



INTERVALS

Newsletter of the Frederick Steeplechasers Running Club

President's Message

Welcome to a new year. Congratulations on being a member of the best running club EVER. It is always a joy to run and be connected to others. This past year brought on some wonderful additions to the club. We saw our first Women's only 5K training program start up. Not only did we plant the seed for getting women ready to complete the WDF 5K, but we must have fertilized it well, since many of these women went on to complete the Freedom's 10K, and are now signed up for the Frederick Half marathon or are part of the "traveling" sisterhood to Boston to run a half marathon in the city that knows marathons. We also grew the marathon and half marathon training program, which has already started up again this spring. In the fall it prepared a number of runners for the Freedom's marathon and this spring it will prepare our runners for Boston or Gettysburg. Having participated in both groups I can say whole heartedly, that running with others is what makes our club great. We also have grown our outreach with Lincoln Elementary School. Running with kids from disadvantaged backgrounds gives these students a wonderful experience of running and some great skills that will help with all of life's lessons.

So far this year the weather hasn't been our friend, and many of us struggling to get out the door. But the groups we have established, with plenty of room for more to join in, are very inviting. It may be the only warm thing you find outside in the dark and snow right now. However, this week brought a glimpse of warmer weather, and while blinding others with our pasty white legs, forty-two Steeplechasers took on the MD club challenge. So much fun was had running with our "team", in what often seems like an individual sport. And in spite of what Chad Conners says about Joe Basford's smell, we all rallied together.

As exciting as the Club Challenge is, our "team" of 42 runners represents less than 10% of our club participating. So this year I encourage you to reach further than you thought, to train to your potential, to reach out to others for support, and be the best Steeplechaser you can be. Come volunteer at a race and see the look on someone's face who just completed their first run EVER, who overcame obstacles to get to the start, or who just set a PR faster than you could ever imagine. Come out to a happy hour and find people who run your pace, or share your interests. Perhaps you could join a training program (or help lead a group run) and take a leadership role in the club.

As always, we are a volunteer group and we cannot do this without all of you. So thank you. Thank - you for taking on a healthy life-style. Thank you for being a role model to other adults and children.

Thank-you for being a runner. It's always a great time to be a Steep!

FSRC - 2014 Officers

President – **Pam Monaghan-Geernaert**
Vice President – Vacant
Secretary – **Crista Horn**
Treasurer – **Harriet Langlois**

Committee Chairs

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

**Maryland State RRCA
Championship Series**

A series of 10 races, each race organized by one of the Maryland Running Clubs. To participate runners have to belong to a Maryland Running Club. Runners must run at least FOUR races to qualify with their best FOUR races counting toward awards.

The first race in the series was the club challenge, this race is also where the Maryland Series award winners are recognized and presented with their awards. Seen here are Malcolm Senior (with 623 bib); Bruce Attavin men’s 60-64 category 1, 2 with Steeplechasers President Pam Geernaert



The race venues have changed for 2014 the full list of the MDRRCA State Championship Series:

1. MD RRCA Challenge (1st race) was run Sunday 2/23/14- 8:00 a.m.
2. Half Metric Marathon (2nd race) will be run Sunday 4/13/14 - 8:10 a.m.
3. Springburst 8K (3rd race) will be run Saturday 4/19/14 - 9:00 a.m.
4. Germantown 5M (4th race) will be run Sunday 5/17/14 - 8:30 a.m.
5. Bel Air Town Run 5K (5th race) will be run Sunday 6/01/14 - 8:00 a.m.
6. Dog Days 8K (6th race) will be run Sunday 8/3/14 - 8:00 a.m.
7. Larry Noel 15K (7th race) will be run Sunday 8/31/14 - 5:00 p.m.
8. Market Street Mile (8th race) will be run Saturday 9/13/14 - 8:45 a.m.
9. Dave Herlocker Memorial Bachmann Valley Half Marathon (9th race)
will be run Sunday 9/28/14 - 8:00 a.m.
10. Northern Central Trail Marathon (10th race) will be run Saturday 11/29/14 - 8:30 a.m.



