



INTERVALS

Newsletter of the Frederick Steeplechasers Running Club

President's Report

In January I was elected president of the Steeplechasers Running Club, a club that I joined before I even owned a house in Frederick and before I switched over my New Mexico Drivers License. I joined the Steeplechasers' after a brief e-mail exchange with someone called president@steeplechasers.org (at that time the email belonged to Mark Lawrence) when it appeared a move to the area was imminent. That e-mail exchange led to various runs around the town while house hunting and even a few trips to the "dark-side" to run trails where many Steeps were training for Catocin 50K. What sold me on the area was probably the running club, i.e. within days I had friends, running routes and that camaraderie I enjoy so much when many miles are called for and motivation is waning. After participating in the club for years, an opportunity to be part of the administration seemed logical. This year, the executive committee is trying to find ways to reach out to more runners, runners who might think a running club is too "advanced" for their skill level; runners who want training plans for that BQ; and non-runners who are hoping for that Couch to 5K plan that will allow them to participate in one of the many charity races we have around town (and probably one that we provide the timing system for!) The executive committee is also looking at creating "Running Ambassadors" as a way for us to promote the club and show some "Steeplechaser Pride".

Whether you participate in weekly group runs (which you should); whether you channel your inner Usane Bolt at the upcoming Summer Decathlon (which you should); or participate by hosting a breakfast run (which you should), the club offers an array of "stuff" for everyone.

This past month confirmed how important the running club is to our group when we lost one of our members. The outpouring of love and support and sadness so many of us had when Rick O'Donnell passed away certainly confirmed to me the importance of our running community and how special it really is. As with any running group, we are only as strong as our members. Without your input, your participation and your friendship mile after mile, we wouldn't exist. Thank you for letting me be part of this organization. May all your running be swift.

Boston Marathon

This year 7 Steeplechasers made the prestigious trek to Boston, MA to run the Boston Marathon. Keary Johnston made her first debut there in her SECOND marathon ever and after returning from Afghanistan a month earlier. Marti - Grib also made her debut there, with extra significance of having just turned 50. My running partner, Crista Horn and I were searching for redemption after last year's 90 degree weather, and Lou King and Harriet Langlois was so happy to be once again an amazing married couple with both re qualifying and running. We had all agreed to meet at a bar near the finish line to celebrate. We had no idea how important that meeting place would be. Safely out of the way of the bombings, and with cell phone coverage unavailable it was the only way we could find each other and know we were all accounted for. As the horror unfolded, we search each other out and found comfort knowing our group was spared. We are a running family and while we still process the events of this year's race we know even more the importance of our club and our running friends.

FSRC - 2012 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 – Mark Lawrence/ Christine Dzara
 Web Site – Rich Potter/Stephen Dobson
 Newsletter – Malcolm Senior

Frederick Steeplechaser's Running Club Annual Running Celebration!

When: January 12, 2013 from 6:00 pm to 9:00 pm
 Where: Delaplaine Arts Center, 40 S. Carroll St, Frederick

Club members enjoyed an evening of awards, picture show the Joe Basford and Chad Connors announcing the awards. John Stuart presenting Don Boyer with the President's awards. General photos of attendees and the delicious dessert table

RUNNER OF THE YEAR Sage Norton & Chad Connors <hr/> MASTER RUNNER OF THE YEAR Ruth Taylor & Eddy Horn <hr/> GRAND MASTER RUNNER OF THE YEAR Leslie Nuse & Art Gregory <hr/> MOST IMPROVED RUNNER OF THE YEAR Crystal Raines & Paul Smeck <hr/> IRONAN/ IRONWOMEN Siobhan Leonardis & John Leonardis <hr/> RISING STAR Ronni Griffin & David Lieb II <hr/> ANDERER AWARD Rick O'Donnell <hr/> PRESIDENT'S AWARD Don Boyer	SUMMER DECATHALON		
		Women	Men
	1	Dee Nelson	Malcolm Senior
	2	Bev Black	Art Gregory
	3	Sage Norton	John Way, Tim Hugen
	4	Keary Johnson	
	5	Leslie Nuse	Stephen Vigder
	6	Crystal Raines	Ron Black
	7	Ruth Tayor	David Lieb
	8	Marti Grib-Kackman	Tim O'Keefe
	9	Harriot Langlois	Chase leClair
	10	Chery Connors	Chad Connors

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



The Columbia Club Challenge

Held February 24th 2013

The race is the official 10 mile Championship for the Maryland Chapter of the Road Runners Club of America (RRCA). Open to any runner registered with an RRCA running club in Maryland or DC. It is a team competition with the scoring as follows:-

Men: 12 Men scorers for each team.

