

Westerwood News

A publication of the Westerwood Neighborhood Association (WNA), Inc.

2025 Westerwood 5K: Records Shattered and New Goals Set!

Written By: Hollis Oberlies



All runners like to set goals: for a faster time on a particular course, a new personal best record, challenging your body to run a new distance, or maybe a certain number of miles run in a year. When you hit those goals, they reset and create new goals to chase. This year our race committee just hit reset in a very good way. We took time to savor the moments of a great day in the neighborhood, and entered into 2026 ready to meet our new goals.

This year our record-shattering results for this 100% volunteer, non-profit group in the neighborhood were very exciting! Bulleted highlights below give you a glimpse.

- A massive 455 participants registered, a 33% increase over last year!
- Over \$11,000 donated to charities this year, the largest amount yet!
- Nick Amos won the race in 15:43.57 (5:03 pace!), setting a new record on our certified 5K course
- 18 spectacular sponsors supported the race, many from our neighborhood!
- 18 teams (245 members) brought the fun to the teams component, including run clubs, friend groups, businesses, and organizations
- A new "tent city" this year was comprised of 9 groups who registered over 10 team members two weeks before race day, and received a tent setup for use as a gathering spot on race day
- Volunteers were plentiful from our very own Westerwood Neighborhood, First Baptist Church, local run clubs, high schools, UNCG, and beyond!
- Blue Steel (Grimsley High School's drumline) inspired participants with their beats
- Fun and inspirational signage and displays on the course courtesy of Nancy and Gary Blevins

Calendar of Events



WNA Board Meetings

Third Wednesday of Each Month | 6:30 pm
(except Jul. & Dec.)

Wed, Jan. 21, 2026 | 6:30 pm
First Baptist Church Cafe
1000 W. Friendly Ave.

Wed, Feb. 18, 2026 | 6:30 pm
First Baptist Church Cafe
1000 W. Friendly Ave.

WNA Annual Neighborhood Meeting & Elections

Wed, February. 11, 2026 | 6:30 pm
Borough Coffee at Double Oaks
204 N Mendenhall St.

Easter Egg Hunt

Sat, Apr. 4, 2026 | 9:00 am
Lake Daniel Park

Stream Clean

Apr. 2026 (Date TBD) | 9:00 am
Lake Daniel Park

Annual Neighborhood Yard Sale

Sat, Apr. 25, 2026 | 8:00 am
Westerwood Neighborhood

Art & Sole

Sat, Oct. 3, 2026 | 10:00 am – 5:00 pm
Westerwood Neighborhood

Annual Westerwood 5K

Sun, Nov. 8, 2026
Borough Coffee at Double Oaks
204 N. Mendenhall St.



2025 WESTERWOOD 5K RESULTS

OVERALL WINNERS

FEMALE

Kayler DeBrew
Amy Rundio
Sophia Wren Page

MALE

Nick Amos
New Course Record | 15:42.21
Blake Fink
Alexander Standiford

MIDDLE OF THE PACK

Julia Cunningham

TOP MASTERS (40+)

