

# Intervals

June 2016

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## President's Message

The club continues to have a lot going on, thanks to all of you and your help volunteering.

Work continues on our upcoming signature races. First is our new Summer Solstice Twilight 8K, led by race director **David Levine**, June 18 ([fredericktwilight8k.com](http://fredericktwilight8k.com)). Then we have the Women's Distance Festival 5K (and 1K fun run), race director **Harriet Langlois**, August 13 ([frederickwdf.com](http://frederickwdf.com)). Then the Market Street Mile, race director **Anne Light**, September 10 ([frederickmarketstreetmile.com](http://frederickmarketstreetmile.com)). And finally the Rick O'Donnell 5.22 Mile Trail Run and Ultra Challenge, led by the committee of **Crista Horn, Mike O'Grady** and **Kerry Shepherd**, September 18 ([rickstrailrun.com](http://rickstrailrun.com)).

All of these races need volunteer support, so please go to their web site, find the volunteer link and sign up to help, or just email the race directors at [in-fo@fredericktwilight8k.com](mailto:info@fredericktwilight8k.com), [info@frederickwdf.com](mailto:info@frederickwdf.com), [in-fo@frederickmarketstreetmile.com](mailto:info@frederickmarketstreetmile.com) or [in-fo@rickstrailrun.com](mailto:info@rickstrailrun.com) as appropriate.

Also, all of these races have a local charity which will receive the net proceeds. If you or your business are interested in sponsoring any of these races, please contact the race director.

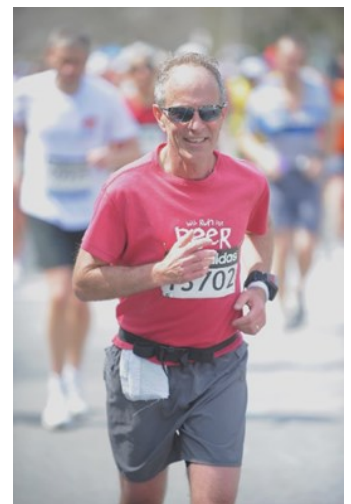
The Women's Distance Festival 5K training program, coached **Luanne Houck** and **Roseann Abdu** will be starting the June 13. Please follow the link from

the Women's Distance Festival web site to register.

We also have a low key race coming up, the Run for the Pie 10K, led by **Mark Lawrence**. As mentioned in the last President's Message, we have secured a location for port a pots. As this race has grown with the club, we will be offering online registration and will be assigning race bibs to aid in accurate timing. This race is free to members, and will be \$10 for non-members. This race, a club favorite, requires each participant to bring a pie. The pies are distributed as runners' choice, according to male/female finish order. Yum!

We have now completed five 2016 grand prix events, with 240 participants. Of course the Frederick Half was our biggest draw so far.

Cont. on next page



## Friends of Steeplechasers

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

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

## President's Message, cont.

186 club members ran that race, wow!

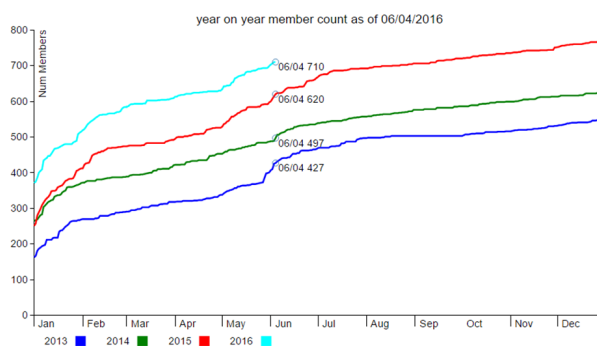
Since the Frederick Half was so large, **Jenny Hallberg**, who has been taking the results and importing them into scoretility, had to find a clever work around for pretty serious bug to incorporate the results. I have been working to find a solution for the problem ever since – need to make sure we don't run into this again! Many of our members were at the post race Steeps tent, coordinated by Membership Committee chairs **Nikki Martin** and **Kerry McHugh**, and staffed by Social Committee chairs **Ruth Taylor** and **Art Gregory**.

This is a good time to remind you that the decathlon 800m is coming up July 13. You should think about running this because a) it is part of the Grand Prix, Decathlon and Equalizer series, b) it is the night of the FSRC Ice Cream Social, sponsored by If the Shoe Fits and Saucony, and, c) we are going to take a picture of everyone who shows up.

