



INTERVALS

Newsletter of the Frederick Steeplechasers Running Club

Summer Decathlon

You Have Still Time to Join in the Fun



From the Young to the Old From the Fast to Not So fast



Don't be afraid to give up the good to go for the great.
-John D. Rockefeller (1839-1937)

FSRC - 2011 Offices

President – **Mark Lawrence**
Vice President – **John Stuart**
Secretary – **Luanne Houck**
Treasurer – **Anne Hafer**

Committee Chairs

Social – Kim Hessong/Luanne Houck
Membership – Luanne Houck
Competition – John Stuart
Race Support – Tim O’Keefe
Training –
Co-Chairs Eva Rosvold/ Christine Dzara
Web Site – Rich Potter/Stephen Dobson
Newsletter – Malcolm Senior

Steeplechasers’ Membership Continues to Increase!

As of June 10th, we have 321 members registered for the 2011 calendar year! This is our largest membership in club history and we expect our numbers to keep increasing. As we grow in membership, the needs of our members become even more diverse. So we really want to encourage all of you to participate in our training and social events as well as the volunteer opportunities at weekend races. The more involved you get, the more rewarding the club will become. For those of you who have been a part of the club for many years, please take the time to introduce yourself to new members that join your training runs or who come out for events. Novice runners especially want the encouragement of seasoned, experienced runners to help them improve and stay motivated as they build their physical endurance. We also have many children and teenagers who have joined the club, so when you see them out running, please commend them for participating in this great sport that will help them stay physically fit throughout their lives if they stay motivated.

For those who are interested in statistics, our club is very diverse. We have 162 females and 159 males. 45 of our members are 12 and under. We have 23 teenagers between the ages of 13 and 19. We have 28 twenty-somethings and 44 thirty-somethings. Our largest age group is the 40’s – we have 100 people in this group. There are 51 people in their 50’s and 24 people in their 60’s. 6 of our club members are over 70. There is definitely something for everyone in our club, so please encourage your friends, co-workers, and other family members to join us!

Front Page Pictures courtesy of Mike O’Grady

Do you have any interesting running tales to tell?
Do you have a favorite route or race?
News of members` or anything running related?
Please forward to Newsletter editor Malcolm Senior

**On the last page is the Calendar of Events -
Please Check the website for latest details www.steeplechasers.org**

2011 Women's Distance Festival 5K on August 13th to be Bigger and Better Than Ever!

The WDF planning committee has been busy at work since March getting ready for our next WDF 5K race to be held at Frederick Community College. This race is hosted every year by an awesome committee of women from the Frederick Steeplechasers Running Club. This race is a great community event and has attracted over 300 runners in recent years. It is perfect for all women, including beginners, walkers, and children! We have fun team categories including mother-daughter, sister-sister, aunt-niece, and corporate teams. The course is a scenic two-loop course on FCC's college campus away from any traffic. The purpose of the WDF is to promote health and wellness among women of all ages and abilities. Now more than ever, we know how important an active lifestyle is in order to stay or become healthy.



This year we will be providing wonderful white performance t-shirts with pink panels running down the sides and the new 2011 logo. Awards will be given to the top three overall finishers, first master, first three in each age group (under 14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-80, and 81+) and the first mother-daughter, sister-sister, aunt-niece, grandmother-granddaughter and corporate teams. Hearty post-race refreshments are provided by local grocery stores and restaurants. There will be random prizes galore! In past years, we have had spa treatments, haircuts, restaurant certificates, gifts from local shops, running shoes, and much more! Please help us collect more random prizes from businesses that you work for and support.

Last year we raised \$5000 to support the Women's Giving Circle, a local non-profit organization that supports women and children in need. This year we hope to raise even more through increased sponsorships and race registrations. Currently, our sponsors are as follows: Premiere Tee Shirt – Dr. Elizabeth A. Liotta, MD; Music – Shockley Honda and CorpOHS; Finish Line – Sylvana Institute for Medical Aesthetics and Dr. Mark Pitts, DDS, PA; Awards – Modern Dentistry and General Dynamics Information Technology; Food Table – McLaughlin Chiropractic; Water Table – In Fit Personal Training, Hello Gorgeous Hair Salon, and Sue Collins, ReMax Results; Mile Markers – Walking Right Shoe Store, Catocin Youth Organization, and Catharine and Richard Fairley; and General – The Temple, Women In Defense, Bloom & Reddy Orthodontics, AJ Photography, and Patsy Davies. We still have sponsorship opportunities for the Venue, as well as several more Food and General Sponsorship slots. We are also looking for more random prize donations.