Jeffrey Page
Katie Page

FEMALE CATEGORY AWARDS

AGE 1 - 14

Reece Whaley
McKinley Gossett
Hannah Kim

AGE 40 - 49

Tiffany Flup
Erin Allred
Laura Eynon-Way

AGE 15 - 19

Harper Garrett
Samantha Balkind
Gracie Morley

AGE 50 - 59

Leah McPherson
Sidney Callahan
Abby O'Brien

AGE 20 - 29

Logan Forbis
Claire Grantham
Olivia Domowitz

AGE 60 - 69

Mary Szymkowski
Barbara Walters
Lori Ingram

AGE 30 - 39

Erin Necko
Becky Reiser
Lauren Gordon

AGE 70 - 79

Amanda Gane
Ann Evans
Linda Coppola

AGE 80 - 89

Nancy Cameron

MALE CATEGORY AWARDS

AGE 1 - 14

Trey Stone
Shep Morse
Rilen Wright

AGE 40 - 49

Dan Costello
Michael Morgensen
John Martin

AGE 15 - 19

Garnett Nall
Berkley Willis
Caleb Hix

AGE 50 - 59

Mark Hewett
Brian Hawks
Drew Perry

AGE 20 - 29

Benjamin Wilson
Matthew Chilton
Zach Baker

AGE 60 - 69

Pablo Meles
Craig Pritchard
Matt Stakoe

AGE 30 - 39

JDavid Guthrie
Spencer Musick
Craig Forys

AGE 70 - 79

Kim Gallimore
Ken Williams
Shawn Momtahn

AGE 80 - 89

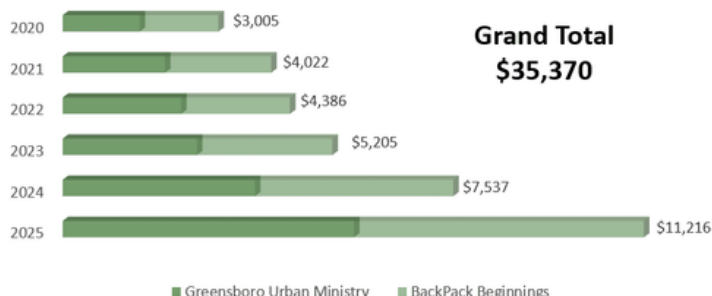
Gerald Cecil

- A lively pre-race warm-up led by ISI Greensboro
- On-site massages were wonderful from Randolph Community College student therapists
- National anthem was beautifully sung by Borough Coffee's Austin Jeffries
- Neighbor Kathleen Gleason was bike lead and guided runners safely and accurately through the course
- Neighborhood artist Don Morgan created an amazing drawing of our course which was awarded as posters to age category winners
- Best post-race chili and party at Double Oaks hosted by Borough Coffee and Down Home North Carolina

Thank you to all who support the event in so many ways! Our committee is excited by our new goals and look forward to bringing you the 8th annual Westerwood 5K on Sunday, November 8. We hope you will add it to your calendar. The volunteer effort is year-round, and if you are interested in helping with any aspect of the race, please contact hollis.oberlies@gmail.com.

Cheers,
The Westerwood 5K Planning Committee

Annual Westerwood 5K Charity Donations



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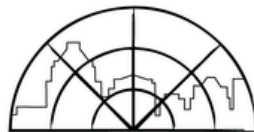
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2025 Westerwood 5K in Pictures

Race photos courtesy of Aaron Kidd and Natalya Jones. We thank them for their wonderful work!!
To see more, go to: <https://runsignup.com/Race/Photos/NC/Greensboro/Westerwood5K>



2025 Westerwood Chili Cook Off Rain Date Proves Successful!

Written By: Ken Cox & Pat Rudy

The rain delay did not dampen the enthusiasm for the Westwood annual chili showdown. In spite of our rain date falling on the same day as the Panthers – Bills game in Charlotte, on October 26th approximately 200 friends and neighbors converged on Lake Daniel Park to enjoy beautiful weather, lively conversation and sample the offerings of 24 official chili chefs. Finn Phoenix, former Westerwood neighbor and frequent entertainer, provided wonderful music throughout the entire afternoon (pictured below). We are so fortunate to have access to top level musical talent right here in the 'hood.

Veteran chili judge Cecelia Thompson and rookie judge Chelle Jeffrey evaluated and determined winners in five categories. At stake were awesome prizes donated from neighborhood business establishments. The overall grand prize was a weekend overnight stay at O. Henry Hotel compliments of Quaintance-Weaver Restaurants & Hotels. Additionally, we always count on our local businesses to donate prizes from a variety of categories including bars and restaurants, hotels, furry friends, bike shops, and specialty shops. Please see Page 7 for a detailed list of this years' donors.

This year WNA President, Anna Scott Pulliam, served as Master of Ceremonies. Past WNA President & Social Chair, Patrick Rowe and daughter Caroline Rowe did an excellent job of running hot chili samples to the judges. Ken Cox and Parlee Noonan acted as official event photographers again this year and WNA Vice President Pat Rudy solicited the prizes and announced the winners. Darlene Younger and Dawn Kane organized and ran the check-in table for the chili cooks as well as the raffle table and raffled off an assortment of exciting prizes. Logan Wilkins served as our sound guy. Chandra Young, shopper extraordinaire, provided beautiful mums as a thank you to the chili judges, to Finn Phoenix, and to our Chili Runners.

Special thanks and acknowledgements to the 2025 Chili Planning Committee (Kate Stevenson, Heather Hogan, Darlene Younger, Gena Walter, Mike Mallory, Barbara Burnside, Anna Scott Pulliam and Pat Rudy), to the chili cooks, and to the countless volunteers who played a major role in pulling off an event of this magnitude. A huge thank you to Westerwood neighbors for supporting us and attending the cook off! Kudos to each of you for a job well done!



GRAND PRIZE WINNER: Jim Ingram won a weekend overnight stay at O. Henry Hotel courtesy of Quaintance-Weaver Restaurants and Hotels.



A special thank you to Finn Phoenix for providing wonderful entertainment.



