



# INTERVALS

*A Quarterly Newsletter from the Frederick Steeplechasers Running Club*

**Are We Having Fun Yet?**  
**Join Club Members at the Summer Decathlon**  
**Frederick High School**  
**Every Wednesday - 6:30 pm**

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markruns50@comcast.net

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## COACHING IS OFFERED AT SUMMER DECATHLON

By Brent Ayer

About four years ago, I was fortunate to be offered the Head Cross Country & Track coaching position at Hood College. The program has evolved significantly, growing from eight runners the first year to 34 and adding Track & Field as a “varsity” sport this spring.

One of the first things I asked of the team was to become more involved in the local running community. This past spring, Hood College athletes provided timing services for the City Track Meet hosted by Gov. Thomas Johnson HS and the Frederick Marathon 5K. Four Hood runners and one relay team participated in the Frederick Marathon.

As part of this continuing outreach effort, I will provide coaching suggestions at the Frederick Steeplechaser’s summer decathlon series. Each week following the featured event, I hope to provide a brief presentation, an accompanying hand-out, and demonstrations of the principles involved. Topics will include stride length and frequency, energy systems utilized in various distance races, putting together a training plan that develops those systems, injury prevention, active versus passive warm-up, avoiding “Quality Junk,” race tactics, and anything you would like to talk about.

Runners have different levels of experience, talent, time, and desire. As a result, no one training plan is appropriate for every runner. I will stick around following the presentation to answer individual questions and to exchange ideas on training and racing. I look forward to working with you and welcome your suggestions on how to make this effort more useful to you.



### Coaching Background

Head Coach, Hood College Track & Field and Cross Country (2003-present)

Distance Coach, Frederick Striders Track & Field Club (2000-present)

RRCA Certified Distance Coach

USATF Level I Certification

USATF Level II Distance Certification

Writer for Running Times on-line training column

Writer for Frederick News-Post on-line recreation column

Brent Ayer

Hood College

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## Credit Union 35<sup>th</sup> Cherry Blossom Ten Mile Race

By Malcolm Senior

Internet registration to this year's race opened on December 11<sup>th</sup>, 2006 and closed 24 hours later by which time 10,000 people had signed up for the event.

With the number of runners this race attracts it is a very early start to get a car parking space in downtown DC. This was the first time I had run this race so I was parked on Constitution Avenue by 6:30 a.m. and watched the sun rise. The course is relatively flat and a good spectator race, with the opportunity to see the runners as they loop first up Independence Avenue then over Memorial Bridge. The Cherry Blossom trees were in full bloom so that was the scenic part of the course. Miles 4 to 9 are out on Rock Creek Parkway and back. The Parkway seemed to go on forever; I thought the turn round was never going to appear. Weather was overcast with temperatures in the 50's, but perfect for running.

Kathy Bates from the UK came in the 3<sup>rd</sup> lady in a time of 53:26; I came in the 302 male in a time of 66:10. The 2007 National Cherry Blossom Festival, celebrating the 95<sup>th</sup> Anniversary of the gift of the trees, annually commemorates the 1912 gift to the city of Washington of 3,000 cherry trees from Mayor Yukio Ozaki of Tokyo to enhance the growing friendship between the United States and Japan and celebrate the continued close relationship between our two peoples.

In a simple ceremony on March 27, 1912, First Lady Helen Herron Taft and Viscountess Chinda, wife of the Japanese ambassador, planted the first two of these trees on the north bank of the Tidal Basin in West Potomac Park. By 1915, the United States government had responded with a gift of flowering dogwood trees to the people of Japan. In 1927, a group of American school children reenacted the initial planting; the first festival was held in



1935, sponsored by civic groups in the nation's capital.

Three thousand, eight hundred more trees were accepted in 1965 by First Lady, Lady Bird Johnson. In 1981 the cycle of giving came full circle. Japanese horticulturalists came to take cuttings from our trees to replace Yoshino cherry trees in Japan which had been destroyed in a flood. With this return gift, the trees again fulfilled their roles as a symbol and agent of friendship. The most recent event in this cycle occurred in the fall of 1999. It involved the formal planting in the Tidal Basin of a new generation of cuttings from a famous Japanese cherry tree in Gifu province reputed to be over 1500 years old.

