



INTERVALS

Newsletter of the Frederick Steeplechasers Running Club

Steeplechasers - In The Street Market Street Mile

For over 25 years 'In The Street Festival' has been held in downtown Frederick. The all day festival from Carroll Creek to 6th on Market Street brings food, fun and entertainment for the whole family. The festival began in 1983 after major renovations closed Market Street for several months. When the dust settled, Mayor Ron Young decided to hold a festival for the entire community to celebrate the reopening of this prominent downtown area. The Festival was held *in the street* so the naming of the event was simple. That first In The Street festival boasted 10,000 in attendance and today In The Street attracts crowds of over 50,000!



The **Frederick Historic District** is a national historic district in Frederick. The district encompasses the core of the city and contains a variety of residential, commercial, ecclesiastical, and industrial buildings dating from the late 18th century to 1941. Notable are larger detached dwellings in the Queen Anne and American Foursquare architectural styles of the late 19th and early 20th centuries. The churches reflect high style architecture ranging from Gothic and Greek Revival to Richardsonian Romanesque and Colonial Revival. The east side of the district includes the industrial buildings. It was added to the National Register of Historic Places in 1973, with a boundary increase in 1988.



The Frederick Steeplechasers joins the celebration, in conjunction with the YMCA, by organizing the Market Street Mile. The measured mile a point to point race from the YMCA to Carroll Creek is a predominantly down hill through the downtown district. This race is part of the Frederick Steeplechasers Grand Prix Series and the Maryland RRCA Grand Prix Series. This year 220 runners competed in the various races. Alisa Harvey not

only won the women's race but set a new Women's Masters Course Record in a time of 5:04. Andy Stakem won the Men's Open Race in a time of 4:29.

Full results can be found at www.steeplechasers.org



FSRC - 2010 Offices

President – Mark Lawrence
 Vice President – Mary Zielinski
 Secretary – Peggy Waxter
 Treasurer – Anne Hafer

Committee Chairs

Social – Kim Hessong/Luanne Houck
 Membership – Mary Zielinski
 Competition – John Stuart
 Race Support – Tim O’Keefe
 Training – Eva Rosvold
 Co-Chair Christine Dzara /David Pratt
 Web Site – Rich Potter/Stephen Dobson
 Newsletter – Malcolm Senior

2010 Run for The Pie

A warm day greeted us for the almost annual Run for the Pie 10K. The event date varies as the race is used as a fill in for gaps in the running schedule.

A low budget fun event although as a Grand Prix race not a fun run.

Entry fee to the race is a pie for Steeplechase members, for non-members a pie and \$5, for obvious reasons race entries are on race day only. This year’s race attracted 50 entries with runners coming from as far as DC, Virginia with sufficient volunteers to ‘guard’ the pies, man both the water station and finishing line.

An out and back undulating course from Frederick Watershed, Mountindale road, Putman road along the base of the Catocctin Mountains. Overall winner was Victor Cretella in a time of 38:02, first lady was Elizabeth Hollis in a time of 44:37. They both had their choice of pies, while the remaining runners shared the delicious leftovers.



Running With The Steeplechasers A New Member's Perspective **by David Pratt**

I have been running off and on ever since high school. However, I have only been running with the Steeplechasers since December 2008. For me this was a big change. I went from running almost exclusively by myself to running frequently with a group. As a runner, I have to admit that I have not noticed any improvement in my over all running speed and there have been quite a few days when I am convinced I am getting slower. What I do notice an improvement in is the length of my runs. When I was running by myself I was running at most 2.5 miles at a stretch. After running with the Steeplechasers for the last year and a half I am now running 6 to 9 miles.

There is no question that the reason for this is the people I have met and the friends I have made with this running group. I have found it much more enjoyable to run 6 miles with other runners encouraging me on. Knowing my friends; Sue, Meg, Mark, Danny, and Roger will be out running with me motivates me to get out and run. Knowing these people would be out there running with me in 100 degree weather in the summer or 2 or 3 feet of snow in the winter has made all the difference. And I can't say enough about how encouraging Mark Lawrence has been as a combination friend and running coach. Its been a tremendous help having him out there day after day to cheer me on.