Meet the new Treasurer - Harriet Langlois

After running briefly in my twenties, I took a fairly long hiatus to focus on kids, career and volunteer work with the Girl Scouts. I got back to running in 1996 at age 40. After several years of recurring injuries, I seemed to achieve a state of physical resilience that now allows me to focus, injury-free, on the marathon distance. My husband Lou King and I are dabbling in the 50-state thing, enjoying the travel and the challenge.

We joined the Steeplechasers in 2008, mostly for the happy hours, but we've gradually become more active in the Grand Prix series, the Decathlon and the social committee. Now that we're retired, we have more time to spend volunteering, and we look forward to helping out wherever we can as the club continues to grow. I am excited about the challenges of overseeing the financial aspects of club management, as well as my new position as the race director of the Frederick Women's Distance Festival. As a new member of the executive board, I am very interested in hearing from our members. Please contact any of us if you have ideas or feedback on club services, or would like to volunteer.



What have you learned this winter?

I no longer think that the 30s is cold running weather.

I've learned what "screw shoes" are and how to make them. (Thanks Pamela & Lou)

I've learned that if you shovel for three hours you did NOT miss your workout.

Friends that are experienced and committed will make you a stronger runner. (Go Steeps)

A supportive wife that shares my love of running will inspire me on the coldest day (Thanks Risa)

A tent with homemade treats and beer after a race can make you faster (thanks Harriet & Lou)

Talking about food can make you forget about the cold (Pam & Janadel)

Free or cheap races are the bomb-diggity (Lewis Run, Pie Run, Byron Run & The Club Challenge)

And (as in every other situation) I've learned to not take anything for granted.

No matter how careful you are, tomorrow is not a given, so soak up every minute today.

Billy Clem



Annual Awards banquet





FSRC Awards Banquet 2014

Decathlon presented by Tim O'Keefe

It's hard to believe I'm talking about the Summer Decathlon when single digits are in the forecast and they say we won't go above freezing until sometime in February. For those of you not familiar with the Summer Decathlon, it is held in the summer....and it's a decathlon. Specifically it is a track event held each Wednesday evening in summer and consists of races between 200 meters and 2 miles in length. The times are then age graded and finishes reordered to determine places. Tonight the top ten males and females will be honored for their accomplishments. The series has grown over the years and this past summer there were 149 different runners that participated. There were 66 different women – an increase over last year most likely due to the WDF training program being held on the same night and many of the women coming over to join in the fun. There was an average of 24 women per event with the largest turnout being the 800 meter run where 43 women competed and the lowest turnout of 15 for the 3,000 meters. The youngest lady was Rosie Henson age 2 and the most veteran lady was Dee Nelson at age 69. Two of the women competed in all 10 events.

On the Men's side there were 83 different competitors with an average of 35 men participating in each race. The largest turnout being the 2 mile with 56 males and the lowest turnout was the 1 mile with 22 males. The youngest gentlemen were Cameron Connors and Tony Cretella at age 4 while the most experienced man was 70 year old Ken Kolson. 6 of the men ran all 10 races in the series.

A few weeks ago Harriet came up and asked if there was anything the club could purchase for the decathlon that would make it run smoother or help in any way. After deciding the Lynx Photo Timing System may be a bit out of the budget range – I explained that it was a pretty low key series – a lot of people out having fun running – and that as long as the runners continued to volunteer, there really wasn't much else. This series is where the heart of our club is – everyone pitching in to help each race get accurately timed and having a good time in the process. Sorry for the long list of thanks but a LOT of people stepped up and helped out.

Thanks to club president Pam Geernaert for making the event free of charge for members and for securing the Frederick High School track for us.

Thanks to Mark Lawrence for bringing the clock and chronomix to each race.

Thanks to Paul Smeck who became the King of the Chronomix. After a few times of asking, Paul just began to take over and made sure each heat was timed and recorded correctly.