A big thank you to our chili judges: Cecelia Thompson (L) and Chelle Jeffrey (R)



Chili Cook Off Winners

GRAND PRIZE

Jim Ingram – Weekend overnight stay at O. Henry Hotel. Compliments of Quaintance-Weaver Restaurants & Hotels.

FIRST PLACE

Hot: Alex Heitlinger | Medium: Kaitlin Conover | Mild: Michael Jeffery | Veggie: Willie Wright

SECOND PLACE

Hot: Meliya SanGeorge | Medium: Kate Stevenson | Mild: Steven Diaz | Veggie: Emmy Burnside

THIRD PLACE

Hot: Jessi Eriksen | Medium: T.J. Mayer | Mild: Julie Hutchins | Veggie: Carrie Myers

YOUTH COOKS

First: Ashley & Kai Lineberry | Second: Delaney Wallace | Third: Tigran & Maxu Diaz-Wagoner

Photos courtesy of Ken Cox and Parlee Noonan

SECOND PLACE (L – R) Meliya SanGeorge, Kate Stevenson, Steven Diaz, Emmy Burnside



THIRD PLACE (L – R) Jessi Eriksen, T.J. Mayer, Julie Hutchins, Carrie Myers



FIRST PLACE (L – R) Alex Heitlinger, Michael Jeffery, Kaitlin Conover, Willie Wright



YOUTH COOKS (L – R) Delaney Wallace, Kai & Ashley Lineberry, Tigran & Maxu Diaz-Wagoner

Thank You to Our Chili Cook-Off Sponsors

OVERALL GRAND PRIZE



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Chili Cook Off In Photos

All Cook Off photos courtesy of Parlee Noonan & Ken Cox



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Downtown Greenway Moves Towards The Finish Line!

By: Dabney Sanders



As programming slows down for the winter, construction continues to move forward. Yates Construction is wrapping up. We will add the site furnishings, public art, and more landscaping during Q1 2026 to complete the project. All of this is in anticipation of our Grand Opening in May 2026 with a whole month full of exciting and fun free events. A special date to note is the final Ribbon Cutting on May 16 from 11:00-2:00 at Cairn's Course. Visit www.downtowngreenway.org for more details.

O, What A Day! Art & Sole 2025

By: Kathy Devereaux

What do you get when you mix 30 artists, one walkable neighborhood and a whole lot of creative energy? Art & Sole 2025—Westerwood's art walk, studio tour and celebration of creativity and community, held Saturday, October 4.

It was one for the books. Thirty neighborhood artists showed their work. Neighbors and visitors strolled the streets. Studios and porches became galleries. Conversations flowed. Art changed hands. Connections were made. It was a full-day happening, capped off with a wrap-up concert at Double Oaks.

And while every Art & Sole is special, this one felt electric. Big thanks to the artists, the volunteer crew and everyone who showed up with walking shoes and open hearts. You made the day.

And yes—planning for Art & Sole 2026 is already underway. Want to be part of it? Join the team. We've got space at the table and room in the studio. Just raise your hand.

Westerwood just might be Greensboro's most creative neighborhood. It's how we roll.

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EASTER SUNDAY WORSHIP
SUNDAY, APRIL 5 AT 10:30 AM

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WHAT'S SOLD IN WESTERWOOD?

THE LATEST REAL ESTATE TRENDS IN WESTERWOOD

BELOW ARE AVERAGES FOR HOMES SOLD IN & NEAR WESTERWOOD IN THE LAST 6 MONTHS. CALL ME FOR MORE INFORMATION!

SQ FT RANGE	SOLD PRICE \$	\$/SQ FT	SOLD \$ / LIST \$	DAYS ON MARKET
750-1250	\$196,500	\$183	92%	30
1250-1750	\$436,000	\$289	103%	9
1750-2250	\$492,000	\$251	96%	35
2250-2750	\$489,000	\$200	99%	19
3000+	\$633,000	\$196	94%	66

I DON'T JUST WORK IN WESTERWOOD! I LIVE HERE.



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New Lake Daniel Park Amenity

Written By: Hollis Oberlies

We're excited to announce that Lake Daniel Park has a new bike maintenance station along the greenway near the tennis courts and kiosk. Funds for the station were raised through the Westerwood 5K over the previous three years. Big thanks to Dale Brown and Cycles de Oro for helping us source and order the station and to the City of Greensboro for installing it for us.



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Ask Gail

Neighborly Advice for Westerwood

An Homage to Gail Barger's Decades of Dedication

Dear Gail,

We moved to Westerwood a few months ago and would like to know more about what's happening here. Can you tell me a little about the Westerwood Neighborhood Association and how we might get involved in our new neighborhood?