Every year we also look forward to a wonderful, supportive group of Steeplechasers' men who come out and volunteer for finish line, water stops, and course marshaling support. We could also use a few more fresh faces on our planning committee to "help us to the finish line." If you are available to support us, please contact Race Director, Peggy Waxter, at pwaxter@comcast.net. Our local Frederick WDF race, is part of the 22nd Annual Women's Distance Festival Grand Prix Series, which is sponsored by the Maryland RRCA. This series consists of eleven 5K races for women runners and walkers of all ages and abilities.

For more information on the series participation award (for completing at least 4 races in the series), go to <http://steeplechasers.org/PDF/WDFSchedule11.pdf>



April 30 2011 Louisville Kentucky

The Kentucky Derby Festival Marathon & miniMarathon (1/2 marathon) is celebrating its 10th and 38th year, respectively. Runners from all 50 states and several foreign countries annually complete the scenic road race that finishes in downtown Louisville Kentucky. The running festival is part of a two week celebration commencing with an airshow Thunder Over Louisville on 04/16/2011 and the

Kentucky Derby horse race on the 05/07/2011 won this year by Animal Kingdom.

Kentucky - The Bluegrass State

- 15th State admitted to the Union June 1, 1792
- Moto "United we stand – divided we fall" Capitol: Frankfort
- 1809 Abraham Lincoln is born near Hodgenville
- 1939 Colonel Harland Sanders originated Kentucky Fried Chicken at his service station in Cobin
- Early 19 Century Bourbon evolved, only whiskey produced in the USA can be called Bourbon, estimates are that 95% of all bourbon is distilled and aged in Kentucky

Louisville

- The City of Louisville was founded in 1778 by George Rogers Clark; several landmarks in the community are named after him, and are named after King Louis XVI of France.
- Louisville's First Town Charter was signed in 1780 by Thomas Jefferson, Governor of Virginia.
- Louisville is situated on the Ohio River in north-central Kentucky at the Falls of the Ohio
- The Ohio River stretches 981 miles and is one of the major rivers of North America.
- The Hot Brown originated at The Brown Hotel in downtown Louisville in the 1900s. The open-faced turkey and bacon sandwich is topped with a rich cheese sauce.
- The Cheeseburger originated at Kaelin's Restaurant on Newburg Road. In 1934, Margaret Kaelin's husband asked her to put a slice of American cheese on his hamburger and the legend was born.
- Muhammad Ali, world recognized Louisvillian and Kentucky's Athlete of the Century, was a three-time heavyweight boxing champion.

The Marathon

The Start was at Slugger Fields Pee Wee Statue, **Harold Henry "Pee Wee" Reese** (July 23, 1918 - August 14, 1999) was an American professional baseball player. He played in Major League Baseball as a shortstop for the Brooklyn and Los Angeles Dodgers from 1940 to 1958. A ten-time All Star. The brand name "Louisville Slugger" was first used in 1893. 60% of all Major League players currently use Louisville Slugger bats.

Mile 1 - the West Main District is one of the five districts of downtown Louisville, Kentucky. The district is listed in the National Register of Historic Places as **West Main Street Historic District**. The district also features "Museum Row", a collection of several notable museums located within just a few blocks of each other. The Muhammad Ali Center features Louisville native Muhammad Ali's boxing memorabilia.





