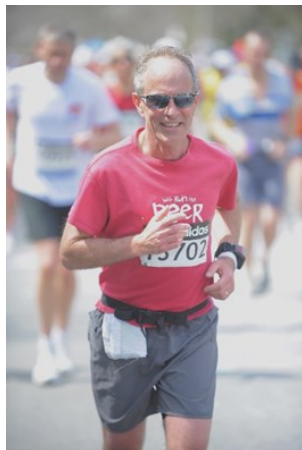


Intervals

September 2016

September 2016

President's Message



As always, the club has a lot going on. Please take the time to thank the volunteers who make it all happen. As I write this, we have completed three of our signature races, and are about to have the fourth.

First was our new Summer Solstice Twilight 8K, led by race director **David Levine**, held June 18. By all accounts, this race was successful – the runners liked the evening start and the course as well, and the race netted \$19,428, donated to Blessings in a Backpack. Blessings in a Backpack will use this money to feed 190 kids from Waverly ES on weekends for the entire school year! It was a hot and humid evening, but we had 269 finishers in this inaugural year, 87 of whom were Steeplechasers.

Then we had the Women's Distance Festival 5K (and 1K fun run), race director **Harriet Langlois**, held August 13. Ran

on a new course this year to avoid the dreaded double loop around FCC. This race netted \$14,795, which was given to the Women's Giving Circle of Frederick County. Women's Giving Circle uses this money to enable and empower women in challenging situations to improve the quality of their lives and the lives of those for whom they are responsible. Another hot day, the 5K had 410 finishers (113 Steeplechasers) and by all accounts the new course was fabulous!

The Market Street Mile, race director **Anne Light**, held on September 10. Market Street Mile has been the traditional kick-off for Celebrate Frederick's In the Street festival for 33 years now! Proceeds for this race benefit the Lincoln Elementary School free after school Panther Running Club program. This program encourages children in grades 2-5 to develop a healthy lifestyle through exercise and nutrition. MSM had 173 finishers for the timed events (52 Steeps), and we are still counting the number of family participants we had. Thankfully, it was cooler for this race, but not raining and cold like the year before. Ooo, ooo – there was a new course record for Women – 4:48 by Rachel Schneider – holy moly!

And finally the Rick O'Donnell 5.22 Mile Trail Run and Ultra Challenge, led by the committee of **Crista Horn**, **Bill Susa**, **Mike O'Grady** and **Kerry Shepherd**, will be held September 18. This race will benefit the new FSRC Memorial Scholarship, to be given to Frederick-area high school seniors who have made a difference in the running community. See <http://>



steeplechasers.org/about/fsrc-memorial-scholarship/ for more details. This race has 5.22 mile loops around Greenbrier State Park – the first loop counts as the grand prix race, but runners can run as many loops as they want in 8 hours. We have now completed 12 of the 2016 grand prix events, with a total of 395 participants.

Speaking of competition, our competition committee chairs **Sage Norton** and **Shannon Matthews** are looking at a new competitive series, this one made up of local 5K races. Watch for the email blasts, Facebook and the web page for an announcement about this, coming before the end of the year.

While we are talking about statistics (one of my favorite subjects), I'll mention that as of Sept 15, the club has 818 members, which is 105 more than last year on this date, and more than we have ever had. I think most of the credit for our exploding growth goes to people like **Luanne Houck**, with the great job she's been doing with club communication, especially the Facebook group, and **Luanne Houck**, **Billy Clem** and **Jan Harris** for managing the great training programs over the last several years, and **Mark Lawrence** and **Tim O'Keefe** for making our low key races and decathlon series so much fun. There are so many other volunteers included in our "team of helpers" that really are the core of "the club".

