



# INTERVALS

Newsletter of the Frederick Steeplechasers Running Club



**FSRC - 2012 Officers**

Acting President – **John Stuart**  
Vice President – **Vacant**  
Secretary – **Luanne Houck**  
Treasurer – **Anne Hafer**

**Committee Chairs**

Social – Harriet Langlois / Lou King  
Membership – Luanne Houck  
Competition – Cassy/Chad/Joe  
Race Support – Tim O’Keefe/ Mark Lawrence  
Training –  
Mark Lawrence/ Christine Dzara  
Web Site – Rich Potter/Stephen Dobson  
Newsletter – Malcolm Senior

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**President’s Corner - John Stuart**

Well, this place is a regular geographical oddity, ain’t it? Halfway through everything! Ok, some license was taken with the quote, but funny just the same to you “O Brother, Where Art Though?” fans as we really are about halfway through everything.

We are just about halfway through the Grand Prix series and Cassy, Chad, Joe, and their committee is doing a great job advertising, scoring, and recording the outstanding feats of our members for all to see – thanks to all of them! We are exactly halfway through the Summer Decathlon series and Tim, along with his full complement of Race Directors, has been doing an outstanding job leading the Club through the fast and furious races – and workouts – this summer. Thanks to them and everyone who has been coming out for what may be a record year for attendance in that series.

And, finally, we are halfway through 2012 – no seriously, it is midnight on June 30, so we are still in that whole geographical oddity thing! And, all of your committee chairs and members have been providing the fantastic services that they always do to bring all of the Club’s services to all of our members. A special thanks to all of our volunteers whether they are navigating through their first year with us, or the sagest among us! Some things to keep an eye out for will be the ice cream social and the summer picnic this July, all under the culinary guidance of Harriet and Lou!

And, as our Club heads toward the fall and winter of 2012, be thinking about opportunities you may have to serve the Club as there will be vacancies in multiple offices and possibly some committee positions. The FSRC is an all-volunteer Club and has been providing information and opportunities to the runners in our area for a long time. The Club has reached record membership levels and will be looking for help and assistance to keep providing those great services for years to come!

I wish everyone a safe, fun, and fantastic summer! I wish you well on the road, the track, the trail, and where ever your goals and dreams take you. May everyone stay healthy and continue into the second half of this geographical oddity with all of your friends of the FSRC.

**It’s GREAT to be a Steeplechaser!**

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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

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## 2012 Women's Distance Festival 5K on August 11<sup>th</sup>

Our next WDF 5K race will be held at Frederick Community College starting at 8 a.m. 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 – last year we reversed the direction which allowed a smoother start for a growing group of people. Not only is the WDF 5K a Steeplechasers Grand Prix race, but it is also a race in the 23rd Annual Women's Distance Festival Grand Prix Series, which is sponsored by the Maryland RRCA.



This year our performance t-shirts will be light blue with magenta lettering and the new 2012 logo. I'm sure everyone has seen women wearing our WDF shirts all over Frederick – they seem to be a favorite running wardrobe item. 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 are lots of random prizes such as spa treatments, haircuts, restaurant certificates, gifts from local shops, running shoes, and more!

Last year we raised \$9000 to support the Women's Giving Circle, a local non-profit organization that supports women and children in need. Currently, our 2012 sponsors are as follows: Premiere Tee Shirt – Dr. Elizabeth A. Liotta, MD; Finish Line – Corp OHS and Cardiovascular Specialists of Frederick; Awards – Women In Defense and Want 2 Grow Marketing; Food Table – Modern Dentistry; Water Stops – Walkright Shoes/Dr. David Levine, Sue Collins-RE/MAX Results, and Massage Envy; Mile Markers – Shockley Honda, Hello Gorgeous, Colonial Jewelers, La Paz Restaurant, and McLaughlin Family Chiropractic; General – A Desert for Me, Bicycle Escape, and Art of Beauty.