Mile 7 - Churchill Downs, three major stakes races, the Kentucky Derby, Kentucky Oaks and Clark Handicap, have each been held continuously at Churchill since their debut in 1875. **The track was incorporated as Churchill Downs in 1937.**

Mile 11 to 14 - Iroquois Park – the highest elevation of the whole marathon course. Iroquois Park was one of the three major suburban parks created in the late 19th century in Louisville. It is a 739 acre (3.0 km²) municipal park in Louisville, Kentucky, United States. Louisville's nationally-acclaimed parks system includes parks and parkways designed by famed architect Frederick Law Olmsted, who also designed Central Park in New York City as well as Louisville's Cherokee Park and Shawnee Park, at what were then the edges of the city. Located south of downtown, Iroquois Park was promoted as "Louisville's Yellowstone".

Mile 18 - The **University of Louisville** is a public university founded in 1798; it was the first city-owned public university in the United States. U of L is also credited with the first civilian ambulance, the nation's first accident services, now known as an emergency room (ER), and one of the first blood banks in the US. The Speed Art Museum opened in 1927 and is the oldest and largest art museum in the state of Kentucky. Located adjacent to the University of Louisville, the museum features over 12,000 pieces of art in its permanent collection and hosts regular temporary exhibitions.

Mile 24 - Cave Hill Cemetery a 296-acre Victorian era National Cemetery and arboretum, Cave Hill was listed on the National Register of Historic Places in 1979

Finish - Preston Street and River Road - Recover in the Riverfront Park a 72-acre municipal park adjacent to the downtown area and the Ohio River.

Tornadoes that raged through the Mid West States missed Kentucky. The heavy rain baited on the Friday and race day turned out to be a bright sunny day, 48 deg at 7:30 start time raising to the high 70's by noon. The course had to be changed at the last minute as the river front was under water.

A relatively flat course with interesting sections; running through downtown museum row at the first 4 miles; running through the outfields of Churchill Downs at mile 9; with hills between miles 12 to 14 at Iroquois Park and again at mile 22 to 25. The full and half (mini-marathon) started together but split at mile 9. Unfortunately the two races joined back together at mile 18 to 20 which meant marathon runners where running around the slow half marathon runners. The sponsors where ASICS and Wal-Mart, Asics also sponsored the pace teams.

Age group winners received a pr of Asics running shoes; first three in each age group received a Julep glass.

Official pace car mini of Louisville.

Louisville sister city – Leeds UK.

A great trip with opportunity to taste some fine bourbon
Malcolm Senior



The Gettysburg MarathonPamela Geernaert

The Battle of Gettysburg was fought July 1-3, 1863 in and around the town of Gettysburg, Pennsylvania. This battle, with the largest number of casualties in the American Civil War, is often described as the war's turning point. The Inaugural Gettysburg North-South marathon was run May 1, 2011 with no more than a few bloodied toenails and some bruised egos from the constant rolling hills.



The race director, like any good General, had a plan. And the plan changed. Instead of having 2 separate routes, one run with Northerners and one for Southerners, the logistics (i.e., police and road crew) demanded a more simpler route to a successful marathon. The route of the course was neither the North or South route, but a new route which was out and back. The race director sent out many emails and kept the runners abreast of the situation, but I forgot to pay attention to this part. This is good since otherwise I would have completely freaked out over the hills in the beginning knowing I would have to run up them at the end. Ignorance is bliss.

I ran the race with fellow Steeplechaser Crista Horn who made the entire trip worry free. Saturday she picked up our race packets and Sunday she picked me up and drove us out to the race. In true battlefield form she had previously "scouted out" the parking, porta potties and start line and had us lined up and ready to go. The joy of the smaller race was everywhere. The shuttle buses were ready and moving quickly, and there were NO porta potty lines (Unlike the Boston Marathon I ran 13 days earlier where I waited 1.5 hours for a bus and about 30 minutes for a porta potty experience!)

The street was packed with anxious runners but we all found a spot and the gun went off. There were overheard solar light like panels that I think were recording our timing chips (which were attached to our bibs, not our shoes!). The race was on lovely country roads. While there was some complaining from participants when the race director mentioned the roads would not be closed (emails were flying back and forth including a very thorough one from the race director assuring everyone's safety), I never once noticed traffic along the sleepy country roads. I'm sure there might have been traffic, but the rolling hills were so pretty and so challenging that the rest was unimportant.