Unlike previous years, there is a wave start to accommodate the many runners. Runners were assigned to a color-coded starting corral based on previous race times. Colors on bib numbers matched starting corrals. There were five waves of approximately 2,000 runners each. The waves started at three-minute intervals. The idea was to ease crowding on the course. Runners outside the top 25 males and females were scored on net times. The waves were color coded into eight corrals. The wave start was different but with the number of runners they have to try and get the race off smoothly.

Overall a good day, weather perfect for running and not a bad result.



**By Malcolm Senior**

Sponsored by the Chamber of Commerce of Greater Cape May and The City of Cape May, this race is billed as ‘the most beautiful course in the country through the historic streets of Cape May NJ’. The start and finish was at the Convention Center, the course was on the sea front for the first and last mile. With miles 1 to 5 through residential area rather than historic downtown. Both 10k and the 5k started at 8:30 and ran the same 3 miles so it was confusing to know

exactly where you were in the race until the 5k runners were out of the way. There were only two water stops, one at 3.5 miles, the other at 5 miles, with no one to hand out the bottled water which still had the tops on tight.

Timing, results and finish line by Elite Running Systems. Initially the winner of the 10K was announced in a time of 25:11, he actually entered the 10k but only ran the 5k, his result showing in the electronic timing of the 10k race. The actual results were recalculated and since the winner was aged 50, the 2<sup>nd</sup> placed winner aged 28 and the 3<sup>rd</sup> place a lady, I assumed I would take the master prize. Don’t ever assume. They gave Budd Coates the overall prize, age group award and master prize. I strongly protested and they are suppose to be sending me a certificate (!) and a check.....watch this space!!

Place	Name	Age	Sex	Time	Pace
1	Coates, Budd	50	M	34:22.9	5:32
2	Cahoon, John	28	M	35:59.2	5:48
3	Blass, Wendy	40	F	40:25.4	6:31
4	Senior, Malcolm	56	M	40:32.9	6:32

Summary: Very flat course, bagels, bananas and beer to the finishers, potentially a good earner if you are a fast 10K runner.

**News From the Social Committee**

The Frederick Steeplechasers Social Committee would like to hear from you regarding its plans to have a family picnic at Greenbrier State Park on July 21 at 3:00 p.m. It’s going to be a great time with lots of food and activities, including swimming! So if you are interested in attending this fun-filled event, please RSVP to Suzanne Lewis at [suzlewis@comcast.net](mailto:suzlewis@comcast.net) no later than Friday, July 6.



Thank you,  
Suzanne

## Blazer 5K Race Report - April 29, 2007

By Victor Cretella

“Okay, campers, rise and shine, and don’t forget your booties ‘cause it’s coooold out there today.” That’s the first thing Phil Connors heard every morning on the radio when he relived the same frigid Ground Hog Day over and over again. And that’s what I fully expected to hear when I awoke for the Hood Blazer 5K on April 29, 2007. Not that I would normally expect snow at the end of April—especially since Puxatawney Phil predicted an early spring this year; but this year seemed vaguely reminiscent of the movie as I seemed to relive the same frosty weather conditions race after race.

First, the Maryland RRCA 10 Mile club challenge (scheduled for February 25, 2007) was cancelled for the third time since 1993 due to a threatening storm, which eventually dumped 6 inches of snow and ice on Maryland. Then several days before the start of spring and right before the Forest of Needwood 5 mile race, we were hit with another snowstorm; although the race was run, nobody would have been surprised if it had been cancelled as a good portion of the course, including the starting line, was covered with several inches of snow; Malcolm Senior and I even noticed a snow devil whipping across a field not far from the start. Even with this inauspicious warm-up, I was not prepared for the conditions during the race where the winds were so stiff that the second mile of the race was at least one minute slower than the first for virtually every runner. Finally, snow even threatened the Garrett’s 5K on April 6. Although I only awoke to a dusting on my car in New Market, the thought of a White Easter had me wondering whether spring would ever arrive.

But any concerns about cold or snow were quickly dispelled early in the morning on the day of the Blazer 5K. With the sun shining and runners in short sleeve shirts, you couldn’t have asked for a more perfect spring morning. And as I sat in the pergola during the award ceremony, snow was the furthest thing from my mind—at least until it started snowing. Fortunately, however, the flurries dusting the ground were only blossoms blown from the trees by the welcome breeze. Winter was now a distant memory.

