



## INTERVALS

Newsletter of the Frederick Steeplechasers Running Club

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### President's Message by Lou King

There continues to be a lot going on in the club.

Our membership continues to build at an astounding rate – as of this writing (June 16, 2015), there are 638 members, eight more than we had at the end of 2014!

Our treasurer (and my better half) Harriet Langlois and I went to the Road Runners Club of America (RRCA) conference, and learned a thing or two. Some of it was pretty dry: insurance, risk management, strategic planning – but we also learned some fun stuff we hope we can implement soon.

FSRC continues to be a healthy organization. Of course we have a great set of members, but we are healthy financially as well. If you haven't seen it already, please take a look at our 2014 Annual Report – you might learn a thing or two you didn't already know about the club, and you can see our budget, etc., there as well. <http://steeplechasers.org/wp-content/uploads/2015/05/FSRC-Annual-Report-2014-final.pdf>

One of the ways we remain financially healthy is through our race support services business, managed by Mark Lawrence. We have booked 26 races for finish line services and/or course marking so far this year. These services are provided at a nominal fee to help small local races be successful. By the time our fall training programs start, we will have five RRCA certified coaches leading our training programs from the 5K through marathon distances, on road and trail – Roseanne Abdu, Billy Clem, Nicole Davis, Jan Harris and Luanne Houck. Please have a look at <http://steeplechasers.org/training/training-groups/> to learn more about our official training programs, as well as other running groups coordinated by Steeplechasers or other local organizations.

Note that Women's Distance Festival 5K training (women only – sorry guys) started June 15. Please head on over to <https://www.runningahead.com/events/fsrc5ktraining> soon to register. Fall marathon and half marathon training will be starting soon as well. Keep an eye out for emails and on Facebook for the announcements.

Have you seen our “brag corner” on the web site? If not, click over to <http://steeplechasers.org/membership/brag-corner/> (or go to [steeplechasers.org](http://steeplechasers.org) and click on Membership > Brag Corner) and see what people are talking about – also take the time to brag a little about yourself. First 5K? Longest run ever? Whatever you want to say goes here. These will also be captured in a section of the newsletter. Great suggestion by Brenda Jacobs in our “suggestion box”.

Have you ever written a race report? Do you love a particular area to run? Have anything else you'd like to share? Please consider writing an article for the *Intervals* newsletter. You can send a word or text document to *Intervals* editor Malcolm Senior at [newsletter@steeplechasers.org](mailto:newsletter@steeplechasers.org) for inclusion.

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**FSRC - 2015 Officers**

President – **Lou King**  
Vice President – **Javier Montenegro**  
Secretary – **Sage Norton**  
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  
Training and Education - Javier Montenegro  
Public Relations - Ali Bierly  
Technology - Lou King  
Newsletter - Malcolm Senior

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Ooo, ooo, we got a sponsor for our racing team! New Balance of Frederick has agreed to provide singlets and jackets to the team members. I can't wait to see them! What? You don't know about the racing team? Well head on over to <http://steeplechasers.org/competition/racing-team/> to learn more about the team and how to qualify. If you are one of our speedier members, please consider joining the team. Applications are being accepted through the end of June for the July 1, 2015 thru June 30, 2016 racing team membership year.

The summer decathlon (track series) has started, and we had a great turnout for the first event, the 1600m, and an even larger turnout for the second event, the 600m. I am seeing lots of new faces, and leading up to the first event there were a lot of questions. If you are considering running in the decathlon and have no idea what it is about, please go to <http://steeplechasers.org/competition/#sdecath> to learn more.

And don't forget to RSVP for the summer picnic, which this year will be held at Utica District Park, Shelter #1. Please see <http://steeplechasers.org/events/fsrc-summer-member-picnic/> for more information including how to RSVP. This event is for paid Steeplechasers members only, as always – this is one of the perks of membership.

And finally I am very excited about this: We will be having a General Membership Meeting in October at the Delaplaine. This is going to be a great meeting because it will incorporate short movies from Trails in Motion Film Festival and a celebration of our 40<sup>th</sup> anniversary – yes we were incorporated way back in 1975! Stay tuned for more details.

Well, that's all I can think of for now – I hope to see you around town soon.

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**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](mailto:newsletter@steeplechasers.org)**

## John and Mike Lewis Memorial 10 Miler – A Spartan Runner's Run

By Larry Cunningham FSRC member

Every year in late January or early February, depending upon snowfall, hearty Steeplechasers migrate to the West hills of Frederick to run the Lewis Run from the Eastview Barn. This year was predictably cold but the unprecedented turnout of 65 enthusiastic runners seemed to warm the air a few degrees... Undeterred, these shivering runners, with a noticeable air of nervous doubt, assembled at the start waiting for the starter's horn. Once begun these brave runners cast doubt aside and forged up the first of a series of hills portending a tough run. Some of you may have wondered who was John Lewis? If this run in any way reflects something about this man, one thing is clear, he must have been tough!



The Lewis run has been held for more than 25 years to honor the memory of John and his son Mike Lewis, early members of the Frederick Steeplechasers. The run has always been challenging and long...as long as 14 miles some years ago. It is now a 10 solid miles that challenges all from veteran runner to newbie alike. John's life story is a true reflection of his run's namesake. Possessing a tough background and character exemplifies the old school, a throwback approach. John's legacy is aptly represented in this run. Born on the Mediterranean island of Corsica and having fought with the Free French in World War II, John immigrated to the United States and continued to tackle challenging endeavors ranging from politics to running. However, his path to America was hardly typical. After joining the French Navy and facing a foreboding future, he and a shipmate jumped ship and swam to the Virginia coast. After figuring out where the war was headed, John reconnected with Charles de Gaulle's Free French Forces in Egypt. Eventually settling in America and ultimately Frederick, "Jean Louis" changed his name to John Lewis and became a stalwart runner and faithful Republican. Despite an unsuccessful bid for Mayor, John delved into politics the way he did life...“with astonishing life force...as a true gentlemen” as described by Roy Meachum in John's Frederick Post obituary on October 19, 1992.