Starting at mile 17 and on every mile after that we encountered a "Hill". While some hills were only 1/10 of a mile and the longest was probably not more than 1/3rd of a mile, they were daunting. Every time my watch beeped a mile I would sigh that I was a mile closer, and then around the next corner another challenging hill. Thankfully in my case my body just kicked it up a notch and tackled each hill like a tempo training run. It was



such a great feeling and I felt a bit bad for all the people I was passing who succumbed to the battlefield. I finished the race 2 minutes slower than my hoped for time, but I really enjoyed the company of Christa, the amazing scenery and beautiful day.

The post party was also wonderful. We had to walk about 1/3rd of a mile to the tents set up for the after party. Plenty of food and water was on hand. Prizes were awarded to top finisher in each age group for each side, north and south. Then in a head to head competition they compared the fastest in each age group and the faster “side” won beer steins.

I had registered for the race as a Northerner since I am from Canada. But when Christa went to pick up my packet she thought our packets would be together and from the South. So somehow I got placed on the South team, however on race day I wore my North bib I was assigned. Long story short, I won the Masters title for woman for the South. I won small cast iron cannon, which I foolishly thought was a bottle opener! (Sadly it is not!) . Then when the comparisons were made across all age groups the Northerners won the beer steins. Since I had a “north” bib on I claimed my prize (and handed it to my trusty right hand gal Christa) since it really wasn’t fair to double dip prizes ... or was it?? I have a cannon (that doesn’t open beer and she has the stein!)

So many people wanted the beer steins and the clothing that the race director re-ordered more of everything (except the cannons) and people could send him an email to order. The race director was even so nice as to check for an extra jacket for me, and found one, when I missed the order deadline. I cannot say enough good things about this race. For an inaugural marathon I didn’t notice a single glitch or problem. The race director was incredibly communicative, supportive and accommodating. The Gettysburg North – South Marathon is not a PR course because of the amount of hills, but it has surely become a favorite for me!



Historical Note

The Battle of Gettysburg was a turning point in the Civil War, the Union victory that ended General Robert E. Lee's second and most ambitious invasion of the North in 1863. Often referred to as the "High Water Mark of the Rebellion", it was the war's bloodiest battle with 51,000 casualties and the setting for President Abraham Lincoln's "Gettysburg Address".



Meet the Vice President – John Stuart



Like many current, previous, or future runners, my enjoyment of running began as a child. It was a way to explore, move fast, and in some instances explore the laws of science and nature – in an almost Calvin and Hobbes sort of way! I think running is many times one of the very first forms of competition we engage in. We race because we want to see how fast we are, how fast our friends are, and sometimes, maybe we have to settle for how fast our sisters or brothers are. Running was never work back then, nor even exercise, it was simply freedom.

Running was a part of virtually every game we played, and so, to be better at the game, we wanted to be better runners. To do this, the only thing we knew was to run more, run longer, run . . . faster. We ran everywhere. We would run to friends houses. And, when you lived in rural developments, this could mean a few miles. My bus stop was one mile from my house, and if I was running late in the morning, it meant running to it – of course we ALWAYS ran home! Even when our Physical Education teachers (notice it was not abbreviated, or called gym – just a mad shout

out to all the fabulous physical educators in the world) put a watch to our running for fitness testing and the President's Challenge, we just thought someone wanted to time something we did for fun anyway. Most of us would have run all day if they let us.

Having been involved in one sport or another for so long, running, it seemed, was just always a part of my life. But, as I hit junior high, running had hit a wall for me. I would still take off the minute someone said "ready . . . set . . . go," but it was missing something for me. I had been swimming competitively since I was 8, and I realized that as much as these sports mirrored each other in their individual and team elements, I had no outlet for running on a team and that made it take a second seat to swimming. That changed when I entered high school and met Lee Zumbach. Lee was my first cross country coach at Brunswick High School. Lee introduced me to running in a way that I could improve my running, have fun, and fulfill the desire to compete for others.

