

Westminster Road Runners Newsletter  
May-August, 2008

Dues for 2008 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 and \$2 for non-members. Entry fees for special races are included on the entry form, in the race information (including addresses and maps), or on the club's web page (<http://www.carr.org/~wrrc>).

Saturday, May 3, 8:00 am, SANDYMOUNT FOUR MILER, Sandymount Rec Park, Old Westminster Pike. If you get to the parking lot early enough, you'll beat the soccer moms who grab all the parking spaces. Joe Loveland, 410-857-1201, will try to protect your cars while you are on the course, which heads northwest to the turnaround, near the Reese Fire Hall. Regular fees.

Saturday, May 10, 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 1-mile run for older kids, and a 5K run/walk on a course whose identity depends on how much work the dirt movers did through the winter. Call Gary Honeman, 410-848-2118, for any questions about the course or the race, whose entry form is enclosed with this newsletter.

Saturday, May 17, 9:00 am, TRES 5K RUN AND 1 MILE WALK/RUN, Twin Ridge Elementary School, Mt. Airy. This race is a fund raiser for programs at the school. Note that this school is in the Frederick Country part of Mt. Airy. Tracy Flower, 240-236-2300, is the contact.

Thursday, May 29, 7:00 pm, TWILIGHT SERIES RUNS, beginning at Winters Mill High School, Westminster. A series of six races, with distances ranging from 2 Miles to 8K, will be held on alternating Thursday nights until early August. Entry fees are \$2/race (\$10 for the whole series if paid on the first night) for members and \$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 dry-weave shirt. The series is directed by newlywed Lauren Crue, 410-236-9787. See the next section for more information.

Sunday, July 13, 8:15 am, WOMEN'S DISTANCE FESTIVAL 5K RUN, Union Mills Homestead, Union Mills. Our WDF race is part of a series--involving a number of RRCA clubs in Maryland, DC, northern Virginia-- promoting women's distance running, with runners who participate in enough races in this series getting a series premium. For this race the major focus involves winning the team competition for the WRRRC. For more information about everything, contact Liuda Galinaitis, 410-857-5427. An entry form is available on the WRRRC website.

Sunday, August 17, 8:00 am, KOWOMU TRAIL 5K ROAD RACE, Rinehart Road, Westminster. Due to the total absence of any visible work's being done on the bridge near the turnaround, the four mile run you have grown to know and love has been reduced to 5K for the foreseeable future. Top finishers from the recently completed Twilight Series will be announced. Direct your phone calls to Glenn and Ivy Smink, 410-875-5691. Regular fees.

Sunday, September 21, 8:00 am, HERLOCKER MEMORIAL BACHMAN VALLEY HALF-MARATHON, Bachman Valley Farms, Old Bachmans Valley Road, Westminster. Since this year's Baltimore Marathon and its assorted other races have been scheduled for October 11, the 26th running of the BVHM will now be a (very late) summer race. Pray for clouds, wind, a cold front, or some combination. More information will be available in the fall newsletter, available on or about August 1. FYI, this race is the WRRRC contribution to the Grand Prix Series for 2008. There is more information about the GPS later in this newsletter.

2008 Twilight Series Information  
Directed by Lauren Crue  
410-236-9787 or [lrcrue@gmail.com](mailto:lrcrue@gmail.com)

This year we conduct the 30th version of our signature Series. General operating instructions are given below. All Series questions should be directed to the Series director, Lauren Crue. Any questions regarding the individual races should be directed to the individual race directors.

1. The fees will be \$2 per race for WRRRC, Flying Feet, and ERR members (\$10 for the entire series, paid on the night of the first race) and \$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 Series premium, a dry-weave shirt, you must run and/or work at least five events. You do not have to be a member to qualify to the premium.

2. The series consists of six races, on alternating Thursdays, beginning in late May and concluding in early August.

May 29 Two Mile Track Run @Winters Mill High School, Westminster  
Directed by Sherry Clower, 410-848-6471

June 12 5K Road Race @Century High School, Eldersburg  
Directed by Bob Paczynski, 410-549-1123

June 26 Three Mile Cross-Country Run @Camp Hashawa, Westminster  
Directed by Gary Honeman, 410-848-2118

July 10 6K Road Race @FSK High School, Uniontown  
Directed by Tom Russell, 410-751-1434

July 24 Four Mile Road Race @Pleasant Valley Fire Hall  
Directed by Liuda Galinaitis, 410-857-5427

August 7 8K Road Race @Runnymede Elementary School, Taneytown  
Directed by Tim Gosnell, 410-871-1716

3. All races will begin at 7:00 pm. The track run will consist of three sections--masters men, 7:00 pm; women and children, 7:20 pm; open men (and anyone else who contacts the race director), 7:40 pm. During registration for the track run, if you indicate participation for the entire Series, you will be asked for your size for the dry-weave shirt.

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 five best performances. If you miss a race, you will be scored as if you were the next finisher after the last real finisher in that race. Thus missing only one race will have no effect on your overall or age group rankings.

5. If you wish to run ONE!!! 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 towards your eligibility for the dry-weave shirt premium, you will be scored as if you were the next finisher after the last real finisher in that event. This process may be used only once during the Series.

