

Intervals

Newsletter of the Frederick Steeplechasers Running Club

March 2016

President's Message

Seems like I am always saying we have a lot going on. I guess that's because this club is very active, thanks to all of you and your help volunteering.

Our budget this year is showing almost \$92,000 in revenue and \$87,300 in expenses. Thanks to **Harriet Langlois** for her diligent work as Treasurer and to all the committee leads for their inputs. See [Annual Report](#) for more details on club operation and our fiscal performance.

Yay! Run for the Pie will have port-a-pots this year! We have an agreement with Cold Deer Hunting and Fishing Club to use their shelter at the start/finish line of Run for the Pie, which gives us a place to put them.

We had great turnouts for

our first two Grand Prix events, the Lewis Memorial 10 Miler and the Maryland/DC RRCA Club Challenge, also a 10 Miler. We had 87 club members at the Lewis Run (95 total for this "low key" race) and 56 at the Club Challenge, both records, I believe.

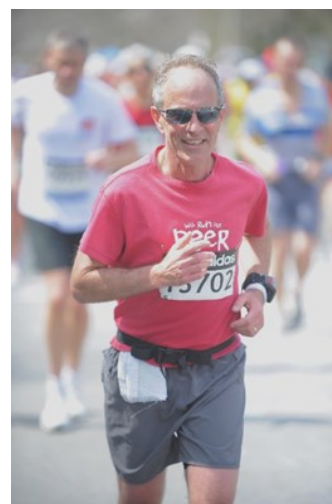
Ooo,ooo! Speaking of the Grand Prix, are you planning to run the decathlon 800m race on July 13? Well you should because a) it is part of the Grand Prix, Decathlon and Equalizer series, b) it is the night of the FSRC Ice Cream Social, sponsored by If the Shoe Fits and Saucony, and, c) we are going to take a picture of everyone who shows up.

Some of you have asked what the Grand Prix and Equalizer series are all

about. Please take a look at the [competition page](#), which gives the rules for all of our series. If you still have questions, please feel free to ask **Sage Norton** or **Shannon Matthews**, who head our competition committee, by sending an email to competition@steeplechasers.org.

We are ecstatic to announce a new FSRC Signature Race, the Frederick Summer Solstice Twilight 8K, directed by **David Levine**. This race is June 18 at 7pm, and is going to be a blast. You can read more about this new race in David's article.

We are also excited to announce a new FSRC Memorial Scholarship fund, organized by **Mike O'Grady**, which will have multiple sources. One of the sources



Cont. on next page

Stretching for Runners

Summary of Nicole Davis's Education Seminar

If you missed the Education Night presented by Nicole Davis, you can find the full length summary [here](#).

Stretching is always a hot topic for runners... should I stretch, when should I stretch, how should I stretch?

Nicole provided answers to all

of those questions in her education night. She provided stretches to do and instructions on how to do them. Need a refresher of the stretches? The [summary](#) details all of the stretches.

I loved what Nicole says, "Few runners have the time to have elaborate stretching routines.

We have jobs, families, and other interests. This doesn't mean we shouldn't stretch however. Stretching can help in the quest to run our best. Being mindful to match the right stretch to the right purpose helps ensure we get the job done in the most efficient manner, and have more time to do what we love most, run!"

Knowing when not to stretch can be as important as knowing when to stretch.

President's Message, cont.

is the Larry Key Memorial Run, Bike or Hike, another source will be net proceeds of the Rick O'Donnell 5.22 Mile Trail Run and Ultra Challenge, plus there will be the opportunity for standalone contribution. You can read more about the Larry Key Memorial Run, Bike or Hike, and a bit about the FSRC Memorial Scholarship in Mike's article.

But wait, there's more! The Maryland RRCA and National RRCA also have several race series you might be interested in. There's the Maryland Grand Prix, the Maryland RRCA Ultra Series, the Maryland Women's Distance Festival Grand Prix, and RRCA Championship Event series. Head on over to the web site and click on Competition > MD RRCA Series Races to learn more (<http://steeplechasers.org/competition/md-rrca-race-series/>).

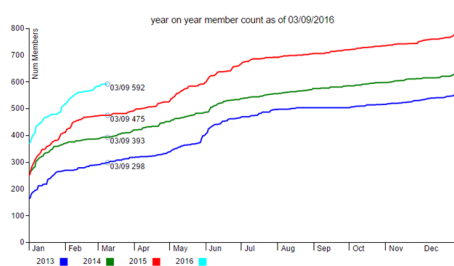
I mentioned the Decathlon – our social chairs **Ruth Taylor** and **Art Gregory** came up with a great idea – **Tim O'Keefe** will be making the Decathlon awards at our summer picnic this year. The picnic will be held at Utica Park again. Please save the date, August 27, on your calendar. More information will be coming soon.

