

Westminster Road Runners Newsletter
April-September, 2010

-Dues for 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>)

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 sandwiches** are yummy, and one of these years someone may actually break the course records, which are older than many of the runners. **Registration for the race will soon close, as I anticipate reaching our 700-runner limit on APRIL 1!** (No fooling!) Beth Weisenborn, wrrc.web@gmail.com or 717-357-1666. **Entry form is enclosed.**

Saturday, April 17, 9:00 am, FINKSBURG 5K, Gerstell Academy, Old Westminster Pike, Finksburg. For more information contact Christine Webbert, cwebbert@comcast.net. Regular fees.

Sunday, April 18, 7:30 am, *Mountain Maryland Marathon, Half Marathon, 2-person Marathon Relay, Kids' Marathon, & 5K*, Cumberland, MD. Kevin Spradlin is the race director for Maryland's running festival. 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. Registration is now open: <http://www.mountainmdmarathon.org/> for more information or contact Kevin Spradlin at run@mountainMDmarathon.org.

Friday, April 23 to Sat, Apr 24: *AMERICAN ODYSSEY 200-MILE RELAY* (inaugural race from Gettysburg, PA to Washington, DC); Club contact is: Bob McCubbin (runbob@juno.com): Bob McCubbin, Tina McCubbin, Ted Zaleski, Monica Zaleski, Chrissy Pennington, Jim Rodriguez, Bob Paczynski, Frank Schaeffer, Kevin Spradlin, Gary Honeman, Fred Hudson, and Abby Gruber.

Saturday, May 1, 8:00 am, SANDYMOUNT 4-MILER, Sandymount Rec Park, Old Westminster Pike, Finksburg. If you get to the parking lot early enough, you'll beat the soccer moms who grab all the parking spaces. Joe Loveland is the race director, 410-857-1201, although he will be out of town on race day so we'll have somebody 'stand in' for Joe. Our lucky 'stand in' gets to guard your cars from hoards of rec-soccer minivans while you are on the course, which heads northwest to the turnaround, near the Reese Fire Hall. Shock and surprise! A nearly level course can be found in Carroll County! Regular fees.

Saturday, May 8, 9:00 am, FLOWER AND JAZZ FESTIVAL & 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 new course! Call Gary Honeman, 410-848-2118, for any questions. **Entry form is enclosed.**

Saturday, May 15, 9:30 am, "RUN FOR LIFE" CROSS-COUNTRY 5K and FUN RUN, Bair Stadium @ McDaniel College, Westminster. All proceeds will go directly to the **KELLI HAWTHORNE FUND**. Contact Grant Disharoon, khrunforlife@gmail.com, for any questions. **Entry form is enclosed.**

Thursday, May 27, 7:00 pm, TWILIGHT SERIES RUNS, beginning at Westminster 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 \$4/race (no deals) for non-members. Individuals running and/or working at five events will be eligible for this year's series premium, a sweat shirt. The series is directed by Lauren Crue, lrcrue@gmail.com or 410-236-9787. **See the next section for more information.** Beginning this year we will be using an **entry form for the Series, which can be found at the end of the newsletter.**

Saturday, May 29, 7:30 am, SUNSHINE CHARITY CHALLENGE 5K RUN/WALK, Sunshine Way, Westminster. Bob is asking for a minimum of a \$6.25 donation to one of the three charities that he's running for this year (read more about his 60th year celebration here <http://www.firstgiving.com/challenge4children>). Race-day entry only. Call or email Bob Sommerville, 410-848-2118 or rjs4u2uz@verizon.net, for any questions.

Sunday, July 11, 8:00 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. **See the next section for more information; a Series entry form is at the end of the newsletter.** For this race the major focus involves winning the team competition for the WRRCA. For more information about everything, contact Liuda Galinaitis, 410-857-5427. **Entry form is enclosed.**

Saturday, August 21, 11:00AM to 2:00PM, WRRCA PICNIC, is being held at the Sandymount Rec Pavilion (next to Sandymount ES; 2295 Old Westminster Pike, Finksburg). We'll have tots and kids races, a raffle, food, and Twilight Series awards, etc. Bring the whole family, a dish (or something to snack on), and your drinks. Let Bob (rjs4u2uz@verizon.net) know if you plan to attend; he wants to make sure we have enough food and prizes for the kids who participate in the races.

