

Westminster Road Runners Newsletter  
May-August, 2007

Dues for 2007 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 info, or on the web page (<http://www.carr.org/~wrrc>).

Saturday, May 5, 8:00 am, SANDYMOUNT FOUR MILER, Sandymount Elementary School, Old Westminster Pike, Westminster. Joe Loveland, 410-876-9249, 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 12, 9:00 am, FLOWER AND JAZZ FESTIVAL 5K/CARROLL COUNTY SERVICE YOUTH BUREAU 5K, Tahoma Farm Road and Rt. 31, Westminster. This program includes a kiddie run for the really little ones, a longer run for older kids, and a 5K run/walk using the Terry Burk course. Gary Honeman, 410-848-2118, is our contact, and there is an entry form enclosed with this newsletter.

Thursday, May 24, 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 on Thursdays until early August. Entry fees are \$2/race (\$10 for the whole series if paid on the first night) for members or \$3/race (no deals) for non-members. Individuals running and/or working at five events will be eligible for this year's series premium, a runner's jacket. The Series is directed by Lauren Reese, 410-236-9787 or [lcreese4@hotmail.com](mailto:lcreese4@hotmail.com). See the next section for more information.

Sunday, July 15, 8:15 am, WOMEN'S DISTANCE FESTIVAL 5K RUN, Union Mills Homestead, Union Mills. Because of a lack of interest in running and helping, the companion 5K run for men and boys no longer exists. The WDF race is part of a series promoting women's distance running, with runners who participate in enough races getting a series premium. For this race the major focus is winning the team competition. For more information about anything, contact Liuda Galinaitis, 410-857-5427. An entry form is enclosed.

Sunday, August 19, 8:00 am, KOWOMU TRAIL FOUR MILE ROAD RACE, Rinehart Road, Westminster. What is better on a sunny August Sunday morning than an out-and-back course, mostly up on the way out, with lots of shade in both directions? While this race is directed by Glenn and Ivy Smink, direct your phone calls to David Herlocker, 410-848-8332. Regular fees.

#### 2007 Twilight Series Information

Directed by Lauren Reese  
410-236-9787 or [lcreese4@hotmail.com](mailto:lcreese4@hotmail.com)

This year we conduct the 29th version of our signature series. General operating instructions are given below. All Series questions should be directed to the Series director, Lauren Reese. Any questions regarding 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. The individual race directors will have a list of current members. Final decisions regarding current membership will be made by Liuda Galinaitis, Treasurer-for-Life. To qualify for this year's premium, a runner's jacket, you must run and/or work at least five events. You do not have to be a member to qualify for a premium.

2. The Series consists of six races, on alternating Thursdays, except that there is a three week gap between the first and second races.

- May 24 Two Mile Track Run @McDaniel College, Westminster  
Directed by David Herlocker, 410-848-8332
- June 14 5K Road Race @Century High School, Eldersburg  
Directed by Bob Paczynski, 410-549-1123
- June 28 Three Mile Cross-Country Run @Camp Hashawa, Westminster  
Directed by Gary Honeman, 410-848-2118
- July 12 6K Road Race @FSK High School, Uniontown  
Directed by Tom Russell, 410-751-1434
- July 26 Four Mile Road Race @Pleasant Valley Fire Hall  
Directed by Liuda Galinaitis, 410-857-5427
- August 9 8K Road Race @Runnymede Elementary School, Taneytown  
Directed by David Herlocker, 410-848-8332

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 who contacts the race director), beginning at 7:40 pm. During registration for the track run, any runner who indicates participation in the entire series will be asked for his/her size for the runner's jacket.

4. Runners will be scored by sex, with one point given for finishing first in a race, two for finishing second, etc. Overall and age group rankings will be assigned from 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 overall or age group ranking.

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 may be counted as one of the five affecting your ranking and may count towards your eligibility for the premium, 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; 20-29; 30-39; 40-49; 50-59; and 60 and over. Awards will be given to the top age group finishers and to the top overall finishers. There will be no duplication of awards.

7. The Series director, Lauren Reese, 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 canceled and not rescheduled, as happened in 2005 with the FSK 6K run, the Series will be considered to be a five race Series, with the four best scores being used for rankings and participation at four races being used for the awarding of the Series premium.

#### The Crowd Stands and Cheers for

KARSTEN BROWN, who finished 101/5205 male entrants in the Cherry Blossom 10 Mile Run in Washington in April with a time of 59:34. Since the beginning of the year, Karsten has run in six marathons in Maryland, Virginia, and the District of Columbia. His best effort was at the Lower Potomac Marathon, in which he finished 4/141 in a time of 2:58:48, which would qualify him for the 2008 Boston Marathon.