John Lewis was the president of the Steeplechasers in the late 1970's. A Republican candidate in the city's mayoral race and a prolific marathoner until well into his 70's (to the tune of one marathon a week), John personified the character of the Lewis Run. Brent Ayer, former Steeplechaser President, excellent runner and Head Track Coach at Hood College, remembers asking John why he ran so many marathons? He responded, “Where else can an old man find a closed course with traffic control for his long runs?”

Difficult endeavors are typically not sought after. I am reminded of the quote: “If it was easy, it would be crowded.” This normally describes those difficult and trying tasks that reward one with hard earned but delayed satisfaction.

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The Lewis Run, in local runners' race parlance, symbolizes that or at least has for many years given the relatively small fields it attracts. Having run and witnessed several course iterations of this race, one thing has remained constant—it always promises and **delivers** a very cold and relentlessly hilly 10 miles to challenge even the fittest runners. In the past few years however, I have noted a significant increase of very willing participants of varying abilities tackle this event with unbridled enthusiasm! Maybe this is due to the expanding membership, the increasing stress in our lives or the fact that this is a *predicted time* run providing some race anxiety relief from the get go. It is hard to tell. These possible explanations aside, it is still a **very** challenging run. For this year's run a record 65 posted and finished!



In the case of the Lewis Run, the Byron Run, the John F. Kennedy 50 - Mile Run and other notably challenging running and related events, the earlier quote should be amended as follows: **“If it is difficult and renders a hard fought reward, it will be crowded with Steeplechasers...”**

Perhaps Mr. Meachum characterized John's life best with his quote: **“His was a spirit of unsurpassed lightness of being, rarely slowed by what passes in this world for the difficult or even the impossible.”** Apparently John's legacy is felt not only on the hills of the Lewis run but endures in the enthusiasm of the Steeplechasers...

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### Education Nights

By Pam Geernaert FSRC Member

The Education Nites have been a great success. Steeplechaser members had the pleasure of meeting with some of the top people in their fields. To recap, we started Ed Nite with Rehab 2 Perform, RPMotion and Dr. Bell. The focus of the night was on taking care of our bodies. Dr. Bell spoke of common foot issues, Zach Baker of R2P led us through some warm up and agility drills and RoseMarie Calas gave members a tour of their massage area. Ed Nite 2 was with Amy Goldsmith of Kindered Nutrition. Amy gave members a greater understanding of the need to fuel while running and it's importance to performance. Ed Nite 3 was with Brent Ayer, head coach of Hood College's Cross Country and Track team. Brent gave members information on performance goals. Ed Nite 4 was with David Levine and Mark Acierno. Members tried out the Alter G treadmill and the recovery pool as well as getting gait analysis and shopped for New Balance Shoes. Ed Nite 5 is with Lori Cooper. Lori is an Ultra running coach and will highlight some trail running skills. Each event has been well attended with between 30-60 people at each event.

Ed Nites will be on hold over the summer and will resume in late July to correspond with the Marathon Training Program. If you know of a service provider that you think would be a great "teacher" for Ed Nite, please let me know at [education@steeplechasers.org](mailto:education@steeplechasers.org)

# Social Committee

## Put the date on your calendar: Utica Park July 12<sup>th</sup> Steeplechasers Picnic

Remember Steeplechasers the date has been set for our annual picnic. The date is July 12<sup>th</sup>. This year will be different than the last two. The picnic will be held at Utica Park. We have reserved a picnic shelter with plenty of space for our expanding group of runners and their family's. The park offers amenities such as a playground, soccer field, ball fields, horse shoes, and volleyball. We would like to get input from Steeplechasers old and new to make our picnic a success. Any Steeps that would be interested in helping Ruth Taylor and I (Art Gregory) to make this annual event a "must attend" event for future years let us know. We will be happy to hear from you. Again our goal is to make this an inclusive event for all the Steeps family. Suggestions will be appreciated, it's your picnic we want to hear from you. We have many new members and a lot of different running groups. This is an opportunity to all be in the same place at one time to meet greet, and have fun together.

We would like to get a few Volunteers to meet with Ruth and I for additional input. We were thinking one planning meeting in June hopefully with a new member or two. If you would like to help you can email Ruth or I at the following:

Art, [artg1e@hotmail.com](mailto:artg1e@hotmail.com)

Ruth, [rxtaylor9@gmail.com](mailto:rxtaylor9@gmail.com)

### Utica District Park

#### Location

10200-B Old Frederick Road  
Frederick, MD 21701



### BRAG CORNER

Name	Event Date	Brag Text
Meaghan Vance	6/6/2015	Set a 10 Miler PR at the Baltimore 10 miler! 1:29:47
Ali Bierly	5/25/2015	26:28 at the Parkway Panda 5k... Best 5k time since I started running again!
Luanne Houck	5/9/2015	Ran Running with the Cows half marathon in Kansas which completes my 28th state!
Ali Bierly	5/3/2015	PR'd by almost 15 minutes at the Frederick half! Next stop, breaking 2h!
Robbie Blaylock	5/3/2015	Ran my first half (Frederick Half) at a time of 2:26.
Kathy Turk	5/3/2015	Ran 5K beside my daughter, brain cancer survivor + my inspiration to run
Mike Geisler	4/25/2015	Ran a 19:45 NMES 5K. I set a goal to break 20 minutes a few years ago....BOOM!!





