



INTERVALS

Newsletter of the Frederick Steeplechasers Running Club

2011 Grand Prix Conclusion

The second half of the 2011 Grand Prix wrapped up a second year of our year-long format but did see the addition of two mini-series. July 20, 2011 flew by as the shortest event of the year, and our second event of the Sprint Mini-Series, had our Steeplechasers sprinting their way to glory in the 200 meter Summer Decathlon series event. Ten days later, those that couldn't get enough of the sun opted for the race that is listed as a 50K (but we all know better) trail run through the Catoctin Trail. Some consider this event as one of the toughest 50K ULTRA's! That said, it tells you how awesome Kristin Shaw and Kristin Biris are, who have placed first and second in this grueling test of endurance, as it rattles your fillings, and beats up your body for some 33 miles of rough mountain trail in the heat of late July.

August gave way to men in pink shirts that read "Obey Her" as the Women's Distance Festival celebrated another successful event with 352 finishers. Forty-One of our Lady Steeplechasers competed in the event with several placing in the different team categories. August also saw another refreshing Run for the Pie where your entry fee is also your reward!

The Market Street Mile wrapped up the Sprint Mini-Series in fine fashion with a successful event directed by Paul Spurrier over the last several years and spearheaded into a profitable event for the club this year thanks to a great effort, and great deal of work, from Anne Hafer. With the completion of the Market Street Mile, came the completion of the 2011 Sprint Mini-Series. A mad shout out goes to Crista Horn, whose Cheetah-like reflexes led her to the women's title and only Lady Steeplechaser who braved the jungles of the three sprint events (Hillcrest Hustling Husky 5K, 200 meter Summer Decathlon, and Market Street Mile). The big cats on the gent's side were Chad Connors, John Herr, and Joe Basford.

The third running of the Freedom's Run Marathon was the second running of this event in our Grand Prix. The weather was chilly and wet this year, but that could not keep down the spirit of this race as it wound through four national parks, including the hallowed ground at Antietam Battlefield. Antietam was the first major battle (9/17/1862) in the civil war to take place on northern soil and was the bloodiest single-day battle in American history with 23,000 casualties. The Freedom's Run Marathon is loaded with history as you run through Harper's Ferry, the C&O Canal, the Potomac Heritage Trail, and Antietam Battlefield. In addition, there were fine and historic runs performed by the members of the FSRC who braved the elements to run this rather difficult marathon. The south was no match for northern speedsters like Pam Geernaert and Tim Hugen who both ran BQ times leading the rest of the FSRC Army to the finish!

Speaking of history, this area also boasts the nation's oldest 50 mile race – the JFK 50 miler. November 19, 2011, was the 49th running of this historic event and there are big plans in the works for next year's golden anniversary. In addition to the many FSRC runners who participate in the event, the Club also hosts an aid station at mile 19.1 (which really feels kind of like 20 anyway).

FSRC - 2011 Officers

Acting President – **John Stuart**
Vice President – **Vacant**
Secretary – **Luanne Houck**
Treasurer – **Anne Hafer**

Committee Chairs

Social – Harriet Langlois / Lou King
Membership – Luanne Houck
Competition – John Stuart
Race Support – Tim O’Keefe
Training –
Mark Lawrence/ Christine Dzara
Web Site – Rich Potter/Stephen Dobson
Newsletter – Malcolm Senior

A HAPPY
NEW YEAR

The aid station is organized by Paul Christiansen and is always well staffed with Club volunteers offering weary ULTRA junkies food, drink, and bright smiling faces. The race director, Mike Spinnler, made a generous donation to the Frederick Steeplechaser Running Club at the conclusion of this year’s event. The donation was much appreciated and our gratitude was communicated to Mr. Spinnler on behalf of the Club.

November doesn’t end with the running of the JFK, as the Emmitsburg Wattle Waddle 5 Mile Run follows four days later on Thanksgiving. Those that ran this event last year in the cold and steady rain were treated, with the rest of the growing event, to perfect fall weather for this year’s Thanksgiving roll through Emmitsburg. Emmitsburg Mayor Don Briggs, also famous for starting the Frederick Rugby Football Club in 1990, was on hand to officially the start the event that saw FSRC members make up approximately 1/3 of the 102 runner field.