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 still have many sponsorship opportunities and are also looking for more random prize donations. If you are available to support us in any way, please contact Race Director, Peggy Waxter, at [pwaxter@comcast.net](mailto:pwaxter@comcast.net).

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**"Running is the greatest metaphor for life,  
because you get out of it what you put into it." -Oprah Winfrey**

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## How I got started Running - Rich Potter

I remember the exact moment when I became a runner. I was sitting in a canoe with my friend Jack Spinler paddling down the Potomac. It was the Summer of 1990. Jack said to me, "A bunch of us go on a 50 mile hike every year. It happens on the Saturday before Thanksgiving. It is called the JFK."

This got me to thinking, I wonder if I could make it that far in a single day. I started doing a little jogging that summer to prepare. I got registered for the JFK. I showed up in Boonsboro on that Saturday in November. That's when I realized, Jack lied, it was not a hike, these people were running this. I had my jeans and sneakers on. I made it 20 miles before my knee gave out and I had to drop out. I was discouraged. I said to myself, this must be the beginning of Arthritis, I guess I am too old to take up running (I was the ripe old age of 44).

Then I picked up a book on running and the words jumped out at me, "Runner's knee, the most common affliction of runners, is due to a weak quadriceps muscle." The idea that it was a weak muscle not arthritis electrified me. I can fix that. I'll just get stronger. About this time was when I knew I needed help. I joined the Steeplechasers.

Steeplechasers has been so great for me. I got to know the members and started coming out to some of the 5K and 10K races. Tim Briscoe was the first club president that I knew. Tim is an iron man, fearless and unstoppable. He and his wife Donna have relocated to Tennessee where he is still tearing up the roads.

The next November I was better prepared for the JFK. I finished it. It was not pretty. What I remember about that JFK, was being picked up at the finish line by my wife, Cathy, and climbing into the back seat for the ride home. When I got home to Middletown, I could barely crawl out. I made it into the house got into a hot bath and then Cathy had to help me get out of the tub.

Running has been a Godsend for me. Before I started running, I used to get terrible colds in the Winter. Every year about 3 or 4 times a year I would get the kind of cold where you are just trying to make it to the weekend so can stay in bed and recuperate. Since I started running in 1990, I have had very few colds.

I used to get headaches. Not the bring you to your knees type of headache but just little nagging headaches at the end of the day. I found that if I pushed myself out the door with that little headache, by the time I finished my run, the headache was gone. This is when I started to believe that there really is something to this running game.

I continued to run with the Steeplechasers. I ran 5K's and we even had some 10 Milers. Some years I ran almost every Steeplechasers race there was. I was always a 'middle of the pack' runner. Never winning any hardware but never at the back either. Just out there enjoying the race and enjoying the day.

During 1996 I got a little more serious. I had one three month stretch that I ran every day. I started being a little more competitive, never making the top 3 in my age group, but being close to the leaders. At the Steeplechasers banquet in January, 1997, I was honored to be the "Most Improved Runner of the Year." The funny thing was that by the time I got that award, I could barely walk. My knee hurt so much that I thought I might have to quit running.



The Steeplechasers got me through it again. I remember suffering through a Mike Lewis run in January, 1997 and talking to Larry Cunningham. Larry gave me some exercises to strengthen my knee and gave me so much advice that I was able to gradually work my way back. '97 was not a great year, but '98 was better.

Lately I have been running more trails. This area is blessed with great trails for running and some many events that no one can do them all. Every year there are more events to choose from. I have watched with amazement the growth of 100 milers. Not so many years ago there were very few. Today there are more each year. Although I do not plan to run that distance, we have several groups that put on training runs to prepare for the 100's. I have enjoyed participating in these training runs. I never run out of events to participate in.

The FATRUMPS, which Bill Susa formed to train for a 100 mile race, the Burning River 100, has some great training runs. For example, they do a four peaks of Harpers Ferry for a scenic 30 K run. The CAT 100 training group, organized by Jim Treece, puts on some memorable 10 to 20 mile runs along the Appalachian Trail. I have enjoyed running with these groups.

I am planning to keep on running as long as I can. Easy does it.