Kindred Nutrition - Amy Goldsmith  
700 Montclair Avenue Suite A  
Frederick, MD 21701



## Breakfast: the most important meal before the run

- ▶ After a long fast during sleep it's important to refuel your glucose for energy. The latest fad is to exercise on an empty stomach in the hopes of promoting fat burning which will eventually aid in losing fat. This only happens if you have a total calorie deficit at the end of the day. Bottom line: Carbohydrates will help with endurance and speed.
    - One hour before run eat 200-300 calories and about .5g of Carbohydrates per body weight
    - Focus on lower fat to prevent GI complications
    - Focus on low to moderate fiber to prevent GI complications
    - Focus on lean protein
- Example: 1 average bowl of cereal with skim milk and a banana OR 2 pieces of whole wheat bread with a Banana and light margarine OR 1 English Muffin with 1 T Peanut butter & 1 T Honey.
- ▶ Any exercise over 60 minutes you must eat 100-250 cal/hour or 25 to 65 grams of carbohydrate. The goal is to maintain normal blood sugar to feed your brain which helps concentration, focus, and mental stamina.

## Refueling

- ▶ When running 45-60 minutes or under it is not always necessary to refuel yourself after your run. You are most likely nourished enough to get you through your next snack.
- ▶ When running 60 minutes or longer at a moderate to high intensity you should refuel within 30-45 minutes. You only need about 100-200 calories focusing on a carbohydrate and lean protein (only need a product that has 10 grams of protein or less) try 8-10 oz of chocolate milk.



## Hydration

- ▶ Sweat Test: Weigh yourself prior to an hour run when you think you are adequately hydrated. Weigh yourself after. Each pound lost needs to be rehydrated with 16 oz of water. If you drink water during your run you also add this to the rehydration equation.



- ▶ Keep in mind the sweat test is not accurate if you are already dehydrated. Choose to do this test on a day you are adequately hydrated.
- ▶ Drink 7-10 oz one hour prior to run, about 4-6 oz (individualized) every 15-20 minutes during run. Monitor how you feel to avoid dehydration as well as hyponatremia.

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- ▶ If you are eating something that has electrolyte replacements then drink water for hydration. Drinking an electrolyte replacement drink with something like a GU can cause GI distress.
- ▶ When running for longer than an hour focus on electrolyte replacement.



## Weight Management

- ▶ Muscle weighs more than fat. It is completely normal for runners to stay the same weight on the scale when training but to shift body fat, size etc as muscle composition increases. Try not to focus on scale.
- ▶ Water retention plays a role in the number on the scale. (Remember sweat test).
- ▶ If you are not fueling yourself appropriately your body will enter the “starvation zone.” At this point it is impossible to lose weight. You must fuel appropriately to encourage weight loss.

## Carbohydrate Loading

- ▶ Long distance runners should be carb loading DAILY. Carbohydrate intake should be 4-10 grams per kilogram of weight per day (kilograms = lb/2.2 recommendation depends on distance/duration). This is proven to prevent glycogen depletion which promotes the BONK.
- ▶ Maintain same intake during taper. Since you will not be burning 600-1000 calories a day you will double your glycogen stores which will help you run harder 3 hours in.
- ▶ You are carb loading correctly if you see a 2-4# weight gain during training. For every 1 oz of carb you eat you absorb 3 oz of water, this also helps prevent dehydration.
- ▶ Eat enough protein. You need about .6 g of protein per pound of weight. Focus on at least 2-3 3oz servings of protein throughout the day PLUS an additional 2-3 from dairy.
- ▶ Do not fat load
- ▶ Increase fiber to prevent constipation. At times people feel bloated when carb loading. It helps to provide relief if bowel movements are regular.

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	ITEM	CARBOHYDRATE GRAMS	CALORIES
<b>Natural Carbohydrate Choices</b>	1/3 CUP OF RAISINS	40	150
	1 MEDIUM BANANA	25	105
	10 DRIED APRICOT HALVES	20	85
	CORN ½ CUP	15	70
	PEAS ½ CUP	10	60
	GRAPE NUTS ½ CUP	48	210
	RAISIN BRAN 1 CUP	45	190
	LOW FAT GRANOLA ½ CUP	40	190
	MILK 1 CUP	12	120

**Foods to Incorporate plus the Why and the How**



**Almonds** – Great source of protein plus vitamin E which is an antioxidant. Training for a marathon can put your body under oxidative stress which can affect your immune system. Add almonds to salads, yogurt, cereals and more to incorporate into daily diet.

**Eggs** – The highest biological value of proteins, eggs provide all amino acids plus they have a good amount of vitamin K which is needed for healthy bones. Add eggs to sandwiches, burritos, salads or more. A hardboiled egg is always a great snack paired with a complex carbohydrate.

**Oranges, Sweet Potatoes, and Grapefruit** – All provide vitamin C as well as carbohydrates. Vitamin C is proven to help with muscle soreness. It is also another antioxidant which can help with oxidative stress. All are great for a snack or as an addition to complete a meal.

**Beans** – A great source of protein and fiber, beans also have lots of the B vitamins which are proven to help with heart health and circulation. Add Beans to your salads, rice, burritos or more. Beans also make great dips for snacks.

**Salmon**- A great source of Vitamin D and Omega 3’s. More research indicates that endurance athletes are at more risk of being deficient with Vitamin D (an important immunosuppressant). Omega 3’s also decrease inflammation. Salmon is easy to cook for dinner but also tastes great on a salad or even as lox on your morning bagel.

**Dairy**- The best source of calcium, needed for bone strength and also Vitamin D. Choose dairy that has probiotic strains included. Probiotics are proven to increase good bacteria which decrease inflammation. You should have at least 3 servings of dairy a day. Add yogurt for a quick snack or drink milk at meals or for recovery.