Lee is a great coach, was then and still is today, and my lack of spectacular performances that first year can hardly be blamed on him. The first cross country meet for Frederick county schools was always the Keyser invitational. In my debut race, wearing the garnet and gold of the Railroaders JV Cross Country team, I was a mid-packer at best, and more likely just in front of the back of the pack. I don't so much remember the rest of that first season in terms of the races. I can tell you there was no post season for me – no county, district, regional, and certainly no states. But, I can name names. Names like Zombro, Green, Drayer, and Clark. Names of people I couldn't have helped much because they were varsity and I was somewhere on the JV, but names of runners who I wanted to run for if given another chance. The one thing that Lee, and that first year of running on a team, did for me was fuel the desire to run for others, even more than for myself. I had always performed like that in swimming and I knew to really enjoy this running thing I would have to do that here as well.

Well, next year (1982) came, but in place of my garnet and gold singlet was that of the black and orange. My new coach was Don Boyer. Having run at neighboring Brunswick, I knew of the Middletown runners, and I knew they were serious, and I knew they were good. In fact, if not for an accident by MHS' top harrier they probably would have won the 1981 state title. So, how was a back of the pack JV runner from a smaller program going to fit in to the juggernaut that was Middletown cross country? By running for the team.

When the first event of the season, the Keyser invitational, came around this year I was ready. I had run during the summer and I had run hard during practices. I was motivated now by having to prove to my new teammates that I deserved to be in this program and that I would run for them. I'll never forget the race that day – until the last event of that '82 season, it was one of my best races – but also, one of my worst. The gun went off and I was to the front quickly. I'm not sure I cared that you weren't supposed to go from last to first in one season. I felt great and I was once again running freely as I did my youth – the only difference was the white singlet with an orange capital "M" and black shorts I was wearing – that, and the desire to run for others. I led that race for 2 miles and 5,230 feet – if you notice, that is 50 feet short of the 3mile distance for high school cross country. No, the race wasn't short – I was passed in the last 50 feet. And the sting I felt was not from getting second for myself – heck last year I was probably 100th – it was losing that point for the team. I went on to a successful year that first year at Middletown, but I never forgot the lesson of not running your eyeballs out for your team. I moved up to the varsity team for the last races of the year and was 10th at county, 10th at District, 10th at Regional, and 9th in the state meet – all while being our 5th runner. Any one of Middletown's top 5 that year could have been the top runner at any other school in the county, but not one of us would have ever considered not being a part of that team and running for each other.

I was fortunate to run for two incredible coaches, coincidentally they are the only two in the county that were coaching during my era and still coach today – Lee Zumbach and Don Boyer. They took my desire for running and helped instill my passion for team running. While my competitive running ended after the first year of college, I continued to run for fitness or for other endeavors, like Rugby, for years. But it was in 2008, when I began working with Chad Connors and he introduced me to the Steeplechasers, that I got back into competitive running. And, it has been through the Frederick Steeplechasers Running Club that I have been able to experience that high of team running again. While it may not be there in every event, I have had the opportunity to run two Ragnar relays and I'll be doing Reach the Beach with Crista Horn this September. I enjoyed running on the FSRC Cherry Blossom team this spring. I have enjoyed the Club Challenge, and believe it or not I even enjoy the relay workouts after our decathlon events where I will still feel myself giving a little more than I probably would if I were running by myself because informal or not – it's still a team!

It's great to be a Steeplechaser!!!

Ice Cream Social - Pictures by Anne Hafer



Grand Prix Update



According to the calendar, this year's Grand Prix Series has reached the half-way point – sort of. There are, however, still 8 events remaining for the gentlemen and 9 for the ladies. The structure of the 2011 Grand Prix has stayed basically the same as the 2010 with the exception of one race change with the Lewistown Tiger Trot moving to April. The Competition Committee also created two “mini-series” that have been very well received with the creation of the Endurance and Sprint series. The Endurance series is made up of the Club Challenge, the Frederick Half, and the Freedom's Run Marathon. The Sprint series will consist of the Hillcrest Husky Hustle 5K, the 200M Summer Decathlon/GP event, and the Market Street Mile.

In an effort to highlight some of the races that help make up our Grand Prix, we have received some background for some of the events from the first half of the year. Most of the local races around us are generally on behalf of charity, scholarship, or even memorial events. We thought you may find some of the information provided by the race directors as interesting back stories to why some of these races are held.