The Blazer 5K race itself was great. Although the two and half laps around campus were run primarily on grass and gravel paths, the course’s billing as “flat and fast” did not disappoint. Unlike the Baker Park loop, which has a slight uphill in the second mile that always seems to slow the pace, the Blazer course seemed built for speed. I passed the two mile mark twelve minutes after the start of the race and about 10 seconds behind Chad Connors. This was a good 20 to 30 seconds faster than our two mile split for the Garrett’s 5K where Chad and I both crossed the two mile mark in step at 12:20.

Even though this race was added to the Grand Prix schedule as a last minute replacement for the Jefferson Spring Festival 5K, I predict that it will stay there. It’s a challenging yet fast course run on the beautiful Hood College campus. So I hope my prognostication abilities are better than that certain ground hog from Pennsylvania.

## The Adventures of Thelma & Louise

### Hinte Anderson Trail Run (HAT Run)

#### By Mary Z (aka Thelma)

Part one of our adventures starts in January 2007 when Thelma (Mary Z) and Louise (Kelly Volovar) decide to take the insane advice of Larry Key, who runs nearly 20 marathons a year. Thelma sought advice from Larry as to a possible race schedule for the spring season. Taking Larry's advice, Thelma and Louise decide that after running the Steamtown Marathon in October, the Detroit Marathon (Louise) also in October, JFK (Thelma) in November, and the B&A Marathon in March, they needed more excitement.

It was on March 24, 2007 that Thelma was heard uttering, "I'll buy breakfast for both of you at IHOP if we just go home now." Larry (Brad Pitt?) and Louise turned me down. To that Thelma mentioned, "Look around us. There is not one person here who looks smart!" Still they persisted, and we wound up running our first Hinte Anderson Trail Run (50K) in the rain after it had rained for the previous two days-hard, real hard.

Now on occasion I like my share of mud, but this was the mud that only 8 year old boys and pigs could like. I'm talking ankle deep shoe sucking mud. My shoes never came off, although they tried. Larry and Louise survived with shoes intact too, but others were not so lucky.

The HAT Run consists of 2 loops, one of about 16 miles, and the other of about 15 miles. The race is generally considered a great ultra for beginning ultra runners because the footing is usually somewhat easy; the hills are not gigantic; and the weather is usually cool. Well, when you add in five inches of mud, the footing becomes impossible, the hills seem endless, and the weather sucks! We did have a few thigh high water crossings, which were actually a relief. The water washed the heavy mud off our shoes, but not for long. . . One water crossing, however, had a current, and the second time we crossed it we did it alone because the field had spread out so much. That was a little scary.

Let's go back a bit in the story to the half way point of the race at the pavilion. It seems that maybe a few people were smarter than I gave them credit. They were quitting, in record numbers. In fact, 25% of the field DNF'd that day, more than ever before. Everywhere I looked people were done, not continuing any more in the horrendous mud. About this time, I found Louise, who had waited several minutes for me. She told me Larry had gone wild. With a crazy look on his face, he told her, "I can't chance a DNF, I've got to keep going!!" and off he went for his second lap. Louise was starting to get anxious to continue when I told her I forgot to bring allergy medicine and I was so clogged up that I was not hearing well and getting dizzy. I thought that it would be wise for me to quit. She proceeded to yell at me, "What the hell is wrong with you? Why wouldn't you bring your allergy medicine?" Next she yelled in general, "Does anyone have any Sudafed or allergy meds?" To my surprise someone did. Now I had to continue. She did her deed, took off without me, and we vowed to see each other at the finish. We did finish, but it wasn't pretty. Larry did not DNF. He finished ahead of Louise who finished ahead of me. I finished ahead of a few people, but finished.



Afterwards, we could all be found hosing off our shoes with ice cold water, except for Louise, who took all that mud home on her shoes and used a power washer hose at a car wash (to the amusement of those waiting to wash their cars) to clean them.

All in all, it was a fun day in a sick kind of way, and we woke up the next day really sore but proud of our accomplishments. Still, I sometimes think, "What the hell is wrong with us?"

Stay tuned next time for the Adventures of Thelma and Louise at Capon Valley 50K.

