



INTERVALS

Newsletter of the Frederick Steeplechasers Running Club

Reflections - Presidents Message

By Pam Monaghan-Geernaert FSRC President

Last year was the first time I had ever heard the term “off season” used in regards to my running. I run all the time and sign up for races all the time. It never occurred to me that slowing down or taking time off was healthy. This year I am trying to embrace the concept of an “off season”.



The best part of any “off season” is an opportunity to reflect on the year. This year my reflections go a bit deeper. This is also my last year as president of the Steeplechasers. Two years has flown by. I set three goals for the club. First, I wanted the club to appear more inclusive. While I have always felt the club was welcoming to everyone, some people thought that they had to be “fast” runners, or “real” runners to be part of the club. The Steeplechasers are a club that embraces everyone and now that reputation is more widely known. In conjunction with the first goal was the desire to grow the club. Being inclusive and increasing membership means there are more people who can meet up to run, more volunteers to help at events, more great ideas, and more people passionate about running connected to each other. My final goal was to implement training programs. We started with a fabulous turnout at the Women’s Distance Festival 5K training program, and exploded with the Marathon and Half Marathon training programs in the Spring and Fall. Thanks to these programs many members set PR’s at their events.

The above goals were tangible and measurable. My favorite “off-season” reflections, however, are based on a different scale. They are based on shared miles, shared jokes, and shared pop-tarts. They are miles on the Catoctin trails, watching veteran runners nimbly move over rocks and roots finishing with some great stories and shared drinks. They are road miles with turn by turn directions in a zip lock bag which still result in me getting lost because I’m talking too much and not reading the directions. They are track miles where I look eagerly for the aid station in the 800 meter event and watch all the kids, our next generation of runners, race for popsicles on a hot summer’s night. But “off season” isn’t only about reflection. It is also about goal setting for the coming year. I am looking forward to great things from the Steeplechasers’. My presidency ends at the annual banquet where we will vote in a new board. However, I will continue to be involved in the club by volunteering at events and working with our amazing committee leaders.

Personally, my goals for next year are still undefined. Should I run a 100 mile race? Or train to race fast? Either way, running for me has always been about the people I run with. I know I will run some trails, some roads and some track miles. But most importantly I will run with my friends. I will laugh. I will get lost. And I will have a drink or two and eat some pop-tarts.



FSRC - 2014 Officers

President – Pam Monaghan-Geernaert
Vice President – Vacant
Secretary – Crista Horn
Treasurer – Harriet Langlois

Committee Chairs

Social – Ruth Taylor and Art Gregory
Membership and Communications – Luanne Houck
Competition – Cassy Crouse /Chad Ahalt
Race Support – Tim O’Keefe/ Mark Lawrence
Technology – Lou King
Newsletter – Malcolm Senior



Congratulations to all finishers in the JFK 50 mile race

a 12 min mile is
JUST AS FAR
as a 6 min mile

*"The music of a marathon is a powerful strain,
one of those tunes of glory. It asks us to forsake
pleasures, to discipline the body, to find
courage, to renew faith and to become one's
own person, utterly and completely."*

– Dr. George Sheehan



Do you have any interesting running tales to tell?
Do you have a favorite route or race? Any picture to share?
News of members` or anything running related?
Please forward to Newsletter editor at newsletter@steeplechasers.org

UVA SPEED Clinic Gait Analysis Report

by Lou King, photos by Harriet Langlois

I first noticed some “discomfort” in my left hamstring after the Thanksgiving 2013 Wattle Waddle 5 miler in Emmitsburg. While I limped some after the race, the soreness went away after a couple of days, so it seemed nothing serious.

Fast forward to February 19, 2014 – it was a bit icy that morning, but I had a 5x600m interval workout on the plan, so that was what I set out to do. During my first fast 600m rep, I slipped a bit on some ice going around a cul-de-sac, and felt something pop underneath my left glute. Uh-oh.

What to do? I took five days off, and tried to run again. Two days into it, I tweaked it again doing some stretches with some kids at Lincoln Elementary School, a running program supported by the Steeplechasers. Sheesh. Took another seven days off.

But my goal marathon was Boston in April, and I didn’t want to miss this after the fiasco of the 2013 race. So I had to start running again. I took it easy for the next few months, getting in the volume, but avoiding any speed work. This seemed to be a good plan.

I kept up with this and did run the race. It wasn’t pretty. After about 8 or 9 miles the ham became an issue, and forced me to walk 75-100 meters every mile or so to let it calm down. I decided to see an orthopedist first opportunity.