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## **Natural Running Happy Hour Clinics at If the Shoe Fits!**

Have you wondered about the trend toward minimalist shoes? Did you read Born to Run and become intrigued with the running ability of the Tarahumara Indians? Do you get recurring injury problems that have made you think you might not be "born to run"? Do you wonder why some people just look lighter on their feet than others? Do you wish you could be one of them?

Now you can learn the answers to these and many other questions concerning how to run "naturally" and efficiently by trading your happy hour buzz for a natural runner's high every Friday at If the Shoe Fits! As the Frederick area's leading resource for information on running shoes and equipment, ITSFs recognizes that there are some definite advantages for most runners in moving toward minimalist shoes, but they also understand that there is an adaptation that needs to take place when people convert from a conventional running shoe to a minimalist shoe. To help get the word out, owners John Kippen and Terry Collins are enlisting the aid of Steeplechasers Training

Committee Chair and Certified Chi Running instructor Mark Lawrence will be at the store on Fridays from 4:00-6:00 pm to discuss, demonstrate, and answer questions that anyone might have about the minimalist shoe movement and the correct mechanics for running in them.

Mark has been preaching the benefits of the Chi Running technique for several years especially to newer runners through the Monday night "Relaxed Run" and his Spring and Fall kid's running programs. This year he obtained his certification as a trainer and formed Self-Propel, LLC to teach the technique professionally on a wider scale.

For those who want in-depth or individual training, Mark is available for private instruction (e-mail: markruns50@comcast.net), and he conducts group clinics monthly through Frederick's William Talley Recreation Center. So before you jump into the minimalist shoe movement with both feet (excuse the pun) or before you incur another running injury, consider spending a more productive Happy Hour at If the Shoe Fits and learn what this buzz is about!



**MARKET STREET MILE IS KICKING OFF THE ANNUAL  
“IN THE STREETS” CELEBRATION IN DOWNTOWN FREDERICK.**

**SAVE THE DATE – SEPTEMBER 8, 2012**

We are proud to announce our premier sponsor, The Rotary Club of Carroll Creek, for a three year commitment for the sponsorship of the Market Street Mile. The Steeplechasers are proud to partner with this great organization with a portion of the proceeds to benefit Lincoln Elementary School in downtown Frederick. A financial contribution and volunteer time to work with these children to develop a love for running is part of our joint community effort for the next three years.

This race is on the calendar for the Steeps Grand Prix, the Steeps Sprint event #3 and also the Maryland RRCA Grand Prix event. Registration will open at 7:30 and close with the first heat at 8:45, the start of the Women’s Mile. This will be followed the Men’s Mile, Youth Mile, and the Family Fun Run. This year we are offering one price for the family to run in this event that will not be scored but will have medals for all the children running in the event. The other scoring three heats will have a chance at the top overall runner cash awards as well as two deep in the 5 year age groups awards and lots of random prizes.

We would like to encourage all members and friends to contribute in many ways, financially, in-kind donations, registering, running or volunteering. We have a place for everyone and need support from all to make our signature Market Street Mile a success.

Registration on line is open at <http://www.imathlete.com/events/>

FrederickSteeplechasersMarketStreetMile or [www.steeplechasers.org](http://www.steeplechasers.org) for a mail-in form to FSRC PO Box 681, Frederick, Md. 21705. The cost is only \$15.00 pre-registered or \$20.00 on race day. Pre-registered runners (with the exception of the family fun run) will receive a wonderful Market Street Mile race premium on race day.

This Mile race in downtown Frederick was started in 1982, making this the 30th year running of the Market Street Mile.

Any questions or comments can be addressed to [rupert.msm@gmail.com](mailto:rupert.msm@gmail.com) or [runnin2bfit@aol.com](mailto:runnin2bfit@aol.com).

