



INTERVALS

Newsletter of the Frederick Steeplechasers Running Club

Running A Club or Running Club

By Pam Monaghan-Geernaert FSRC President

Today I had the opportunity to attend a meeting with the leadership of the running clubs in Maryland. For some who don't know, our club, the Frederick Steeplechasers is one of 28 official RRCA (Road Runner Club of America) clubs in the state. Dwight Mikulis is the Maryland Representative for the RRCA and he is one of the most dynamic men and leaders I have met. Today he convened a meeting of board members to discuss our clubs, our challenges, our successes and everything in between.

Some clubs are huge. Montgomery County Road Runners have over 5000 members. Some clubs are small. Harford County has less than 200 members. Independent of size, we all had similar goals and interests. Two goals which spoke most clearly to me were a) fostering a relationship with our community and b) supporting and recruiting volunteers.

How a club functions can have a direct impact on their community. The Steeplechasers hold a unique and very favorable position within our community. The Steeplechasers are instrumental in most local races. Our timing service, coordinated by our past president Mark Lawrence, is used in over 30 races a year to help local organizations raise money for their causes. For a nominal fee, we help organizations raise funds to support charities, most of which are in our local community.

Additionally, we donate all of the proceeds of our races (minus a 5% processing fee) to charity. The Steeplechasers put on three events each year: The Women's Distance Festival 5K, The Market Street Mile, and Rick's Run. The proceeds raised from these races support three important charities. This year we donated over \$10,000 to the Women's Giving Circle from the Women's Distance Festival. We expect to donate over \$5000 to the Lincoln Panther Running Club from the Market Street Mile, and we also hope to donate over \$2000 to the Cholangiocarcinoma Cancer Foundation from Rick's run. These race proceeds are our way our club can give back to the community in which we live and run.

The second goal of every club is to support and recruit volunteers. A few of the larger clubs have paid positions, but all of the clubs live at the hands of their volunteers. From President of the club to newsletter writer, treasurer and social club organizer, our club is completely maintained by volunteers. This is amazing. As our worlds get busier and our "free" time gets more compressed - donating time to volunteer is a precious commodity. This past year we have been able to streamline many of our systems that required volunteer hours through technology. However, that technology had to be set up and managed by a volunteer. We have been lucky that Lou King has graciously donate an enormous amount of time to making the scoring of our races easier, our membership registration easier and countless other (from front page....) processes. His technology innovations have been so fabulous that they have



FSRC - 2014 Officers

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

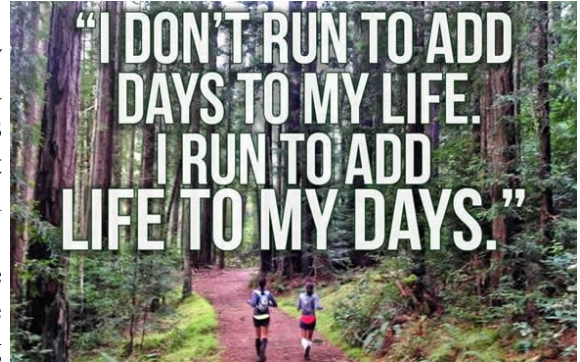
Committee Chairs

Social – Harriet Langlois / Lou King
 Membership – Luanne Houck
 Competition – Cassy Crouse /Chad Ahalt
 Race Support – Tim O’Keefe/ Mark Lawrence
 Technology – Rich Potter/Stephen Dobson/Lou King
 Newsletter – Malcolm Senior

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been implemented at the state RRCA level. A very impressive mark to leave for a small club like ours. In a few weeks we will hold our Membership Meeting. At this meeting we hope to show our club members more of what our club is about. Most importantly we want to share with our members, what we do, and how they can get involved. You don't have to be a fast runner to be a member of the board or volunteer for a committee. You don't have to have loads of free time. You just need to have a love of running and a desire to support the Steeplechasers as a fabulous partner in our community. I hope to see you all at the membership meeting, out on the roads , or up in the hills.

Run Strong.



**6th Annual Headless
 Horseman
 5K Run/Walk & 1K Fun Run
 Saturday,
 October 25, 2014**

Lots of prizes and awards will be available for all runners and walkers. The Headless Horseman is a great race for all abilities!