MRI showed 80% tear of hamstring origin tendon (under glute fold). Options were surgery or rehab and I chose rehab. The Physical Therapist let me know the issue was that when I run I am putting too much strain on my hamstring, not using my glutes enough. He gave some stretches and exercises to compensate.

I was thirsty for more information. This brings me to the subject of this article, which is supposed to be about gait analysis. I read in the Washington Post a story about the University of Virginia SPEED Clinic. SPEED stands for Strength, Power, Endurance, Education, and Development. The article can be found at http://www.washingtonpost.com/national/health-science/older-runners-can-see-how-they-run--and-then-fix-it/2014/08/18/5fd2a794-1771-11e4-9349-84d4a85be981_story.html (yikes! I hope you are reading this online). It talks about how older runners think they are slowing due to age, but often the problem is biomechanical and fixable.

I also found another article in the Wall Street Journal about gait analysis (<http://online.wsj.com/articles/gait-analysis-the-serious-runners-salvation-1411428069> -- easier to type) which addresses biomechanical issues with respect to pain and injury. I was intrigued, and made an appointment with the UVA SPEED Clinic (<http://www.medicine.virginia.edu/clinical/departments/physical-medicine-rehabilitation/the-speed-clinic/the-speed-clinic.html>).

I should note that during some injury discussions on the Frederick Steeplechasers Facebook group, the book *Anatomy for Runners* came up a few times. This was written by Jay Dicharry, ...Continued on next page

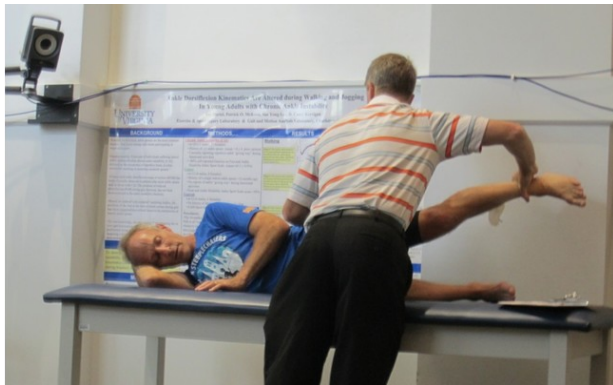
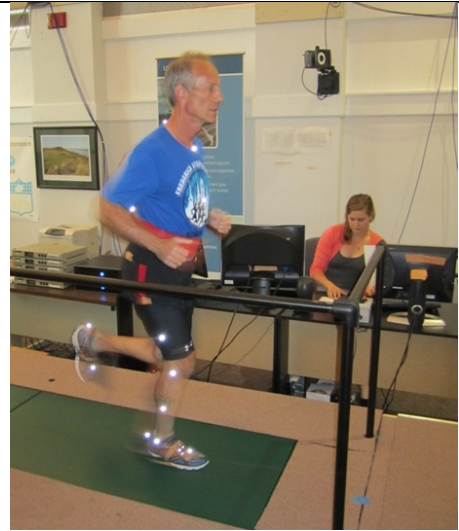


who was the first director of the UVA SPEED Clinic. I saw Max Prokopy, who said Jay was his mentor.

Max made some measurements – height, weight, distance from hip to ankle, some others. He and his assistant Leigh then put some special reflectors on me and covered up any reflective surfaces from my running shoes and shirt with tape. These reflectors would be tracked by a 12 camera system designed to build a 3D image of my running.

Further, I would be running on a treadmill with five embedded force plates, which would be used to track the angle and intensity of my stride movements.

There was about five minutes on the treadmill with Max walking around taking notes from the side, back and front, then a short rest. At that point Leigh announced I'd be running again for a minute and a half while she collected data.



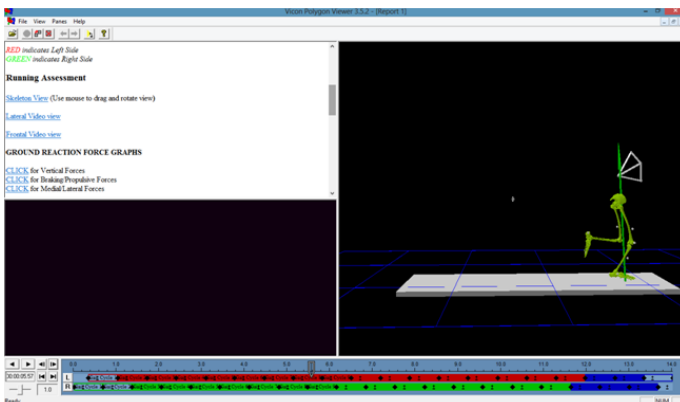
After the data collection, the session turned into what seemed like an extended PT examination. Max reviewed my current exercise plan with me, then did a physical examination with emphasis on movements of my hips, ankles and toes.