– Just Moved to Mimosa

Dear Just Moved to Mimosa,

First and foremost, *Welcome to Westerwood!* You have chosen to live in the best neighborhood in Greensboro, but I may be a little biased! The Westerwood Neighborhood Association (WNA) was started in 1996 with the goal of helping maintain the neighborhood boundaries, providing an opportunity for neighbors to get to know one another, and in general assisting in the neighborhood! The first edition of the Westerwood Newsletter was published in October of 1996.

Each year, the WNA sponsors several annual events including neighborhood yard sales, the Chili Cook Off, National Night Out, Stream Cleans in the spring and fall, and more! The WNA also supports the Westerwood 5K and Art & Sole.

There are several ways to get involved with the WNA. You can volunteer at one of our many events, you can join a committee, or you can run to be on our Board. Each January, three or four new Directors are elected to the 7-member board. **The 2026 WNA elections will be held on Wednesday, Jan. 28, 2026 at 6:30 pm at Borough Coffee at Double Oaks, 204 N Mendenhall St.**

We are actively seeking a co-editor for this newsletter and there are also a number of committees looking for volunteers. Consider joining the Social committee to assist with neighborhood events like the Chili Cook Off. Enjoy landscaping or outdoor decorating? Join the Beautification committee and help keep our medians and neighborhood entrances looking great. Much work goes into producing and distributing the Westerwood Newsletter, volunteers are needed to write articles, coordinate delivery, and distribute the newsletter to each household in Westerwood. WNA is also looking for someone to represent Westerwood in the City of Greensboro Participatory Budgeting project. Passionate about our Park? Join the Park Renewal committee.? WNA could use your help!

The WNA meets monthly excluding July and December. If you are interested in a volunteer or elected position please send an email to: info@Westerwoodneighborhood.com or call or text 910-330-2065.



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Calling All Creatives!

Written By: Patrick Noonan

In October, we saw another triumph for our Westerwood visual artists: The return of Art and Sole has been such a great way to showcase their talent, and to promote their work to people across the Triad. It also was a way for those of us who live in the neighborhood to get to know, appreciate and support them.

Building on that, I'm hoping to develop a regular Arts Column for our quarterly newsletter, so that we can get to know more about ***all*** the diverse creative activities of our neighborhood, and keep everyone informed throughout the year.

Keeping in mind that the next column will appear in the spring newsletter, which comes out around Mar. 1, please send me information if you have recent or upcoming accomplishments or events to share, such as:

- publications of books or magazine articles
- performances of music or theatre
- releases of music, film or video
- gallery shows for visual art, crafts or furniture
- podcasts and media appearances
- awards, reviews or recognition of recent work
- other creative activities that I have overlooked

Share your biggest accomplishments of 2025 and the 2026 events and milestones you're most excited about!

This column will be a bit of an experiment, of course, to get a better idea of how much creative activity we have in Westerwood. My guess is "a lot," but let's see what all's happening – and then figure out the best ways to spotlight the people and artistic activity in our neighborhood.

The deadline for that next column is February 1, so please reach out with your ideas and contributions as soon as possible so we can get them submitted to the newsletter.

Thank you for your support of Westerwood arts!
Patrick S. Noonan | pnoonan8@gmail.com | 507 Woodlawn
Musician & Writer



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WESTERWOOD YARD SALE

APRIL 25, 2026 | 8 AM - 1 PM
RAIN DATE: MAY 2ND

REGISTER TO JOIN THE SALE!

SCAN ME! WITH YOUR PHONE

Need to clean out your attic or garage?! Join in the Annual Westerwood Yard Sale! To ensure your home is on the map, register by April 18th using the QR code or go to bit.ly/WesterwoodYardSale2026

On the day of the sale, place your items out in front of your home along with the provided sign and have fun making a little extra cash!

Call, text or email with any questions!
Anna Scott Pulliam
anna@thepiedmontsrealtor.com | 910-330-2065

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Home Maintenance Checklist

Written By: Anna Scott Pulliam

Happy New Year!! 🎉

I have once again decided a focus word for 2026 is better than a resolution, my focus word is *Rooted*. I wish to be more grounded, present, and intentional about both work and home. As your new year begins, I hope you use this home maintenance checklist to help schedule seasonal updates, repairs, cleaning, and a handful of monthly tasks so you can be present and intentional too. Here are the home maintenance tasks you can tackle in January and February!