## **Welcome to our new 2007 FSRC Members! We're Happy To Have You Join The FSRC Running Family**

Brent Ayer  
Chris Bard  
Sheryl Bokansky  
Brad Bokansky  
Karsten Brown

Stephanie Bryan  
Rupert Bullard III  
Martha Bush  
Lin Caywood  
Stephan Dobson  
Janice Dobson

Robert (Bobby) Funk  
Judy Goffi  
Daniel Gudat  
Makenna Gudat  
Alex Gudat  
Robert Haney  
Joe Harris

Rick Hassett  
Linda Hauser  
Sabrina Stark  
Kimberly Hessong  
Luanne Houck  
Rory Houck  
Mitchell Houck  
Shannon Houck

Erica Houck  
John Kippen  
Barbara Kippen  
Ulrike Koehler  
Lee Kramer  
Adam Lawrence

Hana Lewis  
Skyler Lewis  
Chloe Lewis  
Heidi Marino  
Courtney Moran  
Fain Moran

Leslie Nuse  
Michael O'Grady  
Inga Olsen  
John O'Neill  
Tanya Reading  
William Fleming

Rachel Ridgway  
James Salley  
Carole Smith  
Kathy Soria  
Byron Stay  
Brenda Tarquinio  
John Way  
Lee Zumbach

**“I decided to go for a little run”  
- Forrest Gump**

**Greetings from Wyoming!  
by Eva Rosvold**

This is it. Show time for the sixth annual Bighorn Mountain Wild & Scenic Trail 100-miler, with an emphasis on “wild” and “scenic.” As noted, this year was more “wild” than usual because of the late spring snowfalls, rain, and high winds that have created more runoff and mud, higher creeks, lingering snowdrifts, and downed trees.

But ultra runners love a good challenge, don't they? They wouldn't have signed up for this race if they expected it to be easy.

I successfully completed the Bighorn Trail 100 mile run several weeks ago in 28hours:41minutes. I was third woman, second in my age group and 20<sup>th</sup> or 21<sup>st</sup> overall. It was a beautiful beautiful course but the trail conditions left a little to be desired (even so the women's winner set a course record.) In fact almost half the starters did not finish. The Bighorn mountain range got a pretty big snowstorm a few weeks ago so at the halfway point, which was also the highest at around 9000ft., we had some snow drifts to deal with. The late storm also left a lot of water on the course which meant shoe sucking mud, elk and moose tracks and marshes to run through. That said I feel pretty good. The blisters aren't too bad. Quads aren't too sore. I think the worst thing is the sunburn on my neck and upper back.

Bighorn runners aren't going across the country like Forrest Gump, but their journey may *feel* that long by the time they finish.





## UKROPS 10K RICHMOND, VA - MARCH 31, 2007

By Anne Hafer

Who would believe that a 10K run in Richmond would draw a field of 25,000 plus runners and 1,780 children for the one mile run? Each year that I participate in this run it just keeps getting better. This year Diane Negley and I headed to the start after watching almost 2,000 children, all wearing neon shirts, take off down Monument Street. That was a site in itself! Richmond seems to “get it” when it comes to children’s health and participation in this running venue.



The field of runners, which offered a \$2,000 purse to the first man and first woman, was won by an Ethiopian male and a Kenyan female. Also part of this festive run is a “Dash for Cash” where one person is drawn from the field of runners and given a pre-determined head start based on their ability. The prize at the end if they place first is a \$2,500 bonus. It gives one runner the opportunity to cross the finish line in front of the most elite of runners to secure the prize. What a thrill to even be able to be in front of the field for the first half the race let alone cross the finish line in front of them. Among some of the other runners in the crowd with us were Fred Flintstone, Superman, Austin Powers, Wonder woman, Batman and Robin, just to name a few.

Diane and I fit in well, dressed in our **free** dry fit cancer survivor shirts, compliments of VCU – Massey Cancer Center. The proceeds of this event raised \$250,000 for the VCU Cancer Center. From start to finish we were entertained by over 20 bands, beautiful monuments, and cheering fans for all 6.2 miles on a perfect day. If you are in search of an entertaining run with lots of support, and some amazingly talented runners make sure to mark your calendar. This is a great run for everyone!

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### Summer Open Track Meets - Boonsboro High School

The Cumberland Valley Athletic Club will be putting on a series of Summer All-Comers Meets. All are welcome to compete. The first meet was this past Tuesday (May 29th), there was a good representation of Washington County Track Athletes, as well as kids and adults.

These meets will be held at Boonsboro High School every other Tuesday throughout the end of July -- June 12th, June 26th, July 10th and July 24th.

All meets will begin at 6:30 pm with registration beginning at 5:45 pm. It is open to all ages and ability levels.

Events will include: Long Jump, Triple Jump, Shot, Discus, High Jump, Hurdles, Pole Vault (clinic style), 100m, 200m, 400m, 800m,

1-mile, 2-mile, 4x100 and 4x400 relays. Events may possibly be added and/or deleted depending on interest and/or number of entrants.