Not to be outdone in celebrity status, the “33rd” running of the Goodloe Byron Memorial 15K Run had some celebrity goings-on of its own! Many of you, especially those from up yonder Pennsylvania way, may recognize the other famous “33.” That’s right, this year’s shirts boasted a Rolling Rock-like display on the race shirt, but that is not quite the celebrity punch we were looking for. By now many of you have been made aware that Sean Astin (a.k.a “RUDY”) was among the participants in the oldest Frederick County road race! Sean had flown to Baltimore to be at an awards ceremony that night where his father John Astin (most notably “Gomez” from the Addams Family), who is a drama professor at Johns Hopkins, was receiving the high honor of having the University’s Theatre named after him. Sean was very cordial and easy-going and made time for any, and all, of the runners who talked with him. Our own Fred Schumacher may very well have convinced Sean to return in 2012 to run the 50th JFK – so keep your eyes open and let this serve as a warning to be ready at any, and every, FSRC GP event!!!

A giant benchmark was reached in the 2011 Grand Prix – for the first time, more women (100) competed in the Grand Prix than men (94), and a record 25 women qualified (competed in at least four events) – more than twice the previous year!!!

Our 2011 Grand Prix Champions were: (1) Rachael Murphy-Ryan, (2) Kelly Buriak, (3) Pam Geernaert, (4) Bev Black, and (5) Crista Horn for the ladies, and; (1) Chad Connors, (2) Joe Basford, (3) Tim Hugen, (4) Lance Dockery, and (5) John Way for the men. The first ever mini-series winners were; (1) Crista Horn, and (1) Chad Connors, (2) John Herr, and (3) Joe Basford in the Sprint Mini-Series. The Endurance Mini-Series results revealed (1) Rachel Murphy-Ryan, (2) Pam Geernaert, and (3) Meg Page, on the ladies side and; (1) Tim Hugen, (2) Jim Salley, and (3) John Stuart on the men's side of the roster.

The Grand Prix streaks ended for both the women and men. Meg Page and Harriet Langlois each had a streak of five consecutive races at one point during the season. The men's Grand Prix endeavor began at the 2009 Turkey Trot and went through the 2011 Freedom Run's Marathon, ending the streak at 26 consecutive events.

Please join me in congratulating Cassy Crouse-Rizoulis, Chad Connors, and Joe Basford for agreeing to take the lead role in chairing the Competition Committee in 2012. In addition to the Sprint and Endurance Mini-Series, 2012 will include an ULTRA competition proposed by Mike O'Grady and designed to allow our ULTRA members to compete in a mini-series while not necessarily running in the same events due to the nature and scheduling of ULTRA events.

Congratulations to the entire FSRC family, and friends, on a great 2011. We hope your Grand Prix, Decathlon, Mini-Series', and every other possible event was positive and successful. We look forward to a successful new year, be it on a personal, local, regional, or national level. Good luck in 2012. It's great to be a Steeplechaser!

John Stuart Acting President

Tips for Running in Cold Weather

Tips to Dress Properly for Running in Cold Weather

How you dress for the elements can make or break your winter runs.

1. Dress in layers.

Wearing several thin layers of clothing helps trap warm air between each layer keeping you considerably warmer than if you were to wear one heavy layer.

2. Wear the right fabrics.

Materials such as polypropylene, capilene, and some wool/synthetic blends wick moisture away from your body and keep you as warm and dry as possible.

3. Cover exposed skin as much as possible.

Your body will lose heat through any exposed skin, so cover up as much as possible.

Safety Tips for Running in Cold Weather

Running in cold weather presents some unique safety concerns.

1. Always wear reflective gear when running after dark.

Make sure you wear light-colored, reflective clothing so that you can easily be seen by oncoming vehicles.

3. Run short loops.

Consider running multiple laps of a short course, rather than one longer loop.