If you didn't go to the picnic you missed a great event. There was some

Cont. on next page

President's Message, cont.

wonderful food brought by the participants, which supplemented the hot dogs, hamburgers and beverages (adult and otherwise) provided by the club. Thanks to **Art Gregory** and **Ruth Taylor** for pulling this together. **Tim O'Keefe** gave out the decathlon awards there, so that the winners would get their awards close to the end of the series. See <http://steeplechasers.org/about/hall-of-fame/award-winners-2016/decathlon-tributes-2016/> for the tributes, which is not nearly as fun to read as it is to hear Tim giving these out.

The General Membership Meeting will be October 19, so please mark your calendars. 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. See <http://steeplechasers.org/events/general-membership-meeting-2/> for more information, and for information on how to register. Our Vice President **Javier Montenegro** is coordinating the meeting, and our volunteer appreciation coordinator **Lori Mensh** will be handing out volunteer appreciation

gifts at check-in to volunteers who have made significant contributions this past year.

Our racing team, led by **Katelin Peropat** and **Chris VanSant** welcomes their newest members, **Conny Pritchard**, **Tim Morgan**, **Chad Connors** and **Kelley Heffner**. Congratulations on making the team! To learn more about our racing team and what it takes to join, see <http://steeplechasers.org/competition/racing-team/>. Applications for the team are closed at this time, but will be open again in December.

The Fall marathon and half marathon training groups are in full swing, thanks to our leaders **Billy Clem** and **Jan Harris**, coordinated by Training chair **Javier Montenegro**, and we have a successful Women's Distance Festival 5K training program, thanks to leaders **Luanne Houck** and **Roseann Abdu**. Please see <http://steeplechasers.org/training/training-groups/> for more information about our training programs.

And regarding training, listen to this: **Luanne Houck** will be starting a new training program for the 5 mile / 10K distance. She is finalizing the details but it looks like the first session will be this spring. Please watch

our communication channels (email blast, Facebook group, web site announcements) in the coming months for more details.

Sadly for us, we will be saying goodbye to one of our key volunteers, **Jan Harris** who is moving out of town. Jan had led marathon training and has been coordinating happy hours for quite a while. A couple of folks have stepped up to take her place for happy hours, so keep an eye out for posts from **Heidi Novak** and **Syble Roane** who will now be coordinating these.

On a similar note, our long-standing newsletter editor and racing team member, **Malcolm Senior**, and his wife **Hazel** will be heading off to England. We wish them good cheer in their retirement. **Julie Harris** took over the newsletter from Malcolm a while ago, and has been doing a great job!

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

Lou King
president@steeplechasers.org

FSRC—2016 Officers and Committee Chairs

President—Lou King

Vice President—Javier Montenegro

Secretary—Sage Norton

Treasurer—Harriet Longlois

Social—Ruth Taylor & Art Gregory

Communications—Luanne Houck

Membership—Kerry McHugh & Nikki Martin

Competition—Sage Norton & Shannon Matthews

Racing Team—Katelin Peropat & Chris VanSant

Education—Pam Geernaert

Race Support—Mark Lawrence

Training—Javier Montenegro

Technology—Lou King

Newsletter—Julie Harris

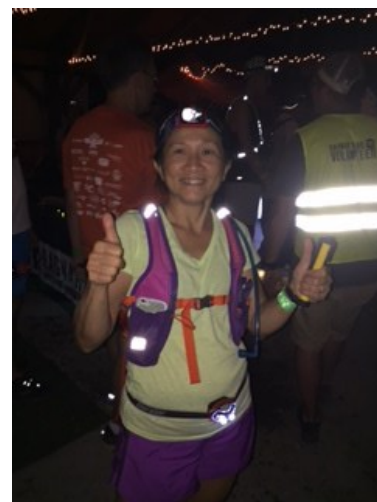
Volunteer Appreciation—Lori Mensh

FSRC Memorial Scholarship Review Board—Mike O'Grady

Race Experiences

By Various Team Members

My first Ragnar Trail experience was great. The trail was beautiful with ferns on both sides and birds chirping during the day. A little scary running into the woods at night but I was so pumped with excitement that it didn't bother me too much. The trail was marked with scattered LED lights but the ground was still rocky and slippery. There were runners camping near the finish line that cheered you on. It was awesome as they gave runners the needed boost after a tiring run. A very memorable experience overall! - Dinny Bedard