We are starting to organize our general membership meeting. Like last year we will talk a little about club operation and have some films. Unlike

last year the talking and film viewing will be shorter, which will give members more time to socialize. Also, this year will be BYOB, so a) no worries about getting a liquor license or extra insurance, and, b) you will be able to drink what you prefer.

Wow, as of this writing, we have 592 members, which is 117 more than last year on the same date. Last year we didn't reach 592 until May 28! I'm not entirely sure what is fueling the growth, but I'm guessing it is because of the great training programs and positive attitude of all our members, which is evident on the Steeplechasers Facebook group. BTW, you can always go see these statistics by going to the web site and clicking on Membership > Membership Statistics, or just by clicking on <http://steeplechasers.org/membership/membership-statistics/>.

As usual, **Billy Clem** and **Jan Harris** are doing a great job with the Half Marathon and Marathon Training programs. We have over 150 members



registered for the Half Marathon program and 50 registered for the Marathon program. We have new Facebook groups associated with these programs which allow people to be part of a “virtual training group” if they can't make the group runs, and for other chatter among the participants. See <http://steeplechasers.org/training/training-groups/> for more information about our training programs.

If you are interested in the Women's Distance Festival 5K training, coaches **Luanne Houck** and **Roseann Abdu** tell me that registration will open April 1, and the training program will start June 13.

Nicole Davis did a great job at our first education session of the season, organized by **Pam Monaghan-Geernaert**. Nicole, a physical therapist and RRCA Certified Running Coach used her knowledge of the body and of running (and runners) to teach us a bunch of good stretches and when to do them. We will be putting this information on the web site as well, very soon. Stay tuned.

So that's all for now – I hope to see you around town soon.

Lou King
president@steeplechasers.org

FSRC—2015 Officers and Committee Chairs

President—Lou King

Vice President—Javier Montenegro

Secretary—Sage Norton

Treasurer—Harriet Longlois

Social—Ruth Taylor and Art Gregory

Communications—Luanne Houck

Membership—Kerry McHugh & Nikki Martin

Competition—Sage Norton & Shannon Matthews

Racing Team—Katelin Peropat & Chris VanSant

Endurance—Pam Geernaert

Race Support—Tim O'Keefe and

Mark Lawrence

Training—Javier Montenegro

Technology—Lou King

Newsletter—Julie Harris

Volunteer Appreciation—Lori Mensh

FSRC Memorial Scholarship Review Board—Michael O'Grady

Larry Key Memorial Run, Bike or Hike

By Michael O'Grady

Come join us on April 17th for a day of remembrance, comradery and fun. The Larry Key Memorial Run, Bike or Hike will start at 8:00 at the Hamburg Road Parking Lot at the Blue (Catoctin) Trail-head.

This donation only event will raise money to fund the 2016 FSRC Memorial Scholarship to honor Larry Key and other Steeplechasers who have passed on. The scholarships will be awarded to a female and male high school senior who have demonstrated a love of running and support to the local running community.

The course will be a "Five Mile Loop", a beautiful romp in the woods on a marked course; birds will be chirping, frogs singing and spirits will be high.

Come run one or more loops, each loop completion will earn a ticket for prize drawings and gift certificates. The more loops you run, bike or hike the better your chance of winning!

Any "Last Loop" must be started by 2:00 P.M. With the drawing to be held at 3:30. You will not need to be present to win.

If you knew Larry I don't need to tell you what a great human being he was. If you didn't know him you probably know someone he inspired, introduced to trail running or supported at a race.

Food and drink will be provided at the Hamburg Road Parking Lot. Google 10500 Hamburg Road if you don't know the location. Kids and dogs welcome. Please email mikeo@acebarcode.com if you plan to attend or have questions. You can also call me at my office (301) 203-4199



The Summer Solstice

By David Levine—Race Director—info@fredericktwilight8k.com

A new race has been added to the Frederick racing calendar. On June 18, 2016, at 7 pm, the 1st annual Frederick Summer Solstice Twilight 8K will be held on Thomas Johnson Drive. The race has its roots in the earlier running days of Frederick. Years ago there was an annual evening July 4th run held on the scorching hot Baker Park course. Reaching the finish was an accomplishment as you raced towards the line inhaling food truck fumes, while your feet burned on the 90 degree pavement.