The main message is this: Running in cold weather requires some planning and some sensible precautions. Once these are taken care of, your runs will be safer, more comfortable and enjoyable.

It's Time to Renew your Annual Steeplechasers Membership

Luanne Houck – Membership Chair

We are currently at 413 members for 2011! This is an all-time high and we have experienced tremendous growth in our club over the last year. We hope to keep this up and in order to do so, we need your help so we can continue to meet the needs of our local running community. Our membership is very diverse, ranging from children to the more seasoned individual. We have beginners who have joined to meet people to run with and we have experienced speedsters who join for the friendly competition. We have younger single folks as well as families. Because this is an all-volunteer club, we need people to get involved and come out to support races, training runs, and social activities so that we can offer lots of opportunities for you all to run and connect with other runners.

We are often asked what the club does with the \$20 membership fee (and less per person for couples and families). We have to pay insurance to the Road Runners Club of America to protect ourselves during events. We also use the funds to purchase awards for our awards banquet, pay for the track during the decathlon series, purchase updated race equipment, buy promotional items, and print newsletters and informational materials. The club also provides drinks and snacks at post-race gatherings, the picnic, and other social events. Although we charge a fee to attend the annual banquet, the amount does not fully cover our costs for facility rental, food and drinks, and awards.

And what else do you get for your \$20? In addition to those things mentioned above, we offer several club races that are free to club members including the Lewis Run in January and the Run for the Pie in August. We cover the entry fee for club members who participate in the 10 mile Club Challenge in February. We also secured a \$5 off discount to the Frederick Half Marathon and have received discounts for local races in the past, including the Wattle Waddle in Emmitsburg. Club members also get a 10% discount on shoes at If The Shoe Fits and can get free race marketing to our e-mail distribution list for races that they are directing. All in all, club members receive many benefits that far exceed the cost of membership.

In addition to the tangible benefits of membership, there are many intangible reasons for belonging to our club. In addition to the obvious physical health benefits of running, there are mental health benefits of social connections. According to the Mental Health America (www.nmha.org), these are some great reasons to join a club like the Frederick Steeplechasers:

- Increased happiness. In one compelling study, a key difference between very happy people and less-happy people was good relationships.
- Better health. Loneliness was associated with a higher risk of high blood pressure in a recent study of older people.
- A longer life. People with strong social and community ties were two to three times less likely to die during a 9-year study.
- Help yourself by helping others through volunteering. Research indicates that those who consistently help other people experience less depression, greater calm, fewer pains, and better health. They may even live longer.

Please renew your membership now! There is an on-line registration form with payment through PayPal as well as a downloadable application form that you can mail to our P.O. Box with payment by check. We would appreciate it if everyone could get their memberships renewed in the month of January.

We do have an annual membership policy that we are firm on. As stated on our website, membership runs from January 1 to December 31 for each calendar year. If you join after Oct. 1, your membership will be good for the following year. If you participate in the Grand Prix race series, you must renew your membership prior to your first race of the calendar year for the race to be counted. Additionally, to be eligible for any other 2012 discounts such as discounts for races in 2012 or to have the member rates for social events such as the awards banquet and picnic, your membership must be current for 2012. For people who joined in the spring/summer months, this may be seen as an inconvenience, but this has always been our policy due to the complex logistics with monitoring and tracking memberships for all Grand Prix and social events.

Thanks for all of your support in 2011 and here's to an even better 2012! Happy Running!

FREDERICK HALF TRAINING RUNS

2/19 Sun 6 miles
3/4 Sun 8 miles
3/25 Sun 10 miles
4/15 Sun 12 miles

Each run will begin at 7:00am with a ChiRunning discussion from our own Mark Lawrence, followed by a Tech-Talk (topics will include gear, nutrition, shoes, and will be added as soon as we get them from ITSF) with a representative from If The Shoe Fits at 7:15am, and the run beginning at 7:30am. Location and routes are being planned by Race Director Rachael Ridgeway and we will publish those as soon as we get them.