We can't wait to see you at 6th Annual Headless Horseman 5K and 1K, costumes are optional (but encouraged!). Register at <http://www.active.com/frederick-md/running/distance-running-races/6th-annual-headless-horseman-5k-and-1k-race-and-fun-run-2014>

October 25, 2014- Join us for a fun afternoon of running or walking the course for The 6th Annual Headless Horseman 5K and 1K.

The races will begin and end at the Frederick High School stadium. Halloween costumes are welcomed but not required.

Race Details

Check in and Start at the Frederick High School Track

Check in starts at 12:00 pm

1K Fun Run Start: 1:30pm..... 5K Start: 2:00pm

\$20 per Entrant for the 5K event:

Postmarked by October 13

- After October 13 and on Race Day, \$25 per entrant

-\$10 Entrant for the 1K event (no shirts for the 1k race)

-Additional t-shirts are available for \$12

-Online Registration at www.active.com

- Frank Strakonsky: (301) 698-0958 or strako@comcast.net



IRONMAN Lake Placid is the longest-running American event aside from the IRONMAN World Championship in Kailua-Kona, Hawaii. Located in the beautiful Adirondack mountains, it's an accessible event every athlete should put on their bucket list. Having hosted two Olympic Games (1932 and 1980), this charming town knows how to deliver a world-class athletic event. It's also the home of one of the most challenging IRONMAN courses with its famous Adirondack climbs

Athletes begin with a two-loop swim in clear Mirror Lake, with the famous sight line at the bottom of the lake to guide them. Transitioning in the Olympic Speed Skating Oval to the bike, the rolling mountain views provide a scenic backdrop to the ride. Two loops of 56 miles bring competitors back to the Oval once again, where they begin their 26.2-mile run through the town and around the lake. Lake Placid has the amenities of a large city and the convenience of a small town, offering high-end restaurants, shopping and world-class accommodations. It boasts history, approachable charm and an abundance of on-course personality.



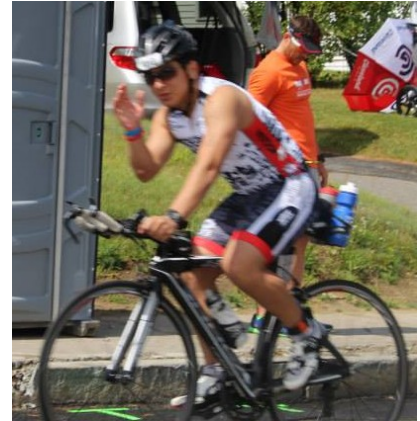
Javier Montenegro

[IRONMAN Lake Placid - Javier Montenegro FSRC Member](#)

Pre-race - My training for this race began in earnest on the first week of January. The premise was simple: slowly and purposefully build an aerobic base of endurance that would propel me to the finish line on race day. My main goals were to develop a reliable nutrition strategy, train smart to avoid injury (particularly from overtraining), and get lots and lots of miles in. I made significant strides in each of these goals, and that wouldn't have been possible without the incessant support from my wife, Liza, and baby Javi. I also have countless Steeps to thank, some of which heard weekly updates about my heart rate zones, foods that agreed (or disagreed) with my stomach, and other fun training facts. Liza, baby Javi, and I drove up to Lake Placid with a good DC friend of ours, Patrick. We were treated to postcard-worthy views of the Adirondacks, and weather that couldn't be any better. On Friday and Saturday I took a quick half mile dip in Mirror Lake along the swim course, which quelled the few nerves I did have. The lake is calm and clear - it even has an underwater cable that marks the actual swim course, which makes it easy to stay on track. On Saturday, I also rode the first 3 or so miles of the bike course, as it has some tight turns and some technical parts - I didn't want to see that for the first time on race day. I racked the bike in the transition area and hoped it wouldn't rain overnight as the forecast suggested. On Saturday night, I went to sleep right around 9:30PM, after checking to see how my friends had done at the CAT50K earlier in the day. I had a surprisingly peaceful night of sleep before waking up at 3:30AM. Took in a banana and a bagel with PB, got my nutrition bottles together, loaded the car, and we were off to the race site. It rained overnight, but things were starting to dry off by the morning. I got my body marked, went into transition to load my bottles onto the bike, put my wetsuit on, and walked the 1/3 mile to the swim start. I seeded myself near the 1:15 group, hoping I could draft a bit off them and catch subsequent drafts as other swimmers passed me.