Sometime last year I decided that after 20ish years of running I wanted to tackle my first ultramarathon. I decided on Catoctin 50k because despite its reputation of being extremely challenging, it fit well into my training timeline, I knew I could train on the race course and many friends including my hubby were doing it. Like any race, I didn't know how the day's events would unfold, but what I did know was that the journey to get to the starting line had been amazing. Spending time on the beautiful trails, running with the Saturday morning crew, and continuing to learn about myself were all such a rewarding part of the process.

Race day had many high and low points but the day was nothing short of amazing. The camaraderie of the runners and volunteers was like nothing I had experienced before. I started off meeting my time goals for each aid station but the heat and humidity messed with my nutrition plan and it was hard to take in fuel. Coming into the mile 23ish aid station I was pretty sure I missed the time cut off. When I got there I was greeted by a bunch of cheering Steeps and I tried hard to hold back tears. I was told the time cut off was extended so I kept on going, not knowing whether the next one would also be extended. On my journey to the next aid station (mile 26+), I told myself that if they stop me, at least I would have run a marathon today and that's nothing to be ashamed of. But I also told myself I was going to keep running until someone told me I couldn't. Well I got to that station to learn it was also extended so once again I kept on keeping on. I pretty much knew I wasn't going to make the final time cut off but I was determined to finish what I started. When I approached the finish and heard Billy's voice I lost it and then when I heard clapping and cheering and saw so many of my friends who had stuck around to see me finish I cried like a baby! While I technically was not an official finisher of the race as I did not meet the time cut off, I completed the whole 32+ miles. I pretty much 'ran' the last 6 miles with my heart and in my heart I can now say that I'm an ultra runner! - Risa Clem



Summer Goals By Lindsay Mickey

In March, I decided I would really commit to running this year by doing a 5k every month, not a big deal, but in April I decided I would do them in a different state each month. So far I have managed to complete MD, TX, AZ, NJ, DE, TN, and hopefully I'll make it out to MO to visit some family in September to complete that month. As for Oct/Nov/Dec I haven't picked any specific places yet.

I've also not run 5K each time, in AZ it was an "all day 5k" where you can run up to 50k, 5k every hour on the hour at 3000ft elevation! I managed to complete three laps. During the second one it started raining, and then the rain turned to hail, and the trail turned to mud. After the third lap my legs were hurting from carrying like two pounds of mud on each foot!

Also, in DE I ran a 10K in the hottest, most humid weather I have ever run in. That was just miserable, lol!

As a side bet to myself I am trying to reach 500 miles for the year (January 1 to December 31) and I am at about 350 right now. I upped it to 600 about a month ago because it looked like I would easily hit 500 by the end of October, as I have been averaging about 50-60 miles a month since April.

I have also done a bunch of other races in between my monthly races. I ran the Baltimore 10 miler, other 5ks, and I'm signed up for the Across the Bay 10k, I've always wanted to run across the bay bridge.



A Story of a Runner

By Syble Roane

I started running for one reason, I was fat and wanted that to change. I read an article that said running burns the most calories per minute and knew that was what I wanted to do. Except one thing, I hated it. I mean really dreaded it and there was NO way I was going outside to embarrass myself among the other runners until I was good. I would never run on the road because that is where the real runners are, and they certainly wouldn't accept a chubby snail. So each morning I diligently ran/walked for intervals of 15 minutes. I would repeat my mantra as I went.... ***I hate running but there are no fat runners, I hate running but there are no fat runners.*** I ate healthy, went to the gym, and started seeing results. Hey, this really works!

My first 5k was also my first time EVER running on the road. It was miserable as I got passed by almost every single runner and wondered, why can't I do this? Everyone else seems to just run, why does it suck so much? Why am I left in the dust? Over the years, I would try to pick up again. Maybe things have changed? No, they still haven't. Same results each time.