Sunday, August 22, 8:00 am, KOWOMU TRAIL 4-MILE ROAD RACE, Rinehart and Kowomu Trail Roads, Westminster. The bridge is finally complete! Now you get to run the original course. Direct your questions to Glenn Smink, gsmink@fuchsnorthamerica.com . Regular fees.

Sunday, September 26, 8:00 am, D. 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 10, the 27th running of the BVHM this year be a late summer race – this way the BVHM works well for those of you tapering for the Baltimore Marathon. If you need your long run for the MCM, you can always tack on one more loop of the course to hit your 20-mile mark. More information will be available in the fall newsletter, available on or about August 1. FYI, this race is the WRRCA contribution to the **Grand Prix Series for 2010** and is dedicated to the memory of Dave Herlocker, our Club's "President for Eternity." **There is more information about the GPS later in this newsletter.**

Future Events:

September—Labor Day 5K Rogue Run; Fallfest Mile (?); Emergency Preparedness 5K (?); Springfield 5K (?)

October—Otterdale Mill 5-Mi Run; 4H 5K (?)

November—Union Mills 8K will be run at the Barnold Farm near Taneytown for safety reasons; Mayberry 7-Mi Run

December—Burk Memorial 5K; Dancer Dash 10K

Other News:

- Would you like a custom **Maryland RUN license plate**? They are available through the MD RRCA. Contact Phil Lang (philiplang@verizon.net) or <http://mdrrca.org/index.php/md-run-license-plates> for more info. A portion of the cost goes toward supporting the MD RRCA.

2010 Twilight Series Information
Directed by Lauren Crue -- 410-236-9787 or lrcrue@gmail.com

This year we conduct the 31th version of our signature Series. The **Series Entry Form is at the end of this newsletter** – please complete the form and bring it to the first/second race OR (better yet) mail it to Lauren (address is on the form) before the series starts! 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 **\$4 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, sweatpants to make the sweatshirt from last year, 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 at 7:00PM**, beginning in late May and concluding in early August.

May 27 – **2Mi Track Run** @ the Westminster High School track, Westminster; Directed by Sherry Clower, slclowe@k12.carr.org, 410-848-6471. The track run will consist of three sections: masters men, 7:00 pm; open men (and anyone else who contacts the race director), 7:20 pm; and women and youths, 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 sweatshirt.

June 10 – **5K (3.1Mi) Road Race** @ Century High School, Eldersburg; Directed by Bob Paczynski, vintage66pony@aol.com , 410-549-1123

June 24 – **~3Mi Trail (X-C) Run** @ Camp Hashawha (pond), Westminster; Directed by Gary Honeman, ghoneman@ccysb.org , 410-848-2118

July 8 – **6K (3.7Mi) Road Race** @ FSK High School, Uniontown; Directed by Tom Russell, 410-751-1434

July 22 – **4Mi Road Race** @ Pleasant Valley Fire Hall, Westminster; Directed by Liuda Galinaitis, liuda@carr.org , 410-857-5427

August 5 – **8K (4.9Mi) Road Race** @ Runnymede Elementary School, Westminster near Taneytown; Directed by Tim Gosnell, tmgsnll@aol.com , 410-871-1716

3. All races will begin at 7:00 pm.

4. Runners will be scored by gender, 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 an off-time, 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 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 in 2007 at 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.

2010 Maryland RRCA Grand Prix Series (GPS)

The 2010 Maryland Grand Prix Series is sponsored by RRCA clubs in Maryland and DC and the Maryland RRCA (website: <http://www.racepacket.com/james/rrca916.htm>). The Series consists of ten races sponsored by ten clubs, with date ranging from February to November and distances ranging from 1 mile to a marathon.

-> **INDIVIDUALS** WHO COMPLETE **AT LEAST 4** (OR MORE) OF THE FOLLOWING RACES ARE ELIGIBLE TO RECEIVE AN OVERALL OR AGE-GROUP AWARD. Although any member of the WRRRC who ran the ten mile team championship either as a WRRRC 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.

-> This WRRRC can win awards for **TEAM** participation in the GPS. Here is how it will work. At 4 or more of the races below, we need a team of 5 runners from WRRRC (at least two men and two women) to participate. Teams can be made of ANY WRRRC runners. There are Open, Masters, and Grandmasters categories for the team competition. And, here's the best part, if you are a Master's runner you are scored as being on the Master's team AND the Open team for WRRRC (so you could double).