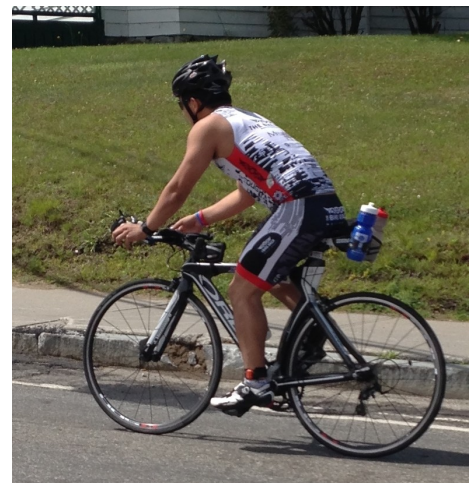
SWIM - Boom, the cannon goes off. It takes a few minutes for my wave to get into the water, and then I'm off. Like I mentioned, I'm not a fast swimmer, so my goal was to put in a consistent, conservative effort. The 2.4 mile swim was to be my "warm-up."Contd. on next page

I followed the underwater cable, which meant that from time to time I was feeling some contact from faster swimmers who were just as determined to stay right on top of that line. I finished the first loop, and then I was off to the second loop. By this time, the field had thinned out considerably as the faster swimmers were well ahead. A few minutes into the second loop, I started to feel raindrops on my swim cap, and sure enough, the thunderstorm had started. There were a few times where I even saw lightning in the distance as I was taking a breath out to my right side. Looking out across the water and seeing the rain striking the surface of the lake was one of the most memorable sights of my race day. In terms of the actual swimming, it didn't seem to affect me at all. Because there were fewer swimmers out there, I drafted a bit less on the second loop and I finished it just a tad slower than the first. After the race was over, I found out that some swimmers were pulled out of the water due to the lightning. Time: 1st loop - 44:38, second loop - 46:29 total - 1:31:07.



TRANSITION 1 - I got out of the water, my armpits were on fire (I didn't apply enough anti-chafing agent to my armpits!), I ran through the tunnel of wetsuit strippers, picked two able-looking guys out and had them strip off my wetsuit in two swift movements. Then, I was off to the transition area where I put on my bike helmet, shoes and glasses. I was also fortunate enough to find a volunteer who fetched some anti-chafing lubricant that gave my pits some temporary relief. I picked up my bike, and I was on my way. Time: 7:56

BIKE - The Lake Placid bike section is a rigorous 2-loop course that has plenty of climbing and descending. I'm really glad that I practiced the first section because it took a lot of guesswork out of the technical turns. If you're not careful, you can end up in a giant hay bail on a turn at the bottom of a hill. Did I mention that it was still storming at the time? I wasn't bothered too much with the rain because it played into my race plan to have a conservative effort on the first loop of the bike. The rain was heavy, and the lightning wasn't too far off, but my race was underway. It did subside about 30 miles into the bike portion, at which point we were treated to sunny skies and drying roads. There is consistent climb on the second half of the loop back into town that has some glorious views of the mountain scenery. Once back in town, the crowds were amazing, the adrenaline was pumping, and I was excited to dig into the second loop. On the way out of town, this time with dry roads, I caught a glimpse of the Olympic Ski Jump platforms, which is an awesome backdrop on the course. I reached a top speed of 49 MPH on the long descent, and then I began to grind it out to get back to town. Even though I took a more conservative approach on the first lap, the second lap still felt as though I'd been hammering away. My time for the second loop was about 4 minutes slower than the second loop, which is fairly close to an even split. Given the difficulty of the course, I was pretty happy with that time. Time first loop - 3:23:29 second loop - 3:27:50 total bike 6:51:19