A few years later, there was a short-lived 5K held on Thomas Johnson Drive, The Amber Amble. An out & back course going North on Thomas Johnson Drive to Byte Lane. A Steeplechaser sponsored race that attracted 100+ runners each year it was held. Now it's time to combine the two ideas & make it bigger & even better. An evening race, on TJ Drive just before Summer actually begins might be the perfect time to secure your 8K pr.

Making this race possible are the lead sponsors: New Balance of Frederick, my podiatry practice, & Frederickantigravityrunning.com. As word travels about this event, additional sponsors are showing interest as well. That is a solid indication that we may reach the 400 participant limit established for this race.

Blessings in a Backpack is the beneficiary of this event and with a good cause like that, how can you miss this race? This local organization mobilizes communities, individuals, & resources to provide food on the weekends for elementary school children across Frederick County who might otherwise go hungry. As of now Blessings in a Backpack feeds over 960 children in seven local schools. Since January 2014, Blessings in a Backpack volunteers have provided 35,000 hunger free weekends to hundreds of Frederick's neediest children. Plan on coming out for a night of fun on June 18, 2016, & if you don't run, consider volunteering to help make this event a success.

Maryland Grand Prix Series

There are several races that members can participate that chosen by running clubs of Maryland and DC that encourage runners to broaden their race experience. The 10 races are different distances at locations throughout Maryland, organized by one of the Maryland Running Clubs. Each race is scored individually with points that are allocated to finished position in the race with Male/Female overall category and age groups of 5 years increments. With only four races needed to qualify for the series it is an opportunity to race different courses and one race is right here in Frederick, The Market Street Mile in September. Check out the other races available [online](#).

The first race in the series was the club challenge, this race is also where the Maryland Series award winners are recognized and presented with their awards. Frederick Steeplechasers were represented at the awards by Ruth Taylor 2nd overall lady in the series; (from left to right) Steve Dobson; Art Gregory; Malcolm Senior; Bruce Attavian. The award for 2015 was a blanket with the RRCA logo

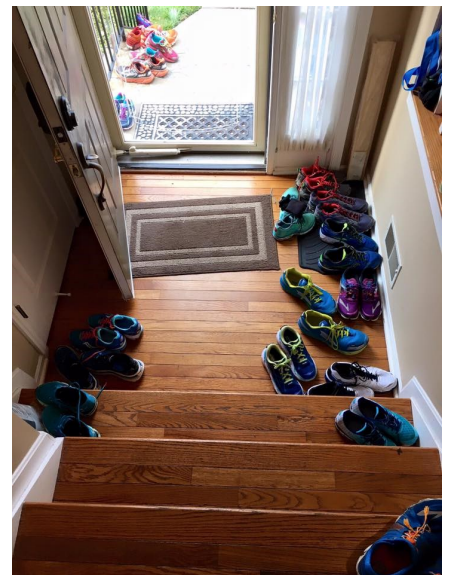


Breakfast Runs!

Over the past few months, six different hosts opened their homes and their neighborhoods for Breakfast Runs. Steeplechasers showed up with shoes laced tight, food in hand, and smiles from ear to ear. When there's food, running, and friends, you know it's going to be a good time. Lots of fun was had by all who came out. We learned new routes around Frederick, met new faces, tried new foods, and logged miles.

Thank you to the hosts Regina Clark, Nikki Martin, Jason and Erin Lawrence, Michele Newton, Risa and Billy Clem, and Evan Machusak for hosting!

Thank you Karen Ochs for organizing all the hosts and the runs! Look out for more breakfast runs starting January 2017!

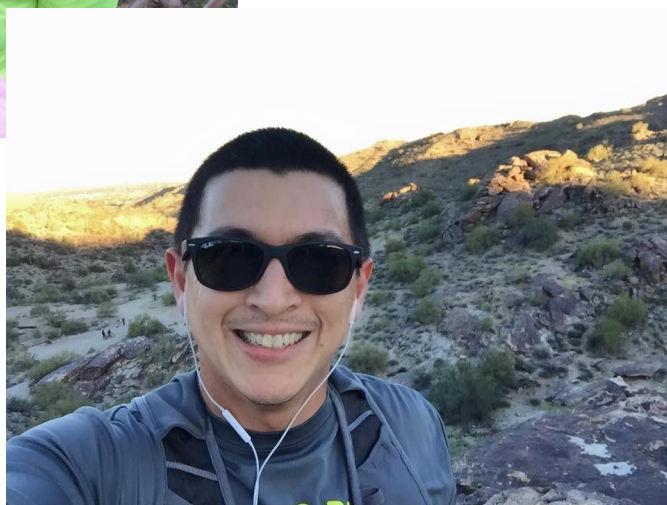


Winter Running Selfies & Snapshots



There are a lot of adjectives that can be used to describe what winter running looks like. One thing we know is it's much better with friends!