Cost is \$2.00 per event for adults. Free to Students. Ribbons will be awarded...sports drinks and frozen treats as well.

If you have any questions please contact Mike Spinnler (President of Cumberland Valley Athletic Club) at 301-739-7004.

## **TWENTY EIGHTH ANNUAL RUN THROUGH HISTORY**

**By Malcolm Senior**

Sunday June 3<sup>rd</sup>, 2007 - 10K road Race 2 mile Fun Run/Walk.

Billed as one of the Country's most beautiful races it certainly is a classic, through the country race. An out and back course on paved roads in the Antietam National Battlefield Park Sharpsburg MD.

The Battle of Antietam (or Sharpsburg) on September 17, 1862 was the bloodiest day of the Civil War. More men were killed or wounded than on any other single day of the Civil War. Federal losses were 12,410; Confederate losses 10,700. Although neither side gained a decisive victory, Lee's failure to carry the war effort effectively into the North caused Great Britain to postpone recognition of the Confederate Government. The battle also gave President Abraham Lincoln the opportunity to issue the emancipation Proclamation, which, on January 1, 1863, declared free all slaves in States still in rebellion against the United States. Now the war had a dual purpose: to preserve the Union and end slavery.

Some of the historical facts about various landmarks we passed during the race are:

The historic Dunker Church was the focal point of repeated clashes as both armies sought to occupy and hold the high ground.

Running past the West Woods and North Woods - This was where 2,200 Union men lost in an ill-fated charge into the woods. The initial Union attack was launched from this point.

The cornfield winding by the Mumma farm - This area was burned by the Confederates to prevent their use by Union sharpshooters.

Sunken Road (Bloody lane) looping around the observation tower - for nearly 4 hours, Union and Confederate infantry contested this sunken road, resulting in over 5,000 casualties.

Finally returning to the Dunker Church which was leveled by a storm in 1921 but was rebuilt in 1962

It is tough course with lots of short sharp hills and the weather was very humid. The reward at the end was excellent post race refreshments and door prizes. Cash prizes for male and female winners, medallions for age group winners. All proceeds benefit APPLES for Children, Inc., a nonprofit organization-providing child care referral services, training and technical assistance to local residents and agencies and Head Start of Washington County.

Finished 14<sup>th</sup> in a time of 43:10 2<sup>nd</sup> male 50 -59

## Tale of Four Amigos - Our 2007 Boston Marathon Experience

By Rick O'Donnell with contributions  
from: Lee Kramer, Lisa Hickman & John  
Kippen

Whew! What can we say? We had the experience of our lives training for and running the 111<sup>th</sup> Boston Marathon, Monday, April 16, 2007. There was something awesome about participating in such a famous event, which offered the sights of greater Boston and vicinity as only a runner could see them. Running this route, taking in the landmarks, and experiencing the emotions of connecting with a boisterous crowd, created a lasting and cherished memory. Never mind that the major sideshow, the weather, threatened to become the ONLY show in town that day for a number of uneasy hours late Sunday and early Monday.

For the better part of the week leading up to the race, I monitored the increasingly menacing storm predictions. The Boston Athletic Association (BAA) e-mailed us with an approaching storm advisory, along with instructions to bring suitable protective gear. These weather predictions solidified and became reality, culminating in a full-blown nor'easter tracking up the New England coast. By Sunday afternoon and evening, cold wind-swept sheets of rain and flooded parking lots and streets were all around us as we made our way around local shopping areas and restaurants.

Potential disaster scenarios worried the organizers (tents blown over, absent volunteers, flooding, fallen trees, etc). Finally, at 4 a.m. or so, the immediate outlook stabilized, and the race was a go. We runners were far from being out of the woods however: most of us arrived in downtown Boston to catch the buses to the Hopkinton start area under sheets of blowing rain which the drivers could barely keep off the windshields. When we arrived in Hopkinton, the



middle and high school gyms had been opened to allow us to stay dry, as a concession to the weather. The tents set up in the athletic field (the Athletes' Village) for refreshments and relaxation, were at best marginal shelter. The field area outside the tents was a quagmire, practically under water. Driving rain continued. We all huddled under slickers, plastic ponchos, and garbage bag wraps, even plastic booties covering our shoes.

