



INTERVALS

Newsletter of the Frederick Steeplechasers Running Club

Am I a runner? I am a runner

The rain is pouring down. As I write this, my desire for a drenching wet run is waning. I am a runner.

This week, those words "I am a runner" were spoken at the first session of the Women's Distance Festival (WDF) 5K training program. A crowd of nearly 40 women stood anxiously in Baker Park

gazing around at the impending storm coming in and taking in the information of the WDF training program. Many of the women are just beginning to run, and others run occasionally. Many of them had a hard time saying "I am a runner". But they are, and we all are, if we put running into our lives-whether it be on the weekends, or 2 a day workouts.

I ran with the Women's Distance Festival 5K training ladies over towards Frederick High School, where I veered off to meet up with the participants who are running in the Summer Decathlon. I was met with 50+ runners all preparing to tackle 1000 meters around the track as fast as they could. Some were well seasoned track runners and doing midfield strides to stay loose and others were standing around nervous about running slightly over 1/2 mile. Many said "I'm not a fast runner", but they were out there trying their best and giving it their all.

Over the weekend, I ran the North Face Endurance Challenge. Along the course, I met many people who were tackling 30+ miles of the Potomac Heritage Trail. The course was a bit muddy and there were a few steep hills to climb and numerous out-and-back loops that had you seeing who was ahead of you and who was behind you as you make your way through the trails. I chatted with a few people and they said "I'm not a trail runner", but they were out there giving it their best and having a great time doing so.

I'm not sure why people have such a hard time identifying themselves as a runner, a fast runner, a trail runner, or a marathon runner, but I believe that if we have the passion to run and find the joy in it, we are runners. Being a runner is a wonderful thing. Having this identity gives us the right, the

privilege, and the honor to be sweaty and hungry and sore, and to make dates with our friends at 5am on a Saturday for "an easy 10 miles". "I am a runner" also signifies that we are taking steps to be healthier, to be role models in an increasingly sedate and inactive society.

The rain has stopped.

I need to go for my run.

I am a runner.

Pam Monaghan-Geernaert



FSRC - 2014 Officers

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

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 Membership – Luanne Houck
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 Race Support – Tim O'Keefe/ Mark Lawrence
 Technology – Rich Potter/Stephen Dobson/Lou King
 Newsletter – Malcolm Senior

**Maryland State RRCA
 Championship Series**

A series of 10 races, each race organized by one of the Maryland Running Clubs. To participate runners have to belong to a Maryland Running Club. Runners must run at least FOUR races to qualify with their best FOUR races counting toward awards. With 5 more races members still have chance to compete.



The race venues have changed for 2014 the full list of the MDRRCA State Championship Series:

1. MD RRCA Challenge (1st race) was run Sunday 2/23/14- 8:00 a.m.
2. Half Metric Marathon (2nd race) will be run Sunday 4/13/14 - 8:10 a.m.
3. Springburst 8K (3rd race) will be run Saturday 4/19/14 - 9:00 a.m.
4. Germantown 5M (4th race) will be run Sunday 5/17/14 - 8:30 a.m.
5. Bel Air Town Run 5K (5th race) will be run Sunday 6/01/14 - 8:00 a.m.
6. **Dog Days 8K** (6th race) will be run Sunday 8/3/14 - 8:00 a.m.
7. **Larry Noel 15K** (7th race) will be run Sunday 8/31/14 - 5:00 p.m.
8. **Market Street Mile** (8th race) will be run Saturday 9/13/14 - 8:45 a.m.
9. **Dave Herlocker Memorial Bachmann Valley Half Marathon** (9th race) will be run Sunday 9/28/14 - 8:00 a.m.
10. **Northern Central Trail Marathon** (10th race) will be run Saturday 11/29/14 - 8:30 a.m.

**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

Quote

**"The race does not always go to the swift, but to the ones who keep running."
 -Anonymous**



The Parkway Panda 5k and 1K Fun Run, hosted by the Parkway Elementary PTA, occurred in Baker Park on Memorial Day, May 26, 2014. This year's event (3rd annual) was held to raise funds for Parkway's grounds improvement program, which will provide benches, a fence for the sensory garden, and turf improvements to the soccer field. There were 280 participants, which was an increase from approximately 200 the year before. The vast majority of participants were parents, students, and staff of Parkway, while every age group winner under 11 years old was a Parkway student. Contributing to the increase were the 70 Steeplechasers members who raced in order to try and win Grand Prix points as the event was designated a GP race for the first time.