Bottom: Colleen Cruice, Annie Wright
Top: Patrick Ogler, Karen Ochs



Javier Montenegro



Lisa Stern, Shawn Burns, Heidi Fisher, Becky Boughn



A whole lot of Steeplechasers



Jan Harris & Robbie Blaylock

I Don't Think Group Running is For Me

By Evan Machusak



Those Steeplechasers generous enough to endure my company during my seven months of club membership might not guess that those were the words, and yes, the conclusion that I expressed to my wife recapping last Spring's marathon training meeting. No, thought I, I'll keep doing what I've been doing: running many long, lonely miles on the thrilling C&O canal without any focus, without any goals, without any company, and without any future.

If that dismal picture had been my summer, I surely would have quit the sport by now. Really, who wouldn't? I think we'd all agree that the lifetime quota of towpath miles is finite and low.

But I reminded myself not to judge hastily and so I gave it a try. Since then my life has been improved in ways too many to count, so I'll highlight just a few. Before becoming an active Steeplechaser I, a post-college transplant from the quaint back woods of New Jersey, knew nothing about Frederick, knew no one in it, became anxious at the mere thought of venturing it's labyrinthine down-

town, and never felt like like this was home. Sure, I live (mostly) here, but my connection to this community was as tenuous as my confidence in running on an actual road, where cars might be.

That has changed. Since June I've discovered this town and this community thanks to this sport and this club. I've come to know its landmarks, its streets, and some of its best people. I feel a connection to a community that, after thirty years I'm ashamed to say is a sentiment new to me. And yes, I also did some running - on roads - in the direction of oncoming traffic. Who would have thought?

I've taken great pleasure in running your favorite haunts, even the really hilly ones (I'm looking at you, Alisyn). I appreciate each and every one of you sharing your love for the sport. At the peril of waxing maudlin, I'll say it anyway: if I could give even a fraction of what I've taken from my experience with the Frederick Steeplechasers back to them, I'd have little choice on the matter. Yes, please - any time.

My wife, on the other hand, needed convincing to welcome 30 strangers into her home. Her home besieged by young children, their collection of toys far too large, their proclivities to leave them capriciously strewn about the house far too unchecked. Her home in which we, despite my sons' best efforts, do attempt to take some modicum of pride in keeping it only to remain sane. We've had limited success on that front.

In seven short months, I went from dismissing group running to coyly suggesting that I might host a breakfast run. Fortunately, and as some of you have heard me quip, my wife is currently in the "tolerating" stage of the grieving process which all partners of distance runners must invariably suffer. Hosting a breakfast run is a fantastic step forward to the next stage, "embracing." Fortunately for the club, she said yes - and I only owe her a few dozen favors. Great success!

Our decision to host wasn't about justifying to my wife why I spend so many hours... and hours... and hours on the pavement with all of you. It was about sharing another piece of Frederick county to the club, in the same way that all of you have shared your pieces with me. Most of you don't get down to Urbana very often - and why would you, with so many beautiful courses all over this county - and so this was an opportunity for me to share the routes that I run my new friends and running partners.

That, and, let's be real: I just wanted some competition on my neighborhood's Strava segments. Who am I kidding?

Hills for
breakfast?

Racing Team Results

Date	Race	Athlete/Results
1/1/2016	REHAU Rotary Resolution 10k Race	Malcolm Senior 45:17 (1st AG)
1/10/2016	Mighty Medford Freeway 5k	Malcolm Senior 22:31 (3rd)
2/6/2016	Lewis Memorial Race—10 Miler	Ruth Taylor 1:18:11 Malcom Senior 1:18:49 Chris VanSant 1:09:59 Steve Sobson 1:16:09
2/28/2016	RRCA Club Challenge 10 miler	Ruth Taylor 1:16:25 Shannon Matthews 1:09:46 Malcom Senior 1:13:20 Chris VanSant 1:06:10
3/5/2016	Roberts Mill 10k	Malcolm Senior 45:26 (6th)
3/12/2016	Forest of Needwood 5 Miler	Jenny Hallberg 33:19 (1st Female) Ruth Taylor 36:10 (1st AG)
3/12/2016	Hagerstown Half	Chris VanSant 1:28:25 (2nd AG)
3/13/2016	Zydeco Marathon	Harriet Langlois 4:32:25 (1st AG)
3/20/2016	Wrightsville Beach Half Marathon	Shannon Matthews 1:32:47
3/26/2016	Easter Classic 5k	Ruth Taylor 21:57 (2nd Female) Art Gregory 24:19 (1st AG)

The Steeplechasers Racing Team gives competitive members a way to band together and bring visibility of the club to the local races.