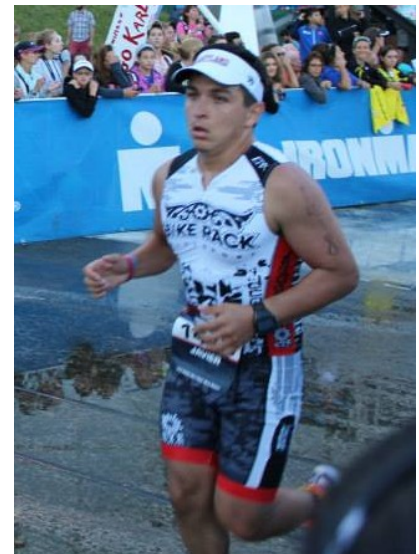
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TRANSITION 2 - I hopped off the bike and it felt lovely to be back on my feet. I changed into a dry pair of socks, shoes on, visor, race number, (arm)pit stop, go. Time - 5:22

RUN - The plan for the marathon was to run from aid station to aid station (each being about a mile apart), and to walk the length of the aid station while taking in nutrition. My coach advised me to do this until mile 18, and then see what's left in the tank. As you run out of transition, the town is going nuts. The marathon starts with a downhill section, with the streets lined with spectators. Within the first quarter mile, I saw my sherpas and gave them a big thumbs up. My legs were feeling great. I settled in to a pace between 8:30-9:40 for the first 3 miles, including the walking breaks at the water stops. Then, my legs decided that we were going to take things a little slower from here on out. I crossed paths with Peter, a racer I met the night before at dinner. He was running a little slower than I would've liked, but at this point I valued the company more than the pace, so we stuck together. Over the next 16 or so miles, we ran together, talking about what motivated us to do this race, the crazy weather, and just about everything else. The only thing I didn't tell him was how bad I wanted to walk, and I later found out he felt the same way. I don't know how my race would've differed without him, but I imagine it would've been a more painful experience. He and I were holding steady around 10:30 min/mi pace, including our short walking breaks. After mile 16, I was treating the aid stations like personal buffets. Water? Of course. Coke? Sure. Pretzels, oranges, and cookies? More, please! Chicken broth? Why not?! As we approached mile 24, Peter said that if we did the last two miles at a 10:00 min pace, he'd be able to break 13 hours. He asked if I would help push him, and I felt honored to give it a try. We hit the 24 mile marker, and we started our kick... and then he really turned on the burners and left me in the dust. I put those last two miles away at just about 10:00 min/mi; I later found out he dug deep and ran them sub 9:00 min/mi! I have to admit that I don't usually feel happy to get burned on the last few miles of a race, but this was obviously very different and I was really happy that he was able to reach his goal time. As I was approaching the finish line, the rumble of the crowd grew louder and louder. Those last .2 miles felt like I was walking on clouds. Somehow I caught one last glance of my sherpas just shy of the finish line before my last few steps. I don't remember hearing it, but I can imagine Mike Reilly, famed Ironman announcer, calling out "Javier Montenegro, you are an Ironman!"

Time 4:35:51

Overall Time : 13:11:35* (unofficial due to Ironman nullifying 2nd loop of swim and T1 time for all finishers) Adjusted Time: 12:17:10.



**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 Malcolm Senior at newsletter@steeplechasers.org



Metatarsalgia and Neuroma/What is it? By Beverly Kornides, MMI Physical Therapist

Last issue I talked about plantar fasciitis one of the most common complaints of foot pain from the running community. This month I am going to address the subject of metatarsalgia and neuroma pain. Metatarsalgia is sometimes thought to be a condition or an injury but it is actually a group of symptoms. These symptoms usually include pain in the sole or in the ball of the foot. It is often felt at the metatarsal heads, specifically where the second, third, and fourth toes meet the ball of the foot. It is common in people between the ages of 30-80. Without treatment the foot joint may become less flexible and may get stiff and rigid.

What are of the symptoms of Metatarsalgia????

- Localized pain in the ball of the foot
- Sharp or shooting pains in the toes
- Pain that can increase when the toes flex
- Tingling, burning, or numbness of the toes

Pain that increases when walking barefoot or when walking on hard surface

What causes Metatarsalgia??????

