

**Westminster Road Runners Newsletter**  
**January-April, 2009**

-Dues for 2009 (now being collected) 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>):

Thursday, January 1, 12:00 noon, WINFIELD MILE, South Carroll High School, Winfield. At the start of a new year, it is time to finish matters from the old one. Note that it's normally a good idea to register for the race early enough to traverse the mile to the starting line before people start running towards you. Regular fees.

Sunday, January 11, 10:00 am, (Note the time change!!) MIGHTY MEDFORD FREEWAY 5K, Avondale and Stone Chapel Roads, Westminster. With the pro football on TV this afternoon, Tom Yinger ([ying32@yahoo.com](mailto:ying32@yahoo.com) or 410-857-2930, has requested an earlier start to this race. Does that mean we can run slower and still be home in time for the games? Regular fees.

Sunday, February 8, 12:00 noon, BEAR RUN FOUR MILER, Pleasant Valley Fire Hall, Pleasant Valley. Sam Alspach, 410-875-2621. Here's hoping that we won't be running through snow or wind! Regular fees.

Sunday, February 22, 8:00 am, **TEAM CHAMPIONSHIP TEN MILE RUN**, Howard Community College, Columbia. Scott Kohr, 410-857-3845 or [sdkohr@hotmail.com](mailto:sdkohr@hotmail.com), and he is ready to scrounge a team of twelve or more male and three or more female runners to hit the roads in Howard County. The club will pay for your entry fee and Scott will organize transportation.

Saturday, February 28, 7:30 am, HASHAWHA HILLS 50K (2 loops) or 15.5 miles (1 loop). This is a 'fat ass' (i.e., trail-runner lingo for 'free') race; this year it is considered an informal fun run. So that runners don't get lost, there will be groups of varying paces sent out together. If you'd like to run by yourself, you're more than welcome. The (almost entirely TRAIL) course has many rolling hills, a stream crossing, etc. If you want to give one or two loops of the course a try (or volunteer), please contact Alan Gowen ([alangowen@gmail.com](mailto:alangowen@gmail.com)) to let him know you are interested in joining in on the fun.

Sunday, March 8, 9:00 am, FOUR MILE PREDICTED TIME RUN, F&M Manufacturing Company, Tech Court, Westminster. Since clocks changed over night the only time you will have to worry about is the start time. Bobby Ward ([ripken10@aol.com](mailto:ripken10@aol.com) or 443-352-8812) is our new director for this race this year, and will be happy to take all watches as you check in for the race. When you register, simply indicate exactly how long you think it will take you to run four miles, and see if you can find Bobby after the race to reclaim your watch. The best predictors win. Regular fees.

Saturday, March 14, 9:00 am, MCDANIEL COLLEGE 5K TRACK RUN, Bair Stadium, McDaniel College, Westminster. Skip Fennell, 410-848-8991, is really looking forward to counting runners and laps since math is his specialty. We must be off the track by 10:30 am, so be prepared to run those laps quickly! Regular fees.

Sunday, March 22, 8:00 am, BREAK-IN THE BYPASS 10K and 1-MILE FUN RUN, Hampstead Bypass (northern-most end), Hampstead. This race is a fund raiser for a local softball team (NCRC Hot Shots Fast

Pitch). Bryan White, [bryanwhite56@gmail.com](mailto:bryanwhite56@gmail.com). Online preregistration is available (see WRRRC schedule; shirts only for preregistered runners), as well as registration the day before the race and on the morning of the race.

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](mailto: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](mailto:run@mountainMDmarathon.org).

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 and toppings are yummy, and one of these years someone may actually break the course records, which are older than many of the runners. Entry forms will be available on the club's web site, through a large mailing in early March, and at club races. The DEADLINE for submission of paper entry forms is APRIL 1. Beth Weisenborn, 717-677-6883 or [wrrc.web@gmail.com](mailto:wrrc.web@gmail.com), will close the computer door when the 700 runner limit--which includes both the first, timed section and the second, fun run section--is reached.

