

Intervals

A newsletter of the Frederick Steeplechasers Running Club



Spring Edition / April 2017

PRESIDENT'S MESSAGE

by Jill Cameron

My running career started in 1979 when my family was asked to be in a Perkin's advertisement in my home town of Coeur d'Alene, Idaho. My parents had decided to take up this thing called "running," and they dragged my brother and me along. I hated every minute of it! So when I told my mother that I was going to be president of the Steeplechasers, she just laughed, then sent me this picture.



Denny, Brad, Jill & Michele Heuer

She still is amazed that I eventually came to love running. But I came to love running because of her and my dad. We have people in our lives who inspire us to do things we thought we never would do. This club inspires and motivates me every day. I am proud to be a Frederick Steeplechaser and honored to be your president!

One of the many enjoyable aspects of my new role is that I get to write the President's Message and share some of the exciting updates and activities happening around the club. A few recent highlights include...

Anne Light, long time Steeplechaser and volunteer, is leaving us for the sunny state of Florida. Anne has served in every position on the executive board except president, has clocked numerous volunteer hours for the club, took over as race director for the Market Street Mile, and founded the Lincoln Panther Running Club, which is a running program for 2nd-5th-graders at Lincoln

Elementary. Although Anne reassures us that she will be returning often to run races and volunteer, the Steeplechasers are going to miss this amazing member!

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While we are sad to see Anne go, we are thrilled to have **Liz Liotta** as the new Market Street Mile race director and **Josh Henson** as the new lead for the Lincoln Panther Running Club. Thanks to you both for stepping into these important positions!

I also want to thank **Lou King** for his work as president over the last two years. The Maryland RRCA president recently recognized Lou as a leader who strives to communicate club business and is well deserving of the RRCA President of the Year award. We are so proud that

he represents the Steeplechasers.

Next, we have three FSRC Grand Prix races in the books, The Lewis Run, The Club Challenge and Forest of Needwood. We hope to see many of you participating in the upcoming FSRC Grand Prix series races.

Don't forget to check the leaderboard to see where you stand.

Lance Dockery

made us proud during The Maryland Club Challenge 10-Miler by running the race in under an hour with a

chip time of 59:26. Impressive! **Shannon Matthews** was our first female finisher with a chip time of 1:11:53. We had quite a few members come out for the race, but would love to see this number grow.

The marathon and half marathon training groups are off and running. **Ruth Taylor** is leading the marathon group, providing encouragement and well organized runs. Many of the participants will be running the Gettysburg Marathon on April 23rd (FSRC's 4th Grand Prix event).

Billy Clem and **Heidi Novak** are leading the half marathon training group. They host a lively and inspirational Facebook page and continue to lead with smiles. Their

target race is the Frederick Half Marathon on May 7th (FSRC's 6th Grand Prix event).

While we love to run, our social time is important too. On Saturday, January 28th, we held our annual banquet at the Delaplaine Arts Center.



Members of the Spring 2017 Marathon Training Group pose for a selfie. Photo credit: Jenny Hallberg

One hundred and ten members and friends gathered to celebrate running and recognize the contributions and achievements our fellow Steeps. (See page 3 for a list of the major award winners.) The food was especially popular this year. Thanks to **Art Gregory** and **Ruth Taylor** for organizing another successful event.

We also have started this year with some fun happy hours organized by **Heidi Novak** and **Syble Roane**. Thanks for keeping us "hydrated" and happy, ladies!

In closing, I would like to share a quote by George Sheehan: "*Out on the roads there is fitness and self-*

discovery and the person we were destined to be."

I'm a runner teacher, runner mother, runner wife. What kind of runner are you? Now get out there and run!

NOTES FROM THE PACK

Running by myself with a few of my friends

By Carl Pritchard

Today I ran 14 miles with the Steeps' marathon training group. Most of the time, I was in the middle of the pack, by myself, but not alone. I ran with my personal demons, my worries, fears and mistakes.

I also ran with my friends — Jenny who is always full of energy and helps me tap into mine, Jan and Pam who are beasts and inspire me to push through, Billy who reminds me it is my job to inspire other runners as I pass by. I ran with Robbie who is the definition of perseverance and Conny who finished Berlin with a torn hamstring. I ran most of the route with Jan who now lives in California. She was here to remind me that we ran the same 14 miles last year at midnight after she had already finished 20 earlier in the day. No spiders today, Jan!