Most area runners tend to start off the year with a local run in memory of John and Mike Lewis. This run off Shookstown Road also doubles as a predicted time run, where running the closest to your predicted time is rewarded more than being the first to cross the tape. So, it is doubly amazing when you can accomplish both tasks. Karsten Brown did this in grand style this year as he was a singular minute away from his predicted time as well as the first finisher. For those of you who were not aware of this, Karsten actually altered his original prediction by one minute due to possible icy conditions that might be on the course, then he went out and nailed his original time . . . exactly!

In February, it has been a tradition for quite some time for the FSRC to get together a group of cold weather runners to represent the running club in the RRCA Club Challenge 10 miler. This year was no different and the FSRC was well represented with a large contingent. Many new members, and impressive improvements by several members, allowed the club to complete solidly against much larger and deeper teams.

March brought the second oldest road race in Frederick County to the stage. The Forest of Needwood 5 Miler has been hosted by Lee Zumbach for nearly 30 years. For those of you who don't know Lee, he and his wife Anne have been involved in youth and high school (Brunswick) running in the area for 4+ decades. Lee was gracious to provide us an interesting history regarding the origin of the race, its adaptations, and even some regional history:



THE CREATION AND HISTORY OF FOREST OF NEEDWOOD 5 MILE ROAD RACE

Late in 1981 I was out on a long run in the Brunswick area. I came across an historic road sign on Rt. 17 that explained the importance of the area called The Forest of Needwood, which had a lot to do with our history in the mid-1700's and the 2nd governor of the state of Maryland Thomas Slim Lee who owned the land and the mansion that still stands

on Lee's Lane nearby.

I decided to talk to some of our running friends in the area to see if we could organize a community race using the route I had run that night and set up a scholarship fund to help our high school runners with the profits from the race.

After speaking with Steeplechaser President, John Lockland, he offered to make the event a Grand Prix race. It would be one of the first races ever offered in the series, as it was his goal to get that program started.

Originally the race was run as a 15 K starting at the intersection of Rt. 17 and Rt. 340 running out and back with a turn around on Lee's lane. It also had a 1 mile fun run associated with it. That 1 mile fun run introduced a number of our local youth to the fun of running and many ended up with very successful running careers in high school. The first female cross country runner from Frederick County, to ever win a state cross country title, Lora Price, took part in that 1 mile run as a young 4th grader. The first race had about 100 total participants including the fun run. It was run on a cold and windy March day but all had fun. We even had the local radio station come out and do a broadcast as it was something new to this part of the county.

The next year, we had to move the race and change its distance, due to an issue with state highway not allowing us to run across the Rt. 340 interchange. We went to St. Mary Catholic Church and they allowed us to use the building and the lot as a home base and as such the current 5 mile loop through the Forest of Needwood was established and still used today.

In 1999 the race took on even more meaning as our area suffered the loss of Jennifer Shafer Odem, a 1989 Brunswick High and later West Point graduate. Jennifer took part in several sports while in high school including indoor track. Jennifer gave her life in the service to her country while on a mission in South America. She is buried just 1 mile north of the start of the race. We asked her family if we could dedicate the race and scholarship in her name and they were very supportive, as we all saw it as a great way to keep her name and sacrifice alive in the minds of all she served.

Over the 29 years, our club has given out over \$13,000 in scholarship funds to over 100 student athletes in support of their higher education. When it started in 1982, we had no idea that it would still be going on in 2012 but we are still here and hoping to honor Jennifer, provide a quality event and help some great athletes for many more years if possible.