Helping Paul at the finish area was Brenda Jacobs. Thanks to Brenda there were always enough people timing and selecting finish places. Brenda then organized the cards and made sure all the times matched.

Thanks to Chad Ahalt and John Way for stepping in and taking over the equipment and recording of times during my vacation week.

Thanks to Lou and Harriet for arranging and delivering some amazing delicious and just-in-time cool Rita's Ice for our final race.

Talk about classy people – I had runners asking me if they could help direct one of the series races. Each did a terrific job in getting the events off and providing prizes for the relays and treats for the kids fun run. Big thanks to the meet directors – Marti Grib Kachman, Paul Christiansen (who takes the day off each year to ensure he is there on time), Malcolm Senior, Paul Smeck and Keary Johnston, Sage Norton, Cheryl Connors, Chad Ahalt, and Christine Dzara who got tied up in traffic but had

arranged for Katy Warehime to take her place until she got there.

Finally, the biggest thanks of all to Lou King who created an amazing computer scoring system that literally saved hours and hours of prep work. The only down side of his program is that there are no longer any mistakes in the scoring which means John Way no longer emails each week to point out all of my errors.

With the weather gods smiling upon us, there were only a few potential rainy nights and not too many outrageous hot ones. What there was though was an amazing showcasing of talent not always seen on the roads or trails.

Congratulations to all the winners and thanks to all those that helped to make the series a success. Remember – it be 10 degrees tomorrow morning but the first race of the 2014 summer decathlon series is only 116 days away!

Frederick Steeplechasers Awards for Year 2013

Nominated Awards

Men's Rising Star ▶ **Eamon Connelly**
Women's Rising Star ▶ **Jan Harris**
Most Improved Male ▶ **Javier Montenegro**
Most Improved Female ▶ **Lorraine Sullivan**
Ironman ▶ **Steve Dobson**
Ironwoman ▶ **Angela Russell**
Men's Grand Master of the Year ▶ **Malcolm Senior**
Women's Grand Master of the Year ▶ **Margo Smith**
Men's Masters Runner of the Year ▶ **David Welch**
Women's Masters Runner of the Year ▶ **Keary Johnston**
Men's Runner of the Year ▶ **Tim Snyder**
Women's Runner of the Year ▶ **Cassy Crouse**
Anderer Award *this year awarded to two couples*
▶ **Anne and Greg Light;**
▶ **Harriet Langlois and Lou King**
President's Award *this year awarded to a couple*
▶ **Peggy and George Waxter**

Decathlon

Male

1st Kieran Lee
2nd Malcolm Senior
3rd John Way
4th Josh Henson
5th Art Gregory
6th Ron Black
7th John Stuart
8th Lou King
9th Chad Ahalt
10th Kevin Barnum

Female

1st Dee Nelson
2nd Sage Norton
3rd Keary Johnston
4th Bev Black
5th Ruth Taylor
6th Harriet Langlois
7th Cassy Crouse
8th Kate Frick
9th Lorraine Sullivan
10th Joanne Capoccia



Keep Calm & Run

Frederick Steeplechasers Awards for Year 2013

Grand Prix

Overall Winners

Female

- 1st Sage Norton
- 2nd Keary Johnston
- 3rd Cassy Crouse
- 4th Ruth Taylor
- 5th Pam Geernaert

Male

- 1st Tim Snyder
- 2nd Erik Hinrichsen
- 3rd Chad Ahalt
- 4th Eamon Connelly
- 5th Chad Connors

Age Group Awards

14-29 Female

- 1st Kristen Roy

14-29 Male

- 1st Chase Leclair

30-39 Female

- 1st Cheryl Connors
- 2nd Jan Harris
- 3rd Katie Staines
- 4th Kristin McPherson

30-39 Male

- 1st Tim Thompson
- 2nd Rick Albee

40-49 Female

- 1st Joanne Capoccia
- 2nd Penny Beeler

40-49 Male

- 1st David Welch
- 2nd John Way
- 3rd Scott Merideth
- 4th Paul Smeck
- 5th Peter Ricciuti