[See the GPS website for more info.](#) And, our very own James Moreland is the director and scorer of the GPS. Feel free to contact James if you have any questions.

Please let Beth (wrrc.web@gmail.com) if you are interested in running the GPS in 2010.

1. **MDRRCA Club Challenge 10 Miler**, February 28, 8:00 am, Howard Community College, Columbia. **Howard County Striders**. Richard Bernstein, 410-730-1668, or <http://www.striders.net>
2. **Springburst 8K**, April 10, 9:00 am, Greenbelt National Park, Greenbelt. **Prince Georges Running Club**. springburst@pgrc.org, 202-521-1495, or <http://www.pgrc.org>. Online and mail-in registration are available.
3. **Bel Air Town Run 5K**, June 6, 8:00 am, Tollgate Park, Bel Air. **RASAC**. Michael Feinberg, 410-838-7864, or <http://www.rasac.com>
4. **Dawson's Fathers Day 10K**, June 20, 8:00 am, Severna Park High School, Severna Park. **Annapolis Striders**. Ross Heisman (RPHeisman@verizon.net), Rick Aulbach (Raulbach@cablespeed.com), or <http://www.annapolisstriders.org>
5. **Larry Noel 12K**, August 21, 5:00 pm, St. Hugh's School, Greenbelt. **DC Road Runners**. Ben Richter, larrynoel15k@verizon.net, or <http://www.dcroadrillers.org>
6. **Steeplechasers Market Street Mile**, September 11, 8:00 am, Frederick. Frederick Steeplechasers, Paul Spurrier, plspurrier@aol.com, or <http://www.steeplechasers.org>
7. **Bachman Valley Half Marathon**, September 26, 8:00 am, Bachman Valley Farms, Westminster. Westminster RR. Beth Weisenborn, wrrc.web@gmail.com, 717-677-6883, or <http://www.carr.org/~wrrc>
8. **Falls Road 15K**, October 2, 8:30 am, Druid Hill Park, Baltimore. Fall Road Running Club. Jim Adams, 410.296.5050, jim@baltimorerunning.com, or <http://www.baltimorerunning.com>. Online registration is available.
9. **Rockville 10K / 5K**, November 7, 8:30 am, King Farm Village Center, Rockville. **Montgomery County RR**. Jim Farkas, rocrun@mcrrc.org, 301-651-3372, or <http://www.mcrrc.org>
10. **North Central Trail Marathon**, November 27, 9:30 am, Sparks Elementary School, Sparks. **Baltimore RR**. Dave Cooley/Christy St. Clair, ncrtrailmarathon@gmail.com, 410-377-0392, or <http://www.brcc.com>

21th Annual Women's Distance Festival Grand Prix Series

The 2010 Maryland Women's Distance Festival Grand Prix Series is sponsored by the Maryland RRCA and its participating RRCA clubs. 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 distributed at the annual WDF banquet. For more information about the individual races, visit the club web site listed or contact the clubs or race directors indicated. The **WDF Award Registration Form** is at the end of this newsletter and available on WRRC's schedule and must be submitted by September 8 for you to get your participation award and other goodies.