Women: 6 Female scorers for each team.

Coed: 15 scorers and minimum of 4 Men and 4 Female on each team.

No runners finishing after two hours will be scored.

This year's challenge enjoyed great weather sunny with a 41 deg temperature. Over 1,000 runners registered for the run and 739 finished both of which were records.

Frederick Steeplechasers had 38 runners (25 men/13 women) some of the members seen below.



Team Results Report**Women**

1 Howard County Striders	Total Points	50
2 Falls Road Running	Total Points	59
3 Annapolis Striders	Total Points	147
4 Montgomery County RRC	Total Points	157
5 DCRRC	Total Points	218
6 Baltimore RRC	Total Points	290
7 Westminster RRC	Total Points	292
8 Frederick Steeplechasers	Total Points	315
9 RASAC	Total Points	371
10 Prince George's RRC	Total Points	963

Men

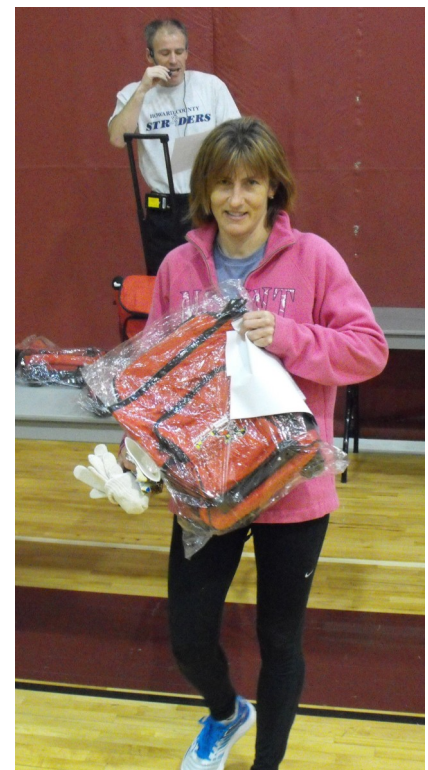
1 Howard County Striders	Total Points	165
2 Falls Road Running	Total Points	211
3 Montgomery County RRC	Total Points	748
4 Annapolis Striders	Total Points	851
5 DCRRC	Total Points	881
6 Baltimore RRC	Total Points	1129
7 Frederick Steeplechasers	Total Points	1433
8 Westminster RRC	Total Points	1467
9 RASAC	Total Points	2234

Coed

1 Falls Road Running	Total Points	557
2 Howard County Striders	Total Points	559
3 Montgomery County RRC	Total Points	1321
4 Annapolis Striders	Total Points	1471
5 DCRRC	Total Points	1597
6 Baltimore RRC	Total Points	2012
7 Westminster RRC	Total Points	2181
8 Frederick Steeplechasers	Total Points	2234
9 RASAC	Total Points	3206
10 Prince George's RRC	Total Points	6645

Congratulations to all Steeplechasers who ran. Course record was set by Brian Harvey of Howard County Striders in 51:00. The winning teams, top male and female runners received trophies.

The club challenge is also where the Maryland Series award winners are recognized and presented with their awards. Overall winner of the Women's trophy was Ruth Taylor of Frederick Steeplechasers seen here receiving her awards. Ruth scored maximum points in her age group, however her overall points gave her the ladies 2012 title. In the men's 60-64 category 1, 2, 3 were Malcolm Senior; Bruce Attavin; Jim Meyers.



The Maryland RRCA State Championship Series Schedule for 2013:

1. MD RRCA Challenge -1st race of the MD RRCA State Championship Series ran Sunday 2/24/13.
2. Springburst 8K -2nd race of the Series ran Saturday 4/13/13 - 9:00 a.m.
3. Bel Air Town Run 5K -3th race of the Series will be run Sunday 6/02/13 - 8:00 a.m.
4. Father's Day 8K -4th race of the Series will be run Sunday 6/16/13 - 8:00 a.m.
5. Dog Days 8K -5th race of the will be run Sunday 8/4/13 - 8:00 a.m.
6. Larry Noel 15K -6th race of the Series will be run Sunday 9/1/13 - 5:00 p.m.
- 7. Frederick Mile -7th race of the Series will be run Saturday 9/14/13 - 8:00 a.m.**
8. Dave Herlocker Memorial Bachmann Valley Half Marathon -8th race of the Series will be run Sunday 9/22/13 - 8:00 a.m.
9. Falls Road 15K -9th race of the Series will be run Sunday 9/29/13 - 8:30 a.m.
10. Rockville 10K -10th race of the Series will be run Sunday 11/03/13 - 8:30 a.m.
11. Northern Central Trail Marathon -11th race of the Series will be run Sat 11/30/13 - 8:30 a.m.