**See you at the Market Street Mile to kick off “In The Streets” on September 8<sup>th</sup>!**



## Maryland State RRCA Championship Series

A championship series open to all members of clubs of Maryland affiliated to the Road Running Club of America (RRCA). The first four races in the series have been completed, results below. Each race is scored individually points are allocated accordingly to any persons finished position and points are totaled for the series. With only four races needed to qualify for the series it is an opportunity to race different courses and one race is right here in town:

The races for the 2012 series:

MD RRCA Club Challenge – Sunday 26<sup>th</sup> February - an undulating course from Howard Community College – for all that ran this race – **one down only three to go.**

Springburst 8 k – Saturday April 21<sup>st</sup> Results **40–49 Male**  
John Stuart - Time 36:25 - age group position = 2

Bel Air Town 5 k – Sunday June 3<sup>rd</sup> Results  
Malcolm Senior - Time 19:51- 1 Top Finisher  
Bruce Attavian - Time 23:41- age group position = 3  
Jimmy Meyers - Time 26:03  
Hazel Senior - Time 40:21

Fathers' Day 8k – Sunday June 17<sup>th</sup> Results **60-99 Male**  
Bruce Attavian - Time 38:21 - age group position = 1  
Jimmy Meyers - Time 43:10 - age group position = 2  
Jeff Jones - Time 43:42 - age group position = 3

### Remaining Races:

Dog Days 8k – Sunday August 5<sup>th</sup> 8:00 am at Anne Arundel Community College – cross country run.

Larry Noel 15k – Sunday September 2<sup>nd</sup> 5:00pm (Labor Day weekend)

Frederick Mile – Saturday September 8<sup>th</sup> 8:00am – our very own MD series race down Market Street \$15 if post marked before August 30<sup>t</sup> - see website for details

Dave Herlocker Memorial Bachmann Valley ½ Marathon September 23<sup>rd</sup> – Bachmann Valley Farm Westminster, a scenic if not undulating course.

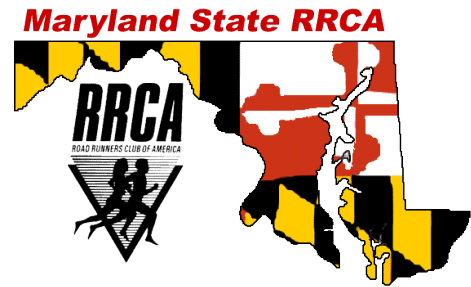
Falls Road 15K - Sunday September 30<sup>th</sup>

Rockville 10k – Sunday November 4<sup>th</sup> 8:30 am Montgomery County's oldest race

Northern Central Trail Marathon – Saturday November 24<sup>th</sup> 9:30 am on the North Central Railroad trail mainly crushed limestone trace.

Different distances, different location...**take your pick and run three more races**

[MDRRCA](#)



## Credit Union Cherry Blossom Ten Mile Run



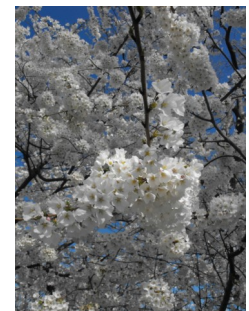
### 40th Credit Union Cherry Blossom Ten Mile Run

This year's event took place on the second weekend of the **National Cherry Blossom Festival®**, the nation's greatest springtime celebration. The 2012 Festival, March 20 – April 27, included five spectacular weeks of events featuring diverse and creative programming promoting traditional and contemporary arts and culture, natural beauty, and community spirit. The 2012 Festival commemorated the 100th anniversary of the gift of the cherry trees and the enduring friendship between the United States and Japan. The Credit Union Cherry Blossom is known as “The Runner’s Rite of Spring®.” The staging area for the event is on the Washington Monument Grounds and the course passes in sight of all of the major Washington, DC Memorials. The event serves as a fundraiser for the Children’s Miracle Network Hospitals, a consortium of 170 premier children’s hospitals across the United States. Since the Credit Unions became the title sponsor in 2002, over \$5.5 million dollars has been raised through donations and fundraising on the part of the runners and individual sponsoring Credit Unions and partners. About one-third of these funds support Washington, DC’s own Children’s National Medical Center (“Children’s Hospital”). The event also funds two \$5,000 Road Runners Club of America “Roads Scholar” grants designed to support up-and-coming U.S. distance running talent. An interesting competitive sidelight to this year’s 40th running of “The Runner’s Rite of Spring®,” was a special award for any runner, male or female, who ran



faster than Sam Bair (51:22) or Kathrine Switzer (1:11:19) ran to win the inaugural Cherry Blossom Ten Mile Run in 1973. At the end of the day, 16 male runners and 212 female runners earned mugs that boast “*I would have won this race in 1973!*”