They then showed me the 3D rendering of my gait and reviewed the results, using their “interactive report”.

The black portion on the left was a video of me running, taken by two GoPro hero cameras – you

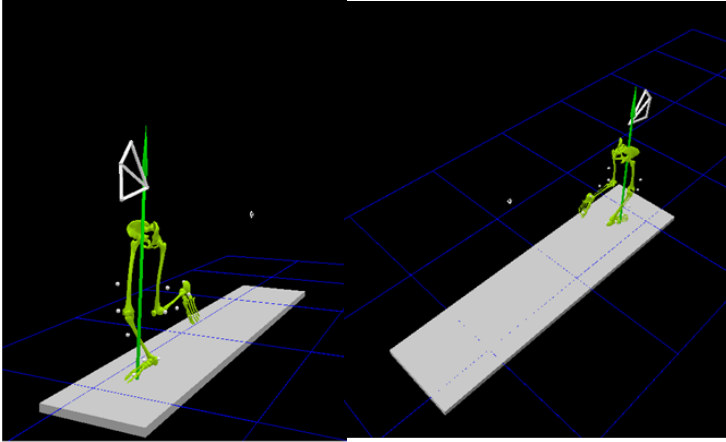
can switch between the two views taken from the front and from the side – for whatever reason, I can't get that portion of the screen shot to show up here.

The skeletal view on the right shows the reflective balls on my legs and where my bones would be, and a triangle from my back, to back of my neck, to front of my neck to just below the breastbone.



You can use the mouse to view the image from any direction. The green arrow which looks like it shoots through me gets longer with greater intensity, and shows the direction of the force from the ground. So in these images, since the arrow is pointing slightly backwards, I'm actually braking some. (A friend of mine said, “you are not running well because you have a green spike up your [butt].”)

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me to leave a lot of forward power on the table and to waggle my foot on the back stroke, and, c) to toe out on my left foot.

Now I really understand what my PT meant by “you are running with your hamstrings, not your glutes”.

Max said I was doing a good job with the exercises which had been prescribed, but now is the time to move beyond them. He worked me through additional / replacement stretches and exercises, spending a lot of time to make sure I was doing the movements properly.

After almost three hours, I left the clinic with a DVD containing the interactive report (showing my stride with the 3D rendering), a static Gait Analysis pdf containing a series of charts of the collected data, and videos of the exercises, stretches and running drills which I would be doing.

The following day I received from Max a six page report of what we had discussed, with a training plan that tells me exercise/stretch/drill sets and reps to do for four weeks after the analysis, then what to do when I get proficient with those.

Now I really feel like I understand what the issues are, why I have been getting hurt and what can be done about it. I see the exercises and stretches, and understand what we are trying to achieve by executing them. Max seemed pretty confident that if I work on these, not only will my hamstring issues be alleviated, but I should get faster as well. If what he said turns true, not a bad investment of 3 hours and \$350.

Likely I will go back in three to four months to see how I've progressed.



**SAVE
THE
DATE**

Annual Running Celebration

The FSRC annual running celebration and banquet will be held on **January 24th** at the Delaplaine Arts Center. Please plan to join us for dinner, drinks and friendship as we celebrate another year of running with the Frederick Steeplechasers.

More details will be coming soon!

MD RRCA (Road Runner's Clubs of America) Grand Prix Series
Ruth Taylor FSRC Member



This past year I had the pleasure of participating in the MD RRCA's Championship Series. The premise is simple: you have 10 races to choose from across the MD/ DC area, complete 4 races or more to qualify for an overall or age group award. The races are varying distances from a 5K to a full marathon. My goals for participating in the RRCA race series were threefold: 1) run a variety of races in different locales across MD, 2) meet new runners from across the area, and 3) win an age group or overall award. While I needed only 4 races to qualify for an award, I ran seven races this past year including: the MD RRCA Challenge (10 mile), Kent Island Half Metric Marathon (8.16 miles), Germantown 5 miler, Bel Air Town Run 5k, Larry Noel 15k (9.3 miles), Market St. Mile, and Bachmann Valley Half Marathon.

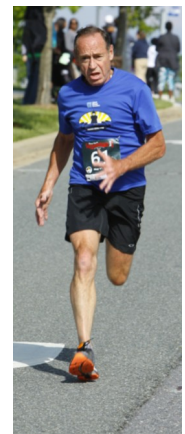


The first race I ran, the RRCA Club Challenge in February, was definitely the most competitive. If you consider yourself a fast runner, prepare to be humbled by this race. This race definitely attracts the best and fastest runners in the area. Coming less than a week off a knee injury, I was happy with my 12th place finish for my 10 year age group. I was happiest to be a part of the Steeplechaser's Master's women's 3rd place finish (with my teammates Keary Johnston, Corinne Kirk, Pamela Geernaert, Crista Horn, and Joanne Capoccia)- our highest finish in the series in recent years.