6. Runners will be scored in the following age groups: 15 and under; 16-19; 20-29; 30-39; 40-49; 50-59; 60 and over. Awards will be given to the top overall and age group finishers. There will be no duplication of awards. While we shall wish you well if you have a birthday during the Series, you will not change age groups for the purpose of prize considerations.

7. The Series director, Lauren Crue, 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, as happened last year in the Runnymede 8K run, which was shortened to a 4K run. 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 best four being used for the awarding of the Series premium.

#### 2008 Maryland RRCA Grand Prix Series

The 2008 Maryland Grand Prix Series is sponsored by RRCA clubs in Maryland and DC and the Maryland RRCA. The Series consists of ten races sponsored by ten clubs, with date ranging from February to December and distances ranging from 1 mile to a marathon. INDIVIDUALS WHO COMPLETE 4 OR MORE OF THE FOLLOWING RACES ARE ELIGIBLE TO RECEIVE AN OVERALL OR AGE GROUP AWARD. Although any member of the WRRC who ran the ten mile team championship either as a WRRC member or for someone else is eligible for this year's series, any four races will qualify you for consideration. You must list the same affiliation for all races in the series. Thus if you ran

the team ten miler for someone else, you must be consistent throughout the year. You must contact each race individually for entry.

1. RRCA Club Challenge 10 Miler, February 24, 8:00 am, Howard Community College, Columbia. Richard Bernstein, Howard County Striders, 410-730-1668 or <http://www.striders.net>
2. Springburst 8K, April 12, 9:00 am, Greenbelt National Park, Greenbelt. John Giamalva, Prince Georges Running Club, 202-521-1495 or <http://www.pgrc.org>
3. Bel Air Town Run 5K, June 1, 8:00 am, Tollgate Park, Bel Air. Michael Feinberg, RASAC, 410-838-7864 or <http://www.rasac.com>
4. Dawson's Fathers Day 10K, June 15, 8:00 am, Severna Park High School, Severna Park. Annapolis Striders, <http://www.annapolisstriders.org>
5. Larry Noel 15K, August 31, 5:00 pm, St. Hugh's School, Greenbelt. Ben Richter, DC Road Runners, <http://www.dcroadrunners.org>
6. Bachman Valley Half Marathon, September 21, 8:00 am, Bachman Valley Farms, Westminster. Beth Weisenborn, Westminster Road Runners, 717-677-6883 or <http://www.carr.org/~wrrc>
7. Steeplechasers Market Street Mile, October 4, 8:30 am, Frederick. Frederick Steeplechasers, <http://www.steeplechasers.org>
8. Rockville 10K, November 2, 8:30 am, King Farm Village Center, Rockville. Jim Farkas, Montgomery County Road Runners, <http://www.mcrrc.org>
9. North Central Trail Marathon, November 29, 9:30 am, Sparks Elementary School, Sparks. Dave Cooley, Baltimore Road Runners, 410-377-0392 or <http://www.brrc.com>
10. Celtic Solstice 5 Miler, December 20, 8:30 am, Druid Hill Park, Baltimore. Jim Adams, Fall Road Running Club, <http://www.baltimorerunning.com>

#### 19th Annual Women's Distance Festival Grand Prix Series

The 2008 Maryland Women's Distance Festival Grand Prix Series is sponsored by the Maryland RRCA, its participating RRCA clubs, and the Gotta Run Running Shop in Annapolis (410-263-0010). There are twelve 5K races, from late April to late August, for women runners and walkers of all ages and abilities. WOMEN WHO COMPLETE 4 OR MORE OF THE FOLLOWING RACES ARE ELIGIBLE TO RECEIVE THE WDF PARTICIPATION AWARD. For more information about the individual races, visit the club web site listed or contact the clubs or race directors indicated. Liuda Galinaitis, 410-857-5427 or [liuda@carr.org](mailto:liuda@carr.org), has the WDF Award Registration Form, which must be submitted by September 15 for you to get your participation award and other goodies.

1. April 27, 8:00 am, Tydings Park, Havre de Grace. Nikki Zander, RASAC, 410-638-1636 or <http://www.rasac.com>
2. May 18, 8:00 am, Goucher College, Towson. Sandy Buck or Christy St. Clair, Baltimore Road Runners, 410-661-7870 or <http://www.brrc.com>
3. June 10, 7:00 pm, Bluemont Park, Arlington, VA. Joe Racine or Kerry O'Brien ([raptorkerry@yahoo.com](mailto:raptorkerry@yahoo.com)), DC Road Runners or <http://www.dcroadrunners.org>
4. June 21, 8:00 am, Wheaton Regional Park, Wheaton. Nancy Betress or Christina Caravoulias, Montgomery County Road Runners, 301-353-0200 or <http://www.mcrrc.org>
5. June 22, 8:00 am, The Museum of Industry, Inner Harbor, Baltimore. Laurie Amatucci, 443-690-0718 or <http://www.baltimorewomensclassic.com>
6. June 28, 8:00 am, Reston YMCA, Reston, VA. Donna Rostant, Reston Runners, 703-352-0522,

wdf@restonrunners.org, or  
<http://www.restonrunners.org>

7. July 6, 8:00 am, Howard Community College, Columbia. Tacy Feliciano (tacy@comcast.net) or Dorothy Beckett, Howard County Striders, 410-964-1998 or <http://www.striders.net>