April saw the newly created Lewistown Tiger Trot 5K join the Grand Prix line up as Race Director Joe Basford moved his race to help fill our calendar. The second running of this race was bolstered by the influx of Steeplechasers chomping at the bit to tackle the rolling course. It is a scenic run and well run by Lewistown Elementary's physical education teacher Joe Basford. Joe offered the following race wrap-up:

Lewistown Elementary School's Tiger Trot 5K and 1-Mile Fun Run/Walk is held each year around this time. This is our third annual race. Each year is a fun-filled family event. Race day includes live music, a 5K (3.1 miles), one-mile fun run (both on a scenic, rural road course),



door prizes, food, medals for all elementary school-aged participants, and age-group awards. This year we are proud to have our race as the Frederick Steeplechasers' April Grand Prix event. Being a school event, we welcome runners, walkers, trotters, hoppers, and tiny-boppers (stroller-riders). The course is well supported by race staff and law enforcement with very little traffic. All proceeds benefit physical education, health, and wellness initiatives.

An alluring component to our race is the race course itself. The 5K course consists of a total of five turns. The course is well-marked, and as indicated above, well-supported. Once you make the second turn along the course, with the exception of one small uphill about four-tenths of a mile from the finish line, the course is flat or downhill. The current course record is 18:06, run by Victor Cretella in the race's first year of existence. However, with the number of Steeplechasers due to run the race this year, the record is sure to crumble. Stay tuned...

The Frederick Half Marathon celebrated record numbers this year as it was the only offering since the, hopefully temporary, pulling of the marathon from the weekend line-up. Not only were there record numbers of participants to enjoy the event, but there were a record number of FSRC members involved either in running or volunteering as course marshals. 35 women and 36 men from the FSRC took part in the running this year for our biggest single event total in the last several years.

And, helping wrap up the first half of the year was another event celebrating a sophomore season – the Hillcrest Husky Hustle 5K. Race Director Chad Connors created the race as a way to raise money to help create an activities fund to be able to provide fitness related events and equipment for our county's largest Title I school. This event also helped in creating another certified race course within the city limits of Frederick. Chad's report from the director follows:

The Hillcrest Elementary 2nd annual Husky Hustle 5k and 1 mile fun run took place on Sat. June 4th. The race is part of the steeplechaser's grand-prix series and the newly formed sprint challenge. The steeplechasers were out in full force with 42 club members finishing the race. The race was started by the Hillcrest PE department and the school's PTA in order to help raise money for the school's extra-curricular sport clubs. The school annually participates in the Hugh B. Nolan track meet and provides T-shirts and transportation to the event. The course offers an excellent tour of the Hillcrest area taking you by the Hill Street Park and past the newly built Hillcrest Community center. The first mile is flat downhill and fast, but runners need to run this part conservatively as the finish has a steady gradual incline grade into the school parking lot. The course starts and finishes at the elementary school.



Race day conditions couldn't have been better with low humidity and low temps, the result some super fast race times. The course record set by **Joe Basford** went down as **Craig Shearer** from Gaithersburg took the tape with an eye popping 17.39. Two Steeplechasers rounded out the top three overall with **Chad Connors** placing second 17:57 and **Joe Basford** placing third with an 18.03. The women's race was won by Alison Brecher in an outstanding time of 21.05. She was followed by second place and third

place finishes by steeplechasers **Rachel Murphy Ryan** 21.18 and **Tammy Sigman** 22.19. Some other notable performances from club members were **Marshall Lawrence** 4th overall in 18.38, **Lance Dockery** 5th overall in 18.55. **Tim Hugen** ran the fastest Master's time of 19.05 for 7th overall followed closely by steeps **John Stuart** and **James Salley** each running a blistering times of 19.46 and 19.56 and respectfully finishing 9th and 10th overall. Steeplechaser **Cheryl Connors** took the 30-39 with a time of 23.09. **Martha Grib** took home the 40-49 medal with a time of 24.21. The **Lee family** represented themselves well with **Jonathan Lee** running a 23.25 and his sister **Catie Lee** running a 24.32 respectfully.

Our amazing 50, 60 and 70 year old runners continued to show off their amazing abilities and obviously have found the Pirate of the Caribbean's fountain of youth. **Malcolm Senior** turns his typical outstanding performance as he finished 13th overall with a time of 20.35 and took the 60-69 division. The 50 year division went to **Ron Black** who ran a very fast 21.02. **John Clarke** paced the 70 plus category with a steller 25.32.

Hillcrest Elementary would like to thank all of the Steeplechasers who ran in this years race and we look forward to seeing you back again next year.