The second race took place in Kent Island on the eastern shore in early April. It was a much smaller, more intimate race. Still struggling with my knee injury, I was happy that it was the flattest race in the series. It was a beautiful early spring day- cool and a little breezy. The course took us along a paved trail on the Chesapeake Bay. I managed a third place overall finish and 1st place Master's. Art Gregory also ran with me and a got a 1st place age group award. We spent the rest of the morning in touring nearby Annapolis.



My third race in May took me to nearby Germantown for a 5 mile race. Again, this was a very flat course- good for PR's. Unfortunately (or fortunately depending on your point of view), the Montgomery County RRCA club brought their race team. Despite running hard, I did not win an award. However, Malcolm Senior and Art Gregory both won their respective age groups for this race with impressive times. Fellow Frederick Steeplechasers Bruce Attavian and John Way also participated in this race.



My fourth race was in early June for the Bel Air Town 5K. After the club challenge, this race was the most competitive with over 3,000 runners. Bel Air course was scenic and a net downhill race winding through their picturesque downtown and ending in the town park. Art Gregory and Bruce Attavian won their age groups in this competitive race. I placed 3rd overall in the master's category for the race. John Way also placed highly in this race. The post-race atmosphere was pleasant and relaxed in the town park with various vendors and activities to participate in.

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My fifth race was the Larry Noel 15k in Greenbelt, MD on Labor Day weekend. It was a miserable, hot, muggy day with the race taking place in the late afternoon (5pm). Although it was a small race, it was one of the toughest to complete with a giant 1 mile hill coming at the end of it. The course was scenic, winding through the USDA Agricultural Research Preserve and nearby country roads. Although I struggled to finish it, I managed to finish 2nd overall female. John Way also placed 1st for his age group.



My sixth race, all of us should be familiar with- Frederick's Market St. mile. We had many award winners and participants – too numerous to mention. Our top award winners included Sage Norton, Katelin Peropat (1st and 2nd women overall), Keary Johnston, Kristin McPherson-Pratt, Catherine Badger, Stephanie Ottavan, Crystal Tressler, Loretta Fahy, Dee Nelson (1st grandmaster), Timothy Snyder, Jason Judd, Josh Henson, Chase Le Clar, Andrew Spangenberg, Myron Anderson, John Way, Timothy Morgan, Malcolm Senior (1st grandmaster), and Art Gregory, and myself.



My last race was the Bachmann Valley Half Marathon in late September in Westminster, MD. The course is rolling, moderate hills cut through the farmland and scenic countryside of Westminster, MD. The race was smallish with just over 200 finishers. The weather was race day perfect- sunny and cool with a light breeze. Malcolm Senior also ran this race- both of us placing 1st for our age groups.

I highly recommend this event, the RRCA Grand Prix series, to any runner in this area. The series is geared for all levels of runners from beginner on up with all ages represented from 15-85. Keep in mind many awards go unclaimed in some age categories, there are not enough runners finishing 4 races in the series. The variety of the different locales and distances make this a fun and scenic series to participate in. As of this time with 1 race awaiting tallying of points, we have several runners who won awards for this series including Malcolm Senior, Bruce Attavian, John Way, Art Gregory, and myself. Those of us that have run in these races would love to have more of our fellow steeplechasers join us for this great series.

Winter Breakfast Runs

Every winter, the Steeplechasers chase off the winter blues by getting together for two of their favorite activities (running and eating!). Host members plan routes of varying distances (usually 3-12 miles) using their homes as a starting point. As runners complete the desired routes, they return to the host member's home to warm up and share the pot-luck breakfast. It's a great way to stay motivated in the cold winter months and socialize with other members of the club. Winter breakfast runs are held on most Saturdays in January and February. Thanks to Karen Ochs for again organizing the Winter Breakfast run program this year. Send email to Karen at kiernonsjoy21@yahoo.com if you are interested in hosting one of the runs this year. Breakfast runs will be announced on the FSRC Facebook group, on the website calendar and via our regular email announcements.

FREEDOM'S RUN
 ★ ★ AN EVENT FOR HEALTH & HERITAGE ★ ★
 HOSTED BY SHEPHERD UNIVERSITY
OCTOBER 4TH 2014

**Freedom's Run -
 "An event for health and heritage"**

With four national parks and three Civil War towns on the course, there's so much history packed into the

Freedom's Run Marathon.