Still one of my favorite 10 mile races. This years packet pickup was not available on race day. Due to the conditions almost all the blossoms had peaked and disappeared by race day.





## Why not Minimalist Shoes? - By Mark Lawrence

For anyone following the trend on running shoes, it's becoming apparent that more and more people are moving toward minimalist shoes. While I personally don't find the Vibram Foot Gloves appealing, the overall trend toward lighter weight, more flexible, and less cushioned and supportive shoes is undeniable. All the major shoe manufacturers are developing a greater number and variety of minimalist shoes, and more lesser known brands such as Merrill, Altra, and Vivo are continuing to develop new varieties.



Why is this happening? What are the advantages of a less cushioned, structured, and “protective” shoe? First let's consider the most obvious: weight. It's not uncommon for minimalist shoes to weigh 6 ounces less than conventional shoes. So if you multiply 3 ounces per stride times the approximately 1300 strides we take per mile and then multiply that by 26.2 miles, you will realize that comes to over 3 tons less weight that you will be kicking behind you as your feet come off the ground in a marathon. OVER 3 TONS!

Next, let's consider how your foot is designed to function. When we run in our bare feet, our forefoot touches first so it can feel and adapt to the surface (where our toes play an important role in maintaining balance) before our heel touches down committing us to the load bearing phase of our stride. Then, the fascia of our foot stretches causing our feet to pronate inward as they land to help absorb the shock. If our feet are strong, there is a stretch of our arch, the plantar fascia, and Achilles tendon followed by a recoil that helps us spring forward to the next stride. If our feet are weak, we may need some supportive help to keep them from the over-pronating that can lead to several other problems.

Some may say that this is why they need supportive shoes, but the growing number of people in the minimalist shoe movement believe that the reason many people have weak feet is because of the supportive shoes they've grown accustomed to. If your shoe has too much structure and support, the foot can't feel the ground or flex naturally with it as it should. Once the cushioning and support begins to break down in the shoe, the weakened foot gradually becomes vulnerable to dysfunction and injury.

Then there's the issue of the elevated heel found on conventional running shoes. The cushioned heel encourages people to land on their heels as they run. Landing on your heel puts your leg in a position where neither the knee or the ankle can flex with the impact, and it actually causes a braking effect as the foot contacts the ground. Imagine riding a skateboard or scooter. To propel yourself forward, you wouldn't hit the ground in front of you with your heel. You touch the ground as your foot moves back pushing the ground behind you in a way that does not impede your forward momentum. This principle applies to running as well.

So why do they put cushioned, elevated heels on running shoes? Nike came out with their running shoes in the late 1970's when running for fitness gained new levels of popularity and started the

“jogging” craze. Jogging is done by folks who don’t want to go fast and have a fear of falling. So in jogging, people run with their weight back and they land on their heels. To satisfy the masses of people who began doing this, Nike and subsequent running shoe manufacturers started putting cushioned heels on shoes. The problem is that they can’t put enough cushioning in the heel to absorb the shock of 2.5 times your body weight that comes crashing down on your heel and straight up your leg with every stride. Your ankle and knee are meant to flex with that impact, but if you land on your heel, they are not in position to do that.

I think it’s interesting to note that in the 1970’s and early 80’s, Americans were the dominant distance runners of the world. Frank Shorter won gold in the 72 and 76 Olympic Marathons, Joan Benoit became the first gold medalist of the women’s Olympic Marathon in 1984. Bill Rogers and Alberto Salazar were dominating the Boston and New York Marathons. They were the last generation of American runners to not train in what we consider conventional running shoes with cushioning, support, and elevated heels. Is it coincidence that distance running is now dominated by countries where it is common for children to grow up running in their bare feet?