We may run by ourselves sometimes, but there are always Steeps to run with — if you look for them.

From Steep back to Strider

By Malcolm Senior

My introduction to the Steeplechasers came in 2005 when we moved to New Market, Maryland. Monday and Wednesday runs were organized by Mark Lawrence. Saturday long runs were organized by Mary Zelinski, and there were always the Sunday morning runs with Tim O'Keefe and John Clarke.

Under the leadership of Presidents Mark Lawrence, Pam Geernaert and Lou King, the club grew into the brilliant, friendly running community that it is today. It was my privilege to run, train and compete with

Steeplechasers for over a decade.

Now I am retired and have recently moved back to the UK. It is strange being back with my old running club, the Kimberworth Striders, who also have grown in my 14 years away. I am gradually getting to know the new members and getting accustomed to the new running schedule and routes.

Club runs are Tuesdays and Thursdays with speed sessions in November and December. My six-mile local training run passes 12 pubs with stellar British pub names like The Green Dragon, The Ship Inn and The Yellow Lion.

I have run several local races including two hilly events of note. I ran the Barnsley 10K on November 27th in 44:15, taking 1st V65 and setting a new record for the Kimberworth Striders 10K V65 section. At the Norton nine-miler on March 5th, I finished in 65:03 to take 3rd V65 place.

The Striders celebrated 30 years of running on October 23, 2016. It was great to be part of this event, but bittersweet to retire from work and return to the UK. We really miss you all, but we will be back to run, race and pace with you in the coming years.

Best regards and good wishes for 2017. Keep on running!

STEEP SHOUT OUTS!

Congratulations to the **FSRC 2016 Major Award Winners!!**

Rising Star, Women – **Crystal Achuo**

Rising Star, Men – **Jason Scaroni**

Most Improved, Women – **Meaghan Vance**

Most Improved, Men – **Evan Machusak**

Iron Woman – **Jan Harris**

Iron Man – **Bill Stahr**

Unsung Hero – **Becky Boughn**

Unsung Hero – **Syble Roane**

Inspiration – **John Godinet**

Grand Master Runner of the Year, Women – **Harriet Langlois**

Grand Master Runner of the Year, Men – **Art Gregory**

Master Runner of the Year, Women – **Conny Pritchard**

Master Runner of the Year, Men – **Perry Washington**

Runner of the Year, Women – **Jenny Hallberg**

Runner of the Year, Men – **Mike Geisler**

Waxter Award – **Billy Clem**

Waxter Award – **Crista Horn**

President's Award – **Jack Griffin**



Hall of Famer!

Brent Ayer, former president of Road Runners Club of America and Frederick Steeplechasers, first coach for Hood College's cross country and track and field teams and accomplished runner, was recently inducted into **Hood College's Athletic Hall of Fame**. Congratulations, Brent!

STAY TUNED WITH NICOLE

The Running Injury Threshold

By S. Nicole Davis, DPT

Running injuries are rarely caused by one thing going wrong. Usually, injuries are the result of a combination of issues adding up and then a proverbial straw that breaks the camel's back.

You decide to do a half marathon and training seems to be going well until the day of your nine-mile long run. Five miles into your run it starts pouring rain, so you pick up the pace. Cold, rainy runs are not your idea of fun, but you are determined to get that mileage in and stick to your training plan. Unfortunately, one mile from home, your right calf seizes up and leaves you sore and hobbling the next day. That one training error, however, is most likely not the sole cause of your misery. That training error is likely just what finally pushed you over the edge.

There are some common factors that affect your risk of injury:

Mobility: Do you have enough motion in some key places (hip, ankle, big toe) to run well?

Stability: Is your core stable enough to provide a firm foundation for your legs to

push from? Is your knee stable when you land?

Strength: Do you have enough strength in key muscles (glutes) to propel you forward?

Mechanics: Are you using the strength you have in the most efficient manner?

Alignment: Do you have any physiological issues that affect your running biomechanics (hip issues as a kid, bowed legs, etc.)?

Training: Does your training provide adequate stimulus and recovery for you to stay healthy, and meet your running goals?

running injuries are not caused by only one thing, but a combination of things that add up and push you past your limit — your **injury threshold**. Below the injury threshold, the runner is happy — nothing hurts, training is going well. Above the injury threshold, the runner is injured.