Applications to join the Racing Team will open again June 1 through June 30.

Check out the [website](#) to learn more about requirements, benefits, and how to join.



Brag Corner

The Steeplechasers want to encourage self-recognition and team encouragement for a job well done. Setting and reaching a goal is a big part of being a successful runner.

If you've recently completed a running goal, like your first 5k or the longest run ever, or even your best run ever—share it with the team. Go to the [Brag Corner on the Steeplechasers website](#) to share the details.

Home Membership Volunteer Events Race Support Competition Training News Ma

The Steeps are runners of all abilities

[home](#) > [membership](#)

Brag Corner

Come here to brag a bit about your first 5K, longest run ever, getting hardware at a race, whatever you want that is running related. Just fill in and submit the form and we'll be able to see what you did. It just might get published in the next *Intervals!*

*** Required**

Name *

Event Date *
Date of event you'd like to brag about
mm/dd/yyyy

Brag Text *

Fuel for Running

Summary of Amy Goldsmith's Education Seminar

Running can be much easier when you have got the right fuel in your body. Amy Goldsmith of Kindred Nutrition shared her knowledge of how to fuel for your runs in the last education night. The detailed summary can be found [online](#).

Amy provided detailed reasons on why breakfast is the most important meal before the run and how long you need to run for before refueling. She provides a breakdown of the different types of fuel and the different fueling methods (like carbohydrate loading).

I love Amy's detailed list of Natural Carbohydrate choices. Did you know that chocolate milk is on that list? Amy also provides some of the top fueling sources, like salmon, dairy or beans. But lucky for us she even included dark chocolate.

So now we know we can eat

dark chocolate and drink chocolate milk if we are running. Just one more reason to join a group run.

Running with Smiles

Running provides us with countless hours of enjoyment from the chit chat to the encouragement we provide each other.

If you see someone struggling through a run or just the fact that they are out there running, smile at them. It goes a long way and sometimes can be just enough motivation to keep running.

Let's do these miles with smiles. :)



Time for New Shoes?

Collective Responses

There are so many different shoe options and choices, whether it's cushioning, support, extra width, or minimalist, there is a shoe for every foot. With so many options you shouldn't suffer through running hundreds of miles in a pair of shoes that aren't working for you, not should you overstay your body's welcome in a pair that is past its prime. If you aren't sure if it's time to get a new pair, here are three things to look for.

Aches and Pains

Although your favorite pair of running shoes may have felt great for the past few months, if you're at the end of the shoe's life, new aches and pains can arise. Sore knees, feet, all the way up to the hips can be telltale signs that the cushioning and support in the shoe has worn down to the point of no longer being effective. For some it can be difficult to tell by just looking at the shoe, the better test is listening to your body.

Mileage

Tracking mileage is not just about bragging rights but also to monitor the life of your shoes. Most running footwear has a life of 300 to 500 miles, depending on the runner. Since we land with nearly four times our body weight and strike the ground somewhere around 1,500 times in just 10 minutes of running, our shoes take quite the beating. Knowing how many miles you've run in your shoes can help you identify shoe replacement timing prior to feeling the aches and pains.

Blistering

We have all had blisters and it doesn't always mean it's time for new shoes but if you've worn your shoes in moderate weather, have the right pair of moisture-wicking socks, and you're still developing blisters, it may mean your shoes don't fit correctly. This could be a result of the footwear being too narrow or wide, or an issue with a seam rubbing the same spot over many miles. Blisters are more common when your shoes are stretched and not holding form anymore.

Every person and every shoe is different. Little tweaks in legs that are unexplainable can be a sign it's time for new shoes.

There's no magic number but for most the range is between 300 and 500 miles.

Shoes are an investment and can help keep you healthy.



Once Clara found the right running shoes, she never lost another marathon.