The marathon starts in the Harpers Ferry National Historical Park, where the Potomac and Shenandoah rivers meet. It's also the site of several historic events, including John Brown's famous raid and the largest surrender of Federal troops during the Civil War. The first loop is around Murphy Farm, where John Brown's fort was moved and preserved before being moved back to its original location. From there, the course crosses the Potomac on a footbridge and turns north along the Chesapeake and Ohio Canal, another national park better known as the C&O Canal, that remains as a testament to early transportation, engineering, and westward expansion. After about 10 miles on the canal towpath, the course jogs inland to the solemn Antietam National Battlefield, site of the bloodiest one-day battle in American history, where 23,000 soldiers were killed, wounded, or went missing after 12 hours of combat. The battle ended the Confederate Army of Northern Virginia's first push into the North. From the battlefield and nearby Sharpsburg, the course passes back across the Potomac to Shepherdstown, West Virginia, where the steamboat was built and tested, and a finish in the football stadium of Shepherd University.

The half marathon starts in Shepherdstown and runs a short segment on the C&O Canal after leaving West Virginia across the Potomac. You then join the marathon course and run the hills of Antietam. After the Antietam tour you run through historic Sharpsburg to return over the Rumsey Bridge to Shepherdstown. The 5k and 10k are run in Historic Shepherdstown, spectacular courses starting on German St Shepherdstown, running along the Potomac and River Road, and looping Rumsey Monument.

Freedom Run Report

Malcolm Senior

The 24 hours of continuous rain finally stopped as I pulled into the Shepherd University campus car park. Picked up my bib and long sleeved T shirt and proceeded to gear myself up for the race. A friendly group was starting to form at the start area in front of the Town Hall. Nice to see so many Steeplechasers but it was a Grand Prix event.

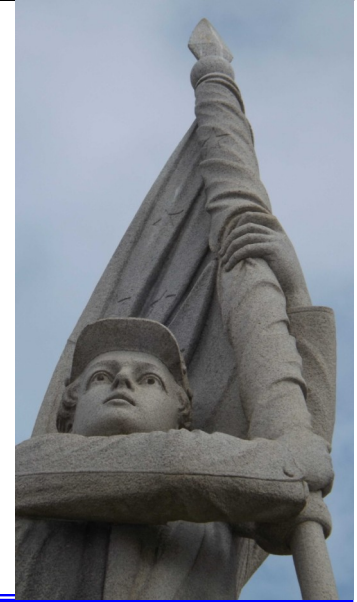
After a very nice rendering of the Battle Hymn of the Republic we were off heading out of the campus and over the Potomac River. Into Maryland. The route was narrow and back and forth as the runners went down onto the C&O canal towpath. A good 7 minute mile pace, that was to soon end as we came onto Miller Sawmill Road. From there it hills through the Antietam Battlefield a very scenic humbling few miles passing the many memorials and monuments. The final and unexpected hill leaving Sharpsburg at mile 10. All downhill to finish on the University Ram





Stadium. It was getting warm and some runners would be suffering if they weren't hydrating sufficiently. Drinking wasn't a problem at the tremendous post race festivities at the Bavarian Inn.

All runners received a race logo beer glass and first beer free. If you like running a beautiful scenic course and like a beer afterwards it's a win-win race.



Rick's Run By Crista Horn FSRC Secretary

The Rick O'Donnell 5.22 Mile Trail Run and Ultra-Challenge on September 21st at Greenbrier State Park was a huge success once again, thanks to race director Bill Susa and the many volunteers. Bill Susa started the race in 2013 in memory of Rick O'Donnell, Steeplechaser member, friend, devoted husband and father who lost his battle with Bile Duct cancer in the spring of 2013. Rick's family joined us once again (wife Brenda, daughters Emily and Julie, son-in-law Derek and grandson Gage). As a result of the race and the support of our running community, a \$3,661 check was presented to the Cholangiocarcinoma Foundation in Rick's honor.

The Rick O'Donnell 5.22 Mile Trail Run and Ultra-Challenge has two parts. The 5.22 Mile Trail Run is a single loop of the course. The event is a Grand Prix race, which brought out many Steeplechasers. The 8 Hour Ultra Challenge is for those who wish to run more than just a single 5.22 mile loop. Within the allotted 8 hours, runners can run as many 5.22 mile loops as they'd like. The aid station is fully stocked with lots of goodies for the runners.

Interesting stats from this year's run: 279 official laps were run for a total of more than 1,400 miles! Course records were set in the men's 5.22 mile by Chad Connors in a time of 39:29 minutes and women's ultra performance by Lori Cooper, 8 loops (41.76 miles) in 7:51 hours.

Congratulations all!!!