So now it appears we are heading back to the racing flat style shoes of the past that were light weight and flexible. But we need to do it carefully as we gradually strengthen our feet and lower legs to adapt. In many cases we need to change the way we run. If there is one thing to remember from this article, remember the skateboard analogy. The foot hits the ground on the way back to not impede your progress forward. **Keep moving forward!**

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## Steeplechasers Social Events

**Saturday, July 21**, 4:00 - whenever: FSRC Summer Picnic at Harriet's and Lou's house - RSVP to [hhlangois@pobox.com](mailto:hhlangois@pobox.com) with number of adults and children, we'll respond with address/directions

**Wednesday, July 25**, after decathlon (about 7:30 or so): Ice Cream Social at Frederick High School track, 650 Carroll Parkway

**Thursday, August 23**, 5:00 - 8:00: FSRC Happy Hour at Alive @ Five. Carroll Creek Amphitheater, Downtown Frederick (Between Market and Carroll Streets). 21+ only. \$5 cover.

**Saturday, September 8**, noon - 3:00: Post Market Street Mile celebration. The plan is to meet at Pam and Gary Geernaert's around 12:00 after the awards ceremony. Pizza, beer and soft drinks to be supplied by the club. For the address, and approximate head count, please e-mail Pam at [sophiesfolks@msn.com](mailto:sophiesfolks@msn.com).

**Thursday, September 27**, 5:30 - 8:00: FSRC Happy Hour at Brewer's Alley, 124 North Market Street (happy hour prices until 7:00)

## INTERVALS

Summer 2012

JULY 2012			
7/4/2012 8:00am - 5K 8:05am - 1 Mile	Autism Speaks 5K and 1 Mile Walk	Potomac Library Near Corner of Falls Rd. and River Rd. Potomac, MD	Info:AutismSpeaks5k@aut ismspeaks.org Join Raeann's Runners: robischr@comcast.net
7/11/2012 6:30 pm	Summer Decathlon #6 1500m	Frederick High School Frederick, MD	-
7/18/2012 6:30 pm	Summer Decathlon #7 200m	Frederick High School Frederick, MD	-
7/21/2012 4:00 pm to whenever	FSRC Summer Picnic Who: FSRC members and their guests / families FSRC will provide: Grilled chicken, beverages and dessert. Bring and appetizer or side dish to share	Lou King and Harriet Langlois' place in Ijamsville RSVP for directions	hlanglois @ pobox.com RSVP by July 16 with number of adults/ children
7/21/2012 8:30 am	Bobbi Jo 5K Memorial Run & 1 Mile Fun Walk	Eyler Park Eyler Road Thurmont, MD	John Steiner steindawg@msn.com 240-422-7996
7/25/2012 6:30pm	Summer Decathlon #8 3000m	Frederick High School Frederick, MD	
7/28/2012 8:00 am	Catoctin 50K *** Grand Prix ***	Gambrill State Park Frederick, MD	Kevin Sayers kevin.sayers@yahoo.com
7/29/2012 8:00 AM	The Dream Mile 5K and 1 Mile Kids Run	4250 Fairfax Corner Ave. Fairfax, Va	<a href="mailto:dc@thedreammile.org">dc@thedreammile.org</a> <a href="tel:240-668-4242">240-668-4242</a>
AUGUST 2012			
8/1/2012 6:30 pm	Summer Decathlon #9 800m	Frederick High School Frederick, MD	-
8/4/2012 8:00 am - 1 Miler 8:30 am - 5K	5K Race for the Nation & One Mile Fun Run	301 Walker Road Chambersberg, PA	Chris Pereschuk chris.pereschuk@nova- dine.com 717-262-1536
8/4/2011 9:00 am - 5K 10:00 am - Kids Run	Tyler Trot 5K Walk/Run & Kid Fun Run	Antietam National Battlefield 5831 Dunker Church Road Sharpsberg MD	Jason or Kristen Matthew tylertrot@gmail.com 240-217-1536
8/8/2012 6:30pm	Summer Decathlon #10 1 Mile Run	Frederick High School Frederick, MD	
8/11/2012 8:00 am	Women's Distance Festival ***GRAND PRIX***	Frederick Community College 7932 Opossumtown Pike Frederick, MD	Peggy Waxter pwaxter@comcast.net 301-668-8082
8/11/2012 8:00am	Heart of the Potomac Valley Swim / Run Biathlon	Brunswick High School / Brunswick City Pool 101 Cummings Drive Brunswick, MD	Lee Zumbach 301-834- 8045 Bob Ward 301-834-8215
08/25/2012	Run for the Pie 10K *** Grand Prix *** <b>Bring a Pie !!</b>	Entrance to Watershed Mountindale Road Mountindale, MD	Mark Lawrence Markruns50@comcast.net