50-59 Female

- 1st Lorraine Sullivan
- 2nd Beverly Black
- 3rd Harriet Langlois
- 5th Michelle Mitchell
- 4th Anne Light

50-59 Male

- 1st David Leib
- 2nd Ron Black
- 3rd Lou King
- 4th Tim O'Keefe

60-69 Female

- 1st Margo Smith

60-69 Male

- 1st Malcolm Senior
- 2nd Art Gregory
- 3rd Bruce Attavian
- 4th Tim Morgan
- 5th Herman Smith

70 and over Male

- 1st John Clarke

Qualifiers - Completed 4 Grand Prix Series races:

Robin McConaughy; Diane Breen; John Stuart; Mark Gaffigan; Billy Clem; James Meyers; Fred Schumacher; Larry Key; Jeffrey Jones

Equalizer Series – Inaugural Year for the Equalizer event. Series consists of seven races of various distances. Results are age graded. Total of best 4 races are counted towards the standings. This series puts runners of all ages on the same playing field and makes each runner compete against their own standard, not necessarily the race competition. Top 3 Male and Female receive If the Shoe Fits gift certificates.

Female

- 1st Keary Johnston (31,656) 79.14% avg
- 2nd Ruth Taylor (28,977) 72.44% avg
- 3rd Cassy Crouse (28,764 pts) 71.91% avg

Male

- 1st Tim Morgan (32,185) 80.46%
- 2nd Malcolm Senior (31,642) 79.1%
- 3rd Art Gregory (29,672) 74.18%



Breakfast Run and a Celebration



Despite the cold, pouring rain on the morning of January 11th, more than 30 runners came out to Urbana for one of our weekly breakfast runs. This was no ordinary breakfast run, as seen by the presence of Harriet Langlois' famous cookies. This run was in honor of Christine Dzara Mosher, who is so special to many of us because of her welcoming personality, her smile, and her good cheer. Christine was quite pleased to see so many of her friends with whom she's spent many, many miles running and talking, enjoying good ole Steeplechaser comradery. The breakfast run attracted many new Steeplechaser runners, which was a wonderful way to show newcomers how much we care about each other beyond running. Christine and Ian Mosher are due March 6 with their first child. Christine received a Frederick Steeplechaser onesie and infant hat as well as a gift certificate for her jogging stroller. Even people who could not make the breakfast run made contributions to the stroller. We explained to Christine we missed having her run with us, so the stroller is purely selfish and gives her no excuses not to run with us after March 6th!

Christine started running in Mark Lawrence's "relax run" group in Baker Park in the fall of 2008. She soon joined the Steeplechasers in 2009. A story Mark loves to share is how Christine could not run to the end of Baker Park in 2008 and by 2010 she was running marathons. That says a lot about Christine as well as Mark Lawrence and the Frederick Steeplechasers. Christine is very involved with the Frederick Steeplechasers, helping to organize the breakfast runs and happy hours in years past. We look forward to seeing baby Mosher at the track this summer. I know for a fact there are many willing members to watch baby Mosher while Christine runs!



Congratulations to Rick and Brenda O'Donnell's daughter, Julie, and son-in-law Derek Butler, on the birth of their son Gage Patrick, born Christmas day! We are proud to claim Gage as one of our youngest members of the Steeplechasers in honor of his late grandfather, our beloved Rick. Julie reports her father would be thrilled to see his grandson in Steeplechaser attire. We look forward to seeing Julie and Derek Butler running in the Frederick Half Marathon this spring.

It has been almost one year since Rick lost his battle to cancer. In honor of our dear friend and the courage he showed throughout his battle, Bill Susa organized the first Rick's Run in September of 2013. Rick's Run was on the well-marked trails of Greenbrier State Park, in Boonsboro. The proceeds, \$2190.00, were donated to the Cholangiocarcinoma Foundation in the name of Rick O'Donnell.

Below is an excerpt from Crista Horn's speech at Rick O'Donnell's memorial service on March 23, 2013.