Golden Rules of Running Injury Prevention

by S. Nicole Davis, DPT

Aches and pains are the plague of many recreational runners, but they don't have to be. The majority of running injuries are caused by training errors and are avoidable by following the Golden **Rules of Running Injury Prevention**.

Mix it up. Running is by nature a very repetitive sport. That repetition can lead to overuse injuries. Changing the running surface, pace, distance, or incline alters how impact forces are transferred through the body and how the body structures respond. Adding variety to the running routine not only leads to a stronger, more balanced runner, but also decreases the amount of wear and tear on any one body structure.

Ease into change. The human body is amazing in its ability to adapt to change. That adaptation however takes time, sometimes weeks or months, and runners are not always patient creatures. Force too much, too soon and injury is likely to follow. Any change in the running routine – be it new shoes, new running surface, new running pace, adding hill or speed work, increasing distance, etc. – should be approached very gradually to give the bones, tendons, and muscles time to adapt.

Respect recovery. Running causes microtears in the muscles, ligaments, and tendons. Through the process of repair, the body becomes stronger. Repair however occurs during periods of rest. Rest should take the form of both low impact cross training (swimming, yoga, and cycling for example) and complete days off from physical activity. Unfortunately, the older the runner, the longer the recovery process takes.

Train in cycles. Running develops some muscles more than others. That muscle imbalance, along with the constant repetition of running, can lead to injury. At least twice a year for two or three months, give the body a break. Run some regularly at reduced mileages to maintain a base, but focus primarily on a different sport such as swimming or tennis, or other activity that develops cardiovascular and muscular endurance.

Wear properly fitted shoes. Feet come in all shapes and sizes and the variety of running shoes to put on them is seemingly endless. Don't go it alone in the discount store. The professionals at running shoe specialty stores such as Fleet Feet in Gaithersburg, RnJ Sports in Rockville, and If the Shoe Fits in Frederick are your best bet for finding the right shoe for your foot and your style of running. But once you find that shoe, don't wear it forever. Usually the body will tell you when you need new shoes with minor new aches and stiffness in the feet, knees, or hips. But at a maximum, replace shoes every 300-500 miles.



Maintain a solid core. The core muscles – muscles of the back, abdomen, and hips – are the powerhouse for runners, stabilizing the body and giving the legs a firm foundation to generate force. Weakness in the core muscles leads to a lack of running efficiency and also often alters the running stride in ways that lead to injury.

Address aches and pains quickly. Most runners fear being told to stop running and try to ignore aches and pains as long as possible. Unfortunately, the longer an injury is ignored the more difficult it

is to correct. In addition, pain in one body part often causes slight adjustments to the runner’s stride mechanics which, over time, create secondary injuries in other body parts. With proper training modifications, runners can often continue to train while recovering from an injury. See a physical therapist specializing in the treatment of runners if an ache lingers for more than a week or is recurring.

Ease into change.

10% rule. When increasing weekly mileage, keep increases to 10% or less. For example, if you are building your mileage to run a half marathon and you run 15 miles total this week, you should not run more than 16.5 miles total (15 miles + 1.5 miles) next week.

1 year to half marathon. Ideally, new runners should have a year of fairly consistent running under their belt before attempting that first half marathon.

Another year to marathon. After that first half marathon, get another year of fairly consistent running under your belt before attempting that first marathon.

Respect recovery.

3 weeks up, 1 week down. After 3 successive weeks of increasing the running program (whether that increase is adding distance or adding difficulty), back down the mileage and difficulty for 1 week. Backing down 25% is usually adequate, but if your body is feeling particularly tired 40-50% may be necessary. After a week of recovery, return to the pre-recovery week levels.



Long runs no more than ½ total weekly mileage. If you are only running 10 miles a week, your long run should be no more than 5 miles. If you need to push that run longer, you need mileage during the week to support it.

10 day cycles are preferred to 7 day cycles. Most published training plans call for long runs once a week because this is what works best for most runners’ schedules. However, long runs every 10 days tend to work better from an injury prevention perspective for most recreational adult runners, particularly those prone to aches and pains.

Train in cycles.

Secondary Race Season	Strength Building Season	Primary Race Season	Recovery Season
Run and race for fun , not worrying about PR or distance goals. Try a new, shorter distance or a color run. Limit racing to 1-4 fun races.	Drop mileage somewhat and focus on strength training and low-impact cross training. No racing.	Really go after that goal race distance or goal time. May have 2 -3 races that build to prepare you for that ultimate goal race. For example if the goal race is a ½ marathon, the lead up races might be a 5K early in the season and a 10K several weeks before the ½ marathon.	Drop mileage significantly, particularly in first few weeks after goal race. Run primarily easy base mileage. Spend time foam rolling, doing yoga, and working on flexibility. No racing.

