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INTERVALS

A Quarterly Newsletter from the Frederick Steeplechasers Running Club

Extreme Makeover!

Have You Seen The New FSRC Website?

The FSRC website is well on its way to being a great tool for communicating local and regional running events, club socials, stats, and more. As VP in charge of the Web Site Committee, Larry Herman has acted as the project officer overseeing the development of the new site. The site is being professionally hosted and constructed by Volcanic Web Solutions and can currently be viewed at the same e-mail address as the old site:

www.steeplechasers.org. With the new site, we hope to expand the scope of information that the club provides to the running community and add on-line services that will add additional convenience for club members.

The FSRC Calendar already contains most of the area running events scheduled for 2007. It also has schedules for many of the training groups in our area. Our short term objective is to have a site that we can readily update with current information without going through a "gate keeper" system that relies too much on one singular source to keep the site current. Our long range objective is to make the site THE primary source of information for all runners in our area, where virtually all running related information that any local runners want could be accessed from the site. However, in order to do this we need to have the ability to have input from many different sources.

As we go through this process and realize how much work it is, it becomes more apparent of how much

work it has been for Rich Potter to keep the old site maintained as he did for the last several years. We certainly owe Rich our gratitude for all his hard work and we certainly need to get more people involved.

In addition to schedules of races and training groups, the site will also include information on club social events, and a bulletin board for runners to share thoughts, ideas, and late breaking information in a convenient live forum.

In addition to keeping track of our own Grand Prix races, we hope to have the ability to conduct on-line registration services for participating races, and to post race results on the site for races all over the area. Currently, the site includes a downloadable Club Membership Form, but we eventually want club membership registration to be done on-line as well.

Training tips, race reports, current events, club member information, etc. will all be included. With all the information on the site, this hardcopy newsletter will soon become a relic of the past. Hope you don't miss it too much!



Letter from the President By Mark Lawrence



Step 2 - Making Adjustments

Before becoming the club's president, I spoke to many club members and others in the running community about how the Steeplechasers needed to make some adjustments in the club's mission and how we do business. I felt that the club was too inwardly focused and wasn't doing enough to interest new members. My feeling has been that we needed to focus less on our own internal competitions which have been drawing less and less interest, and more on a community service role of being THE primary source for information and expertise on running in the Frederick area. While my experiences thus far haven't changed my mind about that, I'm certainly having to make adjustments along the way.

My three primary means of bringing about change was to get more people involved by organizing the club into functional committees, improve the club's web site by getting professional support, and to put the emphasis on training and participation as opposed to competition. Let's review our progress in each of these areas.

By establishing committees to oversee the functional areas of the club, I thought we could get more people involved in club operations that would infuse the organization with new ideas and perspectives. I also thought that it would help to spread the workload in the organization thus putting less pressure on the relative few that have carried the load in recent years. In this regard, I feel we've made some significant progress. Mary Zielinski recruited a slew of enthusiastic people for the Membership Committee that has been meeting regularly and have created a welcome packet and membership cards that are soon to be distributed. Suzanne Lewis and Martha Herman joined forces to head the Social Committee and recruited others to put on our Awards Banquet and have other activities in planning. As chairman of the Training Groups Committee, Vicki Bate put together a comprehensive training schedule of all the running groups in the area and is working on a program of regular instructional track coaching sessions for adult runners. Forming a Newsletter Committee has helped get Peggy Waxter some help on getting this publication out. We may soon be able to lift some of the burden of finish line support off of Ken Anderer by forming a Race Support Committee. Regina Clark has recently taken on the duties as the chairperson of the Education Committee and is in the process of putting together input for the club's **NEW WEBSITE!**

YES! For anyone who doesn't know, the club's new website is up and running. Under the capable direction of Larry Herman, we have the initial version of the club's new website that already has a fairly comprehensive Calendar of Events. Most of the site is still "Coming Soon" but at least we have a framework to begin with. From this, we can build a state-of-the-art site that we can use to become THE comprehensive source for running information in the area. Obviously, the website is going to go through an evolutionary process, but we're on the way.