JANUARY:

- 🎄 Store Holiday decor in labeled bins
- 🔋 Replace smoke alarm batteries
- 🧼 Clean out the fridge and wipe down shelves
- 🚿 Replace / deep clean shower curtain liners
- 🌀 Wipe down fan blades
- 👔 Organize dresser drawers and closets
- 💡 Replace burnt-out light bulbs
- 🧹 Remove dust from air vents
- 🏠 Make a list of HOME GOALS for 2026!

FEBRUARY:

- 🧼 Wipe down baseboards
- 🧹 Dust blinds
- 🚿 Wash shower curtains
- 🧹 Deep clean floors
- 🚰 Fix any clogged drains
- 🚿 Deep clean showers and tubs
- 🧺 Check for lint build up in your dryer & refresh and organize the laundry room
- 🌶️ Organize the spice cabinet
- 📋 Make a list of maintenance supplies you need
- 🧴 Order back stock kitchen and bath supplies
- ✂️ Begin labeling and putting aside items for the Spring Westerwood Neighborhood Yard Sale

Let me know if you want the list of all 12 months!

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blood flow to the injury and stimulates new cartilage, muscle, and bone cells to replace damaged cells. acute injuries include deep corneal ulcers, degloving accidents with large tissue deficits, third degree burns, partial ACL tears and muscle tears. Chronic injuries include OA of the joints and spine, and tendonitis of the shoulder and biceps muscles. First, we treat these injuries with shockwave therapy to break down scar tissue and arthritis, followed by PRP injections which reboot the normal healing process. Atrophied shoulder muscles typically regenerate in 2 to 4 weeks and injured tendons in 4 to 12 weeks. For more information, please call our hospital at **336-279-1003**.

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NAI Needs Volunteers

Written By: Juliet Biemiller

New Arrivals Institute (NAI) is a nonprofit organization that provides a variety of free services for immigrants & refugees designed to support new arrivals in adjusting to life in the US so that they can become thriving community members. We envision a community that welcomes refugees & immigrants and provides them with the tools they need to achieve their goals.

NAI's mission is to assist refugees & immigrants with self-sufficiency & US Citizenship through education.

We are currently offering volunteer opportunities for the following roles:

- Assist in adult ESL classes
- Provide one-on-one tutoring for students studying for the US Citizenship test
- Youth mentor for young adults (ages 16-24)
- Assist in preschool classes (infants to age 5)

If you are interested in volunteering or coming for a tour of our facility, please contact Lynn Thompson at volunteer@newarrivalsinstitute.com

NAI refugee student statements:

Why did you move to the United States?

Because in our country was not peace, relaxation, or safety. I want to have a peaceful life in America. I want to progress in my life. I want to be happy in my life. I think the USA is the best choice. -Fatima, Afghanistan

What does America mean to you?

A place full of opportunities. If we only have will and try to learn, we can make our dreams come true. -May, Myanmar

What do you want Americans to know about immigrants and refugees?

Immigrants and refugees are very grateful to this country because they were given the opportunity to study, work, and live in a free and peaceful country. -Tetiana, Ukraine

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anna@thepiedmontsrealtor.com

Pat Teal Rudy – Vice President
Courtland St, 336-580-9966
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Heather Hogan – Secretary
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Marci Peace – Treasurer
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Katharine (Kate) Stevenson
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Kathryn McDowell
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Chandra Young

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Darlene Younger – Distribution
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Social

Kate Stevenson
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Community Watch & Safety

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Wilson St, 571-242-4408
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Website & Communications

Heather Hogan – Website
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Greenway

David Myers
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Kate Stevenson – Social Media
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- Dampers
- Camera Inspections
- Caps
- Dryer Vent Cleaning
- Wood Stove Sales / Installations

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owner

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CO-EDITOR NEEDED!!

Love editing & layout work? The neighborhood newsletter could use a helping hand. Light time commitment, big appreciation. Email me if interested! For more info text (910) 330-2065 or email: info@westerwoodneighborhood.com

CONNECT WITH US ONLINE

@westerwoodneighborhood

Want to chat with neighbors? Join the google group
<https://bit.ly/WNAGoogleGroup>

The neighborhood association also sends out email about upcoming events, digital copies of the newsletter, community watch notices, and other urgent communication. To subscribe to the email list, send your name and address to:

info@westerwoodneighborhood.com



Preservation Greensboro's Tour of Historic Homes & Gardens

Save The Date! May 16th & 17th, 2026

Preservation Greensboro's Sixteenth Annual Tour of Historic Homes & Gardens will celebrate Starmount Forest by opening vintage homes for neighbors to tour

\$25 for PGI Members | \$30 for Non Members | \$150 for Patron Pass | \$35 Day Of Ticket