Characteristics of runners ... Research shows runners consistently demonstrate a high level of focus, strength, resilience, and competitiveness. One study of the emotional characteristics of serious runners shows runners demonstrate extraordinary mental toughness, including strong vision, extraordinary capacity to plan ahead, a natural ability to handle unexpected problems with a calm but competitive demeanor. Runners “don’t dwell” on the bad days; instead, they're eager to move on to the next day's training or upcoming race. Runners are consistently tenacious, success is about “keeping on keeping on.”

All of those words describe Rick O'Donnell. People come into our lives for a reason. We learn from our friendships. Rick taught us a lot.

Often as I run, I think about the people who inspire me. There is a phrase coined several years ago by another one of our running buddies, Ron Robisch - "Where's the Fire?" Below is an excerpt from Ron's running blog about inspiration.

“Recently, I went for a Sunday morning 20-miler with Mary Zielinski’s group down along the C&O Canal. It was a beautiful day for a run – a nice break from the summer heat – and after the 18th mile we started picking up the pace a bit, then a bit more, and then a bit more yet. Enough so that a few days later Mike Marino alluded to our “Where’s the fire finish” in an e-mail. I found that descriptor rather comical.

Then it hit me. Sure, it’s funny on the surface, but on another level there’s something deeply profound about it, too. Where’s the fire? It’s within. We’re running a long ways here, folks, and most of us are driven by some kind of fire buried deep within our soul.

For some of us the fire is a deeply competitive spirit, whether that means motivation to win or place, beat a specific time goal, or simply find out what our own body can possibly accomplish. Others are heated by a more emotional fire. Maybe we run in memory of a loved one lost to cancer. Or we run to fight off hereditary heart disease and achieve fitness. Maybe we run for a brother or sister in Iraq. Or

for a parent with Alzheimer's. Maybe we run for a daughter with autism." Ron Robisch, 2007

Rick sure had that fire. We all saw that in the way he raced and in his commitment to training. We all saw that in his courage to fight his horrible disease. Despite the spread of cancer that caused him setbacks and pain, he always remained positive. He often talked about his next race, his wonderful wife Brenda, and his next visit with his daughters.



Rick's fire taught us how to remain strong. How to face adversity and charge forward, remaining positive. We miss you, Rick! We are thrilled to welcome your grandson into our Steeplechaser family.



Brenda and Julie with baby Gage

Thank You

To Karen Ochs for organizing the breakfast runs this winter and to all the runners and their family's who have hosted or are still to host a breakfast run. These are great events to meet and run with fellow club members. To Janacek Harris for taking over the organization of the Happy Hours, a special thank you to Lou and Harriet for the Happy Hour in February.

A big round of applause for all involved with the awards ceremony

Look out for other events throughout the year.
Follow the Steeplechasers on Facebook "Frederick Steeplechasers"



Save The Date

Summer Picnic July 12, 2014 - further details to follow

The History of Women's Running
By Jessica Sebor, Women's Running Magazine

**Here's a look at how women have made history, in the running world,
over the past five decades.**

1960 - Women are allowed to participate in five running events in the Summer Olympics held in Rome--as opposed to the 16 races open to men. After being banned for 32 years due to medical concerns that the event was too taxing for the "frail" female gender, the women's 800 meters is reintroduced. Soviet Union runner Irina Press wins the race, while sister Tamara gets gold in the shot put. Western journalists dub the two women "the Press brothers."

1961 - The Amateur Athletic Union (AAU) bans women from competing officially in all U.S. road races. Nineteen-year-old runner Julia Chase enters a 6.5-mile road race in Chicopee, Massachusetts, in an attempt to challenge the ban. While her run garners media attention, her plight is largely regarded as a spectacle. New York Journal American writes: "Miss Chase said she is 5'4 ½", weighs 118 pounds and does not know her other dimensions. (Eyewitnesses report her other dimensions are very good.)"

1967 - Kathrine Switzer runs the Boston Marathon with an official bib by registering under the name K.V. Switzer. Race official Jock Semple attempts to pull Switzer off the course mid-race, but is body blocked by Switzer's boyfriend. Switzer finished the race in 4:20 and is subsequently banned from the AAU.

