



INTERVALS

Newsletter of the Frederick Steeplechasers Running Club

Women's 5K and 10K Training Program - By Luanne Houck

The Steeplechasers hosted a new women's 5k training program that started in June with a goal race of the Women's Distance Festival in August. Over 50 women including mentors and volunteers participated in this program. We had a variety of runners ranging from true beginners desiring to be able to run for longer periods in between walk breaks to runners with some experience who needed the extra motivation of a group program to become more consistent runners to experienced runners hoping to break a previous

personal record. By the end of the program, all runners who had stayed throughout the program were able to improve considerably and achieve their goal at the Women's Distance Festival 5K. We all made lots of new friends, encouraged each other throughout the training program, and learned to love running more as an enjoyable, beneficial way of maintaining physical, emotional, and mental health.

Some of the ladies even continued in a follow-on 10k training program that culminated at the Freedom's Run 10k in Shepherdstown. We continued our regular Monday and Wednesday night runs in Baker Park running 3 to 4 miles and we gradually increased our Saturday long runs from 5 to 8 miles. For the Saturday runs, we provided several route options so that those who wanted to keep working on the 3 to 5 mile distance could continue participating. We even had one of our Saturday long runs at the C&O canal. About 10 women ran the 10k at the Freedom's Run and were very pleased at their accomplishment, which for some was their longest race to date.

We received such positive feedback about these training programs and our club President, Pam Geernaert expressed her sentiments, "I got teary eyed a few weeks ago when I got home from work early enough to slip out for a run and found 12 of the FSRC women's distance festival women out running. Wow. The WDF was in August and yet there you ladies were ... running and chatting and challenging each other. It really is what running means to me." One of our participants, Karyn Spertzel remarked that, "I started the program, somewhat reluctantly, because I 'didn't like running' but I needed to do something for health reasons. I struggled at the start but the encouragement of the Steeplechaser mentors and the other participants kept me going and I ended up running a



FSRC - 2013 Officers

President – **Pam Monaghan-Geernaert**
 Vice President – **Kerry Shepherd**
 Secretary – **Crista Horn**
 Treasurer – **Anne Light**

Committee Chairs

Social – Harriet Langlois / Lou King
 Membership – Luanne Houck
 Competition – Cassy/Chad/Joe
 Race Support – Tim O’Keefe/ Mark Lawrence
 Training – Kerry Shepherd
 Web Site – Rich Potter/Stephen Dobson
 Newsletter – Malcolm Senior

considerably faster 5k than I ever thought possible. And then I started training for a 10k and finished THAT under my goal time. I was so proud of myself because I felt like I ran the race (and the longer distances) with ease. And I really never pictured myself doing it. And it was 'extra' fun being encouraged during the race by the Steeplechasers passing us. I'm really looking forward to the next challenge and the fellowship of my fellow WDF runners. And I look forward to next summer and perhaps becoming one of those mentors with newbie runners.”

Karla Kim had similar comments: “I moved to Frederick on August 1, 2013 and was fortunate enough to stumble upon a Steeplechasers running group. A member told me about the website and from there I was able to find the women's 5k (now 10k) training group. Due to my schedule I cannot make the midweek runs, but I have really enjoyed meeting and running with the women on Saturday mornings. Getting the weekly emails and knowing all the women are running has helped me stay consistent with my running--even getting up at 5:30 some mornings to make sure I could get my run in--something I was not doing before I moved. Originally, I wasn't planning on doing a race this year, but through positive peer pressure I signed up for the Freedom Run 10k and had a great time. Thank you to all who make the Steeplechasers an effective club.”

As Membership Director, I am thrilled at the success of this program and would love to see it continue. We have so many committed members in our club who are inspirations to all of us. Many women from this group are planning to continue casual running together in the fall and winter months to maintain our level of fitness so that in the spring we can continue to train together for a variety of race distances, including the half marathon distance. If anyone would like to join us, we would love to run with you! Please e-mail me at Luanne.houck@yahoo.com to be added to the group!