**Dark Chocolate** – As a great treat, dark chocolate is high in flavonols which boost heart health. Flavonols are also an antioxidant which helps ease inflammation and prevents blood from being “sticky.” Dark Chocolate can be a treat. Focus on portions. Moderation is best. You can add dark chocolate as a boost to muffins and breads and utilize as a breakfast before your long run.

**\*\*Please note the information above is generalized. All individuals have a different nutrition prescription that depends on caloric needs, lifestyle, activity factors, genetics, and co-morbidities. For specific concerns or side effect please consult your dietitian or doctor.\*\***

Natural Carbohydrate Choices	ITEM	CARBOHYDRATE GRAMS	CALORIES
	LOW FAT CHOCOLATE MILK 1 CUP	26	157
	FIG NEWTON 2	22	110
	HONEY 1 T	15	60
	YOGURT 6 OZ	26	150
	ALL NATURAL FRUIT SNACK (1 POUCH)	19	80
	BERRIES 1 CUP	12	60
	APPLESAURCE ½CUP	14	60
	GRAPES 1 CUP	28	120



## Spring 2015 Steeplechasers Half Marathon Training Program Wrap-up

By Billy Clem - Half Marathon Group Organizer

We just finished up the Frederick Half Marathon which means the Steeplechaser's 2015 Spring Half Marathon training has just finished up as well. Here's a brief summary of this year's program.

We really seized on the popularity of The Frederick Half Marathon and marketed this year's Half Marathon Training a little more aggressively than we had in the past. We used word of mouth, email, the newsletter, and the new Steeps website to get the word out but I think it was the constant posts and updates on the Steeps Facebook Page that really increased the participation. We had used Facebook in the past but this year it just ended up being the easiest way for members, coaches, and Steeplechaser's board members to interact with each other. It was an easy way for us to answer questions, post important dates, get feedback, and build excitement from the participants and coaches talking to each other. Many of the posts were created by the participants and membership at large. I felt this was a perfect way to really establish the participants as the ones creating excitement and taking ownership of the program — something I made an effort to improve upon with help from Luanne Houck, Chad Ahalt and Jan Harris. What this popularity yielded was our highest training program participation yet with a 119 members in all. This made the program much easier for me to run because every person had a pace partner at every run. While we never had 119 people show up at a time, we usually had between 25-60 people despite horrible weather for the first few weeks of the program. It was the consistent turnout and positive attitudes that really fueled the excitement for the program.



I found the biggest challenge to be balancing the needs of the more advanced runners with the newer runners. We wanted to add an intermediate program to the Half Training the same way Jan and I had added the beginner program to the Full Marathon training last summer/fall. I still wanted us to all run together so I added any extra mileage from the Intermediate program to the end of our runs. We really wanted to emphasize building a strong base and the confidence of our newer runners but I found myself losing focus on tempo and speed training with the more advanced runners. I did recognize this early on but think I could have done a better job and will moving forward.

We encouraged the members to participate in any area of expertise they may have (PT, Nutrition, Stretching, etc.) and was happy that members like Roseann Abdu and Nicole Davis showed initiative and really helped their fellow participants, myself, and the program at large. We encouraged communication within the pace groups to build relationships and group runs on our "off days" and saw many members running together more than just the two days a week we met. I consciously referred to the training group as "your group" or "our group" and our members really took that to heart by helping and encouraging one another. The experienced runners provided their knowledge to the newer runners and the newer runner's enthusiasm really helped energize the more experienced runners.

Some new aspects from this year:

- ▶ Thanks to John Kippen and John Leonardis at If The Shoe Fits for hosting our initial informational meeting. This event was a huge success and really helped many members decide whether they were ready for half marathon training or not. Continued on next page ..

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- ▶ Thanks to Jan Harris and Harriet Langlois for their turn by turn direction ideas from last year. This year I printed out easier to read and follow turn by turn directions where every other line was highlighted and mileages were added at most of the turns. Because we made an effort to really mix up the routes, this ended up being very time consuming but I saved all of our routes and turn by turn directions in a file for future use.
- ▶ Thanks to Pam Geernaert for lining up great educational speakers over the course of the program.
- ▶ Thanks to our Steeplechasers Vice President, Javier Montenegro for seamlessly weaving the education aspect into the training programs by coordinating all of us.
- ▶ Thanks to our new President Lou King for not only helping out with the technical side of things but also coordinating the sign up with Runningahead.com and our weather notification program.

*(None of these people get paid for their contributions to the training programs or the club as a whole. The team behind the club operations is always working hard and the training programs are just one of many things they make possible.)*

By this fall, Luanne Houck, Jan Harris, Roseanne Abdu and I will all be certified coaches through Road Runner's Club of America. This will help us better understand the needs of our participants and will give us a great knowledge base to share with the club. Our goal is to improve upon these programs with each passing year and here are some ideas we have for fall 2015 and beyond.

- ▶ What I think we can improve upon (this is before the feedback is collected from the participants)
  - More emphasis on Tempo runs and other speed work
  - Finding better ways to cross promote the program through avenues other than the Steeplechasers (mom running groups, local businesses, the Frederick Running Festival website, large neighborhood newsletters or websites)
  - Finding a better balance of pushing the intermediate runners while not losing focus on guiding our newer runners through the basics. Think having a second coach or an assistant will greatly help with this.
  - More social events other than happy hours such as ice cream after Tuesday night runs or breakfast after the Saturday morning runs to encourage family participation.
  - Better promoting the Frederick Running Festival on course training runs.

I definitely had a blast this spring and enjoyed the group runs, the happy hours, the comradery, the enthusiasm, the race, and the post-race party at The Steeps tent. I personally got so much out of this program because of the core collection of runners that this particular group had. Thank you all so much for a great experience from start to finish!