I must say that for me the best aspect of running was meeting my best friend Christine. She encouraged me to run my very first 10k race (Thorpewood) last year. We ran it together and both got just over an hour. She encouraged me to run it again with her this year and we got just under an hour. She also strongly encouraged me to run a half marathon. Something I would never have attempted on my own. So on May 2 we both ran The Frederick Half Marathon, running it at just over two hours.. We ran our second half marathon in Erie, Pa on September 12 and she was with me all the way. In both cases we crossed the finish line together and I admit that I would not have had the mental energy to run that long of a race without her. She is one of the few people who can make running 13.1 miles fun. Even as we were finishing this last race she was already trying to talk me into our next long run.

Here are some Do's and Don'ts for running/walking out on the road to be SAFE!

- ALWAYS RUN TOWARD TRAFFIC. You want to see what is coming AT you and you want them to SEE YOU. NEVER run with your back to traffic!
- ALWAYS wear bright colors and reflection.... especially in inclement weather and at night!
- Run single file on the road and close to the side. Stay vigilant and make certain the cars are aware of you.
- ALWAYS run/walk BEHIND a car that is coming out of a neighborhood and intersection. They are NOT looking for YOU. They are looking to turn into the road and are not looking for a runner in the road!
- ALWAYS BE SAFE and not sorry. Slow down and pay attention to the road!

The logo for 'HAPPY HOUR' features the words in a colorful, multi-colored font. Each letter is a different color: H (red), A (orange), P (yellow), P (green), Y (blue), H (purple), O (pink), U (light blue), R (dark blue).

Join The Steeplechasers for Happy Hour
October 28th – Mick's New American Bistro
December 9th – Dutch's Dungeon
Kim and Luanne

Summer Decathlon Sizzles!**By Tim O'Keefe**

With the beauty of cooler Fall days upon us, the heat and humidity of summer is still fresh on our minds. At last count, we were 60+ days of temperatures over ninety degrees with the bulk of those coming each Wednesday this summer. Not only did we hit the 90's but several of those evenings came on 100+ degree days including one where we hit 105. Add that to a black track and you've got to question the sanity of this year's decathlon participants! None of this deterred the runners as 110 different runners made their appearance at one time or another. The heat didn't seem to slow any of the runners down either as many PR's were set and many battles occurred in all of the heats.

The summer decathlon consists of 10 consecutive Wednesday runs at 6:30 p m at Frederick High School track. There is a warm up mile and then the featured event – anywhere from 200 meters to 2 miles. Runners self select a heat – fast, faster, to fastest. Times are recorded but then adjusted according to their age using a table created “to even things out” – the older (or younger than 18) you are, the more of an adjustment. The runners are then reordered according to the adjusted times. To qualify for an award, the runner must have run at least 5 races, be a Steeplechasers member, and finish in the top ten. The top ten male and females are given awards at the annual banquet.