1. April 25, 8:00 am, **Women's 5K by the Bay**: Tydings Park, Havre de Grace. **RASAC** . Sue Jacobs, gusandsuerun@comcast.net or <http://www.rasac.com>
2. May 16, 8:00 am, **WDF 5K**: Goucher College, Towson. **Baltimore RR**. Christy St. Clair, 410-661-7870, or <http://www.brrc.com>
3. June 8, 7:00 pm, **WDF 5K**: Bluemont Park, Arlington, VA. **DC RR and Washington RunHers**. Robert Selin-Williams (bob@selin-williams.org), or <http://www.dcroadrunners.org>
4. June 19, 8:00 am, **Run for Roses 5K**: Wheaton Regional Park, Wheaton. **Montgomery County RR**. Nancy Betress or Christina Caravoulas, 301-353-0200, or <http://www.mcrrc.org>
5. June 26, 8:00 am, **Spring into Summer**: Reston YMCA, Reston, VA. **Reston Runners**. Donna Miller Ronstant, wdf@restonrunners.org, or <http://www.restonrunners.org>
6. June 27, 8:00 am, **The New Balance Baltimore Women's Classic 5K**: Rash Field, Inner Harbor, Baltimore. Laurie Amatucci, laurie@baltimorewomensclassic.com, 443-823-0673, or <http://www.baltimorewomensclassic.com>
7. July 10, 7:45 am, **WDF 5K**: West Annapolis Elementary School, Annapolis. **Annapolis Striders**. Jackie Talbott, jacitalbott@verizon.net; Roxanne Hatcher, roxhatcher@yahoo.com ; or <http://www.annapolisstriders.org>
8. July 11, 8:15 am, **WDF 5K**: Union Mills Homestead (at the Lions Pavilion by the fishing pond), Union Mills. **Westminster RR**. Liuda Galinaitis, Liuda@netzero.com, 410-857-5427, or <http://www.carr.org/~wrrc>
9. July 11, 8:00 am, **WDF 5K**: Howard Community College, Columbia. **Howard County Striders**. Tacy Feliciano (tlf_21_21@yahoo.com), or <http://www.striders.net>
10. July 17, 9:00 am, **WDF 5K**: Rocky Gap State Park, Flintstone. **Western Maryland RR (Mountain Maryland Marathon Club)**. Maureen Hall, mhall@allconet.org, 301-729-7849, or <http://www.wmtiming.com>
11. August 14, 8:30 am, **WDF 5K**: Frederick Community College, Frederick. **Frederick Steeplechasers**. Peggy Waxter, 301-663-8082, or <http://www.steeplechasers.org>
12. August 28, 8:00 am, **Girls Just Wanna Have Fun**: Lake Artemesia, College Park. **Prince Georges Running Club**. <http://www.pgrc.org>

Who to Blame:

President-for-Eternity: David Herlocker (with ????, see below, acting as Dave's 'earthly contact')

New President: *YOU!*

New Vice President(s): *Write your name here.* (If you do not, I will in the next newsletter. Seriously, if you care enough to actually read this page, you SHOULD be more involved in the club.)

Recently Retired Head-honcho, Mom-of-two, and Wanna-be Trail Runner: Beth Weisenborn

Main Street Mile Committee: Beth Weisenborn, Liuda Galinaitis, Chris Reese, Lynn Richardson, Sherry Clower, & Scott Kohr

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

WDF Director: Liuda Galinaitis, 410-857-5427 or liuda@netzero.com

GPS Director: James Moreland, 240-476-5913 or grandprixscorer@mdrrca.org

Picnic (Czar) Organizer: Bob Sommerville, rjs4u2uz@verizon.net

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

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

Treasurer-for-Life: Liuda Galinaitis, 410-857-5427 or liuda@netzero.com

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

Newsletter and Race Calendar Coordinator: Chris Reese, reesechris@hotmail.com

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

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

Mountain Maryland Club Director: Kevin Spradlin, run@mountainMDmarathon.org

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

2010 Twilight Series Entry Form

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

May 27 – **2Mi Track Run** @ the Westminster High School track, Westminster; Directed by Sherry Clower, slclowe@k12.carr.org, 410-848-6471. The track run will consist of three sections: masters men, 7:00 pm; open men (and anyone else who contacts the race director), 7:20 pm; and women and youths, 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 sweatpants.

June 10 – **5K (3.1Mi) Road Race** @ Century High School, Eldersburg
Directed by Bob Paczynski, vintage66pony@aol.com, 410-549-1123

June 24 – **~3Mi Trail (X-C) Run** @ Camp Hashawha (pond), Westminster
Directed by Gary Honeman, ghoneman@ccysb.org, 410-848-2118

July 8 – **6K (3.7Mi) Road Run** @ FSK High School, Uniontown; Directed by Tom Russell, 410-751-1434

July 22 – **4Mi Road Run** @ Pleasant Valley Fire Hall, Westminster
Directed by Liuda Galinaitis, liuda@netzero.com, 410-857-5427

August 5 – **8K (4.9Mi) Road Run** @ Runnymede Elementary School, Westminster near Taneytown
Directed by Tim Gosnell, tmgsnll@aol.com, 410-871-1716

- **All races will begin at 7:00 pm.** The 2-mi track run will consist of three sections--masters men, 7:00 pm; open men (and anyone else who contacts the race director), 7:20 pm; and women and children, 7:40 pm.
- The fees will be **\$2 per race for WRRC, Flying Feet, and ERR members** (*\$10 for the entire series*, paid on the night of the first or second race) and **\$4 per race for non-members** (no deal available).
- Runners will be scored by gender, 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.
- 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. Awards will be distributed at the Club Picnic in September.
- To qualify for this year's Series premium, sweatpants, you must run and/or work at least five events. You do not have to be a member to qualify for the premium.
- For more information contact the Series director, Lauren Crue, at 410-236-9787 or lrcrue@gmail.com or the individual race directors.