Since the race was held on Memorial Day, there was an effort by race organizers to provide an opportunity to remember the men and women in uniform who have given their lives in service to our country. Additionally, there were eight volunteers from Ft. Detrick who provided invaluable help with various logistical needs of the race. The race could not have been successfully executed without the support of Betsy Little, Parkway Principal, and several teachers who volunteered their time throughout the school year.

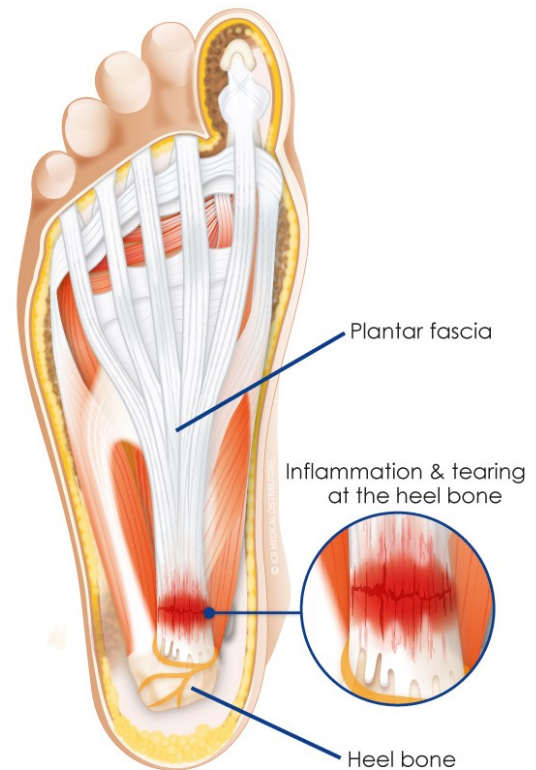
By - Josh Henson



Plantar fasciitis/ sole pain-what is it?

When I spoke to Dr. Damian Roussel, Foot and Ankle Specialist at MMI, I asked him what was the most common foot and ankle complaints from the running community that he sees and without hesitation his response was “Plantar Fasciitis and Metatarsalgia.” As an avid runner myself, and considering I have had my own personal experiences with both, I decided to address the subject of Plantar Fasciitis.

Plantar Fasciitis is the most common cause of heel pain in runners affecting about 10% of this population. Conventional wisdom in medicine has held that plantar fasciitis was an inflammatory condition, however in recent literature that addresses this condition it is more of a degenerative process. Over time and with repeated pulling of the plantar fascia associated with excessive arch lowering and flattening can lead to chronic pain and inflammation at the plantar fascia attachment to the heel. This continued stress at the heel can set up a bone spur. This in turn causes further deterioration and degeneration of the plantar fascia. It is not the actual spur that is painful but the chronic degeneration and subsequent inflammation that is responsible for the pain in the foot.



The small foot muscles must maintain their strength to properly distribute pressure away from the overworked plantar fascia of the foot. When these foot muscles, specifically the Flexor Digitorum Brevis and Posterior Tibialis are weak foot propulsion and control is compromised. (For example the over pronating foot).

What are the symptoms of Plantar Fasciitis???

- ▶ Aching, sharp or burning pain in the sole of the foot often centering in the medial heel area
- ▶ Foot pain that occurs as soon as you step out of bed or get up on your feet after prolonged periods of sitting
- ▶ Pain that decreases eventually after you have been on your feet for a while only to return later in the day
- ▶ Sudden heel pain or pain that builds up gradually
- ▶ Foot pain that has lasted for more than a few days or which you experience periodically over the course of months or years
- ▶ Pain in just one foot although it is possible to have plantar fasciitis in both feet

Who's At Risk????

- ▶ The syndrome can affect highly active or sedentary people. It is more pronounced in the obese population
- ▶ Feet that excessively pronate-a condition in which the force and impact of standing, walking, and running is not transferred evenly from heel strike to toe off. These folks seem to roll inward on the ankles
- ▶ Overuse/over training without adequate periods of rest
- ▶ High arch, flat feet, tightness of the achilles and or hamstrings
- ▶ Long periods of time standing on cement or pavement
- ▶ Physical trauma such as a fall landing on the foot or being involved in a car accident
- ▶ Repeated hill workouts
- ▶ Runners who quickly go from a stability or motion control shoe to wearing a minimalist

Treatment suggestions???