Base before hills before speed. You should feel strong and comfortable running at conversational paces before adding hill workouts. You should feel comfortable doing hill workouts before doing speed workouts. Jumping to speed or hill workouts too soon places more stress on the body tissues than it can usually handle.



Address aches and pains quickly.

Finger versus palm triage. Pains that you can point to exactly with one finger are generally more indicative of an injury that needs temporary rest and medical attention than pains that require your entire palm to describe. In either case, if you are not significantly improving after one week of reduced (palm) or no (finger) mileage, seek the advice of a medical professional.

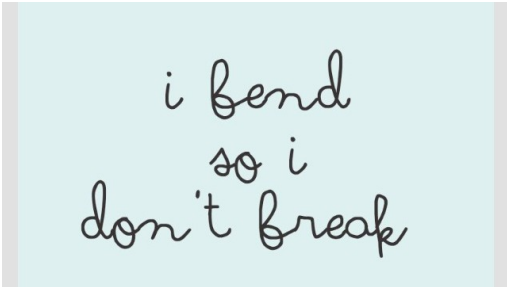
© S. Nicole Davis, DPT



Register now for an inspiring yoga series specifically designed for runners! Starts Jan. 15 and runs for 6 weeks. 6:00-7:15 at Bernard Brown Community Center (corner of 7th & Market Street). Cost is \$99 for the series, but if we get enough Steeps to sign up, we'll all get credit towards a future class (\$10 each for 10 Steeps or \$20 for 20+ Steeps). This is a great way to start the New Year! Also, a great holiday gift!

Practice will provide balance and support for the physical and emotional demands of running and include integration of positional therapy and yoga: gentle yoga for stretching strong muscles, YIN yoga for building flexibility in joints, and restorative yoga for calming the adrenaline rush of daily living and competitive training. To register go to www.solyoga.org and click on Quick Classes and

then go to the Outreach tab and scroll to Steeplechasers Class. Open to the community! Non-steeplechaser members are also welcome!



Market Street Mile

Anne Light - Race Director

As the rain started to clear, the volunteers were on the job preparing for the 36th running of the Market Street Mile. This Steeplechaser event kicks off the "In The Streets" celebration for the City of Frederick.

Held on September 13th the traditional downhill run is on Market Street through the City and finishing at Carroll Creek. For the past three years this event has been a successful fundraiser for the FSRC and the Lincoln Panther Running Club.

Added to the Men's, Women's, and Youth competitive heats this year was the team challenge. The team challenge became a popular, fun competition between several area runners, running clubs and business teams. It seems it will be here to stay.



Running in the youth mile we had two special local youth running clubs. The Panther Running Club was represented with 22 finishers and Self Propel Frederick represented with 12 finishers. Congratulations to all our youth for their participation in this event.

The noncompetitive un-timed family mile has grown also. Families and individuals are able to walk or run the mile down Market Street. Finishers medals were presented to all 14 & under in both the family



mile and the youth competitive mile.

The run concluded with random prize giveaways and awards ceremony at the finish line. Trophies, plaques and gift certificates were given to first and second place in 5 year age brackets. Congratulations to the award winners and everyone who crossed the finish line. A huge thank you to all our generous sponsors, runners and the incredible 50 volunteers who make it happen!

Heats - Men's Women's youth Family (also team challenge)

Men's - Male Overall - Daniel Colopietro 4:37

- Male Master - Brian Shadrick - 4:50

- Male Grand Master - Malcolm Senior - 5:45!

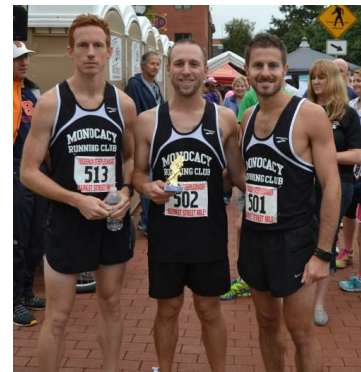
Female - Female Overall - Sage Norton - 5:17

- Female Master - Claire Heasman 5:41

- Female Grand Master - Dee Nelson 7:33

Youth - Male- Landon Leatherman - 5:33

- Female - Lauren Leatherman - 5:39



Team - First Place - MRC (Eamon Connelly, Tim Snyder, & Andrew Spangerberg)

5k women's training program participants in the Women's Distance Festival
Presentation by the Women's Distance Festival Committee to the Women's Giving Circle





2014 Frederick Women's Distance Festival

Harriet Langlois

After months of planning, the 25th annual Frederick Women's Distance Festival took place on August 9th at Frederick Community College. This was my first experience as race director, and I seriously wondered what I had gotten myself into at several points along the way. It's a LOT of work, and knowing that 400+ runners and 75 volunteers would all be depending on me come race morning was a little daunting. However, former race director Peggy Waxter, and the rest of the long-standing and hard-working committee provided all the support I could ask for. They were with me every step of the way, and together we executed a highly successful race.