DETACH HERE

2010 Twilight Series (make checks out to: WRRC)

Name: _____ Phone: _____

Address: _____

City: _____ State: _____ Zip: _____

E-Mail: _____

Age: _____ Gender: M F

Premium Size: S M L XL XXL (for completing 5 of the 6 races)

Mail to:
2010 Twilight Series
C/O Chris Reese
2145 Herbert Ave.
Westminster, MD 21157

Club* Member? Y N
(*WRRC, Flying Feet, or ERR)

I hereby waive all claims against the Westminster Road Runners Club, Carroll County Public Schools, and property owners for injuries which may result from participation in these events.

Signature (of parent if a minor) _____

RRCA 2010 Women's Distance Festival

Sunday, July 11, 2010 at 8:00 a.m.

(Note earlier time!)

Walkers Welcome



Sponsored by: **Westminster Road Runners Club**

Location: Union Mills Homestead (~3430 Old Hanover Rd., Westminster, MD 21158)
-> Approximately 5.5 miles north of Westminster on Rt. 97; turn right onto Old Hanover Rd and turn into the Lions pavilion on the right (by the fishing pond)

Course: Rolling 5K on shaded country roads

Entry fee: **\$4.00 pre-entry** **\$6.00 race-day entry**

Checks payable to WRRRC. Entry includes refreshments.

Awards: Women's Festival Race
- Top 3 finishers; Age groups; Random prizes
- Club Challenge award given to top area club with best 3 finishers

Packet pickup: Race day only

Mail form to: WDFestival Race
c/o Liuda Galinaitis
1796 S. Pleasant Valley Rd.
Westminster, MD 21158

Questions: 410.857.5427

Email: liuda@netzero.com

----- detach here (copies acceptable) -----

Name _____ Age on 7/11/2010 _____ Gender _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Member of RRCA Club: Yes _____ No _____ If yes, which club? _____

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my safely completing the run. I assume all risks associated with running in this event including, but not limited to, falls, contact with other participants, the effects of weather, including high temperature or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Westminster Road Runners Club and all sponsors and their successors from all claims of liabilities of any kind arising out of my participation in this event.

Signature

(parent's signature required if under 18)



21st Annual Women's Distance Festival

Grand Prix Series

"RUNNING IS A CELEBRATION OF THE HEART"

The 2009 Maryland Women's Distance Festival Grand Prix Series is sponsored by the Maryland RRCA and its participating RRCA clubs. Our WDF Grand Prix Series consists of twelve 5K (3.1 miles) races 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.** Complete the form below and **RETURN BY 09/08/2010**. For more information about the individual races, please visit the Club web sites listed, contact the clubs or race directors indicated, or email joannemallet@verizon.net. The complete schedule is also posted on the <http://mdrrca.org/> website.

