registration form and return to 225 N. Center Street, Westminster, MD 21157, ATTN: Chrissy Calp, Emergency Management

Name: \_\_\_\_\_

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

State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Age: \_\_\_\_\_ M  F  Heat 1 or 2 (circle)

### Additional Family Members:

1. \_\_\_\_\_ Age: \_\_\_\_\_ M  F  Heat 1 or 2 (circle)

2. \_\_\_\_\_ Age: \_\_\_\_\_ M  F  Heat 1 or 2 (circle)

3. \_\_\_\_\_ Age: \_\_\_\_\_ M  F  Heat 1 or 2 (circle)

Shirt Sizes (please indicate size of t-shirt and number needed below, one per registered family member)

Adult: S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_

Youth: S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_

There is NO cost to register for this event.

Mail completed registration **BY WEDNESDAY, SEPTEMBER 2nd** to:

225 North Center Street, Westminster, MD 21157, ATTN: Chrissy Calp, Emergency Management.

**Release and Waiver:** I know that running and/or walking is a potentially hazardous activity. I should not enter and run or walk unless I am physically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the race. I acknowledge that participation in this event is completely voluntary and I understand that this type of event may entail various unknown risks including but not limited to falls, trips, contact with other participants, the effects of weather including heat and/or humidity, traffic and the conditions of the road, all risks being acknowledged, appreciated by me, and voluntarily assumed. Having read this release and waiver and knowing of these facts in consideration of accepting my entry, I hereby waive and release The Carroll County Citizen Corps, the County Commissioners of Carroll County, and all sponsors, their representatives, officers, employees, volunteers, agents, successors and assigns, from all claims, liabilities, damages, demands, costs, expenses, or judgments including attorney's fees and court costs, arising out of or in any way connected with my participation in this event.

Further, I grant permission to the foregoing parties to record my picture and voice through photographs, motion pictures, films, recordings, audio, videotapes, or any other record of these events to use and edit these images and recording at their discretion, including use in any manner of media whatsoever, including unrestricted use for purposes of publicity, advertising, or education, including the use of my name, likeness or voice. I understand and agree that this data may be used without identifying me. I release and discharge the participating agencies, including their officers, employees, volunteers, agents, successors and assigns from all claims, liabilities, damages, demands, costs, expenses or judgments including attorney's fees and court costs, including among other things, libel, slander, invasion of privacy, right of publicity, and defamation arising out of the use of the recordings and data. I further waive any rights conferred under federal copyright laws or any other rights I might otherwise have in the recordings and data and the subsequent broadcast or commercial, educational, or other use by the participating agencies. I understand that the recordings are the exclusive property of the participating agencies and those agencies own all rights to these recordings regardless of the form in which they are produced or used. Further, I agree that I am not entitled to nor was I promised any compensation for the making of such recordings or their use.

I understand that bicycles, skateboards, baby joggers, roller skates and blades, animals, and radio headsets are not allowed in the race and I will abide by this guideline.

**\*\*Release must be signed. Parent or guardian signature is required if participant is under 18.\*\***

Participant's Signature (required if over 18): \_\_\_\_\_ Date: \_\_\_\_\_

Participant's Signature (required if over 18): \_\_\_\_\_ Date: \_\_\_\_\_

Parent or Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_



The Westminster Road Runners Club  
*presents the 27<sup>th</sup> annual running of the*

## D. Herlocker Memorial Bachman Valley Half Marathon

Westminster, Maryland

**SUNDAY, SEPTEMBER 20, 2009, 8:00 AM, *rain or shine***

# TRAINING FOR A FALL MARATHON? RUNNING THE RRCA MARYLAND GRAND PRIX SERIES?

The BACHMAN VALLEY HALF MARATHON is an ideal fall training race, featuring a moderate 13.1-mile course over rolling country roads. It's also part of the 2009 Maryland RRCA Grand Prix Series.

**Location:** Bachman Valley Farms, 475 Old Bachmans Valley Rd, Westminster, MD 21157  
**Packet pickup/registration:** 6:30 until 7:45 a.m. on race day  
**Race start:** 8:00 a.m.

**Entry Fee until Sept. 7:** \$10.00  
**Entry Fee after Sept. 7:** \$15.00  
**Entry Fee for all WRRRC/ERR/FF members:** \$10.00

**Pre-registration:** online at Active.com (URL: [http://www.active.com/event\\_detail.cfm?event\\_id=1738172](http://www.active.com/event_detail.cfm?event_id=1738172))  
(online registration closes on Sept. 18 at 10PM; **NO processing fee for online registration**)

or

**by mail** (send to address at bottom of form; must be in the mail **BY September 14**)

**Questions:** Call Beth Weisenborn at 717.677.6883 or e-mail at [wrrc.web@gmail.com](mailto:wrrc.web@gmail.com)  
Race and WRRRC website: <http://www.carr.org/~wrrc/>

**Long-sleeve race t-shirts will be SOLD on race-day (for \$10); the cost of the t-shirt is NOT included in your race registration fee.**

*Prizes awarded following the race.*

*Results posted on WRRRC website.*

**Directions – From Baltimore Beltway (about 45 min.):** Rt. 695 West, exit onto Rt. 795 West to Rt. 140 through Westminster. Exit onto Rt. 97 North. At the second stoplight turn right on Magna Way, travel about 1.5 miles, Bachman Valley Farms will be on the left.