One of the things we need to get published on the Club's site is the rules for the **2007 Grand Prix** series. After a couple of meetings and a little debate, Dwyane Late and Bruce Attavian are again heading up the effort to orchestrate this year's Grand Prix. The big change for this year is that there will not only be prizes for


those that finish at the top of their age groups, but this year anyone who finishes at least 7 of the 12 Grand Prix events will be guaranteed a prize as well.

With all that we have going on, the primary adjustment I think we all have to make is one of communication. Getting more people involved and dealing with more and more options and information entails an ever increasing demand for communication. The flow of e-mails I receive as president is more than I initially anticipated. I'm trying to keep up with everyone's requests and inquiries, but am not always able to do so on the day requested, so I ask for your patience. My e-mail address is markruns50@adelphia.net, but if anyone needs to speak with me directly, feel free to give me a call at (240) 285-4703. I'm excited and proud to be the Club's president in this time of change. But like with any change, we all have to make adjustments. To everyone serving as an officer or serving on a committee, thank you very much for your participation and remember that no one expects you to do too much. Don't take on more than you can handle and make sure you've got enough help to keep the workload lite. If you need help, let me know and I'll help you recruit some. My hope is that each of us will look back on our involvement this year and think of it as a great, fun experience. But remember that communication is the key to making this all work.

Stay in touch, keep running, and let's all enjoy the experience!

Mark

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Check out the new facility at
our
OPEN HOUSE
Sunday April 22, 2007
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Don't miss the **11th Annual Garrett's 5K** on Saturday, April 7th - 8:30 am - Baker Park.
Come out and support a great cause...live a little, don't drink & drive!
Register at www.active.com (event #1414315) or go to
www.Garretts5k.com for race application.

Families and Good Food Dominate Awards Banquet by Mark Lawrence

About 40 Steeplechasers filled a private room for some fine dining at Mealey's Restaurant Sunday evening March 11th for the 2006 Awards Banquet. Arranged by the club's Social Committee led by Suzanne Lewis and Martha Herman with some able assistance from Kelly Volovar, Stephanie Grace, and other committee members, the banquet was a great occasion that was enjoyed by all who participated. There was a family flavor to the event possibly due to the multiple awards won by folks with the same last names.

The menu featured a great selection of entrees including the thickest most succulent pork chops I've ever eaten, or tasty alternatives of fettucini alfredo or parmesan flounder. For dessert, there was a choice of either chocolate molten cake or key lime pie to complete the meal.

Tim O'Keefe did his normal marvelous job as the MC for the awards ceremony with detailed summaries of a wide range of exceptional performances by club members during the course of the year interspersed with enough humorous anecdotes to keep smiles on everyone's faces. This year's Grand Prix awardees featured some familiar names followed by many new names of runners who made a persistent effort throughout the year. Chad Connors and Felicia Gudat were the overall Grand Prix Champions for the year followed closely by Tim O'Keefe, Bev Black, Richard Buhman, and Terrie Sellers. Age group awardees included 13 year old Michael Dee along with his dad who won the 40-44 age group. Victor Cretella was by far the top 30 something runner in the club this year, while Tony Crow was the most persistent performer in the 40's. Paul Christianson and Bruce Attavian scored highest in the highly competitive 50's categories followed closely by Mike Marino and Bernie Sellers. But the true top competitor among the 50 something group was Malcolm Senior who was competitive with any and all age groups, finished in the top 10 in the Decathlon, and was thus recognized as the club's Male Runner of the Year.

The Markley family has become so dominant at our Summer Decathlon series that our club president had to intervene last year. Brian Markley once again used his summer break from Virginia Tech's track team to predictably win the Summer Decath. He would've been followed by his amazing father Tony except for Paul Spurrier's intervention. After Paul and the Markleys, there was Victor Cretella and Chad Connors. Wayne Kretzer came all the way from Chambersburg to finish 6th



followed by a slew of our incredibly competitive 50 and older crowd that included James Moreland, Tim O'Keefe, Malcolm Senior, and Steve Schaeffer rounding out the top ten.