As the FSRC will be hosting these training runs, we will be looking for pacers in all categories to help us out and help make this year's Frederick Running Festival one of the best yet! Please contact Christine Dzara or Mark Lawrence if you are interested in running and pacing these events.

Reminders for 2012

Lewis Memorial 10 Mile Run January 21

Annual Running Celebration January 28 - registration form available on page 11 or on the website.

RCCA Ten Mile Club Challenge February 26 - represent the Frederick Steeplechasers sign up early the event closes out.

Breakfast Runs - details to follow.

Capital Running Race Series

2011 Washington Running Report added a race Series to their portfolio.



Freedom Run 5K on July 4th at Fairfax corner, an inaugural event attracted over 1200 runners.



Veterans Day 10K November 13th an established DC race on the West Potomac Park near the Tidal Basin attracted over 2,000 runners.



Jingle All The Way run December 11th the 14th running of this popular race moved to a new location and distance, the start and finish was at Freedom Plaza 12th avenue on Pennsylvania Ave. A race of 8K attracted 5500 runners many in holiday costume. Shortly

before the 9:00 a.m. start time, race organizers announced that the Metropolitan Police Department had requested a 10 to 15 minute delay. At 9:22, runners cheered when it was announced that the race would start in two minutes. The delay did not dampen the festive atmosphere on a cold calm morning perfect for running.

An English note - Claire Hallissey, who won the ladies race in 29:18 while sporting candy cane socks, antlers, and the race's complimentary bells in the laces of her racing flats, is only seriously fast. Hallissey also sported a pink stripe of KT tape on her leg to aid an aching knee that has lately limited her training. Injuries have bothered the 28-year-old Arlington resident and England native all year. And while they did not stop her from running 2:29:27 in October at the Bank of America Chicago Marathon - the time put her 6th overall and made her eligible to run for England in the 2012 Olympics - it has yet to fully heal from the effort.



The series had very good awards, vouchers to a running store three deep in a 5 year age group and very good random prizes. With 5 planned races from March through the New Year in 2012, St Patrick day 8K on March 11th, a series worth considering if you want the shorter races in D.C.

A big thank you to all who have contributed to the Newsletter in 2011.

In this edition we have several race reports and a special 'Introduction to Distance Running' from Brent Ayer. An introduction to the new Social Committee Co-Chairs and registration form to the annual awards ceremony coming up on January 28th 2012
Happy New Year to all and Keep on Running in 2012

An Introduction to Distance Training - Brent Ayer

WHO'S RIGHT? Discussing training theory is always problematic. Bob Schul, who won America's only 5,000 meter Olympic Gold Medal, ran on a steady diet of sustained short sprints. Frank Shorter won an Olympic Gold Medal with a significant dose of over-distance. So, who's "right?"

The answer is...probably both. While most of us have the same basic physical equipment, we are each an experiment of one. No one training scheme is going to fit every one. You cannot train a twenty mile a week runner with the same workouts as a ninety mile a week runner. You cannot train a 17-year old boy like a 50-year old woman.

The purpose of this article is not to provoke arguments about training theory (with 30 years in politics, I've had witnessed enough arguments to last a lifetime), but to introduce some concepts of training.

WHAT ARE WE WORKING ON? In training for distance races, the goal should be to condition two systems, the heart and lungs & the legs, to gradually increasing levels of stress.

Each distance race makes a different claim on the heart and lungs. While estimates vary, in general at 800 meters the body makes an equal demand on both the aerobic and anaerobic systems. At a mile, this shifts to 60% aerobic. At two miles, the claim tilts dramatically to 80%. This means if you are racing anything over two miles, 80+% of your energy will come from the aerobic system.

THE AEROBIC SYSTEM. Why does this matter to a training distance runner? It matters because the conditioning the aerobic system takes a long time of gradual build-up. The reason that it takes so long is that fundamental changes are taking place at the cellular level and with the blood-delivery system. These changes take months of effort and the years build on one another.