Calendar of Events - Please Check the website for latest details [www.steeplechasers.org](http://www.steeplechasers.org)

AUGUST 2012			
8/18/2012 8:00 am	St. Jude 5K Run/Walk for the Cure	Baker Park 121 N. Bentz Street Frederick, MD	Rachel Cuesta RachelRuns247@aol.com 301-676-5513
8/18/2012 8:30 am	Run for the Park Cross Country Challenge 5K Run / Walk	West Manheim Township Park 255 St. Bartholomew Road Hanover, PA	Jeff Klenk jdklenk@embarqmail.com 717-663-5361
8/26/2012 7:45 am	Annapolis 10 Miler		
SEPTEMBER 2012			
9/1/2012 5:00pm	Potomac Street Mile	Square Corner Park Maple Ave. & Potomac St. Brunswick, MD	301-834-8045  301-834-5591
9/2/2012 9:00am	Thorpewood 10K Trail Run and 5K Fun Walk	Thorpewood 12805-A Mink Farm Road Thurmont, MD	
9/8/2012 8:45am - Women 9:00am - Men 9:15am - Youth 9:30am - Family	<b>Market Street Mile</b> *** Grand Prix *** *** Sprint Event #3 **Maryland RRCA GP Event **	YMCA 1000 North Market St. Frederick, MD	Rupert Bullard rupert.msn@gmail.com
9/9/2012 TBD	Damascus Freedom 5K & 10K	Damascus Regional Park Damascus, MD	Seth Gottesman damascusfreedom5k@gmail.com
9/15/2012 9:00am - 1 Mile 9:30am - 5K	Run For Life 5K	Mount Saint Mary's University PNC Sports Complex Emmitsburg, MD	Jim Lowrie jimlow@embarqmail.com 717-642-0196
9/15/2012 TBD	Mad Anthony Half Marathon	Center Square Waynesboro, PA	\$5.00 Discount to FSRC Members who register by 8/1/2012. For discount code contact: sfrc.membership@yahoo.com
9/30/2012 9:00am - 1 Mile 9:15am - 5K	Great Pumpkin Race 5K Run & 1 Mile Fun Run Finish Line Volunteers Needed!!	Summers Farm 5614 Butterfly Lane Frederick, MD	Jo Ann Pruchniewski jpruch@gmail.com 301-668-9045
OCTOBER 2012			
10/13/2012 7:00am - Marathon 8:20am - 1/2 Mar. 8:30am - 10K 8:40am - 5K	Freedoms Run Marathon Half Marathon 10K and 5K *** Grand Prix - Marathon *** *** Endurance Event #3 ***	Marathon: Harpers Ferry Visitors Center Harpers Ferry, WV  Other Races: Shepherd University Shepherdstown, WV	See website for contacts
10/13/2011 8:00am	Baltimore Running Festival	Baltimore, MD	See website for contacts

**Calendar of Events - Please Check the website for latest details [www.steeplechasers.org](http://www.steeplechasers.org)**