

Westminster Road Runners Newsletter
January-April, 2010

-Dues for 2010 (now being collected) are: \$5 for students (21 and under); \$15 for adults; and \$20 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 NO LONGER MAIL Club Newsletters UNLESS YOU SPECIFY THAT YOU WANT IT MAILED ON YOUR 2010 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 \$2 for members (\$4 limit for a family group) and \$4 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>):

Friday, 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. Alan Pobletts, 410-549-1873, will again take care of the early organization of this race (including our prizes of Wal-mart's left-over Christmas candy) and Bobby Ward, 443-352-8812, ripken10@aol.com will direct the race itself. If you or family members are not planning on running and are able to help Bobby deal with the large number of runners, please contact him. New regular fees.

Sunday, January 10, 10:00 am, (Note the time!!) MIGHTY MEDFORD FREEWAY 5K, Avondale and Stone Chapel Roads, Westminster. With the pro football on TV this afternoon, Tom Yinger's wife, Toni, is going to take over directing the race (teachwright@yahoo.com or 410-857-2930) to make sure we are home in time to be excited with or disappointed in our favorite team. New regular fees.

Sunday, February 7, 12:00 noon, BEAR RUN FOUR MILER, Pleasant Valley Fire Hall, Pleasant Valley. Sam Alspach, 410-875-2621. Here's hoping Sam can provide a windless, snowless run for us!! New regular fees.

Saturday, February 27, 7:30 am, HASHAWHA HILLS 50K (2 loops). Registration for the 2010 race is already closed, as the race filled in November. Please contact Alan Gowen (alangowen@gmail.com) if you'd like to volunteer.

Sunday, February 28, 8:00 am, **TEAM CHAMPIONSHIP TEN MILE RUN**, Howard Community College, Columbia. Scott Kohr, 410-857-3845 or 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.

Sunday, March 7, 9:00 am, FOUR MILE PREDICTED TIME RUN, F&M Manufacturing Company, Tech Court, Westminster. Bobby Ward (ripken10@aol.com or 443-352-8812) is our director, and will be happy to take all watches as you check in for the race. When you register, indicate exactly how long you think it will take you to run four miles, and find Bobby after the race to reclaim your watch. The best predictors win. New regular fees.

Saturday, March 13, 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! New regular fees.

Wednesday, April 14, 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, 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.

? either Saturday April 17 or Sunday, April 18, 9:00 am, **FINKSBURG 5K**, Gerstell Academy, Finksburg. Race director: Christine Webbert, cwebbert@comcast.net. We are still working out the details for this new race. Please check the race schedule on the WRRRC website for more information.

Sunday, April 18, 7 a.m. *Mountain Maryland Marathon, Half Marathon, 5K and 2-person marathon relay*, Cumberland, MD. Kevin Spradlin is race director for the marathon festival, which includes the 2010 RRCA Eastern Region Half Marathon Championship. Online registration is now open: <http://www.active.com/running/cumberland-md/mountain-maryland-marathon-festival-2010>. Visit the race website: <http://www.mountainmdmarathon.org/> for more information or contact Kevin Spradlin at run@mountainMDmarathon.org or by phone at 301-697-6035.

Fri, Apr 23 to Sat, Apr 24: **AMERICAN ODYSSEY 200-MILE RELAY** (Gettysburg, PA to Washington, DC); Club contact is Bob McCubbin (runjfkbob@gmail.com). 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, Flying Feet 5K, and the start of the Twilight Series.

June--The Twilight Series continues.

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

August--Kowomu Trail 4-mile.

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: Check out the home page of the Club website for recent member achievements, or the News page for archived achievements.

Who to Blame:

President-for-Eternity: David Herlocker

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

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

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

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