Are you ready for the summer picnic? Our Social Committee chairs **Ruth Taylor** and **Art Gregory** are moving the date out to August 27. **Tim O'Keefe** will be presenting the decathlon awards at the picnic this year, so put this fun event on your calendar!

We have picked a date for the General Membership Meeting, October 19, so please mark your calendars. Like last year we will talk a little about club operation and have some films. Unlike last year the talking and film viewing will be shorter, which will give members more time to socialize. Also, this year will be BYOB, so a) no worries about getting a liquor license or extra insurance, and, b) you will be able to drink what you prefer.

The club continues to grow at an amazing pace. As of this writing, we have 710 members, which is 90 more than last year on the same date. You can always go see these statistics by going to the web site and clicking on Membership > Membership Statistics, or just by clicking on <http://steeplechasers.org/membership/membership-statistics/>.



The Spring marathon and half marathon training groups have finished up. I have heard very positive things about how well people did at their goal races, thanks to the efforts of leaders **Billy Clem** and **Jan Harris**, coordinated by Training chair **Javier Montenegro**. The Fall programs will be starting soon – keep an eye out on Facebook and through the monthly news blasts, or see <http://steeplechasers.org/training/training-groups/> for more information about our training programs.

**Pam Monaghan-Geernaert** continues to do a great job organizing our education sessions. By the time you read this we will have had Runners Stretching (thanks to **Nicole Davis**) and a Trail Running panel featuring **Lisa Johnson**, **Regina Clark**, **John Godinet**, **David Welch**, **Mike O'Grady**, **Mark Lawrence** and **Bill Susa**. Upcoming is Ladies' Running Stories, another panel July 14 6:30 at C Burr Artz Public Library.

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

Lou King  
[president@steeplechasers.org](mailto:president@steeplechasers.org)

## FSRC—2016 Officers and Committee Chairs

**President**—Lou King

**Vice President**—Javier Montenegro

**Secretary**—Sage Norton

**Treasurer**—Harriet Langlois

**Social**—Ruth Taylor & Art Gregory

**Communications**—Luanne Houck

**Membership**—Kerry McHugh & Nikki Martin

**Competition**—Sage Norton, Shannon Matthews

**Racing Team**—Katelin Peropat & Chris VanSant

**Education**—Pam Geernaert

**Race Services Chair**—Mark Lawrence

**Training Chair**—Javier Montenegro

**Technology**—Lou King

**Newsletter**—Julie Harris

**Volunteer Appreciation**—Lori Mensh

**FSRC Memorial Scholarship Review Board**—Mike O'Grady

## Meet the 2016 FSRC Scholarship Recipients

By Michael O'Grady

The FSRC Scholarship committee is proud to announce the 2016 Larry Key Memorial Scholarship fund recipients of Anna Hartman, Oakdale High School, and Blake Capella, Walkersville High School. These two outstanding student athletes are the inaugural winners of this service award.

Bonnie Key, sister of the award's namesake, presented the award and recognition to Anna and Blake at the April 17<sup>th</sup> FSRC Scholarship Run. In keeping with her brother's legacy of servitude, Bonnie offered that this year's recipients have a record of service to the running community, including selfless hours given to help others achieve goals. "They simply embody the spirit of this award and set a high standard for others to come."



The scholarship is awarded to a male and female high school student in Frederick County whose service achievements are aligned with the non-profit goals of the Frederick Steeplechasers Running Club.

Anna will be attending UMBC Honor College in Baltimore Maryland pursuing Global Studies. Blake heads to the College of New Jersey in the Bonner Scholars Program studying Computer Engineering. Congrats to our scholarship recipients!



## Thank YOU!

By Anna Hartman

I just wanted to extend my appreciation to the Steeplechasers and the Key family for awarding me with the Frederick Steeplechasers Memorial Scholarship. It means so much to me to be recognized at this level by a community and organization that is so close to my heart.

My involvement in the Frederick Steeplechasers began when I was very young, through my parents. As I've grown older, I've found a very important place in this running community. Through volunteering, racing in the summer decathlon, and attending various races and runs, I've met many people who have showed compassion and interest towards me by always treating me like an adult. As someone who often struggles with talking to and meeting new people, this has touched me deeply and given me a community where I feel at home. In addition, being a part of this community has provided me with numerous opportunities, including a job at If The Shoe Fits (through which I have even won a trip to Ireland!).