- ▶ Arch raises exercise-sit with feet flat, hips and knees at 90 degrees, gently roll foot out to the side as you try to raise the arch of your foot. Repeat 15-20 times
- ▶ Standing calf stretch-hands on wall stretch the calf, slightly toe in the stretch more of the Achilles, hold stretch 30 seconds repeat 2-3 times
- ▶ Hamstring stretches-prop foot up on step stool, keep back straight, gently lean forward until you feel stretch to back of thigh-hold 30 seconds repeat 2-3 times
- ▶ Apply night brace to lengthen soft tissue of the calf. (Strasburg Sock)
- ▶ Manual and deep tissue massage to arch and calf
- ▶ Orthotic Inserts
- ▶ Finally a thorough Biomechanical Evaluation may be necessary that includes strength testing of hips, knees, and core. This may unveil areas of weakness that the runner may need to address.

When in doubt, questions, or for guidance, don't hesitate to contact Dr. Damian Roussel or one of the foot and ankle therapists at MMI Frederick or Hagerstown.

Stay tuned for the next issue when we discuss "The menace of Metatarsalgia and Neuromas"

Article written by Beverly Kornides, MMI physical therapist, foot and ankle specialist and avid runner.



[Mid-Maryland Musculoskeletal Institute \(MMI\)](#)



Runners were lining up for the start of the race as the sun was setting and darkness was almost upon us. Main St was glowing; this was not a typical race!



This was the 2nd annual ‘Rock-N-Glow 5k’ organized by Manheim Downtown Development Group. The event had closed out at 2,000 runners days earlier. Packet pick-up was from 5pm on Market Square with live music, food and festivities. Manheim, in northern Lancaster County Pa, is a community full of “small town” charm, historic architecture and rich local heritage.



Looking round I estimated the average age of the competitors on the front row was 15years old. The course start and finished on Market Square/ Main Street, and time was ticking down to the 9 pm start. Then we were off, the front runners quickly spreading out, leaders disappearing into the darkness. Major intersections were Police controlled, minor turns lit by generators and volunteers with glow sticks! No chance of checking pace – just too dark. It seemed a good idea to register at the time...! Plenty of water, food and music at the after race party. Awards were

authentic hand-blown Stiegel glass pieces for overall and division winners.

Winning Time 17:06: Placed 23 in a time of 20:21 ..Malcolm Senior first Maryland finisher

Save The Date - Summer picnic July 12, 2014

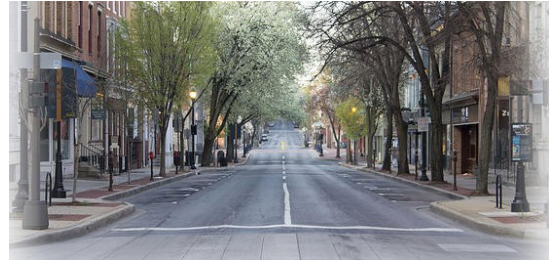


If anyone came away from the Steeplechasers' tent at the Frederick Half with a pair of pliers you don't remember bringing, please contact David Kenny at DJK3737T@EarthLink.net.

Thank You

MARKET STREET MILE

*hosted by the
Frederick Steeplechasers Running Club
September 13th, 2014*



One score and 11 years ago our FSRC forepeople brought forth into this City, (with a new, improved Market Street) a new event, conceived through the passion of running and dedicated to a healthy lifestyle and the ideal that all runners are not created equal.

And so began the Market Street Mile. A point to point run that heads down the center of the City of Frederick on Market Street and kicks off the In “The Streets” celebration. This event has been the longest continuously run event in Frederick.

This year the run will be held on Saturday September 13, 2014 with the first event beginning at 8:45. Brought back by popular demand is the team challenge. Team participants can sign up in an individual event (Women’s, Youth, Men’s) and identify themselves as a specific team participant. The runner competes in the individual event but will also be scored on their team. Top three on a team score for that team with an award going to the top two teams. The best part is you only need to run once but compete for two separate awards!

Along with the competition portion of this run the FSRC will be offering the family/individual un-timed event. This event is ideal for families that are looking for a healthy start to the day to do together. Walk, run or skip a mile together for one low price.

For the third year the race proceeds keep the FSRC community service project, the Panther Running Club, operating at Lincoln Elementary School. The free after school program is available for all children in grades 2-5, Tuesday & Thursday, from 3:45 - 5:00. The volunteers from FSRC and the Rotary Club of Carroll Creek work with these children teaching them respect, health, nutrition, sportsmanship and a love of running. The impact this program has on the coaches as well as the children goes beyond teaching children to appreciate health and fitness. Currently the program has over 60 children enrolled in the program. These children will also be participating in the 2014 Market Street Mile.