Simply said, the foot is not functioning properly. For some reason pressure increases on the ball of the foot. Sometimes this can be from tight footwear or as we age we lose the “fat pads” under the metatarsal heads. These fat pads act as shock absorbers and cushions for these bones that take so much pounding. Other reasons metatarsalgia may develop are as follows:

- Obesity
- Bunions
- arthritis
- Stress fractures

Hammer or Claw toes

Morton’s Neuroma is a similar painful condition. It presents with much of the same symptoms however it commonly develops between the third and fourth toes. When the doctor or therapist palpates the ball of the foot there is a deep painful bruise sensation or one may even feel a pebble type lump in this area.

Treatment Suggestions??????

- Rest and ice may be necessary to allow the inflammation to calm down
- A metatarsal pad placed in the shoe may be helpful to offload pressure from the metatarsal heads

If pain persists one may need to see a podiatrist for anti-inflammatory meds, steroid injections, or physical therapy modalities such as ultrasound or cold laser.

Last but not least a Biomechanical walking and/or running evaluation may be necessary to specifically look at the ground impact forces that occur at the ball of the foot. Alternate shoe types and or inserts into the foot bed may be very beneficial. As always feel free to get an appointment and more information with Dr. Damien Roussel and or one of the foot and ankle therapists at MMI of Frederick or Hagerstown.

**Mid-Maryland Musculoskeletal Institute –
A Division of the Centers for Advanced Orthopaedics
MAIN FACILITY • 86 Thomas Johnson Court, Frederick, MD 21702**



RRCA Women’s Distance Festival By Ruth Taylor FSRC Member

This summer I had the pleasure of participating in the MD RRCA’s women’s distance festival. The premise is simple: you have 10 races to choose from across the MD/ DC area, complete 4 races or more to receive the participation award in the fall. The races are all 5K’s and exclusively for women. My goals for participating in the Women’s Distance Festival 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 award at each race. I chose 4 races to run this summer: the Baltimore Women’s Classic 5k, Annapolis Strider’s Women’s 5k, the Westminster’s Women’s 5k, and our own Frederick Women’s Distance Festival 5k.



The first race I ran, the Baltimore Women’s Classic 5k, was by far the largest- over 3,200 runners (all women!). The race benefitted Canserve, a breast cancer charity serving women across the area. It was a pretty race- run along the Baltimore’s Inner Harbor and its side streets. The race was fast and furious with the top finishers under 18 minutes, I was happy to finish 2nd in my age group and I won a beautiful crystal bowl for my effort. Following the race, there was a large post-race festival with a variety of food and health and fitness vendors.

The second race took place in the streets of Annapolis. It was a much smaller, more intimate race with only 165 runners. A men’s only race followed shortly after the women’s race. The course followed the side streets of residential Annapolis with rolling hills throughout. I finished 4th overall and 1st for my age group. The awards were unusual but nice- I won a cotton car seat cover embroidered with Annapolis Striders on it. My close friend, Art Gregory ran in the men’s race and also won 1st in his age group. We then had the day to spend touring downtown Annapolis and the harbor.

I had little time to recover for the third race the next day sponsored by Westminster RRCA in Union Mills, MD. It was the smallest of the four races with only 75 runners. The course was a beautiful rural route along grass and rolling country roads. It was also the cheapest of the races- I got to run it free since they waived the \$4 fee by volunteering Art to work the water stop. Photos were taken at the end with runners representing each of the many clubs in the area. By this time, I had come to know quite a few of the other runners participating in the series. Everyone was open and welcome and gave me new information about their club and various races around the area.

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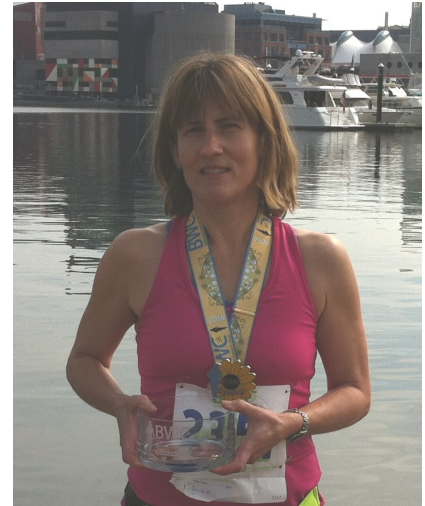