**Happy Running Steeplechasers**



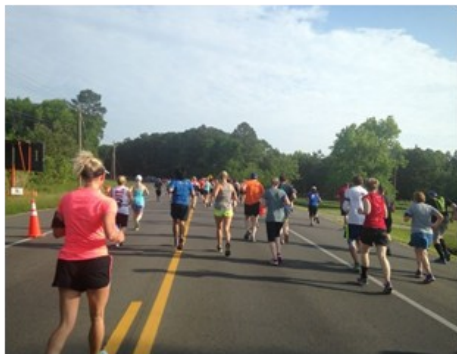
**Half-Marathon Report**  
**Saturday May 16, 2015**  
 By Crystal Tressler FSRC Member



Only one word comes to mind when thinking of St. Michaels, MD; **RELAXING**, and somehow that seemed to apply to the running festival there, too. With over 2,000 runners spread over 3 races in this tiny harbor town (5k, 10k, and half marathon plus a kids' fun run) there wasn't any overcrowding, even at the critical water stations and porta-pots. As a first-time half-marathoner, this was the calmest race start I've ever had. Knowing that I had a long way to go, I went out slower and cooler than I would have for a shorter race. With a start time approaching 8am, the sun was bright but the course afforded some long stretches of shade. Weaving through golf club estates and country roads, the course unfortunately missed out on water views so nearby. Mostly out of town roads meant cheerleaders were few and far between making it a quiet, serene run. Several loops in



*Quintessential St. Michaels*



*Most of the course looked like this!*

the course gave the opportunity to catch a glimpse of the leaders and cheer on friends. Other than that momentary high five in an out-and-back, the relaxed atmosphere made it difficult to find the energy to push faster than a comfortable pace. Thankfully there were no hills to impede that comfortable pace. Ten out of the 13 miles had less than a 10 foot change in elevation 😊 As the sun quickly warmed to about 80 degrees, I stayed cool by showering myself with 2 or 3 water cups at each station. Finishers were welcomed with the usual fare of water, oranges and bananas plus homemade PBJs from the local market! With the sun high in the sky, shade would have been heavenly around the chute as onlookers and finishers

gathered to see their friends cross the line. After getting massaged and a crab cake (it is St. Michaels after all!) my party said goodbye to the now nearly empty streets. St. Michaels had a well-organized 4<sup>th</sup> annual running festival that was worry-free for the runners and immersed in small town charm.

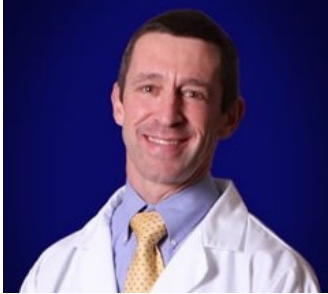
Editors note:

This was Crystal first half marathon. Having participating in the half marathon training group Crystal finished in an excellent time of 2:09.36



*Inside the chute at the finish*





## Foot & Ankle Specialists of the Mid-Atlantic

Doctor Levine - FSRC Member - Podiatrist - Frederick, MD

My passion to run began 40 years ago at the urging of my sister. Through high school, college, my practice, high school coaching and now exciting new running related endeavors, running has been my motivator.

During the running boom of the 1970s is when I got hooked. That was back in the day when the training priority was quantity - not quality. In fact, my high school mileage topped out during one summer week at 125 miles. Collegiate summers were routinely 80 plus miles per week. The miles continued to pile up; often running through injuries and even the day after getting 4 wisdom teeth out.

Never wanting to miss a day, my running streak took on its own life. Sadly, I learned that there are two ways to break a streak, voluntarily or involuntarily. My streak halted abruptly with the latter having sustained a severe foot injury 2 miles into an easy run - December 23, 1981. Even though my collegiate career was cut short and the next few years were filled with injuries, recovery and ultimately 4 surgeries, my desire to run never faded.

Although it is often challenging to make sense of your life while immersed in it, the road I chose led me to a career in feet and a passion for treating sports injuries - especially those associated with running. Having put in my time in the treatment chair - as a patient - I really wanted to know what it would feel like to be in the doctor's chair instead. I studied hard and focused on the opportunities consistent with my love of running.

A sports medicine fellowship and the opening of my practice in the late 1980s allowed me the freedom to follow that passion. At that time the Steeplechasers consisted of only hardcore runners like Tim O'Keefe.

As my practice developed, I discovered areas of need, one of them being footwear. I opened Walkright in 2010 that has since evolved into New Balance - Frederick. We are now the official sponsor of the FSRC teams. All of the New Balance - Frederick staff are very knowledgeable and intimately familiar with the fit and function of the New Balance brand. From the minimalist Fresh Foam to the stability of the 1540 -- and everything in between. Service and selection are the keys to success - as well as keeping up with the latest footwear technology and trends.

Consistent with the concept of keeping people active, another opportunity arose. Resulting from connections with like minded professionals (Mark Acierno, PT (Frederick Sport and Spine and Wray Pianta, PT)), we embarked on a venture called [www.Frederickantigravityrunning.com](http://www.Frederickantigravityrunning.com). Our company is centered around the use of the Alter G (antigravity treadmill). It is the latest most innovative way to keep injured athletes active and running. Our Alter G has the potential to get runners running as part of their rehab, enhance and increase mileage, and even aid in weight loss.

The ability to put one foot in front of the other is such a seemingly simple act that many of us take for granted until an injury strikes. Unfortunately, the only time you really understand this is when you can't put your shoes on and go out the door. Through my practice, shoe store, and now Frederick antigravity running, there are many ways to keep you pounding the pavement and doing what you enjoy.