Join us for the 2014 Market Street Mile and run for competition, fun or with family. Guaranteed to be a fun time with great awards, random prizes and fellowship. If you can’t run, please volunteer to help with this FSRC event and support your club.

See you at the starting line in front of the YMCA on Market Street and the finish line at LaPaz on the creek!

www.frederickmarketstreetmile.com
info@frederickmarketstreetmile.com
<https://www.runningahead.com/events/msm>
www.facebook.com/FrederickMarketStreetMile



My Boston 2014 Experience

My first experience with the Boston Marathon was in 2012. It was a very hot day and my training was subpar leading up to the race. Needless to say, my time was less than desirable. After that experience I made it my goal to get back to Boston and have my own sort of redemption with the race. I trained hard and managed to get another BQ at the Ottawa Marathon in the Spring of 2013; that Fall I registered for Boston 2014. Little did I know it would become one of the most memorable days of my life for reasons I would have never expected.

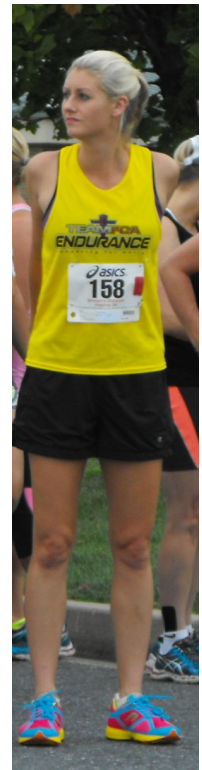
Injuries plagued my Fall training and I became more than frustrated. After a few months off I started running again. 2 Weeks later I go out for a run and right afterwards I slip on a patch of ice and break my ankle. My thought – Are you kidding me?!?!?!? Surgery to install a metal plate and screws followed on January 28th. My heart was broken because I knew Boston, and any other race for that matter, was out of the question for a long, long time. My doctor told me that I might be running by July. Wow.... Not what I wanted to hear.

The months that followed were rough. A lot of pain, a lot of boredom, and way too much time to sit around and think about how crappy it was that I couldn't do anything, and had to rely on others for just about everything. On March 11th my doctor helped me take my first couple steps. After about 7 weeks of no weight on my left leg rendered me like a baby trying to walk for the first time. My leg looked like a delicate stick with a surgical incision that was still healing.... It took a very long time to teach my brain that it was OK to put weight on it. At that point I still had to wear a boot, which was a royal pain. I couldn't find a shoe that was quite the same height so when I walked I was walking uneven and awkwardly. After a week and a half of trying to walk in the boot my doctor said it was OK for me to go without it since it was causing more problems.

Physical therapy began. It was time to start getting my strength and range of motion back. I was beyond thankful to be able to start moving again, even if it was slow and with a limp. My PT was wonderful. She actually cared about my progress and gave me the tools and exercises I needed to get back up and going again. I saw great progress during my time in therapy. On April 15th my PT informed me that she spoke with my Doctor and it was OK for me to start easing back into running again. I very gingerly completed about a mile on the treadmill that day. It hurt, but I didn't care. I had another PT session that week and was able to go a little over a mile – one foot in front of the other.

Before I knew it Boston weekend arrived. The Saturday before Boston I went out for a couple miles around Baker Park. The weather was beautiful and it felt great to be outside exercising again. The next day Chad Ahalt and I departed for Boston. It was bitter sweet. I was looking forward to being there and cheering, but I knew it would be difficult to watch Chad leave, knowing I was supposed to toe the line with him.

Well, runners are stubborn, and since I had started running again I thought I might try starting the race, running the first couple miles, and then head to the nearest train station or pick up a taxi to



watch the finish. That way I could at least be a part of the experience. I decided that I would wake up that Monday morning and make the decision to start. When I woke up that morning my ankle felt better than I thought it would after hours of walking the day before – all around the expo and up and down what seemed like endless steps in Fenway Park. I said a prayer, put on some comfortable running clothes, and Chad and I headed off to catch the bus to Hopkinton.

The feeling of being there was just awesome. Chad waited for my wave so we could start together. It was a very peculiar feeling starting a race that I didn't intend to finish. It didn't help when the announcer said only 3% of runners that start the Boston Marathon, don't finish. In my mind it was better to run a little of it than none of it.