Sunday, April 19, 7:30 am, *Mountain Maryland Marathon-Half Marathon-5K*, Cumberland, MD. Kevin Spradlin is the race director for Maryland's newest marathon, half-marathon, & 5K. 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](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](mailto:run@mountainMDmarathon.org).

Fri, Apr 24 to Sat, Apr 25: **AMERICAN ODYSSEY 200-MILE RELAY** (Gettysburg, PA to Washington, DC); Club contacts are primary contact Bob McCubbin ([runbob@juno.com](mailto:runbob@juno.com)) and, if you can't reach Bob, Jo Ann Zaleski ([zaleski707@verizon.net](mailto:zaleski707@verizon.net)). If you are interested in being a back-up runner or volunteering to help the team, let Bob know.

#### **Future Events:**

May--Sandymount 4 Mile Run, CCYSB 5K, and the start of the Twilight Series.

June--The Twilight Series continues.

July--WDF 5K and still more Twilight Series.

August--Everyone gets to run on Kowomu Trail.

September--Club PICNIC (Twilight Series awards will be given out)! Trails for Tails (40 mile run & team relay at Codorus St. Park in Hanover); Bachman Valley Half Marathon.

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

**VICK BORDERS, DOROTHY CARPENTER, RAY CARPENTER, MIKE EARP, JULIE HADDAWAY, SANDY MONTGOMERY, LORI BENTLEY,** and **LINDA MORRIS** all finished their first half marathon this fall.

Training buddies **RACHEL WALTER** and **BRIAN LARE** placed 48<sup>th</sup> (3:53:01) and 70<sup>th</sup> (4:21:05), respectively, in the Armed Forces division at the Baltimore Marathon. Congrats RACHEL on your first marathon!

**KARSTEN BROWN**, 34, of Front Royal Va., had an amazing fall-racing season. Among his most impressive achievements were his 7<sup>th</sup> place overall finish (2<sup>nd</sup> in age group; 1:24:07) at the Bachman Valley Half Marathon, 8<sup>th</sup> place overall finish (2<sup>nd</sup> in age group; 2:51:53) at the Harrisburg Marathon, followed two weeks later by a 50<sup>th</sup> place overall finish (8:04:37; improving his time and place over his 2007 finish) at the JFK 50-mile Run, followed only a week later by an 8<sup>th</sup> place overall finish (1<sup>st</sup> in age group; 2:56:47) at the NCR Trail Marathon! Meanwhile Karsten managed to win both the Club's Otterdale 5-miler (29:52) and the

Mayberry 7-miler (42:47). How will Karsten top his amazing streak in 2009? We'll have to wait and see. It's possible that Karsten may tackle an even longer race? Karsten's lottery number was picked for entry into Massanutten Mountain Trail 100-mile Run in May 2009.

**SKIP FENNEL**, 64, of Westminster, ran the Bachman Valley Half Marathon (2:02:33), Baltimore Half Marathon (2:-3:39), and finished his fall running season attempting one doozie of a race: the inaugural Rehoboth Beach Running Company Seashore Marathon (4:47:03). Not only did the Rehoboth race have a crazy name, it invited some wild weather and running conditions. Next time you see Skip, ask him what he thought of the race that day!

**AMY FUNK** placed 2<sup>nd</sup> (4:16:02) in the Survivor division at the Baltimore Marathon.

**SCOTT HERRICK**, 26, of Mount Airy, who clocked 2:33:09 in the Baltimore Marathon in October and placed 19th overall.

**LISA HUGHES**, 53, of Hampstead, placed third in her age group (4:35:22) at the NCR Trail Marathon in November.

**STEVE KARTALIA**, 43, of Westminster, had a very impressive win (1:13:50) at the Bachman Valley Half Marathon, where he set a new masters course record. STEVE would go on to place 22<sup>nd</sup> overall and 2<sup>nd</sup> masters (2:35:20) at the Baltimore Marathon, which qualifies him for the Boston Marathon.