**From DC/northern VA:** Rt. 95 or 295 to the Baltimore Beltway West (Rt. 695) and follow directions above.

----- **ENTRY FORM** (detach here; copies are acceptable) -----

**Name:** \_\_\_\_\_ **Age on 9/20/2009:** \_\_\_\_\_ **Gender:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **City:** \_\_\_\_\_

**State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_ **WRRRC member:** Y N **RRCA Club Affiliation:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **E-mail:** \_\_\_\_\_

**Emergency contact name & number:** \_\_\_\_\_

In consideration of the acceptance of this entry for the Bachman Valley Half Marathon, I waive all claims for myself, my heirs, and assigns against the Westminster Road Runners Club, Bachman Valley Farms, and all race personnel for any injury or illness, which may result from my participation. I further state that I am in proper physical condition to compete in this race.

**Signature (guardian's signature required if under 18 years of age):** \_\_\_\_\_

**SIGNATURE REQUIRED TO ENTER**

Mail entry form and fee to BVHM/WRRRC, c/o Weisenborn, 400 Shrivvers Corner Rd., Gettysburg, PA 17325. Make check payable to WRRRC.

**SAVE THE DATE!**

***1st Annual  
Springfield Hospital Center  
Rehabilitation Services Department***

**Sun, Fun, Run  
5K Run & Family  
Fun Walk**

Starts and finishes at Sykesville Middle School, passing through Millard Cooper Park and Springfield Hospital Campus

**Amenities Include:**

- Hi-tech wicking t-shirts to all pre-registered participants
- Door prizes
- Refreshments

**Post Run Family Fun Day at Millard Cooper Park**

- Massages
- Face and nail painting
- 50/50 drawing
- Moon bounce
- Games
- Music
- Food



**Date: Saturday,  
September 26,  
2009**

**Time: 8:30 AM**

**Place: Sykesville  
Middle School**

**For registration and more information:  
[www.dhmd.state.md.us/springfield](http://www.dhmd.state.md.us/springfield)  
Email: [shc5krun@gmail.com](mailto:shc5krun@gmail.com)  
410-970-7180**



# 3.5 Mile Emerald Run/Mile Family Fun Run Registration Form

Name: \_\_\_\_\_

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

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

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Age: \_\_\_\_\_ (as of 10/3/09) M  F

Shirt Size: Adult  Youth  S  M  L  XL

Event entering:  3.5 Run  \$15 before Sept. 28  \$20 Late/Day of event

Mile  \$10 MSW enrolled family  \$15 All other families

Family Entrants (limited to immediate family living in same household)

1. \_\_\_\_\_ Age: \_\_\_\_\_ M  F  Event  3.5 Run  Mile

Shirt Size: Adult  Youth  S  M  L  XL

2. \_\_\_\_\_ Age: \_\_\_\_\_ M  F  Event  3.5 Run  Mile

Shirt Size: Adult  Youth  S  M  L  XL

3. \_\_\_\_\_ Age: \_\_\_\_\_ M  F  Event  3.5 Run  Mile

Shirt Size: Adult  Youth  S  M  L  XL

Proceeds from the 3.5 Emerald Run will benefit the

*Montessori School of Westminster's Financial Aid Program.*

Please make checks payable to: **Montessori School of Westminster.** Do not send cash.

Mail completed registration to: **MSW Run Event, 1055 Montessori Drive, Westminster, MD 21158**

**Release and Waiver:** I know that running is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the race. I assume all risks associated with running and participating in this event including but not limited to falls, contact with other participants, the effects of weather including heat and/or humidity, traffic and the conditions of the road, all risks being known and appreciated by me. Having read this waiver and knowing of these facts in consideration of accepting my entry, I myself, and anyone entitled to act on my behalf, waive and release The Montessori School of Westminster, Inc., and all sponsors, their representatives, volunteers and successors from all claims and liability arising out of this event. Further, I grant permission to all of the foregoing to use photographs, motion pictures, recordings, or any other records of these events for legitimate purposes. I understand that bicycles, skateboards, baby joggers, roller skates and blades, animals, and radio headsets are not allowed in the race and I will abide by this guideline.

**\*\*Release must be signed. Parent or guardian signature is required if participant is under 18.\*\***

**Participant's Signature** \_\_\_\_\_ Date \_\_\_\_\_

**Parent or Guardian Signature** \_\_\_\_\_ Date \_\_\_\_\_

I do not wish to have my race information shared with Runners World.