8. July 12, 7:45 am, West Annapolis Elementary School, Annapolis. Melissa Currence, 410-360-9019, or Ginger Andrews, 410-903-2363, Annapolis Striders, or <http://www.annapolisstriders.org>

9. July 13, 8:15 am, Union Mills Homestead, Union Mills. Liuda Galinaitis, Westminster Road Runners, 410-857-5427 or  
<http://www.carr.org/~wrrc>

10. July 19, 9:00 am, Rocky Gap State Park. Maureen Hall (mhall@allconet.org), Western Maryland Road Runners, 301-729-7849 or <http://www.wmtiming.com>

11. August 10, 8:00 am, Valley Elementary School, Jefferson. Frederick Steeplechasers, <http://www.steeplechasers.org>

12. August 23, 8:00 am, Lake Artemesia, College Park. Lucy Younes, Prince Georges Running Club, 301-927-1924 or <http://www.pgrc.org>

#### The Crowd Stands and Cheers For

DEBORAH ARNOLD, who finished as the second female in the 55-59 age category at the 2007 Baltimore Marathon.

CHRISTINA CARAVOULIAS, who finished as the third female in the 50-59 age category in the 2007 Maryland RRCA Grand Prix Series.

VICTOR CRETELLA, who finished as the second overall male in the 2007 Maryland RRCA Grand Prix Series. Victor finished as the eighth male at the Bachman Valley Half Marathon, the WRRRC contribution to the Series.

DAVE GRIFFIN, who is now writing running columns for both the Washington Running Report and Runner's Gazette, in addition to his biweekly column in the Carroll County Times.

KELLY GRUBER, who finished as the fifth overall female at the Run Through the Grapevine 5K, held in Mt. Airy.

ARTHUR LEATHERS, Francis Scott Key High School Senior, who finished first in the 1600 and 3200 meter runs at the county indoor track meet, first in the 1600 and second in the 3200 meter runs at the class IIA west indoor regional meet, and second in the 1600 and 3200 meter runs at the class IIA indoor state meet. Arthur will be attending Robert Morris University this fall.

MAURA LINDE, Century High School Freshman, who finished first in the 3200 meter run at the indoor Piedmont Division/MVAL meet, first in the 1600 and second in the 3200 meter runs at the indoor county meet, first in the 1600 and 3200 meter runs at the class IIA indoor west regional meet, and third in the 1600 and second in the 3200 meter runs at the class IIA indoor state meet.

JAMES MORELAND, who finished as the second male in the 50-59 age category in the 2007 Maryland RRCA Grand Prix Series.

DEE NELSON, who is listed as the fourth female in the 60-64 age category for the fall, 2007, rankings period by the Washington Running Report.

KATE PACZYNSKI, Liberty High School Senior, who finished first in the girl's high jump at the indoor Piedmont Division/MVAL meet and the indoor county meet, third at the class IIA indoor west regional meet, and second at the class IIA indoor state meet.

DIANA POOL, who finished as the third overall female at the Run Through the Grapevine 5K, held in Mt. Airy.

the SOUTH CARROLL HIGH SCHOOL GIRLS INDOOR TRACK TEAM, which finished second at the indoor county meet, first at the class IA indoor regional meet, and third at the class IA indoor state meet.

SHERRY STICK, who finished as the second overall female at the Run Through the Grapevine 5K, held in Mt. Airy in November, and as the fourth overall female, winner of the 20-29 age category, and 56th overall in a field of 3319 finishers at the St. Patrick's 5K Run in Baltimore on March 16.

JOHN WAY, who finished as the first male in the 40-49 age category in the 2007 Maryland RRCA Grand Prix Series.

BETH WEISENBORN, who finished as the tenth overall female and the first female in the 30-39 age category at the Red Rock Marathon, held March 1 at Las Vegas, Nevada.

JORDAN WHITE, Francis Scott Key senior, who finished second in the 1600 and 3200 meter runs at the county indoor track meet and second in the 1600 and third in the 3200 meter runs at the class IIA indoor west regional meet.

#### Who to Blame

BWAC Director: Kevin Spradlin, 240-522-0276 or cmacrunning@hotmail.com

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

Equipment Guy: Joe Loveland, 410-857-1201 or joeloveland1@hotmail.com

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

Picnic Organizer: Bob Sommerville, rjs4u2uz@verizon.net

Treasurer-for-Life: Liuda Galinaitis, 410-857-5427 or liuda@carr.org

Twilight Series Director: Lauren Crue, 410-236-9787 or lrcrue@gmail.com

WDF Director: Liuda Galinaitis, 410-857-5427 or liuda@carr.org

Webmaster: Beth Weisenborn, 717-677-6883 or wrrc.web@gmail.com

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

President-for-Eternity: David Herlocker