For the women, the point leader was . . . (insert drum roll) Mary Zielinski! Yes, Mary managed to accumulate more age graded points than the likes of 2005 Runner of the Year, Felicia Gudat and rising star track coach Becky Walter who finished 2nd and 3rd. Vicki Bate took a break from her triathlon schedule and used an incredibly consistent performance through the series to finish 4th followed by young upstart Sarah Zielinski. Kelly (Phoebe) Volovar managed to fit a 6th place finish in the decathlon in between her recent binge of award winning marathon performances, and was followed by Terrie Sellers and Amy Johnson.



The Awards Committee consisted of Tim O'Keefe, Terrie Sellers, and Chad Connors put their heads together and selected a really deserving group of runners out of all the above mentioned performers for special recognition. In addition to Malcolm being named the Male Runner of the Year, Kelly Volovar was selected at the Female Runner of the Year. In the Masters category, Bernie Sellers and Vicki Bate were recognized for their steady performances. Victor Cretella and Becky Walter were recognized for their hard work and exceptional performances being named as the Most Improved Runners of the Year, and Tony Crow was given long overdue special recognition with an Ironman award.

It was a great occasion that brought recognition to a great group of folks who were all certainly deserving. Special thanks to the Social Committee for all the arrangements and to the Awards Committee for all the tough decisions and especially to Tim for making it all fun and entertaining for everyone involved. (Photos - courtesy of Anne Hafer).



2007 Grand Prix Series

By Dwayne Late

Rules

- Series consists of 12 GP races
- Best 7 races count toward scoring
- Must run a minimum of 4 races to win an award
- Must be a FSRC member by the 3rd race to be eligible; no retro scoring
- Age as of January 1 to determine age group

Awards

- Top 3 overall
- Top 3 in 5-year age groups
- Overall score based on top 50 finishers
- Age group score based on top 10 finishers
- No duplication of awards
- Anyone running 7 or more GP races receives a *Participation Award*

See page 12 for more details

Frederick's Thanksgiving Day Turkey Trot! by Vicki Bate

Wow, what an awesome turnout for Frederick at the 3rd annual Thanksgiving Day Turkey Trot. We had another very successful year. When some of us woke up at 4.00 a.m. to head to Baker Park to set up, it was pouring down with rain. The rain slowed down and by the time 6.00 a.m. rolled around it was just cloudy and very cold. We managed to get everything set up, the balloon archway was up, the bake goods were abundant and the water was freezing. The hot liquids got cold very fast. We figured since the weather wasn't the greatest that race day registration would be minimal. We were wrong again. We had also figured that the temps had been so cold and wet the two previous years that we would end up with nice weather Thanksgiving morning. Wrong. We closed registration Wednesday evening with a little over 1100 pre-registered for the 1k and the 5k and we had @ 300 race day registrants (hard to count for sure because we again ran out of race applications).

Lots of people came out to cheer on all the runners and walkers. What great support from the Frederick Community. We had families from 7 different states come out. The youngest of our participants being pushed in a stroller to the oldest being born in 1925 (I will let you do the math). We had a dozen or more 10 and under kids running the 5k and they were fast! We had families come out in groups of 12 to 15 per family to start off their Thanksgiving Day. For a cold morning, it was just awesome to see so many people and to be able to catch up with fellow runners.

As I get ready to plan for next year's Turkey Trot, I am always torn about making the Turkey Trot a little bit easier for those folks that are very competitive with their times and balancing that with the "family" atmosphere of the run. The "family friendly" atmosphere for a Thanksgiving Day morning always seems to win out especially watching our up and coming runners come across the finish line with big smiles on their faces. A big accomplishment for all.