<p>April 25, 2010 8:00 a.m. "Women's 5K By The Bay" RASAC <u>Tydings Park</u>: Havre de Grace, MD Sue Jacobs gusandsuerun@comcast.net www.rasac.com</p>	<p>June 26, 2010 8:00 a.m. "Spring into Summer" RESTON RUNNERS <u>Reston YMCA</u>: Reston, VA Donna Miller Rostant wdf@restonrunners.org www.restonrunners.org</p>	<p>July 11, 2010 8:00 a.m. HOWARD COUNTY STRIDERS <u>Howard Comm. College</u>: Columbia, MD Tacy Feliciano tlf_21_21@yahoo.com www.striders.net</p>
<p>May 16, 2010 8:00 a.m. BALTIMORE RRC <u>Goucher College</u>: Towson, MD Christy St. Clair 410-661-7870 www.brrc.com</p>	<p>June 27, 2010 8:00 a.m. The New Balance Baltimore Women's Classic 5K (35th Running) <u>Rash Field-Inner Harbor</u>: Baltimore, MD Laurie Amatucci 443-823-0673 laurie@baltimorewomensclassic.com www.baltimorewomensclassic.com</p>	<p>July 17, 2010 9:00 a.m. WESTERN MD ROAD RUNNERS <u>Rocky Gap State Park</u>, MD Maureen Hall 301-729-7849 mhall@allconet.org www.wmtiming.com</p>
<p>June 8, 2010 7:00 p.m. DCRRC and WASHINGTON RUNNERS <u>Bluemont Park</u>: Arlington, VA races@dcroadrunners.org www.dcroadrnners.org</p>	<p>July 10, 2010 7:45 a.m. ANNAPOLIS STRIDERS <u>West Annapolis Elem. School</u>: Annapolis, MD Jackie Talbott jacitalbott@verizon.net Roxanne Hatcher roxhatcher@yahoo.com Mimi McCole mimimccole@verizon.net www.annapolisstriders.org</p>	<p>August 14, 2010 8:00 a.m. FREDERICK STEEPLECHASERS <u>Frederick Comm. College</u>: <u>Opossumtown Pike</u>, Frederick, MD Peggy Waxter 301-663-8082 www.steeplechasers.org</p>
<p>June 19, 2010 8:00 a.m. "Run for Roses" MONTGOMERY COUNTY RRC <u>Wheaton Regional Park</u>: Wheaton, MD Nancy Betress Christina Caravoulas 301-236-4869 run4roses@mcrrc.org www.mcrrc.org</p>	<p>July 11, 2010 8:00 a.m. WESTMINSTER RRC <u>Lions Pavilion</u>: Union Mills, MD Liuda Galinaitis 410-857-5427 liuda@netzero.com http://www.carr.org/~wrrc</p>	<p>August 28, 2010 8:00 a.m. "WDF 5K Run for Haiti" PRINCE GEORGE'S RUNNING CLUB <u>Lake Artemesia</u>: College Park, MD Nick Panebianco wdf@pgrc.org www.pgrc.org</p>

2010 WDF Grand Prix Series Participation Award Registration

THIS FORM MUST BE SUBMITTED BY 09/08/2010 to ensure you will be included as an award winner. Check all the races you completed (must be at least 4). Mail form to Joanne Mallet, 14358 Chesterfield Rd., Rockville, MD 20853. Or email: joannemallet@verizon.net. WE CANNOT GUARANTEE AN AWARD IF FORM IS SUBMITTED AFTER 9/08/10. **IF AWARD IS CLOTHING, WHAT SIZE DO YOU WANT?** _____

Name: First _____ Last: _____
 Street: _____
 City: _____ State: _____ Zip: _____ Club: _____
 Phone: _____ - _____ - _____ (Day) _____ - _____ - _____ (Evening) e-mail _____

Even though only four are required for the participation award, please circle **ALL WDF races** you completed.

- RASAC 4/25
 BRRC 5/16
 DCRRC 6/08
 MCRRC 6/20
 RESTON 6/26
 BALTIMORE CLASSIC 6/27
 ANNAPOLIS 7/10
 HOWARD COUNTY 7/11
 WRRC 7/11
 WMMR 7/17
 FREDERICK 8/14
 PGRC 8/28



The Westminster Road Runners Club
presents the 29th annual running of the

MAIN STREET MILE

Westminster, Maryland

WEDNESDAY, 14 APRIL 2010, 7:00 PM, *rain or shine*



FEATURES A FAST DOWNHILL TRACK: 144-foot vertical drop from start to finish!

Course Records: Men – 3:54.6 (Todd Ashley, 1988); Women – 4:32.9 (Maria Pazarentzos, 1987)

Awards to: (no duplicate awards)

- Top three finishers, male & female (\$40, \$35, \$30) in Heat 1; Top Masters, male & female (\$25) in Heat 1
- Medals to top three age-group finishers, male & female, in Heat 1: 11-12, 13-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+
- Prize for top age-group finishers, male & female, in Heat 1: compliments of *If the Shoe Fits* (specialty running store in Frederick, MD)
- Top 10-&-under male & female (C. Smith Memorial Award); Medals to all children (10 & under) in Heat 2 (Fun Run)
- Cash award to school (grades K-12) with highest number of entrants

*** ICE-CREAM SANDWICHES FOR ALL FINISHERS!**

Heat 1 (officially timed & scored): participants ages 11 & over who also run a 10-minute mile or faster

Heat 2/Connor Smith Memorial Fun Run*: ALL participants ages 10 & under and those running slower than a 10-minute mile

* The Fun Run is neither officially timed nor scored. No baby joggers, strollers, or headsets are allowed in either heat.