**Maryland State RRCA Championship Series Schedule 2015**

**Maryland State RRCA**



- 1<sup>st</sup> Race - [Mid-Maryland 50K](#) was run Sunday 2/07/15 - 8:00 a.m.
- Race [MD RRCA Challenge](#) was canceled Sunday 2/22/15—  
Substitute race will be run September check website for details
- 2<sup>nd</sup> Race [Half Metric Marathon](#) was run Sunday 4/12/15 - 8:10 a.m.
- 3<sup>rd</sup> Race [Springburst 8K](#) was run Saturday 4/18/15 - 9:00 a.m.
- 4<sup>th</sup> Race [Germantown 5M](#) was run Saturday 5/16/15 - 8:30 a.m.
- 5<sup>th</sup> Race [Bel Air Town Run 5K](#) will be run Sunday 6/07/15 - 8:00 a.m.
- 6<sup>th</sup> Race [Dog Days 8K](#) will be run Sunday 8/02/15 - 8:00 a.m.
- 7<sup>th</sup> Race [Larry Noel 15K](#) will be run Sunday 9/06/15 - 5:00 p.m.
- 8<sup>th</sup> Race [Market Street Mile](#) will be run Saturday 9/12/15 - 8:45 a.m.
- 9<sup>th</sup> Race [Dave Herlocker Memorial Bachmann Valley Half Marathon](#) - Sunday 9/27/15 - 8:00 a.m.
- 10<sup>th</sup> Race [Northern Central Trail Marathon](#) will be run Saturday 11/28/15 - 8:30 a.m.

Results page: <http://www.racepacket.com/james/rrca916.htm>

A championship series open to all members of clubs of Maryland affiliated to the Road Running Club of America (RRCA). The 10 races are different distances at locations throughout Maryland, with only four races needed to qualify for the series. There was a change in the schedule for 2015 with the addition of the Mid-Atlantic 50K, first time they have had a race longer than the marathon. The club challenge in February was cancelled due to weather conditions, a substitute race to be arranged in September. Each race is scored individually with points allocated to finishing position in the race with Male/Female overall category and age groups of 5 years increments.

Frederick Steeplechasers were represented at the Half Metric Marathon, Springburst 8K, Germantown 5 Miler and the Bel Air Town Run 5K



**Frederick Steeplechasers members after the Half Metric Marathon below and after the Bel Air Town Run 5K on the left**



With 6 races still on the schedule FSRC members have the opportunity to compete.





## Buffalo Marathon

By Jill Cameron

Like many marathon runners before us, my husband and I are on a quest to complete 50 marathons in 50 states. While still in the early stages of this pursuit, I have run 18 marathons in eleven states over the years. I have hit the

mountains in Idaho and Colorado, had a bitter sweet experience at the Boston Marathon in 2013, and enjoyed some alligator after the North Charleston Marathon in South Carolina.

However, one of my favorite marathons so far has been the Buffalo Marathon in New York. It is a Boston Qualifier race with a palatable entry fee of \$70 if you register early. In 2015, Buffalo boasted a new relatively flat and fast course, great volunteer support and a scenic view of downtown's waterfront and its major landmarks. A highlight was running along the shores of Lake Eerie.


This year's race was sold out with a total of 7600 runners. The marathon also had a half marathon and a relay for those who wanted a shorter distance. The expo was well organized and even included speeches covering topics such as recovery, training and bio-mechanics. We were fortunate enough to hear Bart Yasso, the Mayor of Running, share lessons, wisdom, and insights he has learned from running in more than 1,500 races around the world.

The morning of the marathon was stress free and filled with athletes that were excited to be running on this simply beautiful day. Last minute bathroom stops before the race was short and quick. After the national anthem was played, the gun went off and runners filled the streets of downtown Buffalo. Flags of red, white, and blue were carried by runners throughout the course to remind us of the men and women who paid the ultimate price for the freedom we have today. For those who were going for a goal, there were pacers provide. The support along the way was plentiful with water and Gatorade stations available every two miles and cheering and happy faces at every stop. There were also bands and music along the course to keep us motivated. At the end, we were given our medals by players from the Buffalo Bills!

Buffalo is a smooth seven hour drive from Frederick with some quaint little towns along the way to stop in to stretch your legs. Ellicottville is a great lunch stop if you decide to drive up for the marathon. Once on site, you are just a short 20 minute drive to Niagara Falls; Beautiful!.



*Note: Don't forget to bring your passport if you plan to venture into Canada.*

So, if you want a convenient marathon that is not too crowded, has plenty of support and pretty cool medals, check out the Buffalo Marathon. **New York:** 



## Racing Team

By Sage Norton FSRC Secretary

If you think you are fast enough to represent FSRC as a member of our Elite or Developmental Racing Team, we want you! Our racing team showcases our talented and competitive Steeplechasers in races throughout Maryland and Washington, DC.

The idea for a Steeplechasers Racing Team began early in Spring 2014. For a little over six months I researched other racing teams in the area, using Howard County Striders, Montgomery County Road Runners Club, and Potomac River Racing as a guide for establishing qualification standards, volunteer standards, and a general stepping-stone to start on the right foot. After establishing a baseline for qualification standards, Lou King, chief technology guy and race result connoisseur and I analyzed all of the Steeplechasers racing results from 2014. We adjusted our qualification standards accordingly and finalized our standards based on these results.

The standards are based off an age grade percentage, the minimum required Elite Team percentages are 76% and 75%, respectively for men and women, the minimum percentage for the Developmental Team are 73% and 71%. It is required that you have achieved this standard in a minimum of one race in the year prior to the date of your application, race distances can range from the 5k to marathon. The racing team accepts applications at two separate times during the year, in December and in June. Your racing team membership will run for one calendar year from either January 1 or July 1.