Frederick's Annual Red Nose Reindeer Holiday Run by Vicki Bate

Did anyone witness all of those red reindeer runners and Hanukkah bushes shuffling through town last December 16th? What a great way to come together for the holiday season and to celebrate all of our accomplishments for 2006 (a cold morning as well). We had a great turn-out – approximately 60-70 runners came out and ran one or all three loops of our informal holiday run. We had bells on and we tried the singing part – off key of course except for Larry Herman. Did I mention the lovely Christmas fairy who was dressed in white splashing special dust on all of us to keep us safe and healthy for 2007. Who was that special fairy – anyone know? Yes, we did startle people driving through town and those walking their animals. Even the animals stopped and said, oh my. We were able to catch up with our fellow runners, share some war stories of our runs throughout the year, celebrate our accomplishments and talk about our goals for 2007. We had lots of good food to eat, hot liquids to drink and donated food to take to the shelter.

To all runners/walkers in Frederick: Happy New Year and good luck with your goals and health in 2007.

Girls in Motion by Felicia Gudat & Jennifer Gerlock

What do you get when you mix young girls, a lot of giggles, a dash of positive reinforcement and running shoes? You get Girls in Motion, an innovative program for girls being offered by the Frederick County Family YMCA.

Girls in Motion is an inspirational 12-week program designed for girls ages 8-13 and 14 years and older. The program's first session begun in January, and combines gradual training for a 5K (3.1 miles) with healthy living education and self-esteem enhancing experiences.



The program, which is tailored for any stage of fitness, meets twice a week plus every other Saturday and will revolve around a different topic of discussion as well as fitness games and running training. Among the topics of discussion to be addressed are self esteem, goal setting, self image, basic nutrition, teamwork, gossip prevention and community service.

Girls today are growing up in such a complex environment, they have all kinds of pressures from society to look, think and act a certain way. We want to offer them a place where they can experience camaraderie and not worry about any one making fun of them. It is all about positive reinforcement in a safe setting. Those who participate in the Girls in Motion program will also be provided with a T-shirt, running logs and guides as well as information on the proper running shoes, clothes, nutrition, hydration and the basics of stretching.

Girls in Motion (cont'd from page 7)

I have learned so much from these girls. They are hard workers with amazing positive attitudes. Even the girls who were “forced” to take the class have really liked it and are having great fun. I have tried to incorporate fun fitness games into every class so that they are exercising even when they think they aren't. The positive feedback I've received from the parents has really touched me and made all the struggling to get this program off and running worth the while.

The girls are taking the class for a wide variety of reasons: for fitness, to get in shape for another sport, to meet new friends, to gain a better self image, to build endurance for cross country and to learn healthy lifestyle options. Their reasons are endless.

A program like this one is exactly what I could have used at this age. I was a heavy child and really could have used some help and support in my goal of becoming healthier. It was an uphill battle for me. This class is my way of making that battle a little easier for some of these girls. Now, as an adult with a seven year old daughter of my own, I want to help my daughter's generation avoid the mistakes I made with food, exercise and self esteem. I want them to believe in their own power and find their spirit.

Come watch the girls run their first 5K race on Saturday, April 7th at the Garrett's 5K in Baker Park. Cheer

Steps Finish B&A Marathon**By Larry Key**

The B&A Trail marathon and half marathon took place on March 4th, in Severna Park. The weather was windy and cold. The temperature was about 30 degrees at race start, and wind gusts occasionally had you running in place. I may be exaggerating just a tad since I have been called a weather weenie before. The course is supposedly flat and fast. It is flat. I hate it when they call a course fast, since that part never seems to come to fruition for me.

The Frederick Steeplechasers were proudly represented by Karsten Brown, Kelly Volovar, Mary Zielinski, Stephan (Steve) Dobson and me (Larry Key) doing the full marathon, and Steve's wife, Janice, doing the half. Impressively, four out of the five full marathoners placed in their age groups.

When I finished, Steve and Janice had already enjoyed the post-race food and were relaxing in the school gym. Karsten had probably eaten, showered and changed. Mary and Kelly were eating, waiting for a massage table, complaining about everything hurting, adamantly expressing how much they hate marathons and swearing to never do another one. I promptly joined in by whining about never qualifying for Boston. Steve and Janice were just taking everything in stride. They, like me, have already registered for numerous marathon and half marathon events throughout the year, including Boston for Steve.