2016 RRCA Convention

Lou King & Harriet Langlois



Mr. President (Lou King) and I represented the Steeplechasers at the 58th Annual RRCA convention in Dallas, Texas. We started our trip south with a quick stop in Lafayette, Louisiana for the Zydeco Marathon, spent a couple days recovering in New Orleans, then traveled to Dallas. The convention was held at the Crowne Plaza Downtown Hotel and was hosted by the Dallas Running Club. The DRC did a great job, working for a full year to pull off the logistics of hosting 300+ conference attendees.

Thursday March 17

We got into town a day early to meet up with some running friends in the Dallas area, so we had a bit of extra time on Thursday to look around before the convention kicked off. We visited the Sixth Floor Museum at the former Texas School Book Depository, featuring a look back at the JFK assassination. We're old – so we remember that day, and it was very moving to visit the site of this historic and tragic event.

We picked up our convention materials at the welcome desk- the program, the RRCA annual report, a convention quarter-zip and some cool Feetures socks in a nice backpack that we used for the rest of the weekend. Convention swag!

The first event was a session with the Eastern Regional rep. The RRCA is divided into four regions (the Eastern region covers the Eastern states from Virginia up to New England). The outgoing rep, Mark Grandonico, led the session and introduced the Eastern reelect, Dwight Mikulis. Dwight, who has been serving as the Maryland state rep, was properly elected to the position the next day at the General Meeting. After a quick stop at the opening reception (long lines and bad beer), we headed out for dinner with Dwight and some other folks.

Friday March 18

Friday kicked off with a group run around downtown Dallas – partially on the lovely Katy Trail. Sponsors Leslie Jordan and Ashworth Awards handed out shirts and an awesome medal at the end. All for a three-mile social run! After breakfast, we started the first full day of educational sessions with a mandatory discussion of insurance and risk management. This is presented every year and we learn something new each time about protecting the club from various liability issues. With nearly 800 club members, hundreds of group runs, a finish line business and races open to the general public, this is something we need to pay close attention to. We've added several elements to our insurance coverage after learning about different aspects of liability exposure.

We split up for the rest of the day's sessions, with Lou concentrating on several sessions related to best practices in club governance while I focused on topics of race management. The presenters are well-versed in these subjects, and the discussion with other club leaders is always enlightening. We learn so much from other clubs and their representatives.

Late in the day, the business part of the convention was convened, where the membership elected a new President, Vice-President, Secretary and two new Regional Representatives. The RRCA board of volunteer directors works with Executive Director Jeanne Knaack and her small staff to support almost 2500 club/event member organizations and all the programs/services offered by the RRCA.

Friday night was some facsimile of a huge Texas barbeque with more time to chat up new and old acquaintances.

Saturday March 19

We skipped the morning group run – still recovering from the previous weekend's marathon, and settled into the day's educational sessions. Lou finished up the third and final installment of the series on club governance, and I attended sessions on medical management at races, and development of city-wide running clubs. One of the speakers was a vice-chair of the Atlanta Track Club which serves over 24,000 members. Wow! That's a lot of runners, and their club has evolved effectively to manage all that growth. Lou also attended a session on increasing diversity in clubs and events – something that we would like to strive for in the Frederick community. We attended the final session together – an open forum on Club Governance and Event Management, where a variety of topics were debated by club leaders from Hawaii to the mid-West to Maine.

The lunch speaker was Gilbert Tuhabonye, a runner who grew up in East Africa and was a victim of violence in the Burundian Civil War. Running literally saved his life, and he went on to become a United States collegiate champion, a professional runner and a highly successful coach. It was quite an inspiring story, as he told us how he learned to "Run With Joy".

Wrapping up the 2016 conference, we attended the National Running Awards Reception and Gala Dinner, where honorees included both RRCA club members in a variety of categories, as well as some more famous names announced as RRCA Hall of Fame Inductees (Shalane Flanagan, Jon Anderson and Bob Larsen). You can read more about these individuals and the other 2015 Award Winners in the RRCA 2015 Annual Report on the RRCA website at www.rrca.org.

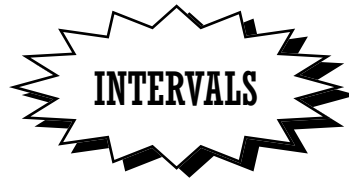
*Newsletter of the
Frederick Steeplechasers
Running Club*



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If you have an interesting story,
quote, race recommendation, photo,
or anything you're willing to share
for the newsletter—please send to
newsletter@steeplechasers.org

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RUN *FAST*, RUN SLOW,
RUN *F A R*, RUN CLOSE.

JUST RUN.