1972 - The AAU allows women to register for marathons, but they are required to start at a separate time or starting line than men. In the 1972 New York City Marathon, women refuse to subscribe to the "special" start, and sit down for 10 minutes at the starting line until the men's gun goes off.

1977 - Fed up with feeling uncomfortable while exercising, runners Lisa Lindahl, Polly Smith and Hinda Schreiber fashion a top out of two jockstraps sewn together. The sports bra--dubbed Jogbra--is born. Moving Comfort is founded the same year, and releases the first women-specific running short.

1979 - Grete Waitz solidifies her soon-to-be eight-race winning streak with a second first-place finish in the New York City Marathon. Waitz crosses the line in 2:27:33, shattering her own world record, and becoming the first woman in history to finish 26.2 miles in under 2.5 hours.

1980 - The American College of Sports Medicine releases a statement in support of the creation of the women's Olympic Marathon. It states, "There exists no conclusive scientific or medical evidence that long-distance running is contraindicated for the healthy, trained female athlete."

1984 - After years of hard work and lobbying by passionate female and male athletes alike, the women's Olympic Marathon makes its debut in the Los Angeles Summer Olympics. American runner Joan Benoit becomes the first female gold medalist in the event. She later says of running the final leg into the Olympic stadium: "Once I passed through that tunnel, I knew things would never be the same."

1986 - Mother runners everywhere cheer the first jogging stroller made for two children when Baby Jogger, a company developed two years prior by a dad who wanted more time to spend with his infant son, releases The Twinner.

1987 - Jackie Joyner-Kersey becomes the first female athlete to appear on the cover of Sports Illustrated three years after her silver medal win in the 1984 Olympic heptathlon. Within the next decade, Joyner-Kersey will win an additional three gold and two bronze medals, making her one of the most decorated women runners of all time.

1992 - In the Barcelona Summer Olympics, sprinter Gail Devers proves that you can be a super feminine super-athlete when she wins the 100-meter dash with a fabulously flashy manicure.

1994 - At the age of 40, Oprah Winfrey crosses the finish line at the Marine Corps Marathon after dropping more than 80 pounds. The media mogul illustrates that marathons aren't just for athletes, but for anyone who's willing to work hard. "Running is the greatest metaphor for life," says Winfrey, "because you get out of it what you put into it."

1996 - Social worker and Hawaii Ironman triathlete Molly Barker founds Girls on the Run with the goal of helping girls ages eight to 12 gain self-confidence by training for a 5K. Barker's first program includes 13 students in Charlotte, North Carolina, but the program soon spreads to 173 cities across North America with over 100,000 participants.

2002 - Ultrarunner Pam Reed wins the Badwater Ultramarathon, a 135-mile course that snakes through Death Valley in the middle of July when temperatures soar to 120 degrees. Reed places first outright beating all the other women and men--proving that when it comes to toughness, ladies have it in spades.

2004 - Nicole Deboom raises spectators' eyebrows when she wins Ironman Wisconsin while wearing a running skirt. That same year, the athlete founds Skirt Sports, thereby changing the go-to race-day outfit of women across the world.

2007 - Marathon world-record holder Paula Radcliffe wins the New York City Marathon just 10 months after giving birth to her first child. The image of Britain's Radcliffe wrapped in the Union Jack while carrying her baby daughter after the race serves as inspiration for mother-runners everywhere.

2009 - Women's Running magazine debuts its first issue in January, becoming the first-ever women-specific running magazine. The magazine holds the first Women's Half Marathon that November, a race that will become a part of the largest women's half marathon series in the nation.

2012 - American marathon superstars Shalane Flanagan, Desiree Davila and Kara Goucher win the top spots at the U.S. Olympic Trials Marathon with record times. They are only three of the predicted seven million female finishers who will compete in road races across the nation in this year alone.