It didn't take long after the start for Chad to disappear far off in the distance. I plodded along slowly and steadily. It was a different feeling being passed by what seemed an endless flood of runners. But I kept going. As I went I kept thinking about where I should stop and catch the cab and I kept making little goals for myself. I managed to keep up my slow jog for the first 6 miles and then started walking. As I went the crowd screamed and cheered; looked me in the eye and encouraged me to keep going. I heard my number a lot that day. After walking for a while I'd start jogging again and the crowd volume would shoot up a notch. The people cheering were taking back their city and their race following the tragic bombing in 2013. You could tell that they weren't going to give up and they didn't want you to either.

When you're doing a marathon at a slow pace, you have a lot of time to think. I was overcome with gratefulness for all the love, care, and support I received from my friends and family over those grueling months. I thought about every word of encouragement that I heard during that time and could feel the power of the prayers that were spoken on my behalf. My faith was growing stronger with every step.

As the miles wore on my ankle didn't feel a bit worse, but my muscles were feeling it big time. I could hardly believe it when I made it to the halfway point. I decided that I still had some jog in me so I continued. One foot in front of the other, I continued to transition between walking and the slowest jog possible. When I reached mile 16 I started getting emotional because I made up my mind that I was going to go for the finish. At that point I was pretty determined. Once I reached mile 18 I decided I was going to try and jog the rest of it.

The last couple miles were surreal. I just started jogging less than a week prior and never would have thought this was possible. It's pretty hard to describe how wonderful it was to cross the finish line that day. Without a doubt God carried me 26.2 miles and less than three months after breaking my ankle. To me, it was a miracle I experienced that day, which was far more meaningful than a PR. It took God, my amazing friends and family, a PT that cared, a good Doctor, and about a million spectators to help me cross the finish line that day. It might have been slow, but it was Boston Strong.

-Cassy Crouse



56th Annual RRCA Conference, May 1-May 5, Spokane, Washington

Lou King and I recently traveled to beautiful Spokane, Washington, springing for a 4-day excursion to the annual RRCA (Road Runners Club of America) conference. The Frederick Steeplechaser Running Club is one of 2300 member clubs of this national organization, and the conference brings together over 350 club board members, event directors, coaches and other members for four days packed full of informative sessions and member meetups.

This year the conference was held at the historic Davenport Hotel in downtown Spokane. We arrived on Thursday and headed to the conference registration area to get our credentials, conference program and swag bag.

The first event on Thursday afternoon was a series of informal round table discussions. Lou “Technology Dude” King chose to attend the session on Technology, hosted by a vendor specializing in club management tools. Meanwhile, I sat in on a discussion of “bridging the generation gap”, which focused on bringing younger members into our clubs and moving them into volunteer and leadership roles (so watch out, youngsters). We started meeting new people right away, reaffirming the notion that runners are some of the nicest folks around.



After a short run along the surprisingly wild Spokane River Friday morning, we ate breakfast with a rather large contingent from San Antonio, and then attended the general session on Insurance and Risk Management, presented by a representative of the RRCA insurance company. As an RRCA member club, we hold the standard liability policy, but there are a number of insurance options that we may need to consider as our club continues to grow. Later in the morning we attended a session hosted by the

RRCA rep for the Eastern region, and then headed to lunch where the keynote speaker was four-time Olympic athlete (2000-2012) Bernard Lagat. What a genuinely nice guy!

We split up Friday afternoon, attending sessions on teaming with retail running stores, and race emergency preparedness. Friday evening, we were bussed out of the city to the lovely Arbor Crest Winery for dinner. One of our newest best friends, Maurice from Oklahoma, rode the bus with us, and we determined in our discussions that he had finished the



Boston Marathon within seven seconds of Lou this year. Small world!

Saturday was busy with more sessions, including sessions on training programs, use of social media, best practices of club governance and road race medicine. The day concluded with the grand finale banquet in the evening. The food and company was great, and the awards were inspiring, but the highlight was listening to Deena Kastor give the keynote speech. In keeping with her humble demeanor, she focused on the help she had received from the RRCA Roads Scholar program which helps post-collegiate athletes begin their professional running careers. Deena went on to have a very successful career, of course, including a bronze medal in the 2004 Olympic marathon, the first medal for an American marathoner in 20 years. She has given back to the running community by serving on committees/boards for both RRCA and USATF. It was a true pleasure to hear her speak.