Aerobic running is done at about 85% of your current two-mile best or less. As a general rule, you should be able to talk while running. When in doubt, slow down and go further. Most casual competitors will get stronger just by gradual increases in aerobic mileage.

EVERYTHING IN BETWEEN AND THE ANAEROBIC SYSTEM. Somewhere near 85% of your current two-mile time and 85-90% of maximum heart-rate, your breathing will begin to become labored. You are entering the anaerobic threshold. Training at this level is called "tempo running" by some coaches. Holding the heart-rate here for 20-30 minutes will improve the body's ability to deal with the increasing waste products that are inevitable when trying to run fast. These types of runs can be done at either a steady pace or by breaking it into longer parts with short rest. An example of the latter would be 6 x 800 at 85% of your current two-mile time, with 60 seconds rest.

The next step up is sometimes called interval training. Classic interval training involves reaching maximal oxygen capacity and can be done by running intervals at current two mile pace with longer rests. An example of this would be 6 x 800 at 100% of your current two-mile time, with rest as long as the work.

There are several anaerobic running steps done at faster than interval training, but I am trying to avoid a complex discussion of physiology. Suffice it to say that the lack of oxygen makes this training necessarily short and frequently painful. One form of anaerobic running that is less painful, as well as more readily beneficial, has been referred to as repetition running. This involves short, usually 40

seconds of running or less, repetitions done between 800 meter and mile pace with nearly full recovery. This workout is more about conditioning the legs to run faster than it is about making the heart and lungs more efficient.

THE WHEELS. You may write all you want about energy systems but if the wheels, your legs, won't carry you, it won't matter. Gradually conditioning the legs to increasing levels of stress is critical. A good rule of thumb is to limit increases to no more than 10% in either intensity or volume each week. Remember, if you do get banged up, energy system training can be done just as effectively on an exercise bike or the elliptical trainer.

PUTTING IT ALL TOGETHER. An anaerobic, speed-based peak can be obtained in as little as six weeks. An aerobic peak may take months and months.

- As the aerobic system makes most of the contribution to a distance race, it should receive the bulk of the attention,
- Alternate work with recovery,
- Keep increases in both mileage and intensity to no more than 10% a week,
- Take some time off. I used to divide my training year into two 24-week periods, with two weeks off after each period,
- Go long. You get the greatest aerobic "bang for your buck" as your running approaches two hours,
- Seek a single long run each week totaling 25-30% of your weekly mileage.
- Put the right stuff in: hydrate, complex carbs and protein.

Have fun and stay fit. Feel free to all or email me if you have any questions.

Brent Ayer is a past-president of the Frederick Steeplechasers and current national president of the Road Runners Club of America. He is a USATF Level II Certified Endurance Coach and serves as the Head Coach of the Cross Country and Track & Field Teams at Hood College. This past fall, three of his athletes earned All-Conference recognition in Cross.

Brent Ayer
Head Coach - Men's & Women's Cross Country and Track & Field - Hood College
President - Road Runners Club of America



Save The Date - Annual Banquet

Saturday January 28, 2012

To be held at:

The Delaplaine Visual Arts Education Center

40 South Carroll Street Frederick MD 21701

See registration form on page 7



HAPPY HOUR

February - details coming soon

The Inaugural Annapolis Half-Marathon held Saturday November 19, 2011

Report by - By Rick Albee

The weather was sunny and breezy with temps in the 30s warming to 40 degrees F. The Annapolis half-marathon was held to support local charities and organizations. (Anne Arundel Medical Center, Hospice of the Chesapeake, Annapolis Recreation & Parks, Light House, Foodlink, Girls Club and the American Cancer Society) The entry fee was \$85-\$95. Prize money was given to the top 3 overall finishers/masters with age group awards. All runners received an inaugural Annapolis half-marathon medal upon completing the race. The Race Directors attempted to make a unique course through Annapolis and avoid the Baltimore & Annapolis trail but didn't get their permits approved for other course routes. Emails were sent to runners informing them of the course changes and what to expect on race day, etc. About 4000 runners signed up for the race.