REFLECTION IS NEEDED

As all of us have seen first hand ... it is getting darker much, much earlier at night and is staying dark into the morning hours. Because of this, it is imperative to wear different points of light and reflection while walking/running/bicycling on streets/sidewalks and crosswalks. Did you know a driver can recognize a person wearing reflective at up to 6x greater the distance than a person wearing a white t-shirt? **GET LIT ... DON'T GET HIT!**

Marathon / Half-Marathon Training program - Chad Ahalt

In mid-July the Steeplechaser began its first organized marathon/half marathon training program. With a target race of Freedom's Run, the 12 week program was designed for intermediate to advanced runners looking to improve on past performances or make a step up in race distance.

The program was based around using tempo runs, to increase the runner's speed over extended distances, and race pace runs, to acclimate the runner with their goal race day pace. These training runs were made both more enjoyable and beneficial by getting runners of similar ability to train together.

We met together, as a group, two days per week. Tuesday evenings were tempo days and Saturday mornings were long runs – either Long Slow Distance or with race pace miles incorporated.

The training program was free to Steeplechaser members and \$25 for non-members, with a FSRC membership included. Over 30 registered for the program with 8 new memberships through the program. Workouts were well attended during the summer months, but slowly dwindled for various reasons. There was a steady group of about ten that really worked the program through and their results on the challenging Freedom's Run course showed that their efforts and the program paid off:

Jan Harris – *“took 27mins off last years' time AND finished 5mins ahead of my goal”*

Billy Clem – *“it helped me achieve my sub 4 hour marathon goal (3:54:27) despite a Brutal course”*

Ruth Taylor – *“I achieved a new PR of 3:33 and 1st place age group award”*

Keary Johnston (Freedom's Run, Masters Champion) – *“while I didn't go sub 3:20 I did PR and get way sub 3:25.”*

Overall, the program was a great success. We look making some adjustments and improvements as we move into the spring marathon season. Look for a new program to be beginning soon, with a target race of our Grand Prix Series marathon, Gettysburg North-South Marathon.

The Gettysburg North vs. South Marathon (<http://www.gettysburgnorthsouthmarathon.com/about.html>) April 27, 2014 will be our Grand Prix series marathon for 2014. The race director has offered Frederick Steeplechasers the opportunity to be an official "race partner" and be treated like a sponsor, as well as a discount for runners if the club provides volunteers. They will also allow us to set up a post-race tent. This is a great chance to be FSRC ambassadors.

We need volunteers for Packet Pick-up on Sat/Sun, Course Marking/ Signage, Course Marshalls, Parking Assistance, and Post Event Clean-up. Hopefully we can get a nice group of members to represent the club in a nice local marathon and support the Steps runners. If you are available to help out in this event, please contact chadahalt@gmail.com





Burkittsville - One of the Most Haunted Places in America

Spook Hill, also known as Ghost Hill, is a lonely stretch of Gapland Road running just outside Burkittsville, Maryland, the town featured in The Blair Witch Project.



The road was paved over a hill where one of the Civil War's most devastating encounters took place between the Union and Confederate armies.

As the story goes, the Union army ambushed a large group of confederate soldiers who were actually attempting to ambush the Union, unbeknownst of the enemy's plans of counter attack. The two armies gathered on each side of the hill in preparation for an early morning battle that would be a deciding factor in control of a large, central stretch of strategically advantageous land.



Both armies were well aware of the other closing in, but as dusk approached, both set up camp, their scouts reporting regularly on the opposing forces' movements. The Confederacy decided it would be best to move a number of heavy artillery cannons to the rise of the hill in preparation for the morning's

coming battle.

The Union's scouts reported the suspicious activity, and without a single lantern or torch lit, not a sole bugle sounding, the Union army moved stealthily into position, ambushing the soldiers and artillery heading up the hill.