Last but not least, I had to run in our very own Frederick women’s distance festival. It was my third time running this race. A fast, flat course around Frederick Community College- it was the second largest of the races I participated in. Harriet Langlois did a great job of organizing and this year’s event. It was great to be running with

friends and members of the club cheering at every turn. Frederick Steeplechasers won many awards including 2nd overall (Katelin Peorpat), 1st master (Kerry Johnston), and many age groups winners including Jan Harris, Joanne Cappocia, Lorraine Sullivan, Bev Black, and Dee Nelson (forgive me if I missed anyone). And yes- I won an award- 1st for my age group.

I highly recommend this event, the women’s distance festival, to any female runner in this area. The series is geared for all levels of runners from beginner on up with all ages represented from 5-85. And if that isn’t enough, all women who complete four races, receive a participation award. I definitely plan the run series next year. Who’s with me?



The Commonwealth Games by Malcolm Senior

Known as the **British Empire Games** from 1930–1950, the **British Empire and Commonwealth Games** from 1954–1966, and **British Commonwealth Games** from 1970–1974) is an international, multi-sport event involving athletes from the Commonwealth of Nations. The event was first held in 1930, and, with the exception of 1942 and 1946, which were cancelled due to World War II, has taken place every four years since then.



The games are overseen by the Commonwealth Games Federation (CGF), which also controls the sporting programme and selects the host cities. A host city is selected for each edition. 18 cities in seven countries have hosted the event. Apart from many Olympic sports, the games also include some sports that are played predominantly in Commonwealth countries, such as lawn bowls and netball. Although there are 53 members of the Commonwealth of Nations, 71 teams participate in the Commonwealth Games, as a number of dependent territories compete under their own flag. The four Home Nations of the United Kingdom—England, Scotland, Wales, and Northern Ireland—also send separate teams. Only six teams have attended every Commonwealth Games: Australia, Canada, England, New Zealand, Scotland, and Wales. Australia has been the highest achieving team for twelve games, England for seven, and Canada for one.

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Commonwealth Games 2014 by Malcolm Senior

Former 'fat bloke' Steve Way breaks British marathon record for 40s and over

England's Steve Way enjoyed a perfect day in Glasgow as he finished 10th in the marathon, breaking a British masters record with a personal best 2hr 15min 16sec. Steve Way felt like a corpulent sloth in 2007, when he tipped the scales at 16½st and struggled in vain to kick a 20-a-day cigarette habit. But as he was kept awake by the hacking cough brought on by his smoking, he arrived at an epiphany to transform himself through running, and the results seven years on were a marvel to behold as the 40-year-old from Dorset finished 10th in the **Commonwealth Games** marathon on Sunday July 27th in a personal best of 2hr 15min 16sec.



Quite a vindication, then, for the self-confessed former “fat bloke”, who proclaimed that he was on a quest to “inspire couch potatoes everywhere”. So eye-catching was Way’s performance that for much of the first six miles he led the race, won eventually by Australia’s Matthew Shelley, en route to beating Ron Hill’s 1979 British record of 2-15-46 for runners aged 40 or over.

Even so, the temptations of his indulgent days remained. “What I’d like to do is go absolutely ballistic in the food hall at the athletes’ village,” he said. “But unfortunately I can’t go off the rails, because I’ve got a 50km trail race in Sweden next month.” So overcome was Way by his accomplishment that he burst into tears at the finish line. “I just couldn’t have wished for a better day. I normally say something is second best to my wedding day, but this matches it. I’ve punched above my weight – I was even leading at 10km, which I thought might be a bit scary, but was really good fun.”



Pressed on whether he could sustain this most improbable late blossoming with a tilt at qualifying for the Rio Olympics in 2016, he looked bewildered but said: “I’m not going to stop trying.”

Ultimately, Way could not contend with a wonderful run in the Glasgow drizzle by Shelley, from Australia who fended off the challenges of Kenyan Stephen Chemlany and Ugandan Abraham Kiplimo to win in 2-11-15 and become the first non-African to win this marathon for 20 years.