Entry fee for all participants*: **\$8.00** online or postmarked by April 1st **until the 700-runner limit is reached**

Take note: Preregistration ONLY! There is **NO** race-day registration. Preregistration closes when the 700-runner limit is reached or April 1st, whichever comes first. We cannot allow excess runners for safety reasons.

*Race t-shirts are distributed on a **first-come, first-serve basis on race-day.**

All preregistrations are done either online or by mail and closes on April 1st or when the 700-runner limit has been reached, whichever comes first:

- **online, \$8.00** (at www.carr.org/~wrrc/ or Compete-at.com; there is a **\$0.80 processing fee per registrant**), or
- **by mail, \$8.00** (send to address along bottom)

Race-day packet pickup (NO registration): Westminster Volunteer Fire Department (28 John Street), 4:30-6:30 PM

Start: 410 East Main Street, Westminster, 7:00 PM sharp (~1 mile from packet pickup)

Finish: near the Carroll County Public Library, Westminster Branch

Parking: near start – 140 Village Shopping Center; near registration & finish – downtown municipal lot next to Rt. 27

Plan ahead: allow time for parking, packet pickup, and transporting yourself to the start line (~1 mile from packet pickup)

Awards & ice-cream sandwiches: 7:30 PM back at the Westminster Volunteer Fire Dept. (28 John Street, near the finish line)

Questions: visit www.carr.org/~wrrc/; email wrrc.web@gmail.com; call 717.357.1666

No race-fee/shirt refunds.

----- detach here -----

2010 Main Street Mile – Official Entry Form [form may be reproduced; please print]

Name: _____ Age (on 4/14/2010): _____ Gender: F M

Address: _____ Phone: _____ Email: _____

T-shirt* (circle one): Youth S, Youth M, Adult S, Adult M, Adult L, Adult XL School (if student): _____

*A limited supply of t-shirts will be distributed on a first-come, first-serve basis on race-day. No refunds.

Check one: _____ **Heat 1** (11 & over AND 10-minute mile or faster) _____ **Heat 2** (Fun Run: all 10 & under, or slower than 10-minute mile)

Waiver and release: I recognize that participation in this activity may involve certain hazards. I understand that I should not participate unless medically able. I assume the risks associated with involvement in this activity, including but not limited to falls, contact with participants, effects of weather, and road and traffic conditions, these risks being known and appreciated by me. Having read this waiver release and considering the acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release the Westminster Road Runners Club, the City of Westminster, all sponsors and hosts, and their representatives and successors, from any claim of liability arising from my involvement in this activity.

Signature (signature of parent/legal guardian if under 18): _____

Register online or mail form & fee by 4/1 to: Weisenborn/WRRC; 400 Shrivvers Corner Rd.; Gettysburg, PA 17325 [checks payable to: WRRC]



10th Annual Flower & Jazz Benefit Run/Walk



Proceeds to benefit Carroll County Youth Services Bureau and Westminster Family Center's Group Fitness Department

Three Main Events:

Saturday, May 8, 2010 beginning at 9:00 am
Wakefield Valley Community Trail

9:00 am– 6 Years Old and Under– 200 Yard Dash
(Free! Receive a Medal!)

9:15 am– 7 Years Old and Up– 1 Mile Fun Run
(Free! Receive a Medal!)

9:30 am– Open 5K Run/Walk, \$20 donation
(Timed by the Westminster Road Runners)

Directions:

Benefit Run/Walk will be held at the Wakefield Valley Community Trail. Follow Route 140 West, take ramp to Route 31 South. From Rt. 31 S., make a Right on Tahoma Farm Road. Parking is on the left by the Fenby Farm Boulder Park. Benefit Run/Walk starts at the trail on the Right of Tahoma Farm Road, across the street from parking.

Information:

Same day registration will be accepted. A flower pot will be awarded to 1st, 2nd, and 3rd place winners in each category.

For more information call Sarah Carias (scarias@westgov.com or Beth Lande (blande@westgov.com) at 410-751-5501

(Please cut and return this bottom portion)

Name: _____ Phone: _____

Emergency Contact: _____ Phone: _____

Donation: _____ Email Address _____



Please make all checks payable to Westminster City Recreation

Return to: Westminster Family Center, 11 Longwell Ave. Westminster, MD 21157, or Fax to 410-848-8310

In consideration of use of the Westminster City Park the Run/Walker, or if the Run/Walker is a minor, the Run/Walker's guardian(s), hereby agrees to release, indemnify and discharge the City of Westminster, on behalf of the Run/Walker (adult or minor). As a participant of the Run/Walk, I understand the nature of the event and that I and/or my minor child are qualified, in good health, and in proper physical condition to participate in such an event. I full accept and assume all risks and all responsibility for any injuries incurred while participating in the Westminster City Recreation 9th Annual Flower and Jazz Festival Benefit Run/Walk.