We had three goals for this year's race:

- 1) Put on an affordable and high-quality race for women in Frederick and the surrounding Maryland and DC area
- 2) Introduce the brand-new "Little Women Fun Run" for the younger girls
- 3) Surpass previous years' donation to our selected charity, the Women's Giving Circle of Frederick County

We met all three of these goals, and I'm very grateful to the committee, all the race-day volunteers, the sponsors, and our loyal runners who keep coming back year after year. A special thanks goes to Luanne Houck for once again offering a fantastic summer training program for the ladies in preparation for the race. It is just so gratifying to see these runners complete their training and cross that finish line!

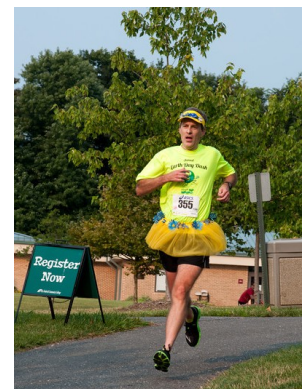
We had 409 runners registered for the race, with our own John Way participating as this year's winner of the "Run With the Women" lottery. He was quite a sight in his yellow tutu!

Congratulations to winner Maria Carberry, age 16, with a time of 19:01, and our own Keary Johnston as the first Master's runner to cross the finish line at 21:06.

The net proceeds of the race amounted to \$10,262, and we were very pleased to make this best-ever donation to the Women's Giving Circle. The Steeplechasers have donated more than \$40,000 of WDF race proceeds to this non-profit since 2010, and we're planning to cross the \$50,000 mark in 2015. For race results, testimonials, photos and more information about the Frederick Women's Distance Festival, see our website at www.frederickwdf.com.



Plans are already underway for August 8, 2015!



Marathon Training Wrap-up Billy Clem / Janadel Harris

Our 2014 Fall Marathon Training is a wrap. Janadel Harris and I both learned a lot from our first try at this. We both wanted to give a BIG THANK YOU to everyone that participated in the group and everyone that helped us get this thing rolling again (Chad Ahalt, Harriet Langlois and Lou King).

It was so much fun getting to know so many new people within the Steeplechasers and getting to know the ones we already knew better.

Overall I think the program succeeded in; preparing runners for their marathon, bringing more Steeplechasers together, adding new Steeplechaser members, creating a positive inclusive atmosphere that was open to all levels of runners, and created an overall fun environment for our members. Going forward we would love to; expand the size of these training programs, expand the size of the club and in turn would love to expand the amount of active members within the club. These training programs are MUCH easier to run if we have a consistently high turnout.

We have some ideas on what we want to do differently based on feedback from the participants as well as what we experienced.

The Good:

- ▶ We tried to build upon the already successful program that Chad Ahalt had started the previous year.
- ▶ We added a beginner aspect which drew in some new people that might not have otherwise participated.
- ▶ We added a few educational seminars to the program that attracted a great turnout of Steeplechasers, many of whom weren't a part of the program.
- ▶ We started using Facebook to post all of our group runs to open them up to Steeplechasers that weren't training for a fall marathon.
- ▶ With Harriet & Lou's help we created a better weather alert system and easier ways to communicate with the group.

The Not So Good:

- ▶ We lost quite a few members after the first few runs and we aren't sure why
- ▶ We had a hard time keeping up a consistent turnout for our group runs
- ▶ We didn't have enough Happy Hours after our weekday runs, (when we did we got our best ☺ turnouts
- ▶ We didn't provide enough of a specific training plan for the days our groups didn't meet.
- ▶ We didn't organize individual pace groups (partly because of the size of the program) which is a great way to get individuals to form pace teams within our team.
- ▶ Some of our Tuesday night routes got repetitive.

Jan will be leading a Spring Marathon training program and Billy will be leading a Spring Half Marathon training program leading up the The Frederick Half Marathon. The Full Marathon training registration is up and running, for more information please visit steeplechasers.org and click on Training. We will post more on the starting date for the Half Program (looking at the end of January, start of February) by mid to late December. We will be asking for volunteers to help lead the groups as well as volunteers to provide routes and aid for our longer group runs. We will also have combined events with both groups such as runs, happy hours, & educational seminars. Please message me on Facebook if you have any suggestions for our next training programs.

Thanks again for a great experience, we had a blast!