Caught completely off guard, the rebel soldiers were either gunned down without warning or abandoned their artillery to flee back down the hill. The cannons rolled backwards down the hill unattended. Thousands

of confederate soldiers were mercilessly slaughtered that fateful night on what would later become known as Spook Hill. What was left of the rebel army regrouped and retreated before the dawn of the battle that was meant to be.



Ever since, residents and passersby near Spook Hill on Gapland Road have reported a number of ghostly instances. Campfires appear out of nowhere upon wooded fields and open grasslands near Spook Hill. Apparitions of soldiers have been seen stirring the fires. Those who move in for a closer look are stunned to see the campfires and ghostly apparitions upon Spook Hill disappear just as quickly as they materialized, seemingly from thin air.

Look closely did you see through the early mist.....

Spook Hill Cider & Wine 4 Mile Run Saturday, October 19, 2013 Burkittsville, MD

The Full Moon slipped away as a brilliant sun rose over the mountains. The inaugural Spook Hill Cider and Wine 4 Mile Run participants were arriving This rolling four-mile run, which replaced the vaunted Run for the Bathroom 8K, is a loop course primarily within the confines of the historic town of Burkittsville, MD. Running up the legendary

Spook Hill just before turning off the asphalt for a loop through the Boordy Winery Vineyard on the west end of town. Historic Union Cemetery and Guyton's former dairy farm in the center of town are the next points of interest through which participants will navigate. You're almost done when you complete the loop through the Distillery Lane Ciderworks orchard on the east end of town. This is a fall race not to be missed as the

scenery is guaranteed to be second to none! This event raises much needed funds for the South Mountain Heritage Society, which is Dedicated to the Preservation and the Interpretation of the History of Burkittsville, MD.

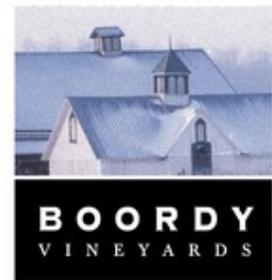
A perfect day the still misty morning ideal for running. One hundred and fifty runners made there way round the 4 mile course. First home in a

winning time of 23:51 was Tim Snyder, Victor Cretella was #2 in 24:24.

Fisrt and second lady finishers were Cassey Crouse and Elizabeth Hollis, Seen here receiving there awards. Cassy was 11th overall in 26:56 and Elizabeth was 14th overall in a time of 27:25. Note, local 14 year old Finian McGrane finished 5th overall in 24:49.

Age awards and plenty of door prizes were spirited away.

Spook
Hill
CIDER & Wine
4 mile run



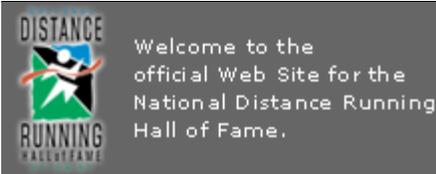
BODYSENSE
PHYSICAL THERAPY FOR SPORT & LIFE



Quote

"We run, not because we think it is doing us good, but because we enjoy it and cannot help ourselves...The more restricted our society and work become, the more necessary it will be to find some outlet for this craving for freedom. No one can say, 'You must not run faster than this, or jump higher than that.' The human spirit is indomitable."

-Sir Roger Bannister, first runner to run a sub-4 minute mile



National Distance Running Hall of Fame

On July 11, 1998, a hall of fame was established to honor the sport of distance running. The National Distance Running Hall of Fame is dedicated to honoring the athletes who have made contributions to the sport of distance running, contributions that have brought distance running fame and recognition. From the sport's top runners and most decorated athletes to those who pushed the sport's barriers and eventually broke them, the Hall of Fame honors their talents, initiative and drive.