In *Figure 1*, the runner on the left is an elite runner, paying a multitude of specialists to keep him in peak running condition. His mechanics and strength are excellent. He has good stability and plenty of flexibility to run efficiently. He hit the genetic jackpot in terms of alignment. Because of this,

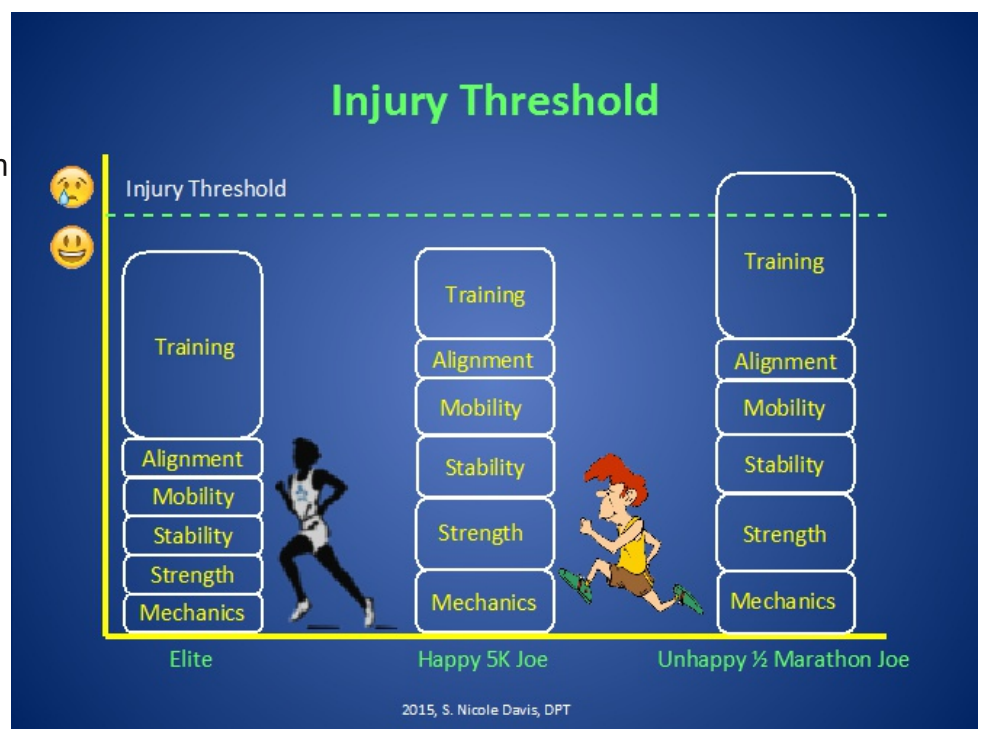


Figure 1.

Irene Davis, one of the leading researchers in running mechanics and injury, presented an additive model of the injury threshold about a decade ago. The idea is that

his training volume can be huge, 100 miles per week or more (including speed work and hills, etc.), and he can still stay well below his injury threshold.

The runner in the middle is Joe. Joe is a newly minted Couch-to-5K runner. He hasn't quite figured out this running motion yet, so his mechanics are not ideal. He isn't particularly strong or stable. He sits in an office chair all day so his hips are a bit tight, so he can't quite get his leg behind him far enough to run well. Fortunately however, he has no major alignment issues. Despite all these issues though, he stays below his injury threshold because he is only running 12 to 15 miles a week at a very conversational pace in preparation for his first 5K.

But Joe finishes his 5K and is so excited that he signs up for a half marathon. He gets a plan online and starts to follow it. Being a little short on time to exercise, he skips the cross training, and the form drills. He does well initially, but then at some point, maybe when his long runs hit around nine miles, he gets injured. Essentially, because Joe did nothing to address (and minimize) the effect of all those other issues – mechanics, strength, stability, mobility – the increase in training volume alone pushed him over his injury threshold.

This injury threshold is not actually a hard line; it's more of a zone. Generally the body gets a bit tweaky first. If you listen very carefully to the messages your body is sending, you can often head off full injury before it occurs. The injury threshold also can

vary considerably from one runner to another. Every body is different, and some bodies are just naturally more resistant to injury than others. Finally, even within a single runner the injury threshold is not static. During times of illness, with other life stressors going on, or even with advancing age, the injury threshold can drop, making the runner more injury prone. Likewise, optimizing things like nutrition and rest, the injury threshold can be raised a bit, making the runner less prone to injury.