Lee Kramer: The weather wasn't exactly ideal for my first-ever marathon. It was raining when the gun was fired and while that did let up, it remained cold and windy the entire 26.2 miles. However, a little chilly New England air couldn't stop me from fulfilling my life-long dream of running the Boston Marathon. People said I was crazy to take on the Boston Marathon as my first ever. However, as a long-time resident of Boston and a Massachusetts native, I felt there was no other way for me to do it but start with Boston. I watched the marathon every year for many years and I have always wanted to participate but would never qualify on my own merit. Fortunately, as an independent financial advisor, I have a working relationship with John Hancock who sponsored the event, and they were able to get my brother-in-law and me in without qualifying.

Since my two boys are a little older now, I decided it was time for me to take on this challenge and start training last fall. I was blessed to have John Kippen

as my excellent coach. We not only trained together for several months prior to the race but we also ran together through the whole marathon. I felt good from the start and my stamina surprised me. It wasn't until I reached the infamous "Heartbreak Hill", at which I started to lose steam. I started walking and perhaps the thought of stopping may have crossed my mind for a split second. If it weren't for John, I may have done just that! His encouragement helped me to persevere and finish in 4:30, a time I was quite satisfied with, all things considered.

My original goal was just to complete the Boston Marathon. But now that I have, I may have to start working my way around the circuit to others. I was warned this would be addicting.

John Kippen: I visited the starting line on the Friday preceding the race and felt like Rocky viewing the Auditorium in Philadelphia the night before his big fight, wondering how I even got there, but soaking the moment up.



For me, highlights included World Class Spectators, creative signs, and great enthusiasm. I loved 'The Gong' at a point just beyond Boston College, with the sign inviting us to hammer the gong, which I did. (I appreciated) the many people with canopies in their yards as an indicator of their tenure and dedication to supporting the event.

How can you summarize the emotions of that weekend? I ran with Lee Kramer. It was his first time ever to go 26.2 miles. He ran out of gas and did the last 7 or so on pure guts. I tried to use hand signs to capture for him the thrill of the moments as we approached the screaming throngs at Wellesley and BC. They really charged my batteries and I wished that they could have done as much for Lee as well.

I can honestly say that I have had better times, but I have never had a BETTER TIME!

Hopefully Frederick will develop into a race that attracts some of the enthusiasm that motivated us.

Running further back in the pack put me where I belonged, experiencing Boston in a state of awe, also reflected in the faces of many around me.

Lisa Hickman: You would think that running a marathon in a nor'easter would be enough to break you. Strangely enough, my second year running Boston equaled or surpassed my 2006 experience. First, the weather improved by start time. This was a big surprise given the previous night's forecast of flooding throughout the course, possible 50 mph headwinds, and hypothermic conditions. Needless to say, I was not the only runner who was more than a little nervous. I thought it was going to be the worst day of my life: upon leaving my hotel at 6am, I was hit with rain and winds that practically took me off my feet for the eight-block walk to the buses. Although I had an outside layer of Gore-Tex, my head and feet were already wet hours before the start and my gear bag ID sticker began to disintegrate.

Once I reached Hopkinton, I stepped off the bus to more rain but less wind. I marched along to the waiting tents attempting to avoid all the mud puddles while wearing a hotel shower cap on each foot. Once under a tent, I managed to find a spot just big enough to wait in an upright fetal position for the 3 hours until the race began. The tents, of course, aren't meant to provide shelter for all 22,000 runners. While waiting, I contemplated how many of my layers I should keep on or take off, what additional areas of skin I should lather for extra protection against chafing, what time to take my 800mg Motrin pill, and whether to change my already wet socks with the spare pair I had or just grin and bear it.

Finally it was time to begin our 1/2 mile trek to the starting corrals, passing the gear bag buses. I decided to keep on my bottom two layers, including my Gore-Tex pants, and to remove my Gore-Tex jacket, leaving an Under Armour long sleeve top and a cold weather running top over that. I placed over my body the trash bag I had brought to sit on while waiting. This plastic kept me relatively dry on the way to the

start line. When I deposited my gear bag at the gear buses, I wondered if I'd ever see it again.

By the time I was in my corral, the rain stopped, the winds had died down, and the hype began. Cameras on booms were skimming across the top of the runners and we were getting ready to begin the 111th running of the most prestigious marathon in the world. How could you not feel awesome?! I ripped my bag off, and the race began.