Featured Events

March 20th - Happy Hour at LOS TOLTECOS, 1305 W 7th St Frederick

August 9th - Women's Distance Festival - Run or volunteer but not to be missed

September - Market Street Mile

Chasing Chi

by Mark Lawrence, Chi Running, RRCA, and USATF Certified Coach, Self-Propel, LLC

Since reading the book Chi Running and organizing the Monday Night Relaxed Runs in Baker Park back in 2007, I've been sharing what I've learned with as many people as I've run with on those Monday nights. For the first couple of years, I did it primarily to cope with my own injury problems, but I started talking about it to others because it was the first information I read about running that I thought was exceptionally insightful unlike the coaching books I read in the past that focused primarily on conditioning. After 30 years of running for fitness, I finally became analytical about the mechanics of running, and I spent the next few years focusing on how develop a lower impact gait.

Then in 2011, with the encouragement of Dr. Mark Cuccuzella (who wrote the forward of the book) and my wife Alice, I completed the Instructor's Training Program for Chi Running, and gained a whole new level of understanding. While I was already impressed with the information from the Chi Running book, I was even more impressed with the well thought out process that Danny Dreyer had developed for teaching it. After all, being good at something or having knowledge of it doesn't necessarily make you a good teacher.

Now for the last 3 years, I've been teaching Chi Running formally. It's often said that if you truly want to gain mastery at anything, you should teach it to someone else. It's been amazing! I come away from every class I teach with new thoughts and insights of how to better help people feel more comfortable and relaxed in the act of moving forward. Just expressing it that way, "the act of moving forward", makes it sound so simple, you wouldn't think you could continue to learn so much new over the course of years, but it continues to happen.

I've found that it has made me more thoughtful about virtually every part of my life. "Chi" is our life force. It's present in everything we do. We can take it for granted, or we can thank God for it, but how we channel it plays a major part in how productive, satisfied, and happy we are in our lives.

In more recent trainings I've done with Danny, he's begun to incorporate more of this philosophical mindset into the classes he teaches. He now encourages people to think of the human body in natural functional terms consisting of earth, water, fire, and ether. Earth is our foundation that grounds us. Water is obviously that which is fluid and helps us to flow. Fire represents the transformation of matter to energy that takes place within our bodies, while Ether represents the heightened level of consciousness that comes with disciplines like martial arts, yoga, and meditation.

For a while, I must confess that I just wanted to teach people the mechanics of running. Now, the further I travel down this path and the more I share this, the more I realize that there's so much more to learn and to teach. The objective has never been about reaching a level of performance. The objective is about becoming mindful and appreciating our ability to run for a lifetime. To me, it's like marketing the fountain of youth. The mechanics are just the beginning.

Thank you to my wife Alice for her encouragement. She convinced me I was a natural teacher and that it only made sense that I should do this. Thanks also to everyone who's been supportive of me on this path. I promise to continue to try to give as much as I receive from all of you. I further promise that I will use this passion to continue to encourage new runners to become new Steeplechasers as well.

Mark teaches monthly Chi Running clinics at the William Talley Recreation Center in Frederick. Additionally he conducts 5K training programs for entry level runners and kid's running programs in the Spring and Fall in the Baker Park area.

Maryland RRCA 10 Mile Club Challenge

Report by Billy Clem

My first Club Challenge was a blast. I never ran track in school so having the added motivation of running for The Steeps was awesome (despite my calf injury.) It was great seeing so many Steeplechasers together in a team format. I believe that the added motivation is why we had so many 10 Mile PRs on a challenging and hilly course. I had as much fun hanging out in the gym before the race and drinking coffee after the race as I did running. Thanks Corinne for getting me through those last couple miles. If you have never competed in the Club Challenge then mark it on your calendars for next year. It is paid for by the club so it is FREE to all Steeps who want to enter. We had about 40 runners but I would love to see over 100 next year!