While I did not know Larry very well, I have heard many beautiful stories about him, and I am so honored to receive this award in his honor. I hope to carry on his legacy through a positive attitude, and giving back to the Steeplechasers in any way possible.

So thank you again for everything you and the Steeplechasers have done for me. This financial reward will greatly help me in my future endeavors, but far more important and meaningful to me is the recognition of this community that has already given so much to me. Words simply cannot express my gratitude.—Happy Trails, Anna



## April Showers Bring May Flowers but April Snows?

By Mike O'Grady

A week after April snows a perfect day arrived for the FSRC Run / Bike / Hike Scholarship Run to honor Larry Key. With high spirits runners filtered in and out during the day to run the five mile course one or multiple times.

Anyone known completing more than one loop was nicknamed a "Looper", and there were a number of them. "Chief Looper" David Welch completed six, Jason Lawrence, Steve Dobson, Elaine Griesbach four, Mark Lawrence, three, Randy Gesell and Bonnie Key, two. Michael Strzelecki brought some of the Patapsco Trail Junkies for multiple laps and Addie Welch footed more than one as well.

In addition to strong legs, generous hearts filled the donation jars with checks and cash.

More than three thousand dollars was collected for 2016 Scholarships and a couple hundred more for a memorial bench which will be placed near the spot where Larry died.

Prior to event, donations from Business and individual provided more than two thousand dollars in cash, along with prizes and raffle items. I ask our running community to thank and support those businesses that support us including, Bridges Drywall, Advanced Computers and Electronics, If The Shoe Fits, Bike Doctor, VTS, Modern Asia, Performance Chi and Musket Ridge.

This upcoming September, Ricks Run will be held at Greenbrier State Park. This run is another "loop event", 5.22 miles in length. The focus of this run is changing, as it will now be a memorial run to honor those, such as Rick and Larry, who are no longer with us. The fall event will raise monies for the 2017 scholarships and beyond, more on that later.

Many to thank but in particular the Steeplechasers Board of Directors for accepting the scholarship idea, My committee members Bonnie Key, Crista Horn, Kerry Shepherd Bibb and Sage Norton for your guidance. My trail dogs Randy Gesell, and Mark Lawrence and my wife Susan, who without her support none of this, would have been possible.



## Running in the Heat & Humidity

### By Julie Harris

When heat and humidity are combined it is considered the most difficult element to train in. During a workout in the heat, your performance suffers for three reasons:

1. You have an overall increase in your body temperature.
2. As soon as your body heats up, blood is diverted to the skin to help cool your body through sweat and evaporation. This causes less blood to be available to transport oxygen to the working muscle; less oxygen means you can't run as fast or as hard.
3. You become more easily dehydrated in hot and humid conditions because your body has a harder time controlling your body temperature.

Sadly, heat and humidity not only affects your performance during your run but it also effects your recovery and your ability to perform on subsequent workouts. After you exercise in hot conditions, your body spends more time cooling itself down than it does delivering nutrients to your battered muscles. When the muscles don't get the nutrients they need, recovery is slower.

#### Running in the Heat Tricks:

1. Slow down, speedy! - Just like you slow your pace in the winter when it's snowing or icy out, slowing down in the summer will help you feel better through your run.
2. Look at what you're drinking— The critical factor in hydration is how rapidly fluids can be absorbed into the blood stream. As a general rule, the higher the carbohydrate content, the slower the absorption rate. So your choice of drink should depend on whether your primary goal is to immediate hydration or replenishment energy and electrolyte stores.
3. Do not wear cotton, I repeat, do not wear cot-



ton—humidity and heat make you sweat so try to wear moisture wicking clothes on your run to avoid chafing and overheating.

4. Lather on the sunscreen about 20-30 minutes prior to your run—It's important to protect your skin from the sun but aim for 20-30 minutes before your run so your skin has time to absorb and distribute the lotion. Otherwise, the lotion can block the pores, making it harder for your body to cool off through evaporation.
5. Bring a small handkerchief or bandana— Carry a small cloth with you so you can wipe off your sweat. Some of our members use these [Bar Mop Dishcloths](#) and find they work well.
6. Freeze some of your water or put ice in your water —not sure there's anything scientific to share about cold water but it certainly does feel better to drink cold water on a hot run.
7. Don't worry! - The body is an amazing thing and it will adjust and adapt to the changes in temperature. You didn't lose any fitness, your body just needs to make some adjustments.