Fifteen minutes later, the awards ceremony was in progress. Karsten was awarded 2nd place in his age group with a time of 2:59. He finished 5th overall and is in the same age group as Michael Wardian, who finished 1st overall with a time of 2:25. Kelly's tone softened as her name was announced for 1st place in her age group with a time of 4:00. A few minutes later, Mary's pains seemed to diminish as she gracefully leaped off the massage table to accept her 2nd place age group trophy for a time of 4:01. Then Steve graciously accepted his 3rd place trophy for his age group with a time of 3:23. There was some confusion in the stats and it was unclear if Steve was 2nd or 3rd in his age group, or if he finished 18th or 19th overall. The confusion has since been resolved and he actually finished 2nd in his age group and 18th overall. Janice finished the half with a time of 2:40. Bringing up the rear for the Steeps was me with a time of 4:14.

If there were any other Steeplechasers in attendance, my apologies for the omission. I'm a new club member and I don't know everybody yet.

Chi Running By George Waxter

This article on Chi Running is based on the concept of body-controlled running developed by Danny Dreyer, a running coach and ultra marathon runner. It has been said that this way of body-controlled running will reduce your potential for injury and revolutionize the way you run. One problem I've encountered is trying to incorporate all the new positions and maintain them while discarding the way you have been running for the last 10, 20 or 30 years.

There is so much that Danny covers in his book, *Chi Running*, that you need to read the book to have a complete understanding. Let's just talk about upper body form that he suggests. First, the arm swing. Bend the elbows at a 90 degree angle. Pump your arms with your hands only going to your rib cage in the

back swing and elbows going to your ribs in the forward arm swing. Just sit in a chair and try it a few times before you go out on the road. It is almost as if you are trying to elbow someone behind you. If your arms swing forward too much, it will cause your legs to swing forward more and that creates more heel strike. Take a look at your running shoes and see if your heels show more wear than the rest of the sole of the shoe.

Keep your shoulders low and relaxed by letting your elbows pass close to your ribs. This allows your neck and shoulders to relax. Allowing your hands to cross the centerline of your body creates too much side to side motion in your upper body.

Swing your arms to the cadence (miles per hour) you wish to achieve. Your legs will automatically swing to the same rate as your arms. If you want your legs to move faster bend your knees. This makes your leg

pendulum shorter and allows your legs to swing faster. To do this, pick up your feet, you'll see that it makes you bend your knees.

How did I do when I tried to put the whole concept in motion? I did feel that I ran much easier; maybe it was in my head, but I didn't feel as worn out after the runs. But there is so much to try to realign in your body, thinking about so many things I never thought about before when I ran. Maybe it is best to concentrate on just one change in your body posture as you cruise along then later in the run, try to another type of change that Danny suggests. I bought his book and tape and overall I have positive feelings about Chi Running and would encourage you to find out more.

John and Mike Lewis Memorial 10 miler

By James Moreland

Winter is back! Light snow and brutal winds did not help for fast times and the Frederick Steeplechasers annual year opening race, the John and Mike Lewis Memorial 10 miler. Fortunately, the race is a time prediction race so fast times are not as important as accurate predictions. The course starts up a quarter-mile steep incline and then barrels down Shookstown Road for the rest of that mile. In the photos right, Karsten “tights” Brown runs alongside eventual winner Carl Clark (62:13), followed closely by last year’s third place finisher Brad Sponaugle in time.



Sponaugle again missed his prediction by a mere nine seconds. This year it gave him the win, while finishing second in actual time. Last year he was the fourth closest in prediction. Karen Young was the third best predictable, first woman in seven seconds. This year she reversed it by racing nearly a minute and half in front of her prediction but finished first women, fourth overall in 1:17:13.



On the course, Peggy Waxter helped with the camera and there were many volunteers including Ken Anderer and his finish-line crew who braved the cold to empathize with the wind blown racers. The course generally winds down in the second and third mile. Then the course returns gradually up the hill that gets sterner and sterner. Now the wind is in your face too. The last mile is a rollercoaster, especially the last few meters which has runners waving their arms wildly to keep from falling. Anne Hafer and Leslie Nuse are smiling and chatting as they run down the hill on Shookstown Rd. Also running down Shookstown Road is James Moreland.