On Sunday, I ran in the 37th running of the Lilac Bloomsday 12k Road Race, said to be the largest road race in the world. The field this year was just shy of 50,000 registrants, down a bit from the average due to predictions for rain and wind. Let me just say that there were a LOT of people racing, jogging and walking this race. I can't even imagine the logistics of putting this on year after year. (As a first time race director of this year's Frederick Women's Distance Festival, I have a new appreciation for the concept of race-director-anxiety).

It was difficult to break free of the crowd for the first couple of miles, but it was all good fun. Timing mats are placed at the bottom and top of the 152 foot "Doomsday Hill" at mile 4.5, leading up from the Spokane River. Doomsday split times are reported with the race results, and I imagine that the locals view this as a race within a race each year. The anticipation is all part of the challenge, as you can see thousands of people shuffling up that hill as you cross the river. I didn't have a great race, but the results page shows that I was the top finisher from Ijamsville, Maryland! Full disclosure: I snagged this honor only because Lou was injured and not able to run.

Next year the convention will be held in Des Moines, Iowa. I think we'll go back and look up some of our new RRCA friends. Meanwhile, we are working with the FSRC board to incorporate some of what we learned to make our club even better.

Harriet Langlois



Frederick Steeplechaser
Women's Distance Festival
August 9, 2014



7:30am: Little Women 1k Fun Run 8:00am: 5k Run/Walk
Frederick Community College, 7932 Opossumtown Pike, Frederick

Our main event is the 5k Run/Walk where women runners and walkers of all ages and abilities enjoy the well-supported two-loop circuit on the campus of Frederick Community College.

We're pleased to announce the addition of our brand new "**Little Women 1k Fun Run**" for our younger runners, ages 13 and under! Strollers are welcome in this event.

Proceeds from the Frederick Steeplechaser Women's Distance Festival benefit the [Women's Giving Circle of Frederick County](#), a local organization providing grants to area non-profit organizations assisting women and children in need.

Finding Your Perfect Posture

Good posture is critical to strong, fast, and more importantly, healthy running. Good posture – where the spine, pelvis, and rib cage are lined up in the manner in which they were designed – allows for a strong, stable core when running.

The first element of good posture is engaging the transverse abdominal muscles, which stiffen the core from the hips to the ribcage, providing muscular support to the spine.

Finding your transverse abdominals

- 1) Stand up tall.
- 2) With your index fingers, find the bony bumps in the front of your pelvis near your belt-line.
- 3) Slide your fingers up about an inch.
- 4) Take a deep breath, close your teeth, and hiss for a long, slow exhale.
- 5) You should be able to feel muscles tighten up under your fingers. These are your transverse abdominals.
- 6) Figure out how to tighten the transverse abdominals at will and still be able to breathe at the same time.

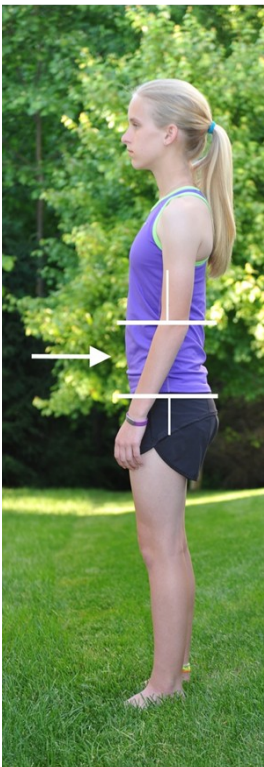


The second element to good posture is aligning the ribcage, spine, and pelvis in the manner the body was designed.

Properly aligning your spine

- 1) Stand up tall, sideways to a mirror.
- 2) Tighten your transverse abdominals slightly.
- 3) Imagine your pelvis as a bowl. Tip your bowl forwards or backwards until the rim of the bowl is level.
- 4) Imagine your ribcage as a bell. Tip your bell so that the rim of the bell is level, neither rung up nor rung down.
- 5) Shift your rib cage slightly forwards or backwards until your bell is directly over your bowl (ribcage directly over pelvis).
- 6) Unlock your knees slightly. Knees should be straight but not locked.
- 7) Where is the weight over your feet? Heels? Toes? Or somewhere in the middle?
- 8) If your weight is not in the middle of your feet, tip forwards or backwards ever so slightly from the ankles (not the hips) until you feel your weight evenly distributed over your feet.

This is Your Perfect Posture – tall, balanced, transverse abdominals slightly engaged, a body ready for action at a moment's notice. Use this posture every waking moment of every day.



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