Running in the heat and humidity is not easy but when done safely, it can make you a better, stronger runner.

## How to Tell When You're Dangerously Dehydrated

By Selene Yeager (reprinted with permission)

The first time I teetered on the verge of dehydration was on a mid-July day in South Carolina on vacation. I was rollerblading (yes, rollerblading, don't judge) around the neighborhood I was visiting—just cruising around, nothing crazy, so I didn't bring any water with me. About an hour in, I suddenly felt dizzy. Like, "I'm not sure I should be rollerblading" dizzy. I sat down under a tree in the shade for 15 minutes, got my bearings, and very easily rolled home to enjoy a long stretch of A/C and sweet tea. I've since had some scary episodes during races, but the fact is you don't have to be pushing hard or going long to succumb to dehydration.

"It's normal to experience mild dehydration during exercise," says Rob Pickels, physiology director at CU Sports Medicine and Performance Center in Boulder, Colorado—especially if you're in the heat and sweating (and you certainly don't want to overhydrate). "However, prolonged moderate dehydration or severe dehydration can be detrimental to your health; especially your kidney function. We all know that when we're thirsty or our mouth is parched, it's a good time to take a drink," he says. But there are less obvious signs that you're well on your way to serious dehydration. Here's what Pickels warns to watch for.

### Rising Heartbeats

We know heart rate goes up with intensity, and that it will tend to drift with long exercise (especially in the heat). However, if you're seeing heart rates that are 15- to 20-beats higher than you'd expect, it could be your heart is compensating for reduced blood volume (also known as dehydration) by beating faster.

### Swimming Head

You know how your head swims a bit when you suddenly stand from a sitting position? It's called postural hypotension, and it's the result of blood not reaching your head quickly enough as you change positions, thanks to low blood

volume. If you start feeling that on a long run, it could be a sign of dehydration.

### Saggy Skin

Technically called "decreased skin turgor," when the skin on the back of your hand doesn't snap back from being pinched, saggy skin is a sign you need more fluids STAT. "With normal hydration, the pinched skin should return back to normal essentially immediately," says Pickels. With moderate to severe dehydration it will be slow to return. "Try it now (I know you are) by pinching your skin for 2 to 3 seconds and then letting go. That's your baseline," he says. If it's slow to rebound, you're dangerously dehydrated.

### What's That Smell?

If you take a nature break and it smells like you've wandered into a bus station bathroom, that's another good sign to drink more, says Pickels. "A strong urine smell can be a sign of dehydration." Of course it's still good that you have to pee at this point, since once you hit severe dehydration, urine production decreases dramatically. Avoid slipping into that next stage by boosting your fluid intake as soon as possible.

*The article How to Know If You're Dangerously Dehydrated first appeared on [Bicycling](#)*



The logo for Self-Propel, LLC features the word "Self-" in a bold, green, sans-serif font. Below it, the word "Propel" is written in a larger, grey, sans-serif font, with a horizontal line through the middle of the letter 'P'. The letters "LLC" are in a smaller, grey, sans-serif font to the right of "Propel".

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## Racing Team Results

Date	Race	Athlete/Results
4/3/2016	Cherry Blossom 10 miler	Shannon Matthews 1:11:32 Chris Vansant 1:06:44
4/3/2016	Mission 10 Miler	Lorraine Sullivan 1:25:06 (3rd AG) Ruth Taylor 1:15:04 (1st AG)
4/10/2016	Kent Island 1/2 Metric Marathon	Art Gregory 1:10:12 (1st AG) Ruth Taylor 1:01:22 (1st AG)
4/13/2016	Westminster Mile	Malcom Senior 5:35
4/16/2016	Boston BAA 5k	Art Gregory 25:22 (2nd AG)
4/17/2016	Loudon Half Marathon	Jenny Hallberg 1:34:25 (4th Overall)
4/18/2016	Boston Marathon	Ruth Taylor 3:51:00
4/24/2016	Gettysburg 10 Miler	Malcom Senior 1:12:46 (8th Overall, 1st AG) Harriet Langlois 1:31:32 (2nd AG)
4/24/2016	Gettysburg Marathon	Shannon Matthews 3:25:13 (4th Overall)
4/24/2016	Pikes' Peek 10k	Art Gregory 49:37 (1st AG)
5/8/2016	Frederick Half Marathon	Ruth Taylor 1:40:49 Art Gregory 1:54:15 (1st AG) Harriet Langlois 1:59:14 (2nd AG)

FSRC Racing Team Parkway Panda 5k 2016

The Steeplechasers Racing Team gives competitive members a way to band together and bring visibility of the club to the local races.