Last year, I went for my dreaded run and the most amazing thing happened. I ran out the front door and stopped listening to the loathing mantra repeating in my head. The birds were tweeting, the stream was trickling, and my body was comfortable and quick. The world went away and I felt happy. The sound of my foot fall

and my breath smooth and steady. Who is this? I love this! I could do this every single day!

I had come out to cheer for my friend as she ran the Frederick Half a few years back and knew that one day I would do it too. I quietly added to my "one Crazy Day bucket list". In February this year I joined the Frederick Half training group. The week before we started, I was a nervous wreck. Everyone will be faster than me, they have been running longer and have done this before. I will be alone and cold. What will I wear? Am I sure this needs to be done? How bad do I want to cross that finish line? There was freezing rain that very first day, surely they will cancel, right? No, they didn't, they are runners. I got up and put on the warmest thing I own. I was shaking as I got in the car. My friend had told me to put Vaseline in my face to prevent chapping and windburn, am I crazy, or is she... I realized when I got to the park I had forgot the Vaseline, CRAP. Fumbling around, frantically I smeared chap-stick all over my face and anxiously got out of the car. As we ran I met some people who promised not to leave me behind. We created a friendship over the next few months as each week became my longest run ever. I was diligent and dedicated, I worked hard, I came to every scheduled run and cross-trained. I was setting small goals for myself. I achieved small things on each run. I ran this hill today that I couldn't run yesterday. Today I ran a whole mile, and in the next few weeks I was able to run two consecu-

tive miles. Then I ran 8 miles without stopping!

Then it was race day.... HOLY COW. I stood at the starting line and thought, WOW, how much work and dedication this day has taken and now I will just trust my training, smile, and thank every volunteer along the route. I finished that race side by side with my partner. I love this, can I do this every weekend? They give me medals and shirts and accolades. AWESOME. But am I really meeting my goal? Training like that makes me eat everything and I deserve it, right? I decided to wait and focus on technique. Then it happened. The pounds started dropping! I chose a race in Fall and decided to set a personal record. I know I will do it, too.

In the past year I have run my first 10k, 10 Miler, Half Marathon and 25k. Every step has gotten me closer to my goal, but I have changed. I no longer run because I am fat or I have to. The old mantra "*I hate running*" has faded and I now hear the voices of all my new running partners. I came to realize that the body I hated for so long might still be a little chubby, but it's pretty amazing. I know that this body is the one that will take me to my new body. I am happy, I am confident, I am strong and I am proud because I am a runner.

Lyme Disease

By Jenny Carlson

Running has been a part of my life since my high school days when I was training for cross country in the Black Forest of Germany. Since then, I have had the opportunity to live and run in Colorado, California, and most recently Maryland. Had you asked me nine months ago what my running bag would consist of, I would tell you simply my running shoes, iPhone armband, and my workout clothes. Since I moved to Maryland, however, I find myself adding an additional item when I go trail running: insect repellent. Why? Because of Lyme disease (LD). LD, caused by the bacterium *Borrelia burgdorferi*, was the fifth most common nationally notifiable disease in 2014. But why was I not concerned about this before? The Centers for Disease Control and Prevention reported that 96% of the confirmed cases of LD were from 14 states, spanning the northeast coast from Maine to Virginia with the addition of Minnesota and Wisconsin. So now that I run in Maryland, it is important to take preventive measures against tick bites and also be aware of symptoms in case one is bitten by a tick.

What can you do to protect yourself? When running, especially in heavily wooded areas, keep the following prevention tips in mind:

1. For outdoor activities that result in a lot of sweating, including running, for example Ultrathon by 3M. This particular repellent contains 34% DEET (N, N-diethyl-m-toluamide) in a polymer base

(identical to those used by the U.S. military). To see more information on the safety of DEET, you can visit the EPA webpage.