A number of runners ran before the race. Some decided it was too cold to run the whole race, like George Waxter. So there were only twenty-three extra finishers this year. At the Shookstown Center after the race there was a blazing fire in the fireplace. There were lots of baked goods and hot cider to refuel the cold, tired road warriors. Incoming President Mark Lawrence awarded the top men and women in both prediction and actual time.



For more about this race, visit www.RunWashington.com

FREDERICK MARATHON PARTNERS WITH CORRIGAN SPORTS ENTERPRISES

CareFirst BlueCross BlueShield Signs On as Title Sponsor

By Rachel Ridgeway

Organizers of the Frederick Marathon have partnered with Corrigan Sports Enterprises (CSE), the sports event management and promotion company that also manages the Under Armour Baltimore Running Festival, in an effort to give runners the ultimate experience in road racing.

Rachel Ridgeway, who has been race director for the past two years and will continue in this position under the new partnership states, “We are thrilled with the new partnership, and know that together we can grow the Frederick Marathon into a world-class event. It makes total sense to combine the knowledge and resources of the two organizations that put on the two great road racing events in Maryland’s two largest cities. We are looking forward to a long, mutually beneficial relationship.”

“The people at the Frederick Marathon committee have built a strong foundation and done a great job getting the event off the ground,” said Lee Corrigan, President of Corrigan Sports Enterprises. “We are here to help take the event to the next level and introduce thousands of runners to a beautiful part of Maryland. We see Frederick as an exciting emerging market in the region. We are confident that great things are ahead for the Frederick Marathon.”

The Frederick Marathon will see some immediate benefits from its new partnership. Corrigan Sports has secured a title sponsor for the event, which will now be called the CareFirst BlueCross BlueShield Frederick Marathon Weekend. The financial support of CareFirst BlueCross BlueShield and other sponsors will allow the management team to enhance the experience for the runners. Among other improvements, the event will add start and finish archways, have a professional race announcer at the finish, expand the expo, and create a finish line party with live music, food and beer vendors and other merchants. In addition, the donations made to local charities will increase significantly.

The fifth annual Frederick Marathon Weekend will take place May 5-6 and features five races: marathon, progressive marathon, four-person relay, half-marathon and a twilight 5K. It also has a Health and Fitness Expo which will serve as the place for registration and packet pick up. Last year, the event had nearly 3,000 runners. Organizers expect to welcome nearly 5,000 runners to this year’s events.

Corrigan Sports Enterprises is a leader in sports promotions in the Baltimore/Washington D.C. region. Founded in 1991, CSE owns and operates the following events: Under Armour Baltimore Marathon, The Charm City Challenge, The Capital Classic All-Star Basketball Game, the Toyota Pro Beach Volleyball Tour, the Thrash & Jam Pro Skate Tour presented by Slammers Ultimate Milk, The Under Armour All-America Lacrosse Classic and the annual Baltimore BikeJam Pro Cycling event.

**Grand Prix Series (Continued from page 5)
by Dwayne Late**

The Steeps recognize award winners of the Grand Prix series each year at it's Awards Banquet held each January. The Rules and Awards were outlined previously on Page 5, and the following list highlights which 2007 races are earmarked as GP qualifying races. At press time, some GP races had unconfirmed dates; these dates will be listed soon on the race calendar on the FSRC website.

2007 Grand Prix Designated Races

· Forest of Needwood 5-Miler	03/17
· Garrett's 5K	04/07
· Mission of Mercy 5K	05/12
· St. John's Cross Country 5K	05/26
· Hood College Blazer 5K	04/29
· FMH 5-Miler for Leukemia	06/09
· Pie Run 10K	07/XX
· Frederick Fair 5K	09/XX
· Covered Bridge 10-Miler	TBD
· Steeplechasers' Mile	10/XX
· Run for Life 5K	TBD
· Glade Elementary School 5K	11/XX

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**We're on the Web:
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