The moral of the story is **"It all adds up!"** When we want to race a new, longer distance or even run a race faster, the first thing we think of is increasing our mileage or adding speed work. But don't neglect the other parts of the equation. Add some glute strengthening to your routine, work on your balance, do form drills, stretch your hip flexors. All these things will increase your chances of running healthy and happy. Ideally, hire a coach and a physical therapist to help you figure out exactly what to do. Realistically, Google is a good place to start.

S. Nicole Davis, DPT is a biomechanical engineer turned physical therapist, specializing in running injury prevention and management. She also is an RRCA-certified running coach, coaching both youth and adult distance runners.

CLUB NEWS

Steeps host Intro to Running Photography workshop

By Michael O'Grady

A dozen Steeplechasers attended an intro level photo workshop on January 15th specifically targeted at running photography. Bill Susa arranged for the group to hold the session at the Burkittsville Historical Museum.

Everyone came away with something, including this presenter who has been doing photography for fifty years.

The PowerPoint for the event may be found at <http://steeplechasers.org/wp-content/uploads/2015/03/running-photography-2.pdf>

Following the workshop, there was some discussion of a second workshop, this time starting with the group photographing runner "models" and then heading inside for some classroom discussion. Anyone interested?

CLUB NEWS continued on page 6

FASTER IN THE PAST

By Brent Ayer

You know you are officially an “old” runner, when you are not able to find any of your personal records online. So I won’t bore you with any of the stuff you could look up with three clicks. From the paper files in my office, I bring you “Faster in the Past.”

15 Years Ago (2002)...

A near perfect running morning of sunshine, blue skies, and cool temperatures saw **Frank Kurtz** (55:14) and **Ellett George** (70:22) win the Goodloe Byron Memorial 15K run held at Mount Saint Mary’s University. George, a family friend of the Byron’s, is a cross country standout at Bryn Mawr High School. Club members among the top finishers included **Tim O’Keefe** (11th, 1:03:58), **Jim Becker** (16th, 1:06:52), **Paul Christiansen** (17th, 1:07:02). **Peggy Waxter** was the 24th female finisher in 1:44:39.

20 Years Ago (1997)...

The Second Annual Garrett’s 5K Race was held in Baker Park on April 19. **Steve Smith** of Germantown bested a field of 251 finishers with a time of 16:21. **James Moreland** was 6th overall (17:17). **Marti Grib** was 5th women’s finisher (20:53) followed by **Molly Imming** in 10th. **Moreland** bounced back to win the Armed Forces Day



Award winners for a mid-1980s Byron Memorial Run. How many can you name? *Photo courtesy of Brent Ayer*

10K held May 17 on the grounds of Fort Detrick with a time of 35:20. He returned the next day to race the Olympian 5K which started and concluded in front of Saints Peter and Paul Greek Orthodox Church on Seventh Street. There, he finished second to **Brent Ayer** (17:15 to 17:25). Third was **Brent Phillips** (18:24). **Larry Cunningham** was sixth (19:04), and **Joe Myers** ninth (20:17). **Marti** was the women’s winner in 20:33.

35 Years Ago (1982)...

David Shafer of Middletown finished 100th of 7,600 starters in the Boston Marathon with a time of 2:26:43. He teaches profoundly disabled students at Rock Creek School. A multiple state champion while at Middletown High School, Shafer ran collegiately at Marshall University. His career best time of 2:17 was set in the 1984 Boston Marathon, a

mark that qualified him for the U.S. Olympic Marathon Trials.

CLUB NEWS, CONT.

Help young runners reach their potential – Donate to the FSRC Memorial Scholarship Fund today!

By Michael O’Grady

When most people think about the Frederick Steeplechasers they think “running club,” but as members, we know we are much more. We are a community.

We share our love of running in the way we serve each other and the community at-large. Through our various training groups, from the 5K through Marathon and Ultra distances, we help each other achieve goals and aspirations beyond what we may have thought possible. Races we support directly as club events

or through services rendered raise thousands of dollars for local charities.

In 2016, the Steeplechasers initiated the Memorial Scholarship Fund in memory of past Steeplechasers Rick O'Donnell and Larry Key, both of whom embodied devotion to the sport, the club and the community. The scholarship recognizes outstanding service and a love of running and is open to Frederick County high school seniors who will be attending college, trade school or enlisting in the US Military in the 2017/2018 school year.