The only sport that is all inclusive, distance running can be enjoyed by everyone from the amateur to the professional. It is inexpensive and can be enjoyed throughout a lifetime. Running changes people's lives. Within the Hall, visitors will find the history of distance running shown through both the eyes of the runner and spectator. Pictures, memorabilia and awards decorate the exhibit rooms and pull the visitor into the runner's world, a place often inhabited by the runner who alone challenges and pushes the human spirit. The Hall of Fame celebrates the sport's greatest moments and bestows the highest honor on outstanding athletes in the sport - induction into the Hall of Fame.

Why Utica? Utica, N.Y. is the home of The Boilermaker 15K Road Race, the largest 15K in the nation with nearly 10,000 runners. Though located in a small city, The Boilermaker consistently ranks as one of Runner's World's Top 100 Races. The community's widespread support, with 4,000 volunteers and over 30,000 spectators, has garnered the Runner's World Community Spirit Award. The Hall serves as a clearinghouse for information on the sport of distance running. The Hall encourages races to submit applications and race results. The Hall also welcomes writings about the sport, photography and memorabilia.

Boilermaker
SUNDAY JULY 13TH, 2014



Boilermaker 101

The Boilermaker Road Race was established in 1978 by Earle C. Reed. Reed was looking for a way to give back to the community that had supported his family's business, Utica Boilers (now ECR International). The 15K road race began with just over 800 runners and a budget of \$750.

In 1983, renowned distance runner, Bill Rodgers, not only participated but won the race with a time of 44:38. Rodgers elevated the race by bringing both national exposure and credibility to the event. Since then, the Boilermaker has attracted elite runners from all over the world, including Olympians and world record holders. In fact, the Boilermaker has been named by the Analytical Distance Runner



as the most competitive 15K road race in the world.

Today, the Boilermaker 15K road race hosts over 17,000 runners per year. Boilermaker Weekend offers events for participants of every age and skill level. It has grown to include fitness and special events, such as a 5K Race, a 3 Mile Walk, a Kids' Run, an Invitational Mile, Youth Olympics, a Health and Fitness Expo, and more. Designed around the weekend's crown jewel, the Boilermaker 15K Road Race, Boilermaker Weekend

promotes a healthy lifestyle with a focus on fun, family, and community spirit!

<http://www.boilermaker.com/>

Running Beyond the Marathon by Grahak Cunningham

New book "Running Beyond the Marathon: insights into the longest footrace in the world"
Founded in 1997 to exemplify the endless possibilities of the human spirit, the Self-Transcendence 3100 Mile Race is held every year on a concrete footpath around an 883 metre block in Queens, New York. It is the world's longest certified foot race.

Running 18 hours a day, from 6:00am to midnight, for 51 days, runners must average a minimum of 60 miles a day (96.6km) to complete the distance. This involves circumnavigating the block 5649 times. Over the duration of the race, runners wear out fifteen pairs of shoes, and their feet swell an extra two sizes. In a typical New York summer, temperatures can reach 40 degrees centigrade with 85% humidity. Competitors must contend with boredom, fatigue, torrential deluges, extreme pain, injuries and sleep deprivation—but most of all, they have to deal with themselves. Outwardly for their efforts they will receive a plastic trophy and a t-shirt; but they make a lifetime of progress.

Loaded with training tips, anecdotes and race stories, join four-time finisher, West Australian Grahak Cunningham as he takes you on the journey from his first race in 2007 as a multiday novice to his ultimate victory in 2012 where he averaged 71 miles (114km) a day for 43 days, and discover what he learnt along the way.

Available from www.grahakcunningham.com, Smashwords or Amazon.

Do you have any interesting running tales to tell?
Do you have a favorite route or race? Any picture to share?
News of members` or anything running related?
Please forward to Newsletter editor Malcolm Senior

Social Committee

We've had some great events since our last newsletter, and we have a full schedule of upcoming get-togethers.

The summer picnic in July was well-attended and the predicted rain held off until the very end. It was wonderful to meet so many new members.



