

Westminster Road Runners Newsletter
May-August, 2006

Dues for 2006 are as follows: \$5 for students (21 and under); \$10 for adults; and \$15 for family groups. 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 race information, or on the web page (www.carr.org/~wrrc).

Saturday, May 6, 8:00 am, **Sandymount Four Miler**, Sandymount Elementary School, Old Westminster Pike, Westminster. Joe Loveland, 410-876-9249 or joeloveland1@hotmail.com, starts the warm weather portion of the schedule with this out-and-back course along the Old Westminster Pike. Parking is available at the start. Regular fees.

Saturday, May 6, 9:00 am, **Back the Lions 5K Road Race and I Mile Fun Run/Walk**, Liberty High School, Eldersburg. This race is a fundraiser for the athletic department and athletic teams at Liberty High School. An entry form is enclosed.

Saturday, May 13, 8:00 am, **Flower and Jazz Festival**, Tahoma Farm Road and Rt. 31. The program includes a 200 yard kiddie road run for ages 6 and under, a one mile kids road run for ages 7 and older, and a 5K run/walk using the Terry Burk course on road and trail. Contact Gary Honeman at 410-848-2118 or ghoneman@carr.org. There is an entry form on the web page, if you are fortunate or skillful enough to be able to print it.

Thursday, June 1, 7:00 pm, **Twilight Series Runs**, beginning at McDaniel College, Westminster. A series of six races, with distances ranging from 2 Miles to 8K, will be held every other Thursday. Entry fees are \$2/race (\$10 for the whole series) for members or \$3 (no deals) for non-members. Individuals running and/or working at five events will be eligible for the series premium, which will be a runner's bag this year. The Series is directed by Roger Kilgore, 301-994-0049 or rkilgore@grd.com. See inside for more information.

Thursday, June 8, 7:00 pm, **CMAC Cross-Country Relay Series**, Liberty High School, Eldersburg. This series will be composed of five cross-country relay races, run on the Thursdays between the Twilight Series Races. The series is directed by Doug Renner, 410-857-2581 or drenner@mcdaniel.edu. See inside for more information. Regular fees.

Saturday, June 17, 8:00 am, **Mt. Airy Flag Day 5K Run**, Mt. Airy Elementary School, Mt. Airy. Sherry Stick blasted the last mile of this out-and-back course to be the overall winner last year. The race is directed by Dan Strayton, 301-829-9730/410-795-0793 or dans@MyHealthUnlimited.com, who has entry forms.

Saturday, June 24, 8:00 am, **YMCA 5K Run and Kids ½ Mile Fun Run**, Carroll County YMCA, Sykesville Road, Westminster. This race, a fund raiser for the Y, is run cross-country style on grounds near the Y. It is directed by Nancy Kimble, 410-848-3660, ext 333, or NancyKimble@ymcamd.org. An entry form is enclosed.

Sunday, July 16, 7:30 am, **Low-Key 5K Race for Men and Boys**, Union Mills Homestead, Union Mills. This race is run on what is still our only certified course. Any male runners will be expected to help with the Women's Distance Festival Run which follows. The race is directed by Liuda Galinaitis, 410-857-5427 or liuda@carr.org. Regular fees.

Sunday, July 16, 8:15 am, **Women's Distance Festival 5K Run**, Union Mills Homestead, Union Mills. Will the WRRRC retain the famed traveling trophy for yet another year? If Liuda Galinaitis, 410-857-5427 or liuda@ccpl.org, has anything to say about it, the answer is a loud "yes". An entry form is enclosed.

Sunday, August 20, 8:00 am, **Kowomu Trail Four Mile Road Race**, Rinehart Road, Westminster. Results from the Twilight Series will be announced, and premiums and awards will be given. Sherry Stick won this race last year too. The race is directed by Glenn and Ivy Smink, 410-875-5691 or dherlock@mcdaniel.edu (for out of town runners). Regular fees.

Sunday, September 24, 8:00 am, **Bachman Valley Half Marathon**, Bachman Valley Farms, Westminster. The Scherbarth era has arrived, as Bethany, 410-374-4560 or piikanala19@yahoo.com, has agreed to direct the race. Entry forms will be available with the fall newsletter.

CMAC Cross-Country Relay Series

The following relay races will be conducted at 7:00 pm on Thursdays from June to August at Liberty High School in Eldersburg. The series is directed by Doug Renner, 410-857-2581 or drenner@mcdaniel.edu. Check with the series director as to how the teams are to be constructed (you bring your own, or he assigns runners to various teams are two possibilities). Fees for each race are \$1 for members of the Westminster Road Runners and the Eldersburg Rogue Runners and \$2 for non-members.

June 8—4 x 1K Relay

June 22—4 x 1.5K Relay

July 6—4 x 2K Relay

July 20—4 x 1K Relay

August 3—4 x 2K Relay

2006 Twilight Series Information

Directed by Roger Kilgore

301-994-0049 or rkilgore@grd.com

This summer is the 28th version of our signature series. The schedule and general operating instructions are given below. All Series questions should be directed to the Series director, Roger Kilgore. Any questions involving individual races should be directed to the individual race directors.

1. The fees will be \$2 per race for WRRC and ERR members (\$10 for the entire series, paid on the night of the first race) or \$3 per race for non-members (no deals here). If you have not paid this year's dues, you are considered a non-member, and the race directors will have a list of the current membership.