This is just my personal preference, but other effective alternatives to DEET are picaridin and oil of lemon eucalyptus, and for more information for these alternatives you can visit the consumer report on insect repellents.

2. In addition to using repellents on your skin, you may also consider using an insecticide known as permethrin on your clothing and gear. You can purchase 0.5% permethrin from most outdoor stores and treat shoes, socks, running clothes, and any gear you may bring along with them. The advantage of treating your gear with permethrin is that it retains its effectiveness after several washes.
3. Avoid wooded and bushy areas with high grass and try to run/walk in the center of the trail. Ticks wait for a new host by holding onto leaves and grass with their third and fourth pairs of legs and waving their front legs (see figure 1). This is also known as questing and typically occurs at the edge of a trail.
4. After spending time outdoors, check for ticks on your body – especially behind ears, on the back of the neck, scalp, and in the groin area.
5. Shower within 2 hours of running to remove any ticks that have not attached yet but may be difficult

to see.

6. Remove attached ticks as soon as possible with tweezers (see figure 2). Ticks must be attached for at least 24 hours before they can actually transmit LD, so removing them soon after attachment reduces your risk.
7. After coming indoors, tumble your clothes in a dryer on high heat for 10 minutes to kill ticks on the clothing. If your clothes are soiled and require washing first, wash in hot water if possible.

Because blacklegged ticks can be very small and are not always detected, being aware of the early symptoms of LD is also helpful. Early symptoms (3-30 days after tick bite) include fever, chills, headache, fatigue, muscle and joint aches, and swollen lymph nodes. The most classic symptom of LD is the erythema migrans (EM) rash, also known as the “bull’s-eye” rash. EM occurs in about 70- 80% of infected persons, so not necessarily everyone will develop it, and it won’t always look like a bull’s eye. EM begins from the site of the tick bite (usually appears 3-30 days after being bitten by an infected tick, but the average is 7 days) and expands over several days. The rash may feel warm to the touch, but it rarely is painful or itchy, and can appear anywhere on the body (see Figure 3 for an example). Contact your health care provider if you develop any of these symp-

Lyme Disease (cont.)

By: Jenny Carlson

toms, and be sure to mention if you found an attached tick or were recently in tick habitat. LD can be treated with antibiotics, and if an attached tick was found, then you may be eligible for LD prophylaxis with a single dose of doxycycline.

Running outside is my way to connect with nature and to let all of my worries and stress of daily life slip away with every step. Being one with nature also means being conscientious of what you will find in nature, including ticks.

But I don't let that worry me, because I know that if I follow the prevention tips listed above, the risk of LD can be greatly reduced. So get out there, enjoy your runs and protect yourself!

Jenny Carlson is a postdoctoral fellow at the Johns Hopkins School of Public Health studying the transmission of malaria, dengue and zika in mosquitoes, and is a volunteer with CDC's Lyme Corps program. The views and opinions expressed in this article do not necessarily represent the official position of the Centers for Disease Control and Prevention.

https://www3.epa.gov/pesticides/chem_search/reg_actions/reregistration/fs_PC-080301_1-Apr-98.pdf

<http://www.consumerreports.org/insect-repellents/mosquito-repellents-that-best-protect-against-zika/>

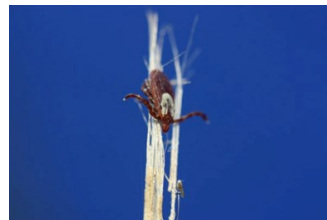


Figure 1. Questing tick

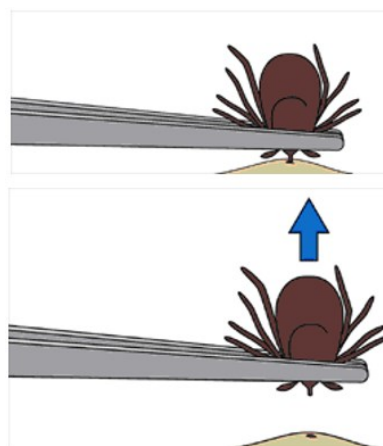


Figure 2. Proper removal of ticks, courtesy of CDC. With tweezers or forceps, the base of the tick should be grabbed steadily near the skin and pulled directly upwards. Home remedies, such as the use of matches, should be avoided.