Team members will need to commit to competing in a minimum of three of the published races in our annual calendar, plus one choice race. For 2015 a few of the races nominated by our Racing Team Committee are the Club Challenge, Frederick Half Marathon, Rockville Rotary Twilight 8k, and King of the Road 5k. Many of our chosen races are a part of the Maryland Grand Prix Series.

Our current Racing Team is comprised of 14 individuals:

Elite Men & Women: Art Gregory, Malcolm Senior, Josh Henson, Steve Dobson, Katelin Peropat, Keary Johnston, Ruth Taylor, and Sage Norton

Development Men & Women: Jason Judd, David Welch, Chris VanSant, Shannon Matthews, Lorraine Sullivan, and Pam Monaghan-Geernaert. If you are interested in reading more about you can find their bios on the Steeplechasers website under the Racing Team link.

Thus far this spring the team members have turned in some very impressive races and times. Malcolm Senior, Art Gregory, and Ruth Taylor have each made their presence known on the Maryland Grand Prix Series, either placing or winning their respective age groups in multiple races. On the women's side Sage Norton, Katelin Peropat, Shannon Matthews, Pam Geernaert, and Lorraine Sullivan placed 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, and 7<sup>th</sup> at Parkway Panda 5k, while the men, Josh Henson (Parkway Panda 5k Race Director), Jason Judd, Steve Dobson and Malcolm Senior placed 3<sup>rd</sup>, 5<sup>th</sup>, 9<sup>th</sup> and 11<sup>th</sup>. Be on the lookout for more Racing Team results coming soon to the Racing Team link. Racing team results are tabulated on the following page.

We were fortunate enough to have New Balance Frederick pick up our team for sponsorship. They have been kind enough to provide us with racing uniforms. Before long you will find our Racing Team sporting our new singlets in all of our local races.

If you are interested in applying to be a team member, you can access an application on our website from now until June 30<sup>th</sup>. If you have questions about the team, please e-mail Sage Norton, Racing Team Coordinator at [racingteam@steeplechasers.org](mailto:racingteam@steeplechasers.org).

## Racing Team Results

Date	Race	Athletes / Results
6/20/2015	FPC - TRP Stampede	Josh Henson 20:48 (2nd)
6/20/2015	Grandma's Marathon	Sage Norton 2:46:34 (31st)
6/7/2015	Bel Air Town Run 5k	Malcolm Senior 20:05 (1st AG), Steve Dobson 19:31 (2nd AG), Ruth Taylor 21:38 (1st AG)
6/6/2015	Baltimore 10 Miler	Chris VanSant 1:08:37, Malcolm Senior 1:24:44 (Pacer), Pam Monaghan-Geernaert 1:33:59 (Pacer), Loraine Sullivan 1:22:04
5/25/2015	Parkway Panda 5K	Sage Norton 18:06 (1st), Katelin Peropat 19:35 (2nd), Shannon Matthews 20:06 (3rd), Pam Monaghan-Geernaert 22:34 (1st AG), Steve Dobson 19:54 (1st AG), Malcolm Senior 20:29 (2nd AG), Josh Henson 18:15 (3rd), Loraine Sullivan 23:33 (1st AG)
5/16/2015	Germantown 5 Miler	Malcolm Senior 33:52 (1st AG), Art Gregory 0:41:49 (1st AG)
5/16/2015	Capon Valley 50k	Pam Monaghan-Geernaert 7:47:00, Loraine Sullivan 7:47:00
5/9/2015	Knights Dash 5k	Ruth Taylor 22:56 (2nd)
5/3/2015	Frederick Half Marathon	Sage Norton 1:20:54 (2nd), Shannon Matthews 1:32:30 (2nd AG), Steve Dobson 1:30:42 (3rd AG), Malcolm Senior 1:54:17 (Pacer), Art Gregory 1:59:07 (1st AG), Pam Monaghan-Geernaert 1:58:48 (Pacer), Josh Henson 1:28:11, Jason Judd 1:28:24, Ruth Taylor 1:39:35 (2nd AG)
4/26/2015	Pike's Peek 10k	Ruth Taylor 44:37, Pam Monaghan-Geernaert 46:34, Art Gregory 50:20 (2nd AG)
4/22/2015	Westminster Mile	Ruth Taylor 5:53 (1st Masters)
4/20/2015	Boston Marathon	Loraine Sullivan 4:00:57
4/19/2015	Clyde's 10K	Malcolm Senior 43:36 (1st AG), Pam Monaghan-Geernaert 48:10:55 (3rd AG), Ruth Taylor 46:35 (1st AG), Art Gregory 52:19 (1st AG)
4/12/2015	Cherry Blossom 10 Miler (short)	Sage Norton 56:59 (24th)
4/12/2015	Kent Island 1/2 Metric Marathon	Malcolm Senior 57:48 (1st AG), Ruth Taylor 01:02:49 (1st)
3/29/2015	Mission 10 Miler	Sage Norton 1:03:08 (1st), Steve Dobson 1:08:01 (1st AG), Malcolm Senior 1:24:10 (Pacer), Pam Monaghan-Geernaert 1:34:39 (Pacer)
3/22/2015	Shamrock Marathon	Pam Monaghan-Geernaert 3:43:35, Ruth Taylor 3:35:44
3/22/2015	Shamrock Half-Marathon	Loraine Sullivan 1:53:55, Art Gregory 1:59:51 (1st AG)
3/14/2015	Forest of Needwood	Katelin Peropat 33:47 (1st), Malcolm Senior 35:35 (1st AG), Steve Dobson 33:32 (1st AG), Pam Monaghan-Geernaert 37:48 (1st Masters), Ruth Taylor 37:18 (3rd)

Results Continued on next page ..