2. The Series consists of six races (the location is Westminster, unless otherwise indicated.).

- June 1 Two Mile Track Run @McDaniel College
Directed by David Herlocker, 410-848-8332 or
dherlock@mcdaniel.edu
- June 15 5K Road Race @Century High School, Eldersburg
Directed by Bob Paczynski, 410-549-1123 or
vintage66pony@aol.com
- June 29 Three Mile Cross-Country Run @Camp Hashawa
Directed by Gary Honeman, 410-848-2118 or
ghoneman@carr.org
- July 13 6K Road Race @Francis Scott Key High, Uniontown
Directed by Tom Russell, 410-751-1434 or
tvrussell@pubhealth.md.state.us
- July 27 Four Mile Road Race@Pleasant Valley Fire Hall,
Pleasant Valley
Directed by Liuda Galinaitis, 410-857-5427 or
liuda@carr.org
- August 10 8K Road Race@Runnymede Elementary School
Directed by David Herlocker, 410-848-8332 or
dherlock@mcdaniel.edu

3. All races will begin at 7:00 pm. The track run will consist of three sections--masters men, beginning at 7:00 pm; women and children, beginning at 7:20 pm; open men (and anyone from the other two sections who contacts the race director), beginning at 7:40 pm. To qualify for a premium, this year a runner's bag, you must run and/or work in at least five events.

4. Runners will be scored by sex, with one point given for finishing first in a race, two for finishing second, etc. Points will be assigned for your best five race performances. If you miss a race, you will be scored as if you were the next finisher after the last real finisher in that event. Thus missing only one race will have no effect on your score or placement.

5. If you wish to run a race at off-times, you must contact the race director prior to the actual race. While your effort will be counted as one of the five races affecting your score, you will be scored as if you were the next finisher after the last real finisher in that event.

6. Runners will be scored in the following age groups—15 and under; 16-19; 20-33; 34-43; 44-53; and 54 and over. While the age groups are unconventional, they are based on numbers from previous year's series and will produce roughly equal numbers of runners in each group. Awards will be given to the top age group finishers and the top overall finishers. There will be no duplication of awards.

7. The Series director, Roger Kilgore, 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. If a race is cancelled and/or not rescheduled, as happened last summer with the FSK 6K run, the Series will be considered to be a five race series, with the four best scores being used for place determination and participation at four races being used for the awarding of the Series premium.

The Crowd Stands and Cheers For

Sam Alspach, who retires this spring from McDaniel College after thirty-eight years of teaching in the biology department.

Jim Bullock, who is ranked 18th in the men's 60-64 age category in the Baltimore-Washington-Virginia area by the Washington Running Report for the autumn period, 2005.

Sam Case, whose trip last fall to Nepal is the cover story in the latest issue of the McDaniel College alumni magazine.

Sheldon Degenhardt, who is ranked 28th in the men's 40-44 age category by the Washington Running Report.

David Herlocker, who completed his twenty-fifth and final Cherry Blossom Ten Mile Run on April 2. He likely set an unofficial record by being an "advanced starter" nine times.

Katie Hertsch, currently a senior at Winters Mill High School, who won the 500 meter, 800 meter, and 1600 meter runs at the county indoor track meet, the 800 and 1600 meter runs at the MVAL Piedmont Division meet, and the 1600 meter run at both the West Regional and **state** 1A-2A meets. She was named Carroll County Girl's Indoor Track Performer of the Year by both the Carroll County Times and the Baltimore Sun and to the All-Metro First Team for girl's indoor track by the Sun. Scheduled to attend and play women's lacrosse at the University of Ohio next year, she was featured in the March 8 issue of Varsity in the Sun.

Gary Honeman, who works for the Carroll County Youth Service Bureau and who was named to the Leadership Carroll class of 2006.

Sherri Hughes, who becomes Dean of the Graduate School at McDaniel College this summer.

Roger Kilgore, who is ranked 10th in the men's 60-64 age category by the Washington Running Report.

Jill Krebs, who finished 19/5393 women in a time of 60:21 at this year's Cherry Blossom Ten Mile Run.

the Liberty High School Boy's Indoor Track Team, which won both the county indoor track title and the West Regional championship before finishing a close second at the state 1A-2A meet. The team is coached by club member **Bobby Ward**.

Dee Nelson, who is ranked 3rd in the women's 60-64 age category by the Washington Running Report.

Diana Pool, who finished 15/5393 women in a time of 59:39 at this year's Cherry Blossom Ten Mile Run.

Brittany Rooks, who is ranked 3rd in the women's 19 and under age category by the Washington Running Report.

Sherry Stick, who is ranked 17th in the women's open category by the Washington Running Report.

Team CMAC—composed of **Pool, Krebs**, Pamela Maldeis, and Kim Jaick—which finished first among open female running teams at this year’s Cherry Blossom Ten Mile Run. With the first three runners scoring, their combined time was 22:06 ahead of the second place team.

Bobby Ward, who was named Carroll County Indoor Track Coach of the Year by the Baltimore Sun and whose recovery from being injured when hit on a training run by a motor vehicle several years ago was the subject of a story by the Carroll County Times.

Jared Welsh, a senior at Francis Scott Key High School, who won the 1600 meter and 3200 meter runs at the county indoor track meet and finished second in these events at the state 1A-2A meet. He was named to the First Team All-County for indoor track by both the Carroll County Times and the Baltimore Sun.

The Winters Mill High School Girl’s Indoor Track Team, which finished second in the West Regional track meet and third in the 1A-2A state meet.

Who To Blame

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

Treasurer-for-Life and Women’s Distance Festival Director: Liuda Galinaitis, 410-857-5427 or liuda@ccpl.org

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

Twilight Series Director: Roger Kilgore, 301-994-0049 or rkilgore@grd.com

Half-marathon Director: Bethany Scherbarth, 410-374-4560 or piikanala19@yahoo.com

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

Webmasters: Beth Weisenborn, 717-677-6883 or weisenbo@wildmail.com (or weisenbo@msu.edu) or Rich Beck, 410-790-0957 or buzzmd@yahoo.com

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