We wrapped up the Summer Decathlon series with our always-popular Rita's Italian Ice social. Nothing tastes better after a hot workout.



In addition to a few happy hours around town, we most recently gathered after Freedom's Run at the well-stocked Steps post-race tent. Our tent always looks so inviting - we have some challenges to limit access to members and potential members!



You will find us next at JoJo's in downtown Frederick on November 21st for Happy Hour. Thanks to Janadel Harris for joining the Social Committee as Happy Hour coordinator.

As we move into winter, watch for announcements for our popular Breakfast Run series, coordinated this year by Karen Ochs. Thank you for helping out the social committee with this, Karen.

And the big event that you will not want to miss is the **FSRC Annual Running Celebration/Banquet**, scheduled for **January 25th at the Delaplaine Arts Center. Save that date!**

Featured Races

Date	Race	
11/28/2013	Emmitsburg Wattle Waddle 5 Mile Turkey Trot & 1 Mile Walk *** FSRC Grand Prix Event #15 ***	Emmitsburg Community Park
12/07/2013	Goodloe Byron 15K *** FSRC Grand Prix Event #16 *** *** Equalizer Series Event #7 ***	Mount St. Mary's University ECHO Field

FREDERICK STEEPLECHASERS 30TH ANNIVERSARY MARKET STREET MILE**30 YEARS OF RUNNING MARKET STREET IN DOWNTOWN FREDERICK**

SEPTEMBER 14, 2013 the Steeplechasers held their annual Market Street Mile, beginning in front of the Y on Market Street and finishing on Market Street at Carroll Creek. The birth of this race began when then Mayor Ron Young came up with the idea to celebrate Frederick's new and improved Market Street after the utility lines were buried underground along the street. And history began, as the Market Street Mile kicks off the In The Street celebration each year.

2013 saw 407 finishers in the mile run, with 180 family participants! Included in these numbers were youth members of the Panther Running Club (from Lincoln Elementary School), Self Propel youth runners as well as a Baltimore running club who traveled to Frederick with their team of young adult runners to run the mile with us. The Panther Run Club's goal for the 2012/2013 school year was to complete the Market Street Mile. With great pride, 18 Panthers represented their run club finishing with times of 5:52 to 13:40. This accomplishment was a testament to the success of the running program at Lincoln.

Through the generosity of our sponsors and our registered runners this race was a huge success for the FSRC and it's beneficiary, the Lincoln Panthers. The major sponsorships included Rotary Club of Carroll Creek and Embrace home loans of Frederick, Ausherman Family Foundation, Frederick County Bank, Women In Defense and many more! THANK YOU

ALSO a huge thank you to the 40+ volunteers who came to help, it couldn't be done without you.

First Place youth awards

MacKenzie Scott, Olivia Welty and Rachel Coile
Drew Weisberger, William Westmoreland and Hanson Colia

First Place Female

Overall - Laura Kinley - 5:38
Masters - Keary Johnston - 6:01
Grand Masters - Esther Buchser - 7:45
Rachel Coile, Haley Hoffman, Samantha Guell, Cassy Crouse, Keri-Ann Henson, Nicole Goodwin, Joanne Capoccia, Bev Black, Karen Harvey, Stella Selner, Carol Zehnacker, Tami Graff and Yvonne Aasen



FREDERICK STEEPLECHASERS 30TH ANNIVERSARY MARKET STREET MILE

First Place Male

Overall - Timothy Snyder - 4:43

Masters - Tom Woods - 4:56

Grand Masters - Malcolm Senior - 5:39

Patrick Boddicker, Owen Levine, Joseph Palkovic, Eamon Connelly, P.J. Anderer, Brian Shadrick, Joseph Daniels, Sean Costello, Ron Black, Timothy Morgan, Ronnie Wong, Lou Shapiro, Donald Kohler

Congratulations to all the runners in the Market Street Mile! Check out our facebook page Market Street Mile and our web page <http://www.steeplechasers.org/msm/>

Submitted by Anne Light - MSM Race Director



**THE LINCOLN PANTHER
RUN CLUB**

The community service program sponsored by the Frederick Steeplechasers and the Rotary Club of Carroll Creek continues for the 2013/2014 school year at Lincoln Elementary School.