There were many options to consider when picking up race packets, which ranged from 10 different running store locations in Baltimore, Gaithersburg and Virginia/DC area and a mailing option. The runner's premium was a jacket received when picking up the packet. All runners had D-tags and race numbers. The D-tag attaches to the shoe laces and provides a chipped time as the tag passes over an electronic pad at the start and finish line. The results of the race were instantly posted online with times for gun, chip, 10-mile split and average race pace. Professional photographers were at various points on course.

The stadium parking lot opened at 5:30am and there was plenty of parking for all runners. The starting time was listed as 7am, with a delay of 20mins. The starting line was directly in front of the Navy-Marine Corps Memorial Stadium. There was a convenient bag drop not more than 10 feet through the stadium gates near the starting line. The race listed a wave start for runner's safety, but no corrals were setup at the start.

The 13.1 miles was an out and back. Water was about every two miles and some stops had a sports drink. The start was held at the stadium and wound around the local neighborhoods for a couple miles before going towards downtown Annapolis harbor. Many turns through town, lots of sights to see. At mile 4 was a loop around the Maryland State house at State Circle. Until the harbor the course had been relatively flat with a negative elevation gain. Heading away from the harbor added to the miles and the uphill began. The steepest hill was the U.S. Naval Academy Bridge at mile 6 {The U.S. Naval Academy Bridge was constructed in 1994, which replaced the previous bascule bridge built in 1922-1924 – the new bridge was named in honor of the Academy's 150 year anniversary}. After the bridge was more incline along Maryland Route 450, two lanes were dedicated for runners. The bridge and highway were the only sections of the course where traffic was allowed which was well manned by traffic officers escorting cars in one direction at a time. All other streets and roads were blocked off with some intersections



Maryland State House

allowing cross traffic with police direction. Miles 8-10 were along the B&A trail, the turn around point just after the 9th mile. {The B&A trail is paved asphalt about 8 feet wide and well maintained by the Anne Arundel County Department of Recreation and Parks} It was a fast return down hill back to the stadium for the last 3 miles and the finish line. The final ¼ mile with finish line in sight had supporters lining the streets and cheering for all the runners. The Annapolis half marathon felt faster than other races I have run.

The finisher's medals were handed out with a surprise premium, a hat featuring the race logo. Food and water was abundant, and each finisher received a very good breakfast burrito. Afterwards there was a party with free beer and music. The best part about this race was the proceeds went to help local community charities. The worst part was the morning/afternoon traffic, crowded trail, no mile markers, limited portapots along the course and standing around at the start for 20 minutes. These issues are minor and easily fixed by next year with little effort. Overall the race was enjoyable. I may consider returning next year. Annapolis is a beautiful, historic place to run.

The charity money collected will be distributed before Christmas following a board of directors meeting.

Meet the Social Committee Co-Chairs Harriet Langlois & Lou King

Hi. We're Lou-and-Harriet, and we like to run and drink beer (although not generally at the same time), so on the surface we seem well-suited to steering a running club social committee. Also we felt sorry for Luanne and Kim who have done a fine job with this for the last several years, and are ready to move on. We made the mistake of showing up at a social committee meeting and making eye contact with Luanne, so here we are.

Who are these people? Well, Harriet was a runner before Lou. After running briefly in her twenties, she got back to it in 1996 at age 40. It took 10 years, but she finally convinced Lou that running is easier on the knees and other body parts than playing indoor soccer which seemed to involve bouncing off concrete walls and tearing ACLs. So Lou put away the soccer ball and took up running in 2005. Now we have completed 30 marathons between us (Harriet: 16, Lou: 14) and have found fun and friendship among the members of the Frederick Steeplechasers Running Club. We are looking forward to planning a full year of fun activities with the club and look forward to meeting as many members as possible at the 2012 events. Please attend as many as you can, so that we don't feel like big losers. You really don't want to miss the summer picnic at our place. Lou brews his own beer, and judging by the quantity consumed last year, the Steeplechasers know how to have a good time.

Of course we can't do this on our own and we have a core committee in place, but anyone else interested in pitching in should contact us. In any case, if you have any suggestions for events or any other feedback, we'd love to hear from you.