I also want to say just how much The Frederick Steeplechasers have meant to me in the past year. Last spring, Mark Lawrence's Chi Running tips before the Frederick Half training runs helped me shatter my PRs in every distance I ran. Then last summer while Risa Clem (my inspirational wife) was recovering from hip surgery, she suggested that I sign up for The Steeps new marathon training program. It was a small but motivational group led by Chad Ahalt. I learned so much about running but most of all I made great friends and learned how to remove my mental limitations. I was surrounded by all different levels of runners but they all shared the same love of running. I picked their brains and learned about nutrition, how to conquer hills, how to get faster, every detail about Pop Tarts, and how to enjoy running in ways I never knew before. I also discovered so many hidden gem races in the area. The Run for The Pie 10K (a pie is your entry fee and your prize), Freedom's Run Marathon (that proved you can alter a race course in a week despite the government's inability to function and proved to me that I could run hills), Market Street Mile (where Steeps Greg and Anne Light took a group of elementary school kids, started the Panther Running Club and watched them ALL finish their first race with huge smiles on their faces!), Rick's Trail Run (which I missed but helped inspire and bring club members together like no run before), Goodloe Byron 10 mile mountain run (with breathtaking views, huge climbs and my first taste of keeping up with Pam Geernaert at all costs), Lewis Memorial Run (where crazy hills make the upcoming Club Challenge seem like a cake walk), which brings us back to the 10 Mile Club Challenge (where the pride I took in being a Steep capped off a great year in running.) GO STEEPS!

**I guess it's best said in the words of
Joanne Capoccia,
"I Love The Steeps"**



Maryland RRCA 10 Mile Club Challenge

Thirty nine members of the Frederick Steeplechasers ran at the **RRCA 10 Mile Club Challenge** in Columbia. Congratulations to all the FSRC members who represented the Club at this annual race. Full Club Challenge results can be found on the [Howard County Striders site](#).

Team Results Report - Team Score Point Summary

Coed

Men Overall

Women Overall

Place	Club	Total Points	Place	Club	Total Points	Place	Club	Total Points
1	FRR	649	1	FRR	128	1	FRR	57
2	HCS	729	2	GTRC	129	2	HCS	69
3	AS	1090	3	HCS	185	3	MCRR	121
4	DCRRC	1103	4	RASAC	364	4	DCRRC	124
5	RASAC	1115	5	AS	410	5	AS	164
6	MCRR	1144	6	MCRR	521	6	RASAC	216
7	FSRC	1635	7	DCRRC	530	7	BRRC	288
8	BRRC	1648	8	FSRC	762	8	FSRC	289
9	WRRC	2122	9	BRRC	773	9	PGRC	422
			10	WRRC	929	10	WRRC	422

Report by Crista Horn

Can't help but add my two cents on the Club Challenge. First off, Mark Lawrence, you were missed. How many club challenges have you run or at least attended in the name of the Frederick Steeplechasers? We missed you! Next ... We could of easily WON the under 40 female category if Sage Stefiuk Norton didn't live in Richmond and Cassy Crouse was not injured. You both were missed as well. Jenny Donoghue, a new member to the Steeps, and Janacek Harris, you rocked! They represented two youngins but we needed a team of four. Darn! Our men were AMAZING! Hello Tim Synder - 59:49. Holy Smokes! All our men smoked the course. Joe's humor and Chad Connors' positive nature were huge highlights! There are many names to list - PRs by Jenny Donoghue, Andrew Spangenberg, Joanne Hawelka Capoccia, Javier Ramon Montenegro, Billy Clem, Janadel Harris ... who else (step forward if we missed anyone)? Overall the Frederick Steeplechasers represented! What an amazing group of individuals. On a different note, I admired the swag the MCRRC racing team were sporting. Sage, let's get this party started! I can't wait to cheer on our FSRC speedsters! Keary Johnston and Ruth Taylor, start marking the Maryland Grand Prix races on your calendar (see page 2 for list of races). Malcolm and Bruce Attavian need some female companions as they accept their awards. Congrats to Malcolm and Bruce! And Ron Robisch, where were you? You are the one who roped me into this 6 years ago when we could not field a team of four women. Missed you too!