The free after school running program for 2nd - 5th graders began it's fall season with 30 children staying to run for health and fun. The program starts with a warm-up of various exercises and continues with an exercise of running for at least 30 minutes. These runs include timed events, obstacle courses, relays, amazing races and other creative ways for them to develop a love of running. Following the running exercise the children do a cool down, then comes the snack and drink at which time we discuss muscles groups and nutrition.



Through the generous volunteer coaches we are able to continue this program for these children twice a week. A big shout out to Harriet & Lou, Doug Murphy, Regina Clark, Diane Negley, Bonnie & Rob Swanson, and Ed Hinde for their commitment in assisting with the runners each week. Please come out to watch these children as they are part of our Steeplechaser family through your participation in the Market Street Mile. Come and join coaches **Anne and Greg** on the school grounds every Tuesday/Thursday from 4-5 pm.



Women's Distance Festival

Yes, We're Still Running Like Girls Except for One Man

The Frederick Steeplechaser's Women's Distance Festival 5K Run/Walk had a perfect day on August 10th for 386 women participants.

For the sixth year, the same organizing committee orchestrated a flawless event. The race committee comprised of long-time women Steeps were Lisa Hickman, Jenny Marino, Leslie Nuse, Anne Light, Kim Hessong-

Woolsey, Luanne Houck, Vicki Lee, Katy Warehime, Maria Rubeling, Marti Grib-Kachman, Harriet Langlois, Mimi McLaughlin, Karlys Kline, Joan McGrath, Robin McConaughy, Angie Forrest and Peggy Waxter. One of the many great things that I can say about this committee is that we all know what needs to be done and we get right to it. We're such a well-oiled machine and work very well together. But, I can't give all the credit to these wonderful ladies. If we didn't have the more than 50 men volunteers on race morning, all our work would be for naught. This race is truly a superb club undertaking donating all of its proceeds to a Frederick charity that helps women and children in need. Also, not to be excluded, are the wonderful merchants and business people in Frederick that donated random gifts, food and financial sponsorships to make this race so successful.

For the past four years, our charity has been the *Women's Giving Circle* which was started in 2006 by Karlys Kline to promote and support programs in Frederick County that help women and children. The Women's Distance Festival has given the WGC almost \$40,000 to date.



Most everyone knows that the WDF is part of the RRCA statewide series which has 12 races scheduled throughout the summer in various counties in Maryland. To be eligible for an award, a runner has to run four of the 12 races in the state. The Frederick WDF is getting quite a reputation as one of the most elite races in this series.

Just to spice up the event this year, we took a suggestion from one of our club members, Bill Susa. He told us of a little twist that we could add to our race that would gain us



attention and bring more money to our charity. It was called, *Chance of a Lifetime*. Basically, we were giving one lucky man the opportunity to run the race with almost 400 women. Any man that was interested in this opportunity had to purchase a chance for a drawing to be picked as the lucky male runner. Chances were \$5 and multiple chances were encouraged. All of the proceeds from the drawing went to the Women's Giving Circle. Other clubs in the statewide series heard of our new twist and wished that they had learned about it sooner. Our lucky man was David Lee who finished in a time of 24:30. You might have seen him at the start of the race wearing a really cute black tutu and a hot pink tee. As you can see, he was flaunting his stuff at the beginning of the race. Mark Lawrence didn't have a chance with the bull horn.

This year's WDF turned out to be another great event hosted by the Frederick Steeplechasers. The race committee will present a check to Karlys Kline on November 15th for the Women's Giving Circle.

Who said Women Cant' Run the World