We hope you enjoyed the opportunity to get a bit of insight into some of the races that make up our Grand prix. The current streak for our Lady Steeplechasers is 5 races by Harriet Langlois beginning with the 2011 Club Challenge and is active up through the Hillcrest Husky Hustle 5K. The current streak for the Men is 21 races beginning with the 2009 Turkey Trot and is currently active up through the Hillcrest Husky Hustle 5K.

If you are new to the FSRC, or have questions regarding the Grand Prix, or the mini-series please feel free to contact a member of the Competition Committee. Until then, we hope that you are enjoying your year in running, your summer decathlon, and life in general!

It's GREAT to be a Steeplechaser!!! J Stuart



Frederick Steeplechasers Summer Picnic

The FSRC Summer Picnic will be held this year at Lou King and Harriet Langlois' place in Ijamsville.



When: Saturday, July 16, 3:00pm to whenever
Who: FSRC members and their guests/families
Where: Address/Directions provided with RSVP
Menu: Fried Chicken, Brats, Beverages, Dessert provided.
 Please bring an appetizer or side dish to share

RSVP: email to hhlanglois@pobox.com by July 11 with number of adults/children

JULY 2011			
7/6/2011 6:30pm	Summer Decathlon #6 1500m Also: Gutbuster	Frederick High School Frederick, MD	Tim O'Keefe timrunr@aol.com RD: Paul Christiansen
7/13/2011 6:30pm	Summer Decathlon #7 400m Also: Runner's Choice	Frederick High School Frederick, MD	Tim O'Keefe timrunr@aol.com RD: Chad Connors
7/16/2011 3:00pm	FSRC Summer Picnic	Harriet & Lou's Ijamsville, MD	Harriet Langlois hhlangois@pobox.com
7/20/2011 6:30pm	Summer Decathlon #8 200m *** Grand Prix *** Also: Too Many Twos	Frederick High School Frederick, MD	Tim O'Keefe timrunr@aol.com RD: John Stuart
7/23/2011 9:00am	Bobbi Jo 5K Memorial Run & 1 Mile Fun Walk	Eyler Park Eyler Road Thurmont, MD	John Steiner steindawg@msn.com 240-422-7996
7/27/2011 6:30pm	Summer Decathlon #9 3000m Also: Poker Run	Frederick High School Frederick, MD	Tim O'Keefe timrunr@aol.com RD: Joe Basford
7/30/2011 8:00am	Catoctin 50K *** Grand Prix ***	Gambrill State Park Frederick, MD	Kevin Sayers kevin.sayers@yahoo.com
AUGUST 2011			
8/3/2011 6:30pm	Summer Decathlon #10 1 Mile Run Also: Mystery Run	Frederick High School Frederick, MD	Tim O'Keefe timrunr@aol.com RD: Tim O'Keefe
8/6/2011 9:00am-5K 10:00am-Kid's Run	Tyler Trot 5K Walk and Run	Antietam National Battlefield 5831 Dunker Church Road Sharpsburg, MD	Kristen Matthew matthew_12067@msn.com
8/13/2011 8:00am	Women's Distance Festival *** Grand Prix ***	Frederick Community College 7932 Opossumtown Pike Frederick, MD	Peggy Waxter pwaxter@comcast.net 301-663-8082
8/20/2011 8:00am	Run for the Pie 10K *** Grand Prix *** Bring a Pie!!	Entrance to Watershed Mountaindale Road Mountaindale, MD	Mark Lawrence Markruns50@comcast.net
8/27/2011 TBD	Middletown Elementary School 5K	Middletown	
SEPTEMBER 2011			
9/3/2011 TBD	Friends Meeting School XC 5K		
9/4/2011 8:00 am	Thorpewood 10K Trail Race and 5K Fun Frolic	Thorpewood 12805-A Mink Farm Road Thurmont, MD	info@thorpewood.org 301-271-2823
9/10/2011 8:00 am	Market Street Mile *** Grand Prix *** *** Sprint Event #3 *** * Maryland RRCA GP Event *	YMCA 1000 North Market St. Frederick, MD	