My decision on what layers to wear was perfect. I threw away nothing and was comfortable throughout the race. My fellow competitors must not have made the same decision. I have never seen so many pieces of clothing being thrown away as I did in the first five miles of the race. There were gloves and apparel so nice that I almost stopped a few times to keep them for myself. My pace was a bit fast in the first five to six miles through the down hills but I managed to keep a consistent pace throughout the race and ended up beating my time from last year by two minutes with a 3:40. By the way, last year's weather was perfect. I was thrilled with my results as I crossed the finish line and headed for the gear bus to pick up my bag.

Meanwhile, my poor husband Tracy, who is my tried and true fan and has been to every one of my 8 marathons, had gotten stuck at mile 20. He had taken the subway out to this point to cheer me on just before I ascended Heartbreak Hill. But, when he went to get back on the subway to return to the finish line, the train was filled to the hilt with Red Sox fans headed to a game with a delayed start. So, he took the train in the opposite direction to the end of line in order to get back on and return to the finish area.

We celebrated with a post-race dinner at Vinnie T's, a well known Italian restaurant near the finish line, with fellow Frederick runners John Kippen and Rick O'Donnell and their families. The next morning, I got up, had a wonderful massage in the hotel (my first after a race), and headed out for a little shopping before catching our evening flight home. We decided to go to a Nike store nearby. Upon entering the store, my husband observed what he thought to be one of

the elite runners and gave me a tap to look. Of course the elite runners, especially at the big races, are kept hidden away. So, you can imagine my thrill when I saw Robert Cheruiyot, the winner of the race, at the checkout. He was accompanied by what appeared to be two of his agents, but no one else was really around. I went up to him, tapped him on his arm, and congratulated him with a hand shake. This is the same guy who, just prior to winning Chicago by seconds over the runner up last fall, slipped on the finish line road paint, whacked his head on the pavement, and gave himself a concussion. My hero!!!

We made it to the airport after a wonderful lunch with more fellow Frederick runners, Cherie Hyssong and her husband. The owner/chef of the restaurant had served us a luscious dessert on the house. Once at the airport, we found out that our 6pm flight had been delayed to 9pm. Not good, as my legs continued to stiffen and ache!!! What an experience. I wouldn't have traded it for anything, and will go back next year to top it, thanks to my continuously supportive family and friends. It was a blast!!

Rick O'Donnell: My family, wife Brenda and daughter Emily, as well as married daughter Julie and son-in-law Derek, traveled with me to the Boston area for the marathon weekend to encourage me and cheer me on.

I had a memorable time, and would absolutely do it again. I ran, I survived, I finished! My final time was 4:10:47, definitely not exactly what I had in mind, though I tried not to pin myself down to any aggressive goal time for my first Boston, given the unique variables involved with the race.



There are several outstanding impressions of the race experience I'd like to share. First, the boisterous and enthusiastic crowds were truly energizing. The

crowds may have been somewhat thinner this year because of the unstable weather, but the people who came out were real troopers. Families braved the elements in rural Hopkinton and Ashland to set up their lawn chairs and cheer us on. I had the opportunity to grasp and slap hands with groups of children and their parents. There were some elderly nursing patients out in their wheelchairs just to watch us. I constantly waved and thanked all for coming – even waving at people cheering from second/third story windows. My slapping hands with and exchanging high-fives with Wellesley and Boston College students was heart-warming and gave me chills at the same time. The encouragement from the crowds on Commonwealth on the way up to Heartbreak Hill and down past Boston College was a special boost. I needed those crowds, especially beyond BC, on Cemetery Mile and Beacon Street, as I was starting to bonk. They helped me to gamely continue on, with more arm motion to increase knee and leg lift during this fatigued stretch.

The fickle weather continued to amaze me. It brightened and warmed up, with rain stopping shortly after the start but coming down horizontally again with rising headwind and wind gusts as I passed through Framingham. The winds were particularly blustery and turbulent at Lake Cochituate, just prior to Natick (mile 9). Then the sun tried to break through, ever so briefly, in Natick and Wellesley, with diminishing wind. This phase of the run was actually quite refreshing. In the last several miles leading to the finish, and beyond the finish, the rain had ceased, but the headwinds were growing progressively gustier and colder, with a greater sea breeze effect.

My special treat was that of my family, who came out on the subway 'T' line to cheer me on at mile 17 (near Woodland/Newton Fire Station), and again at Cleveland Circle (mile 22). Just being able to connect with them, and maneuver over and slap their hands was precious encouragement.