Photographic release: I permit the Recreation & Parks Department to use and publish photographs of me and/or my children for purposes of presenting recreation activities to the community. I also give my permission to release such photographs to the news media in support of the program. _____ (Please initial)

Signature: _____ Date: _____

If under 18, Signature of Parent/Guardian: _____ Date: _____

Kelli Hawthorne run for life!

“CROSS CAMPUS” 5K & 1 MILE FUNDRAISER May 15, 2010

What: Official 5K and 1 Mile Fun Run — Fundraiser for Kelli Hawthorne

Where: McDaniel College Track — 2 College Hill, Westminster, MD 21157

When: May 15, 2010 — Rain or Shine!!!
• 8am — Registration/Check In
• 930am — 1 Mile Fun Run Start
• 10am — 5K Start

Why: The KELLI HAWTHORNE “RUN FOR LIFE” is a celebration of life dedicated to Kelli Hawthorne, a graduate student at McDaniel College who suffered traumatic injuries during a fall. All proceeds from the race will go to the Kelli Hawthorne Fund to help ease the cost of her medical bills.

How: REGISTER NOW!!!
Go to: www.active.com/event_detail.cfm?event_id=1837957
Contact us: khrunforlife@gmail.com

Fees:

- 5K — \$25 per person
- One Mile Fun Run — \$15 per person

Credit Cards Accepted Online/Checks Accepted with Mail In Registration
DONATIONS ACCEPTED!!!

Supported By: EVAPCO, McDaniel College, Flying Feet, FrittsCom, Steffy Printing, Westminster City Parks and Recreation, Westminster Road Runners Club.



FREE TSHIRT w/ 5K REGISTRATION. POWER SNACKS/DRINKS/PRIZES PROVIDED.



Kelli Hawthorne run for life!

"CROSS CAMPUS" 5K &
ONE MILE FUNDRAISER

May 15, 2010
9:30am
Rain or Shine

REGISTRATION FORM

- Features:** Cross Country 5K and 1 Mile Run (Run or Walk)
- Awards to:** 1st 2nd 3rd place finishers in the 5K (\$50, \$25, \$20) and medals for top 3 finishers
- Entry Fees:** 5K - \$25 per person
1 Mile - \$15 per person
Donations accepted!
- Online registrations:** www.active.com/event_detail.cfm?event_id=1837957
Or go to www.active.com type in Kelli Hawthorne in search field at the top
- Mail In registrations:** See below
- Parking:** Available on campus in stadium lot or appropriately marked spaces
- Questions:** khrunforlife@gmail.com or 443-536-6756

Kelli Hawthorne Run For Life – Official Entry Form

Name: _____
Address: _____
City: _____ State: _____ Zip: _____
Phone: _____ Email: _____
Age on Race Day: _____ Gender: _____

Check those that apply:

5K 1 Mile Fun Run Donation

WAIVER AND RELEASE: I recognize that participation in this activity may involve certain hazards. I understand that I should not participate unless medically able. I assume the risks associated with involvement in this activity, including but not limited to falls, contact with participants effects of weather and road or traffic conditions, these risks being known and appreciated by me. Having read this waiver release and considering the acceptance of my application I, for myself and anyone entitled to act on my behalf, waive and release the organizers of this event and any sponsors, supporters or hosts and their representatives and successors, from any claim of liability arising from my involvement in this activity.

T SHIRT SIZE:

S M L XL XXL

REGISTRATION:

5K Registration \$25 _____

1 Mile Fun Run Registration \$15 _____

Donation \$ _____

Total Enclosed \$ _____

MAKE CHECKS PAYABLE TO:
Kelli Hawthorne Fund

**MAIL THE FORM AND TOTAL CHECK
AMOUNT BY 5/14/10 TO:**
1486 Keysville Bruceville Road
Keymar, MD 21757

No refunds available/substitutions permitted

Signature (signature of parent/legal guardian if under 18)