Social Committee News

UPCOMING HAPPY HOUR

- Wednesday, April 24: Happy Hour at Magoo's Pub - 1A W 2nd St, Frederick, MD, 7:00 pm and meet up with the Wednesday Baker Park group, who will be finishing their runs with a beer. <http://www.magoos-frederick.com/index.html>
- May 4: Frederick Running Festival Expo - stop by the Steeps table.
- May 5: Frederick Running Festival post-race Steeps tent - stop by to trade high-fives with the finishers and enjoy post-race refreshments.

Looking ahead:

- July 20 at 4pm: Save the date for the annual FSRC summer picnic at Harriet and Lou's house.

Membership Update and More!

Luanne Houck – Membership Director

Social Media continues to be our best form of communication with our members, prospective members, and the local running community. Our Facebook group is extremely active, with daily posts full of running news, training and running groups, inspiration, and friendship. We have 579 members of our Facebook group, which exceeds the number of actual paid memberships that we have. We currently have 315 current 2013 members including 60 members who are 18 and under. Thus, it is highly likely that at least 200 people in our Facebook group are not actually members. In addition, we still have 190 members from 2012 who have not yet renewed their memberships.

At our most recent board meeting, we discussed the needs of the running community for non-competitive running activities and connections. As a club, it is important that we provide support to non-competitive runners, beginning runners, runners who are new to the area, runners who need help with training and establishing running goals, and people who have started running to improve their health and fitness. We are also looking at developing training programs for specific race distances such as 5Ks, 10Ks, half marathons, and longer distances. Finally, due to the success of our winter breakfast runs, we are considering social runs for other times during the year. We have formed a new committee to address these needs and our first meeting was held on April 10th. Club members will soon hear about some of these new ideas and initiatives that will help to attract and keep a wider variety of runners as part of our awesome club.

As a current club member, we really hope you are out there showing your Steeplechaser spirit. Please wear any running clothes that you may have that have our logo incorporated. There is the FSRC Store available with a variety of clothing and running accessories that you can consider purchasing. We are also soon going to be making a group purchase of running shirts that members can buy at very reasonable prices. Additionally, we have recently purchased bright shirts for use by course marshals, training group pacers, and finish line helpers that can be borrowed by our members who are volunteering for various events. As you interact with other runners in the community, please mention our club. And when you meet new club members, please take some time to get to know them, ask about their running experiences and goals, and help them meet other club members.

Finally, our MailChimp external e-mail list has grown considerably. We are now up to over 2900 e-mail addresses of individuals who have participated in at least one other local race. We pay \$50 a month for the use of the service based on our population. And we are offering advertising services to local races at a cost of \$50 to offset our cost. We send out at least two e-mail blasts with race information in exchange for the prior e-mail listing of past participants and then the final e-mail listing once the race has been completed. Our e-mail listing is never distributed to others and is only used for advertising local races. Individuals can easily unsubscribe if they do not want to receive our e-mails.

As always, IT'S GREAT TO BE A STEEPLCHASER!





FREDERICK STEEPLECHASER MARKET STREET MILE

SEPTEMBER 14, 2013

MARK the date - September 14, 2013 for the 30th Anniversary of the Market Street Mile! Plan on bringing yourself, your family, friends, classmates, work associates, and neighbors to the kick off the annual IN THE STREETS festival, sponsored by the City of Frederick.

The Market Street Mile has been a Steeplechaser race for 30 years! Wow, only one of the two races our club is proud to direct each year. This race originated as a kick off to a festival which began in 1983 after major renovations closed Market Street for several months. When the dust settled, then Mayor Ron Young, decided to hold a festival for the entire community to

celebrate the re-opening of this prominent downtown area. The festival was held in the street, thereby naming the event. That first In The Street festival boasted 10,000 in attendance. Today, In The Street attracts crowds of over 50,000!