I experienced the frustration of tightening up, with aching neck, hamstrings, quads, and extremities, and little reserve energy, in the last 3-4 miles. This

happened despite my deliberately slow and easy start on the downhill and the relatively smooth climb to the top of Heartbreak Hill. I 'hit the wall' in spite of my attention to nutrition and hydration prior to and during the race. In retrospect, I noticed I was restless the night before. Based on this experience, I will probably revisit my training and pre-race sleep, in particular, adding more weight training to my regimen.

My crowning achievement was clearly the finish. The enthusiasm of the crowds, by now 6-8 rows deep, was infectious, as I realized I was about to be a finisher. With some effort, I raised my arms in triumph and thanks as I crossed the finish line. I had done it! I moved through the finishers' area and eventually welcomed my family, refreshments, and dry clothes, battling some body cool-down and wind-induced chills along the way. That finishers' medal felt mighty special around my neck right about then!

After changing and showering (for some), we trooped on over to Vinnie T's on Boylston for dinner as a 'Frederick area contingent'. Our group included John and Barbara Kippen and some of their extended family, Lisa and Tracy Hickman, and my family and me. We had a wonderful meal and time of relaxation and reflection over the exciting race day. We exchanged commemorating flash picture taking sessions as a finishers' group wearing our medals.



## Summer Decathlon

Don't forget to come to **Frederick High School every Wednesday evening at 6:30 pm** for the remaining Summer Decathlon events and coaching by Coach Brent Ayer from Hood College. The following dates and distances remain:

JULY	AUGUST
11 – 200 M	1 – 1000 M
18 – 600 M	8 – 400 M
25 – 3200 M	15 – 1 MILE



## UPCOMING EVENTS AND RACES

July 14, 2007 at 8:00 a.m.. Frederick Run for the Pie 10K; **Entrance to Frederick Municipal Forest (Watershed) at Fishing Creek Reservoir.** Club run and Grand Prix event where you can have your award and eat it too. **Awards: PIES!! Some great! Some good! Some so-so, depending on who bakes!**

July 21, 2007 at 3:00 p.m. “Summer Splash” Club Picnic; Greenbrier State Park. Bring a dish to share or donate \$5.00. Burgers, veggie burgers, hotdogs, buns, condiments, paper products, and water will be provided.

July 28, 2007 at 8:00 a.m. “13<sup>th</sup> Annual Cougar Biathlon; Frederick Community College. Race is limited to 200 entries and be 15 years or older. Run 3Miles/Bike 15Miles/Run 3Miles.

August 12, 2007 at 8 a.m. Women’s Distance Festival; Valley Elementary School, Jefferson, MD. Since the first Women’s Distance Festivals in 1980, events for women in the 5k, 10k and marathon have been added to the Olympics.

September 8, 2007 at 8:30 a.m. Great Frederick Fair 5K; Highland Street, Frederick, Maryland. Finish this Grand Prix event in front of the same grandstands used for Frederick County’s other “grand prix”—the Frederick Fair Demolition Derby.

September, 9, 2007 at 8:30 a.m. Hope’s Alive 5K; **Address?** Unfortunately, there will be no “Goofy” medals for those completing both the Fair and Hope’s Alive races on back-to-back days. **Is this in Baker Park?**

September, 22 2007 at ????. Goodwill Byron 15k; Emmittsburg, Maryland. One of the oldest races in Frederick County returns as a Grand Prix Event for 2007.

September, 29 2007, Catoctin Aqueduct 5K. **I emailed the race director for information about this race but I have not heard anything yet. I presume we have nothing else.**

**Check Mary Z’s email blasts on more upcoming races and changes in the race schedule.**

## **Get Well Wishes for our fellow runner, Rick O'Donnell**

Many club members know that Rick has been very sick and is just now recuperating at home from serious surgery in which he had a cancerous tumor removed from his bile duct at Johns Hopkins University Hospital.

The doctor's are very optimistic about Rick's recovery and have scheduled him for radiation and chemotherapy in the weeks ahead. Please keep Rick and Brenda in your prayers.

Rick's wife, Brenda, wants to thank everyone very much for your emails, your cards, your gifts, your time, yourselves, and most appreciated of all, your prayers during the last few weeks.

Here is his home address: 6302 Spring Forest Rd., Frederick, MD 21701, phone: 301-620-0799.  
His email address is: Rick.Odonnell@gdit.com

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### **Frederick Steeplechasers Running Club**

**P.O. Box 681**

**Frederick, MD 21705-0681**



**We're on the Web:**  
**[www.Steeplechasers.org](http://www.Steeplechasers.org)**