**FSRC Signature Races**  
 By Harriet Langlois FSRC Treasurer

We're coming up on the trifecta of Steeplechaser signature races. Each year, we pack a lot of action into a brief 6-week period with the Frederick Women's Distance Festival (August 8), the Market Street Mile (September 12) and Rick O'Donnell 5.22 Mile Trail Run and Ultra-Challenge (September 20). Of course the planning and preparation for these races goes on for months ahead of time, as the committees work on all the little details required to pull these races off smoothly. In all, we will likely have around 1000 participants among these three events.

Our three signature races fund our club's commitment to charitable-giving, with net proceeds going to three nonprofit organizations. Our approach is to allow the race director to propose the organization that will be the recipient of the race proceeds. The FSRC executive board votes to approve the race director's choice after reviewing the proposal to ensure that it meets certain guidelines. This year we will again be donating funds to the Women's Giving Circle of Frederick County, the Lincoln Elementary After-School Running Club and the Cholangiocarcinoma Foundation. We donated over \$20,000 to charity from these three events in 2014, and we hope to do even better this year.

In an exciting development, we will be transitioning to chip-timing for both the Frederick Women's Distance Festival and the Market Street Mile. As we become more successful with these races, we have outgrown the ability to easily perform timing using our tried-and-true bib-tag methodology. The use of chip timing will provide participants with access to accurate and more immediate race results and will lessen the workload on our volunteers.

All three of our signature races are part of the FSRC Grand Prix series, and the Market Street Mile is also an Equalizer event (scored by age grade).

We hope to see as many of our members as possible participating and/or volunteering at these events!

- [www.frederickwdf.com](http://www.frederickwdf.com)
- [www.frederickmarketstreetmile.com](http://www.frederickmarketstreetmile.com)
- [www.rickstrailrun.com](http://www.rickstrailrun.com)



Results Continued from previous page..

**Racing Team** / Frederick Steeplechasers members at the Clyde's 10 K April 19th in Columbia MD



Date	Race	Athletes / Results
3/7/2015	Chambersburg Half-Marathon	Pam Monaghan-Geernaert 1:44:05 (3rd AG), Ruth Taylor 01:42:52 (1st AG)
2/7/2015	Lewis Memorial Race	Sage Norton 1:06:06, Malcolm Senior 1:17:35, Steve Dobson 1:12:13, Chris VanSant 1:11:54
1/1/2015	18th Annual Rehau Rotary Resolution	Malcolm Senior 45:52 (1st AG), Ruth Taylor 47:10 (2nd AG)



**PANTHER RUNNING CLUB**

Anne Light - Market Street Mile - race director - Panther Running Club - director/RRCA certified coach

**THE BEGINNING:**

The Frederick Steeplechasers Running Club’s (FSRC) Market Street Mile was seeking sponsorships for the mile run. The Rotary Club of Carroll Creek (RCCC) was looking to increase fitness at their partner school, Lincoln Elementary. And so in 2012 a partnership was formed between the FSRC Market Street Mile and the Rotary Club of Carroll Creek. The FSRC would be responsible for implementing and directing a free after school running program in exchange for a three year commitment from the RCCC for sponsorship of the Market Street Mile. In the agreement, the FSRC would fund the program with 20% of the race proceeds the first year, 25% the second year and 30% the third year going to the Panther Running Club. Once the program had begun, the FSRC voted each year to match the donation, resulting in 40%, 50% then a full 100% of the net proceeds.

Sign ups began at the school in November 2012 and the program was underway in January of 2013 . At this point, the running club had four participants and 3 coaches, FSRC member Anne Light, RCCC member Greg Light & RCCC member Doug Murphy. As the program continued, it began to grow and grow. By the end of the spring of 2015 the program enrolled over 70 children and 15 coaches meeting twice a week for 24 weeks of the school year. The biggest supporter and advocate of the program is FCPS employee and LES Physical Education teacher Aaron Vetter. His support and belief in this program, helping to register the children each session, giving out information, and holding the children accountable has been a major contributor to the programs success.

**THE PROGRAM:**

The children in the running club start with instructions for the day and then are called into their groups by the coaches. Continued on next page ..



end of one session group shot



Continued from previous page.

Typically there are 5 coaching groups with 12-15 in each group. The runners begin with warm ups and teaching of the muscle groups they are using. Then on to running drills such as laps around the school, relays with other groups, pacing and sprinting. Next comes a cool down exercise again talking about how the muscles work, how they feel etc. Last is snack and drink.

At the end of each session (three per year) the runners are treated to a special food and award ceremony. Each sessions awards differ depending on the amount of time spent with getting to know our runners. Awards consist of certificates, medals for mile runner/winners, jackets for returning children who qualify with setting and meeting our/their goals.

The runners, with mentors from Hood College Track/Cross Country team, were taken to the FHS track for a workout and meeting Mr. Jack Griffin, olympic coach and Frederick native.

### THE FUNDING:

Through the FSRC, RCCC, Community Foundation, If the Shoe Fits and private donations the club has purchased indoor equipment, batons for relays, cones, shoes for children, shirts for all participants, jackets for award winners, running clock & battery, snack & drink every day.

The FSRC proceeds of the Market Street Mile have been donated to the LES Panther running program since 2012. The sponsorships to the Market Street Mile race keep the program running strong for 70+ runners participating in the program.

2012 - \$2,240

2013 - \$4,164

2014 - \$6,929

### NEW TRACK TO BE BUILT AT LINCOLN ELEMENTARY

In addition to the above program information, a new 1/8th mile track is expected to be built/completed at LES in August 2015. This is being funded through the FSRC Panther account, RCCC, Marathon Fund @ Community Foundation, and private donations.

Through the efforts of many, the children at LES are very fortunate to have a funded program to teach them fitness and the joys of running. The track will enhance the existing program along with fitness at the school and in the community.



1st Lincoln Elementary  
Community run



Awards at the end of a session