**We are currently taking applications for the July 1, 2016– June 30, 2017 team.**

Check out the [website](#) to learn more about requirements, benefits, and how to apply for the team.





## Brag Corner

The Steeplechasers want to encourage self-recognition and team encouragement for a job well done. Setting and reaching a goal is a big part of being a successful runner.

If you've recently completed a running goal, like your first 5k or the longest run ever, or even your best run ever—share it with the team. Go to the [Brag Corner on the Steeplechasers website](#) to share the details.

Home Membership Volunteer Events Race Support Competition Training News Ma

The Steeps are runners of all abilities

[home](#) > [membership](#)

### Brag Corner

Come here to brag a bit about your first 5K, longest run ever, getting hardware at a race, whatever you want that is running related. Just fill in and submit the form and we'll be able to see what you did. It just might get published in the next *Intervals!*

**\* Required**

Name \*

Event Date \*  
Date of event you'd like to brag about  
mm/dd/yyyy

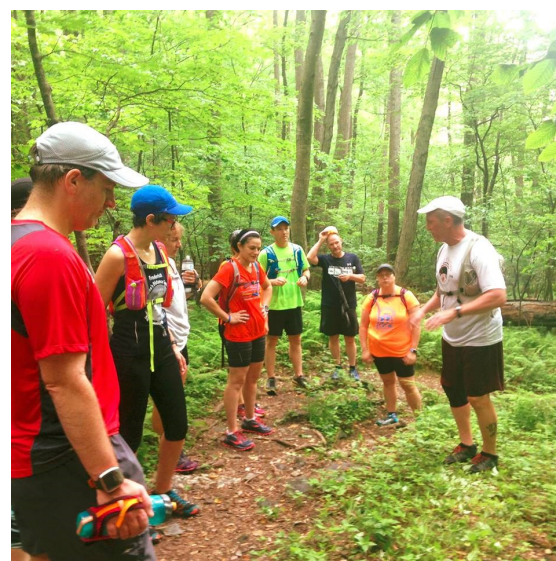
Brag Text \*

## There's Something for Everyone

**Hit the road, trail, or track with us!**

Whatever type of run you want to do, you don't have to do it alone!

Check out the [website](#) to get details about our weekly training runs and programs.





## FSRC Signature Races

Are you looking for an awesome race to run? A race that not only is organized well but also contributes to a charity? Check out these four FSRC Signature Races and sign up today!

### Frederick Summer Solstice Twilight 8K Saturday, June 18 @ 7 pm



What's the best way to kick-off the first day of summer? Racing the Summer Solstice Twilight 8K! Sign up individually, or even more fun, put together a team of your friends, family or co-workers. The race will be run on a USATF certified 8K course in Frederick, MD. Post-race celebrations, awards, and 100% of the race proceeds will help feed the children of Frederick through Blessings in a Backpack.

One in five American children face food insecurity, more than the populations of New York City, Los Angeles, and Chicago combined. Blessings in a Backpack provides food on the weekends for elementary school children who might otherwise go hungry. Blessings strives to ensure children don't go hungry by empowering individuals and communities to take action.

To learn more about Blessings in a Backpack go to <http://blessingsinabackpack.org/>

To register for the Twilight 8K, go to <http://www.frederickt看light8k.com/>



### Frederick Women's Distance Festival, August 13 @ 7:30 am



The RRCA started the Women's Distance Festival in 1979 as a response to the lack of distance running events in the Olympics Games for women and the first Women's Distance Festival events were held on July 13, 1980, the date of the Moscow Olympics men's marathon. The 2016 Maryland Women's Distance Festival Grand Prix Series will include a 5k and a Little Women 1K Fun Run. Sign up as an individual or part of a team.

Proceeds of the Frederick Women's Distance Festival (minus essential expenses) are donated to the Women's Giving Circle of Frederick County.