The 2016 Rick O'Donnell 5.22 Mile Trail Run and Ultra-Challenge, our fundraising race for the 2017 Memorial Scholarship Fund, raised over six thousand dollars. With these dollars, we will provide at least two \$2,500 scholarships. This is a great achievement, but we can do more!

Emily O'Donnell, Rick's daughter, said of her father after he passed away, "Running made my father the man wanted to be." Our Memorial Scholarship Fund will help young adults become the men and women they want to be. Let's assist as many as possible.

Donations may be made directly through the Steeplechasers' web site by going to <http://steeplechasers.org/about/fsrc-memorial-scholarship/>

Newsletter Submissions

Do you have club news, a running-related experience, or a Steep Shout Out you'd like to share in the next Intervals newsletter? Don't delay. Send your submissions today!

Submission guidelines:

- 500 word max for articles
- When possible, please submit a photo or image with your article and include photo credit/image source
- 50 word max per Steep Shout Out
- Send submissions to newsletter@steeplechasers.org
- Submissions are accepted on a rolling basis up to the posted deadline. The next issue will come out early/mid summer. The deadline will be announced at least 3-4 weeks in advance.

If you wish to become a corporate sponsor please contact Michael O'Grady at mike.ogrady@steeplechasers.org

Women's Distance Festival rooted in the history of women's rights

In 1979, the RRCA started the Women's Distance Festival (WDF) in response to the lack of distance running events in the Olympics Games for women. The first Women's Distance Festival events were held on July 13, 1980, the date of the men's marathon at the Moscow Olympics.

Today, the Women's Distance Festival celebrates the history of women's rights to participate in running events at any distance and at any age. While women's participation in distance running nearly matches that of

men, the Women's Distance Festival continues to serve as a celebration of the determination and dedication of women runners across the country.



Marilyn Ludwick takes 1st in the 65-69 age group at the 2016 Frederick WDF. Photo credit: Karen Smith

The 2017 Maryland Women's Distance Festival Grand Prix Series is sponsored by the Maryland RRCA and its participating clubs. Women who complete five or more of the nine races in the series are eligible to receive the WDF Participation Award. For more information about the 2017 WDF series, visit the MD

RRCA page on our website at:
<http://steeplechasers.org/competition/md-rrca-race-series/>

The Frederick Steeplechasers Running Club will host our 28th annual Women's Distance Festival on Saturday, August 5, 2017 at Frederick Community College. We expect over 500 women to participate.

Net proceeds of the Frederick Women's Distance Festival are donated to the Women's Giving Circle of Frederick County.

To register for the Frederick Women's Distance Festival, visit
<https://www.runningahead.com/events/wdf>

To learn about sponsorship opportunities, visit
<https://www.frederickwdf.com/sponsors>

To register for the Steeplechasers' Women's 5k Training Program leading up to the Frederick WDF, visit
<https://www.frederickwdf.com/training>

FSRC 2017 Officers & Key Volunteers

President - Jill Cameron
Vice President - Eric Cameron
Secretary - Nicole Davis
Treasurer - Harriet Langlois
Calendar - Jenny Hallberg
Community Service, Gettysburg Marathon, Chad Ahalt
Community Service, JFK 50 Aid Station - Paul Christiansen
Competitions - Shannon Matthews
Communications - Luanne Houck
Happy Hour - Heidi Novak & Syble Roane
Membership - Nikki Martin & Kerry McHugh
Memorial Scholarships - Michael O'Grady
Newsletter - Roseann Abdu
Panther Running Club - Josh Henson
Public Relations - Eric Cameron
Race, Independence 5000 5k - Victor Cretella
Race, Lewis Memorial 10 Mile Run - Mark Lawrence
Race, Market Street Mile - Liz Liotta
Race, Rick O'Donnell 5.22 Mile Trail Run and Ultra Challenge - Crista Horn
Race, Run for the Pie 10k - Mark Lawrence
Race, Summer Solstice Twilight 8k - David Levine
Race, Women's Distance Festival 5k - Harriet Langlois
Race Support - Mark Lawrence
Racing Team - Chris VanSant
Social - Art Gregory & Ruth Taylor
Summer Decathlon - Tim O'Keefe
Technology - Lou King
Training, Education - Pam Geernaert
Training, Half Marathon - Billy Clem & Heidi Novak
Training, Marathon - Ruth Taylor
Training, WDF 5K - Nikki Martin & Heidi Novak
Volunteer Appreciation - Lori Mensh



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