Figure 3. Erythema migrans (EM), courtesy of CDC. This is one example, but to view more examples of possible EMs, please visit: http://www.cdc.gov/lyme/signs_symptoms/rashes.html

Racing Team Results

Date	Race	Athlete/Results
9/5/2016	Steeler's Gatorade 5k	Chad Connors 18:23
9/5/2016	Last Path to Boston Half Marathon	Jenny Hallberg 1:31:40 (1st Overall)
8/21/2016	Howard's 25K	Chris VanSant 1:43:34 (3rd Overall)
8/13/2016	Women's Distance Festival	Jenny Hallberg 20:06 (4th Overall)
7/24/2016	Run for Pie 10K	Chris VanSant 42:56 (3rd Overall) Jenny Hallberg 44:48 (2nd Overall Female) Harriet Langlois 58:42 Katelin Peropat 43:10 (1st Overall Female) Malcolm Senior 47:53 Ruth Taylor 43:33 (4th Overall Female)
7/16/2016	Catoctin 50K	Lorraine Sullivan 8:52:44 Pam Monaghan-Geernaert 8:48:55
7/16/2016	Whistle 5K	Chris VanSant 19:08 (1st Overall)
7/9/2016	Annapolis WDF 5K	Ruth Taylor 22:19 (3rd Overall Female)
7/4/2016	Firecracker 5k	Lorraine Sullivan 23:55 (3rd Place Masters) Pam Monaghan-Geernaert 23:31
7/4/2016	Village Runner 5K	Chris VanSant 18:14
7/2/2016	Galeton 5K For Fireworks	Katelin Peropat 19:35 (1st Overall)
6/25/2016	Paws and Claws 5K	Harriet Langlois 25:39 (1st AG)
6/18/2016	Frederck Summer Solstice 8K	Malcom Senior 36:30 (Senior Grand Master) Ruth Taylor 44:57 (Senior Grand Master- Female) Chris VanSant 32:21 Jenny Hallberg 33:09 (1st AG, 5th Overall Female) Steve Dobson 35:46 Katelin Peropat 34:54

The Steeplechasers Racing Team gives competitive members a way to band together and bring visibility of the club to the local races. They have had a great summer. Check out the rest of the results on the [website](#).

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 *

Friends of Steeplechasers

Friends of FSRC was adopted at the February board meeting as an opportunity to feature local businesses that have helped the club. We are featuring businesses who have sponsored the club, made donations, provide educational sessions, provided facilities, provided discounts, etc. You will find information about these local businesses throughout the newsletter, as well as on our website at <http://steeplechasers.org/membership/friends-of-fsrc/>

Please consider supporting these local businesses and if you would like to be featured, please send your contact information, logo, and a bit about your business to FriendsofFSRC@steeplechasers.org



Learn the secrets to reduce impact, improve efficiency, and Running for a Lifetime.

Mark Lawrence, Certified Chi Running Instructor

For more information, go to www.self-propel.com



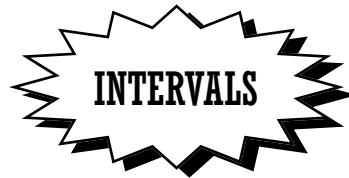
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2016



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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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Elizabeth A. Liotta, MD

BOARD CERTIFIED CLINICAL AND COSMETIC DERMATOLOGIST

Elizabeth A Liotta, MD is a clinical and cosmetic dermatologist in Frederick, MD, offering a full spectrum of services. Dr. Liotta and her team are dedicated to excellence in providing comprehensive medical dermatological care. Contact Dr. Liotta at 301-668-3004 or at www.liottaderm.com



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