## 3.5 Mile Emerald Run

### When

**Saturday, October 3, 2009 at 8:00 AM**

Registration begins at 7:00 AM

Mile Family Run Run/Walk at 9:30 AM

### Where

Montessori School of Westminster

1055 Montessori Drive Westminster, MD 21158

### Course

Race will begin at the Montessori School of Westminster campus and take participants along the rolling hills of Baugher Road ending back at the school campus.

### Fees

3.5 Run - \$15 before September 28

\$20 late/day of event

Fun Run - \$10 MSW enrolled family

\$15 all other families

### Registration

Please use the attached registration form or download a registration form at [www.MontessoriSchoolofWestminster.org](http://www.MontessoriSchoolofWestminster.org). For more information, call 410.848.6283.

### Packet Pickup

Beginning Sep. 28, MSW office is open 8:30 AM - 3:00 PM, with extended evening hours on Friday, Oct. 2 until 8:00 PM, and Day of event at MSW

### Road Closure Information

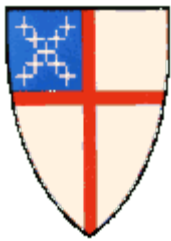
Hughes Shop Rd. at Pinch Valley and Hughes Shop Rd. at Pleasant Valley will close at 7:45 AM and will reopen at 9:00 AM on Race Day.

### Post Run

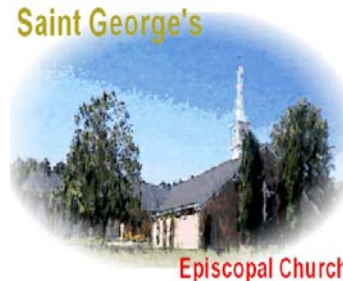
Following the race, bagels, fruit, snacks and drinks will be available for all participants.

**Keep this section for race information**

cut along dotted line, complete registration form and return to MSW



St. George's Episcopal Church  
presents the 1<sup>st</sup> annual running of the



# St. George's Dragon Run!

Hampstead, Maryland

**SATURDAY, OCTOBER 24, 2009, 8:00 AM, *rain or shine***

Recognition to: (no duplicate awards)

- Top three overall finishers, male & female
- Awards to top two age-group finishers, male & female
- Age Groups: 14 & under, 15-19, 20-29, 30-39, 40-49, 50 & up

**5k Race (officially timed & scored):** Starts at 8:00am

**1 mile Fun Run\***: Walkers are also welcome to do this, Fun run starts at 8:15am

\* The Fun Run is neither officially timed nor scored.

Entry fee for all participants\*: **\$20.00** (5k) **\$5.00** (fun run) postmarked by October 1<sup>st</sup> –**There is race-day registration.**

No refunds!

\* Reserved if you pre-register ONLY by October 1<sup>st</sup>!

\*Race t-shirts are distributed on a first-come, first-serve basis on race-day, compliments of

**All pre-registrations are done either by mail or by coming to St. George's Church on any Sunday around 10:00am-**

**Mail- in: ONLY before October 1<sup>st</sup>; \$20 including a t-shirt (pick- up on race day)**

**Coming to the Church before October 1<sup>st</sup>: \$20 with a shirt**

**On race-day or after October 1<sup>st</sup>: \$25** \*(no guarantee on a shirt)

**Fun Run: \$5** before October 1<sup>st</sup> **\$7** after October 1<sup>st</sup> (if a shirt is wanted it will be an extra \$10)

Race-day packet pickup and registration: 2434 St. George's Episcopal Church Cape Horn Rd Hampstead 6:30-7:30

Start: Cape Horn Park (~downhill from the church)

Finish: St. George's Church

Parking: PLEASE PARK AT THE CHURCH LOT FIRST (this is due to soccer at the park) then result to the park's parking lot

Plan ahead: allow time for parking, packet pickup and/or registration, and transporting yourself to the start line

Awards: 9:00am in St. George's front lawn

Activities: There will be a supervised activities tent for children of any age to have a good time.

Questions: email ducksandhens@msn.com; or stop by the church.

\*\*\*Please check out our website- <http://www.saintgeorges.ang-md.org/events.html>

No race-fee refunds.

----- Detach here -----

## 2009 St. George's Dragon Run – Official Entry Form [form may be reproduced; please print]

Name: \_\_\_\_\_ Age (on 10/24/09): \_\_\_\_\_ Gender: F M

Address: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

T-shirt\* (circle one): 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: \_\_\_\_\_ 1 mile fun run \_\_\_\_\_ 5k timed race

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 Westminster Road Runners Club, 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 10/1 to: 2434 St. George's Episcopal Church Hampstead, MD 21074 [checks payable to St. George's Episcopal Church]