Quotable Quote: "The will to win means nothing if you haven't the will to prepare."
- Juma Ikangaa, 1989 NYC Marathon winner



Celebrating the anniversary of the nation's independence or a glorious military victory is easy. Commemorating the devastating losses, however, is a harder task. That was the challenge for the 200th anniversary of the Battle of Bladensburg, a War of 1812 engagement which was marked weekend August 23 and 24 with a festival on the shores of the Anacostia River and the unveiling of a monument to the Americans who fought and died there.

The battle itself, in which 4,500 British troops routed the American militia, might be obscure, but the result is not: The Americans' pell-mell retreat left the road to Washington wide open and undefended. Hours later, British forces burned the White House, the Capitol and other public buildings. First lady Dolley Madison barely had time to flee with a copy of the Declaration of Independence before the troops arrived. The Washington Navy Yard was torched to prevent it falling into British hands. Just days later, the city of Alexandria surrendered without firing a shot.

But there's courage to be found in the story of the ragtag group of American militiamen and inexperienced shopkeepers, backed by a small detachment of battle-tested sailors and marines, standing up to the most vaunted fighting force in the world. And although the British won the battle and the capital was occupied and sacked, a few weeks later American troops managed to beat back British ground and naval attacks. Most important, the United States didn't lose the war, which became known as the Second War of Independence.



Part of the anniversary celebration was The Battle of Bladensburg 5K where the course traced part of the original battlefield. The start and finish was in the Bladensburg Waterfront park and the race was completely on the Anacostia Waterfront Trail a partially paved partially blacktop with sections of boardwalks, a mainly flat fast course. Morning temperature, for the 8:00 am start, was a moderate 65 degrees. Awards presented to the top three overall and age group winners in standard 10-year age groups. They divided the runners into two teams: US vs. Britain. The Americans once again 'out-ran' the British by a score of 13 to 27 based on a cross country scoring of the top four finishers.

British Team

US Team



Placed 2nd overall in a time of 20:21.
35 Finishers

Malcolm Senior
FSRC Member



Key Exercises for Healthy Runners by S. Nicole Davis, DPT

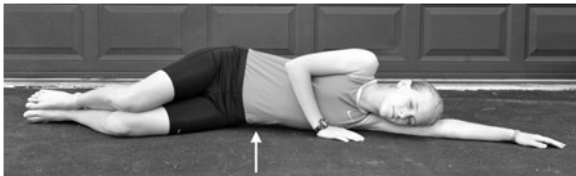
Single Leg Balance



- (1) Stand tall using good posture.
- (2) Shift weight to single leg stance.
- (3) Bend standing knee slightly, like you just landed on it running.
- (4) Hold this position for up to 1 minute.

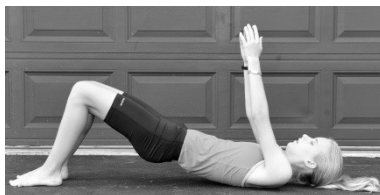
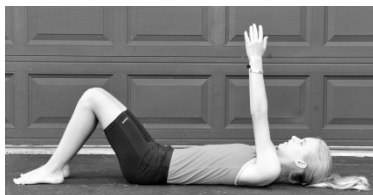
When this becomes easy, increase the level of difficulty – close your eyes, toss a ball against a wall, rotate your shoulders from side to side. Balance is best worked on in small increments of time multiple times throughout the day. Find ways to work it into your day. Stand on one leg while waiting in line, brushing your teeth, or talking on the phone, for example.

Clamshells



- (1) Lie on your side with back straight, knees bent to 90 degrees, feet in line with body.
- (2) Tighten your transverse abdominals.
- (3) Straighten your spine by creating a little tunnel between your waist and the floor.
- (4) Tighten your glutes (buttock muscles).
- (5) Holding your glutes tight, rotate your top knee up and down.
- (6) Work up to 100 repetitions on each side.

Bridges



- (1) Lie on your back with knees bent, feet in line with hips.
- (2) Tighten your transverse abdominals.
- (3) Tighten your glutes.
- (4) Lift your hips.
- (5) Straighten one leg, while trying to keep the hips level.
- (6) Put the leg back down.
- (7) Lower the hips while keeping the glutes tight.
- (8) Work up to 30 repetitions on each side.

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