The Steeplechasers Market Street Mile has seen many different runners over the course of 30 years. The male record is still held by a Kenyan native, Charles Cheruiyot's time of 3:58.0, set in 1986. The female record is 4:50 set by Cassie O'Neil. In 1999 the "Final Mile" was run, as the annual Frederick Steeplechasers/Farmers and Mechanics partnership was coming to an end. Luckily it was resurrected with a new sponsor and new race director the following year.

In 2012 the Market Street Mile took on a new purpose with the help of the Rotary Club of Carroll Creek. Through the Rotary Club sponsorship guarantee for three years, the Frederick Steeplechasers agreed to donate percentage of the proceeds and also start an after school running program for the Rotary partner city school, Lincoln Elementary. This joint venture community service project has become more than imagined, with 39 children participating in this program geared towards teaching health and nutrition through a running program, which is free of cost for grades 2-5. The coaches and the runners are very enthusiastic about this twice a week, after school program.

Please join ALL your running friends this year, come out to the Market Street Mile to support your club and the great program it benefits. We are your club - be proud of what you support!





LINCOLN PANTHER RUNNING CLUB

In the spring of 2012 while we, the Steeplechasers, were in the process of soliciting sponsors for the Market Street Mile (MSM), we approached the Rotary Club of Carroll Creek as a potential sponsor. Much to our joy Rotary agreed to be a sponsor, not just for last year's MSM but for a total of 3 years. In return Rotary asked if the Steeplechasers would be willing to assist them in setting up a running program at Lincoln Elementary. We agreed and in January of 2013 the Lincoln Panther Running Club was born.

Not knowing what to expect in terms of numbers of runners (and their ability levels) we first thought to limit the group to just 4th and 5th graders. At the first workout we had 4 runners show up. 1-5th grader, 2-4th graders and a 2nd grader. And so it began. Neither rain nor snow nor wind (and we all know we have had plenty of that this winter) or any of the other elements would stop this group.

So off we went running on a field behind the Earth and Science Lab at Lincoln Elementary. 3 coaches and 4 runners. Practice 3, 3 coaches and 9 runners. Practice 8, 3 coaches and 14 runners. Practice 11, 5 coaches and 16 runners. (We knew we had met our match so we called in reinforcements.) Practice 12, 29 runners and 6 coaches. You get the idea.

We are now up to about 40 runners of which 33-35 show up regularly with the balance having other after school commitments they attend. The Panthers meet Tuesdays and Thursdays from 4-5. The club is comprised of 2nd-5th graders, at all running levels. Our goal for the Panthers, besides trying to teach a healthy lifestyle that can be carried through life, is to have the kids run as a club together at this years MSM on Sept. 14th. The support from members of the FSRC has been great with several "Coaches" showing up to assist. We have even had the Hood College coach and track team come by to assist at one of the practices. They (Hood) have invited the Panthers to join them on a periodic basis at their track workouts at Frederick High.

What started as an idea that we were not really sure had legs to stand on (pun intended) has grown to a fun, exciting group that are a joy to be around. Each practice is a little different with the immediate goal of fun for the kids while focusing on the longer term goal of a healthy life choice. And while some of us may have missed a training day since January, the kids haven't missed a practice and have been outside every day but one.

For more information or if you would like to assist (previous skills in herding cats helps), please contact Anne Light at eanne044@aol.com.

Lincoln Panther Running Club



Veterans' Day 10K - Malcolm Senior
Sunday November 11 2012

A flat, fast course around the Tidal Basin, it is the third year that I have run this race. However this year 'Pacers' - the new owners of Capital Running Company were the organizers. Registration was quick and simple, the actual race number was allocated at that time. The race was prompt at 8:00 am, weather was cold 24 deg at 8am rising to 38 deg after 41 minutes. A rather neat feature for finishers was the ability to check overall finish time and position by entering their race number on to Laptops. In previous years age group awards were 1st \$50, 2nd \$25 and 3rd, this year a simple hat or bag with the Pacers logo!

Washington DC was very busy with wreath laying ceremonies with Veterans' in attendance.