**PAUL KELLY** qualified for Boston by running 3:34:25 at the Steamtown Marathon in October.

**MAURA LINDE**, Century sophomore, who finished first in the girls Class 2A state cross country championship race. Maura also won the county, conference and region titles.

Father-son running duo, **JIM** and **ZACH RODRIGUEZ** had a busy fall-running season. ZACH finished his first half marathon at the BVHM in September, accompanied by JIM who then went on to run the Baltimore Half Marathon and the Marine Corps Marathon in October. JIM and ZACH wrapped up in November running the Philadelphia Half Marathon.

**RUNNERZ IN THE NIGHT** 12-person relay team, who finished 2<sup>nd</sup> (22:58:42)) out of 116 teams in the Ragnar Relay Series from Cumberland, MD to Washington, DC on September 26-27. Team members included our very own KEVIN SPRADLIN and VICTOR CRETELLA. More about the team: "Runnerz In the Night tops in Open Male category" at <http://tristaterunnur.com/article18.html>

**DONNA SMITH**, of Glenelg, finished her first marathon in Baltimore, breaking the 4:00-hour mark on her first try!

**TIM SMITH**, 37, of Glenelg, placed 2<sup>nd</sup> overall (1<sup>st</sup> in age group; 1:18:46) at the Bachman Valley Half Marathon, which was a great training run for the JFK 50-mile Run in November, where TIM placed 13<sup>th</sup> overall of 927 finishers (6:57:32) improving one place over his 14<sup>th</sup> place finish in 2007.

**JOHN SCHMITT**, 51, qualified for Boston by running 3:25:11 at the Philadelphia Marathon in November.

**SHERRY STICK** placed 3<sup>rd</sup> (1:29:20) in her age group at the Baltimore Half Marathon.

**BETH WEISENBORN**, 33, of Gettysburg, was initiated into the world of ultramarathoning (as if 26.2 isn't long enough?!) this fall, running the Catoctin 50K (7:34:09), Big Schloss 50K (8:13:00), and Magnus Gluteus Maximus 50K (6:29).

**JAKE ZAMOSTNY**, South Carroll senior, who upset pre-race favorite Michael Lilley of Williamsport for the boys' Maryland Class 2A state cross country championship on Nov. 8 at Hereford High School in Parkton. He finished in 16:58, beating runner-up David Wilson of Smithsburg by 13 seconds. Lilley was third. Jake also won the Blue Ridge Conference and Class 2A South Region championships.

**JENN ZIOLKOWSKI** was the first women finisher at the Trooper Trot 5K in Frederick.

The **Century Knights girls cross country team**, which finished second - by one point - to River Hill, 47 to 48 points, in the Class 2A team standings at Hereford. The Knights were represented by **Maura**, along with **Kirsten McGovern**, **Allie Dearie**, **Catherine Casem**, **Katie Todd**, **Beth Lang**, and **Beth Anne Wieber**. Because not a single one of Century's top seven runners is a senior, the Knights can't help but remain optimistic headed into the fall 2009 season.

The **South Carroll Cavaliers girls cross country team**, which placed second in the Class 1A state championship team standings. Bohemia Manor won with 54 points to South Carroll's 69 points. The Cavaliers' top scoring five included **Rachel Sykes** (fifth), **Catherine Robinson** (sixth), **Jessica Johnson** (11th), **Julia Tennyson** (13th) and **Mackenzie Kappe** (34th).

Like Century's girls, the **South Carroll boys cross country team** placed second - by one point - in the team standings at the state championship meet. The Cavaliers scored 92 points to Bohemia Manor's 91 points. **Jake** led with an individual win, followed by **Ryan Martin**, **Mike Vogel**, **Mike Dee**, **Taylor Becker**, **Doug Findeisen**, and **Nathan Tennyson**.

#### **Who to Blame:**

President-for-Eternity: David Herlocker (with Beth Weisenborn acting as Dave's earthly contact)

Ten Mile Team Coordinator: Scott Kohr, 410-857-3845 or [sdkohr@hotmail.com](mailto:sdkohr@hotmail.com)

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

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

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

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