The Women's Giving Circle of Frederick County brings women together who share common philanthropic goals to benefit women's needs. The Women's Giving Circle provides opportunities for donors to promote and support programs that enable and empower women in challenging situations to improve the quality of their lives and the lives of those for whom they are responsible.

To learn more about The Women's Giving Circle go to <http://www.womensgivingcircleoffred.org/>

To register for the Frederick Women's Distance Festival, go to <http://www.frederickwdf.com>



## FSRC Signature Races (cont.)

Are you looking for an awesome race to run? A race that not only is organized well but also contributes to a charity? Check out these four FSRC Signature Races and sign up today!



### Frederick Market Street Mile, September 10 @ 8:45 am

This 33 year old family-friendly race leads you down Market Street into the heart of historic downtown Frederick. NEW this year: The Frederick Market Street Mile is honored to be selected as the one-mile RRCA State Championship race. The Frederick Market Street Mile features competitive heats for Men, Women and Youth, along with our very popular Fun Mile and Family Mile.

Proceeds from the Frederick Steeplechaser Market Street Mile benefit the free after-school running club at Lincoln Elementary School. This program is coached by Steeplechaser volunteers in partnership with the Rotary Club of Carroll Creek. We provide the students with a safe place to go after school where they can learn the basics of running, and the benefits of fitness, hard work, and respect.

To learn more about the after-school running club at Lincoln Elementary School or to register for the Market Street Mile, go to <http://www.frederickmarketstreetmile.com/>

### Rick O'Donnell 5.22 Mile Trail Run & Ultra Challenge, September 18



The Rick O'Donnell 5.22 Mile Trail Run and 8-hour Ultra Challenge, held in beautiful Greenbrier State Park, Boonsboro, MD, is ideal for your first trail race, timed event, or ultra-distance goal. The 5.22 mile loop starts and finishes along the sandy shores of Greenbrier Lake with 750 feet of climb and descent on each loop. The majority of the course is single track, with about half a mile of pavement per loop. Participants will complete one loop to compete in the 5.22 Mile Trail Run or multiple loops to participate in the Ultra Challenge.

Proceeds from the 2016 Rick O'Donnell 5.22 Mile Trail Run and Ultra Challenge will benefit the new Frederick Steeplechasers Memorial Scholarship. This scholarship is awarded to deserving high school seniors who embody the character and integrity of the Steeplechaser members to whom we dedicate this race. The Rick O'Donnell 5.22 Mile Trail Run and Ultra-Challenge was started in 2013 in memory of Rick O'Donnell, Steeplechaser member, friend, devoted husband and father who lost his battle with Bile Duct cancer in the spring of 2013. In 2015, we lost Larry Key, another friend and beloved Steeplechaser. Larry died of a heart attack while out on a run. Rick and Larry embodied the true spirit of what it means to be a runner and a friend.

To learn more, visit our [FSRC Memorial Scholarship](#) page.

To register for the race, go to <http://www.rickstrailrun.com/>

# The Top 10 Things Runners Love About Frederick's Running Club

## Collective Responses from FSRC Members

10. There's a race nearly every weekend in Baker Park
9. You never know what kind of weather you're going to get so it makes dressing for runs interesting.
8. There's trails, streets, and tracks to run on and at any given moment, you can probably find another Steeplechaser running on one of those.
7. You can run in a race and volunteer in a race, all in the same weekend.
6. People may not remember your name but they will invite you to run with them.
5. You never have to plan another running route again—there seems to always be a group running somewhere that has already planned the route for me.
4. You can ask any member about blisters, food, hydration, routes, shoes, anything running related and you'll get lots of helpful responses.
3. There are several award-winning micro-breweries to enjoy after evening runs.
2. You don't have to wait long at Baker Park before a group of runners show up to run. There's always a group running at Baker Park.
1. Happy Hour. Happy Hour. Happy Hour.





*June 2016*



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If you have an interesting story, quote, race recommendation, photo, or anything you're willing to share for the newsletter—please send to [newsletter@steeplechasers.org](mailto:newsletter@steeplechasers.org)

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Elizabeth A. Liotta, MD

BOARD CERTIFIED CLINICAL AND COSMETIC DERMATOLOGIST

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



The Fit Staff's goal is to ensure you are happy with your shoe choice and best prepared for your activity. Come in today!

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