THE CMAC FEMALE RUNNING TEAM--consisting of Julie Culley, Heidi Wolfsburger, Diana Pool, and Kelly Gruber--which for the second year in a row finished first among female running club teams at the Cherry Blossom 10 Mile Run. Pool is the only runner who ran on both teams.

SHELDON DEGENHARDT, who is ranked 18th in the men's 40-44 age category in the Baltimore-Washington-Virginia area by the Washington Running Report for the autumn period, 2006.

COLIN FEARNES, a senior at Francis Scott Key High School, who finished second in the 1600 meter run and third in the 3200 meter run at the county indoor meet, first in the 3200 meter run at the Piedmont Division/MVAL meet, and third in the 3200 meter run at the western regional IA/IIA meet. For these efforts he was named to the first team All-Piedmont and to the All-County Indoor Track Team by the Carroll County Times.

MAUREEN HALL, who is ranked 9th in the women's 40-44 age category by the Washington Running Report.

DAVE HERLOCKER, who finished first in the 65-69 male category in the York Road Runners Winter Series. There is the distinct possibility that the category may have been vanishingly small.

GARY HONEMAN, who was the keynote speaker at the annual Awards Dinner of the Carroll County Human Relations Commission. He and his wife, Mary, were profiled in the latest issue of the McDaniel College alumni magazine.

KATIE HURSEY, a senior at North Carroll High School, who won the 3200 meter run at the county indoor meet, won the 800, 1600, and 3200 meter runs at the Chesapeake Division/MVAL meet, finished second in the 1600 meter run and won the 3200 meter run at the western regional IIA/IIIA meet, and won the 1600 and 3200 meter runs at the STATE IIA/IIIA meet. For these efforts she was named to the first team All-Chesapeake, as county female indoor track Athlete of the Year by the Carroll County Times, as county female indoor track Performer of the year by the Baltimore Sun, and to the first team All-Metro by the Sun.

STEVE KARTALIA, who is ranked 4th in the men's 40-44 age category by the Washington Running Report.

ARTHUR LEATHERS, a junior at Francis Scott Key High School, who finished third in the 1600 meter run at the western regional IA/IIA meet and third in the 1600 meter run at the state IA/IIA state meet. For these efforts he was named to the first team All-Piedmont and to the All-County indoor track team by the Baltimore Sun.

BECKY LEATHERS, a sophomore at Francis Scott Key High School, who won the 1600 meter run and finished second in the 3200 meter run at the county indoor meet and won the 1600 and 3200 meter runs at the Piedmont Division/MVAL meet. For these efforts she was named to the first team All-Piedmont and to the All-County indoor track team by both the Carroll County Times and the Baltimore Sun.

THE LIBERTY HIGH SCHOOL BOYS INDOOR TRACK TEAM, which tied for the county title, finished first at the western regional IA/IIA meet, and finished second at the state IA/IIA meet.

DEE NELSON, who is ranked 5th in the women's 60-64 age category by the Washington Running Report.

THE NORTH CARROLL HIGH SCHOOL GIRLS INDOOR TRACK TEAM, which finished first at the county, Chesapeake Division/MVAL, western regional IIA/IIIA, and STATE IIA/IIIA meets!!!!

KATE PACZYNSKI, a junior at Liberty High School, who finished second in the high jump at the county meet, third in the high jump at the western regional IA/IIA meet, and FIRST in the high jump at the STATE IA/IIA meet. For these efforts Kate was named to the All-County indoor track team by both the Carroll County Times and the Baltimore Sun and to the first team All-Metro by the Baltimore Sun.

DIANA POOL, who ran with the elite women for the second year in a row at the Cherry Blossom 10 Mile Run in Washington. Her time of 63:00 ranked her as 27/5502 female entrants, and since her time was faster than the winning female time in the first Cherry Blossom race, run in 1973, she received a special mug.

SHERRY STICK, who is ranked 24th in the women's open category by the Washington Running Report.

BOBBY WARD, coach of the Liberty Boys indoor track team, who was named County Coach of the Year by the Baltimore Sun.

#### Who to Blame

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

Equipment Guy: Joe Loveland, 410-876-9249 or [joeloveland1@hotmail.com](mailto:joeloveland1@hotmail.com)

Half-Marathon Director: We're still working on this one. Volunteers will be accepted.

Newsletter Editor: David Herlocker, 410-848-8332 or [dherlock@mcdaniel.edu](mailto:dherlock@mcdaniel.edu)

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

Twilight Series Director: Lauren Reese, 410-236-9787 or [lcreese4@hotmail.com](mailto:lcreese4@hotmail.com)

Webmasters: Beth Weisenborn, 717-677-6883 or [weisenbo@gmail.com](mailto:weisenbo@gmail.com)  
or Rich Beck, 410-790-0957 or [buzzmd@yahoo.com](mailto:buzzmd@yahoo.com)

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