Rick O'Donnell: Our dear friend who passed away March 17th, 2013

I'm not sure when Rick started running with our training group on Saturday mornings, but it was his goal from the beginning to run a marathon. Rick was in his mid-fifties and had entered a phase in his life where he had become focused upon his physical fitness. He was serious about his training and solicitous of information related to all areas of running - clothing, shoes, nutrition, hydration, pacing - he wanted to learn it all. Hearing impaired from birth, Rick probably heard no more than 30 percent of what was said during a run, missing a lot of the inane drivel and nonsense. But when he was discussing something of actual importance - family, spiritual issues, how you were doing, or anything about running - he was focused, with his head slightly tilted to hear you better and with an inquisitive expression that let you know that he was listening and interested.



Any compliment directed at his ever-improving running prowess brought a look of both surprise and real pleasure to his face. Rick easily qualified for the Boston Marathon of 2007, a goal for which many of us work and aspire for years. He had a loose gliding running style, not classical but effective. He gently swayed from side to side while surging forward, producing a rapid cadence that he could hold uphill and downhill, mile after mile.

During his first years of distance running, we who trained with him didn't learn much about this humble man. We knew that he worked on some highly technical stuff for General Dynamics, that he was a contractor for the Navy, that he was a man of strong faith, loved his Savior Jesus Christ, that he loved his wife, Brenda, and daughters, Emily and Julie, and son-in-law Derek. It took a pretty good runner just to keep up with Rick, much less to carry on a conversation with him. Barb Powell probably learned the most about him, utilizing her well matched speed and curious nature to learn more about this great man.

I first sensed that there was something going on in Rick's body when I caught up to him during the Boston Marathon of 2007, the first trip to Boston for both of us. It was not that I had suddenly become faster, but that Rick had gotten slower. Only a few weeks later, we learned that Rick had been diagnosed with cancer of the bile duct. As Rick did with any obstacle, like a hill, a hot day or an upset stomach, he went on without complaint and planned for his next race, despite the fact that he was about to embark on what became an all too frequent cycle of chemotherapy.

This strong athlete lost a tremendous amount of his lean, finely-tuned body, dropping to 110 pounds by August, while we his running friends were building strength for fall marathons. Rick began to show another dimension of his resilient character, living vicariously through our races. If he couldn't run himself, Rick simply ran through his friends!

By January, Rick was back training with us; shorter miles on overly sensitive feet (a reaction to the chemo), but full of faith and optimism. Our Saturday group, which was generally an optimistic pack, became more aware of our gift of running and less prone to complaining about the weather or our own aches and pains.

Our friend was back and was quickly out in front of the pack, gliding along the back roads of Frederick. If his schedule called for 19, Rick ran 19, not 18.7, not 19.2. He was a man of his word and schedules were schedules and were to be followed. Rick had become our teacher, and we in the running community were being given advanced lessons in life, tenacity, love, and, ultimately, in preparing for death.

After a couple of good years of running, with the number of runners who came into his orbit expanding, the cancer came back. A troublesome hip slowed him and caused Rick to begin to take walking breaks on long runs. A trip to the doctor confirmed that his condition called for him to again subject his body to the noxious chemicals of chemotherapy and radiation.

A silver lining in this cloud was that many of us got to walk with him and to learn more about this wonderful, humble man: that he had worn hearing aids his whole life - from cumbersome boxes to newer more advanced models; that he played the piano, and especially loved classical music; that he was devoutly religious; that he hadn't always treated his body like a temple; that he was extremely intelligent. And, most of all, that as important as running was to him, not even a good race surpassed his devotion to Brenda, Julie, and Emily.

His physicians warned him that running was not good for his cancer-compromised skeleton, but they sensed what it meant to him and allowed him what would be his final running triumph - the Pittsburgh marathon.

After Pittsburgh, his strength just couldn't sustain his running. Rick finally had to quit. He could no longer be a participant in the sport that had given him countless friends and admirers, and that enabled him to experience the beauty of Frederick County on a very personal level. He now stepped back and took his pleasure from watching his friends experience the joys that he had found over the last six or seven years.

Rick diligently showed up to wish us well on our Saturday training runs, continued to support us at local races, and wished us well via email when his body couldn't transport him in person. We were given time to say good-bye to Rick, to appreciate this temporary gift that we were given, to appreciate friendships and to not leave words of encouragement, affection, and love unspoken. He showed us how to endure to the end with grace.

Patrick O'Donnell used up his body. He squeezed every ounce of living out of it. I am confident that he now has a new one that is even faster than the old one, and he can hear the birds sing while he runs.

- John Kippen