Come to the Frederick Steeplechaser's Running Club Annual Running Celebration!

When: January 28, 2012 from 6:00 pm to 9:00 pm

Where: Delaplaine Arts Center, 40 S. Carroll St, Frederick

**Socialize with your fellow club members!
Partake in food and drink - pasta bar by Chef Buck!
Congratulate the 2011 Awardees!
Get motivated for another great year of running with the club!**

*All appetizers, main courses, dessert, and drinks will be provided by the club
Please remember to renew your membership with the FSRC for 2012:*

<http://www.steeplechasers.org/funform/index.html>

**Registration for the FSRC Annual Running Celebration - January 28, 2012
Delaplaine Arts Center, 40 S. Carroll St, Frederick (6:00 pm - 9:00 pm)**

Name: _____ E-mail: _____

Name: _____ E-mail: _____

Members: _____ x \$10 TOTAL: \$ _____

Non-Members: _____ x \$20 TOTAL: \$ _____

Children 10 and Under : _____ x \$5 TOTAL: \$ _____

RSVP with # of attendees

Don't Delay! Caterer needs accurate count!

Completed form and payment must be received by Jan 21

Mail completed form and payment (payable to FSRC) to:

Harriet Langlois, 5575 Broadmoor Ter N, Ijamsville, MD 21754

INTERVALS

Winter 2011

JANUARY 2012			
1/1/2012 11:00 am	2012 New Year's Day Fun Run 2, 4, 6 or 8 mile option	Braddock Heights Community Pool Schley Ave. Braddock Heights, MD	Regina Clark 301-473-8467 301-471-4373 (cell)
1/21/2012 TBD	John Lewis Memorial Run 10 Miler	Eastview Clubhouse Oakmont Drive Frederick, MD	Mark Lawrence Markruns50@comcast.net
1/28/2012 6 - 9 pm	FSRC Annual Running Celebration	Delaplaine Arts Center 40 South Carroll Street Frederick, MD	Harriet Langlois hlanglois@pobox.com Lou King lking@pobox.com
FEBRUARY 2012			
2/19/2012	Frederick Running Festival 6 Mile Training Run Volunteers / Pacers Needed	7:00 am ChiRunning Topic 7:15am - ITSF Tech Talk 7:30am - Run	See the Steeplechaser's Training Page for contacts FSRC Training Committee
2/26/2012 TBD	RRCA Club Challenge 10 Miler *** GRAND PRIX ****	Howard Community College 10901 Little Patuxent Pkwy Columbia, MD	www.striders.net
MARCH 2012			
3/4/2012	Frederick Running Festival 8 Mile Training Run Volunteers / Pacers Needed	7:00 am ChiRunning Topic 7:15am - ITSF Tech Talk 7:30am - Run	See the Steeplechaser's Training Page for contacts FSRC Training Committee
3/10/2012 8:30am	Chambersburg Half Marathon	Chambersburg Middle School 1151 East McKinley Street Chambersburg, PA	See website for contacts
3/25/2012 2:00PM	Race for Recovery Mission 10 Miler This is also a training run for the Frederick Running Festival	Harry Grove Stadium 21 Stadium Drive Frederick, MD	
APRIL 2012			
4/7/2012 TBD	Crib Crawl 5K		
4/14/2012 5K - 9:00 am 1 mile 10:00 am	New Market Elementary On the Road to Fitness	New Market Elementary School 93 West main Street New Market, MD	Cindy Alvarado 240-236-1300
4/15/2012 8:30am	Cakes for Cause Cupcake Run/Walk 5K		
4/15/2012	Frederick Running Festival 12 Mile Training Run Volunteers / Pacers Needed	7:00 am ChiRunning Topic 7:15am - ITSF Tech Talk 7:30am - Run	See the Steeplechaser's Training Page for contacts FSRC Training Committee

Calendar of Events -

**Please Check the website for latest details www.steeplechasers.org
Volunteers required for all Steeplechasers events contact race director**