The men's winner this year was VICTOR CRETELLA. Victor ran in all 10 races and won nearly every race outright but did not win any races with the adjusted scores. At age 39 he turned in incredible times like a 4:54 mile, 26.02 200 meters, and a 10:57 two miler. He also created some fun relay runs for after the decathlon event that combined relays races with speed work. Victor's wife CATHY also ran and through the summer got her mile time down from 10:45 in June to 10:31 in August. Victor and Cathy's son EDDIE CRETELLA was the youngest runner at age 3! BEV BLACK was the women's champion which is a familiar spot for Bev who has completed this several times over the years. Bev ran all 10 races and won 6 of those races. At age 50 she ran a 6:37 mile, 2:54 half mile, and 78.8 400 meter. The rest of the top ten on the men's side include #2 RON BLACK (ran all 10 races despite an injury that lasted the final three races; 5:55 mile, 2:41 half mile); #3 MALCOLM SENIOR (only ran 8 races but won 5 of those races; at age 59 ran 5:49 for the mile); #4 JOHN WAY (ran all 10 races; 5:28 mile, 12:07 2 mile: always in the mix of the fastest heat); #5 TIM O'KEEFE (only one to get slower as the summer progressed BUT he had a lot of fun anyway!!!); #6 JAMES MORELAND (Amazing kick no matter how dead; 6:06 mile, 13:03 two mile; always got the SD write ups in the Washington Running Report the following day!); #7 JOE BASFORD (3:09 marathoner but can still blaze through a 61.2 quarter, 11:03 two mile, and a 5:09 mile); #8 JOHN STUART (did the series along with two 50 km trail races! 27.7 for the 200 m), #9 PAUL CHRISTIANSEN (rode his bike to each race and then ran! ran every race, long legs propelled him to a 14:02 two miler), and #10 DON BOYER (only ran 5 races but at age 66 was running with the big dogs; won the 200 m with a 30.5, 2:52 for the 800 m). Other notables – GEORGE CORBI – a triathlete who “came to work on his speed”. At age 46 he ran 5:26 for the mile and won the 400 m with a 60.7. RON ROBISCH had the unlucky 11th spot overall but ran some great races – 6:26 mile, 66.2 for 400 m. CHAD CONNORS was 15th with only 3 races but ran 5:03 for the mile. FRED SCHUMACHER took the Decathlon series seriously placing in the top 20 with 8 races. His reason for missing two races – going to track camp to improve his shot and javelin form!

For the women, the runner up was MARIA RUBELING who ran in all ten races despite tossing in a few tough triathlons during the summer. She never finished less than fourth in any race which included times of 6:34 for the mile and 77.4 for the 400 m. #3 MACKENZIE RIFORD (usually ran in

the fastest heat where she was very competitive; 6:08 mile, 68.5 for the 400 m), #4 LESLIE NUSE (age 65 but you couldn't tell it with her races; finished top 5 of every race with times like 4:11 for the 800 m), #5 MARTI GRIBB-KACHMAN (great to see Marti back in form after a long absence; former runner of the year showed why with 7:12 mile and 16:09 two mile), #6 CHRISTA HORN (a pro at knowing exactly what pace to set; 3:02 half mile), #7 VICKI BATE (only 7 races but scored very well in each; 7:35 mile at age 51), #8 CHRISTINE MATZE (scored well in each of her 6 races – 3:06 half mile), #9 TINA HUANG (at only 14 years old she ran like a seasoned veteran; 80 for the 400 m), and #10 CHRISTINE DZARA (this was hard earned as she is “too young” for age graded help; consistency pays off with 7:19 miles in June and August!). Other notables – KERRY SHEPHERD – very competitive with a killer kick; 6:45 mile/14:39 two mile. MEG PAGE – with no help from age grading, she still managed 12th place. Her 34.4 two hundred meter speed sure helps! CHERYL CONNORS was back and looking like she never left the track. Her 14:01 was the tip of the iceberg.

None of these events could have taken place without some Steeps stepping up to be race directors (those freeze pops and ice cold Gatorades were coveted prizes!). Many thanks to: MALCOLM SENIOR, DAN POPPERT, RON ROBISCH, PAUL SPURRIER, PAUL CHRISTIANSEN, CHAD CONNORS, JOE BASFORD, and JOHN WAY. Also, thanks to ANNE HAFER and LUANNE HOUCK for providing a mid series treat with ice cold RITA'S!

With 110 runners, not all can be highlighted although many had highlight worthy races. To check out all the results, see the FORUM or COMPETITION sections of the FSRC website. Just keep in mind, these races were run in 90+ temps! Look for next year's series to begin the first Wednesday of June – or check the Weather Channel to see when the summer heat is due to arrive!

It's Great Fun even in the heat hope to see everyone on the track in 2011

Quotable Quote

Tomorrow is another day, and there will be another battle! --Sebastian Coe

Please forward any articles, quotes, stories or suggestions for the newsletter to Malcolm Senior

Back on My Feet has entries into the Baltimore Running Festival!

Did you miss your chance to get into the Oct. 16 Baltimore Running Festival's SOLD OUT Half Marathon or Team Relay? No need to worry because **Back on My Feet** has you covered! We have entries into the Full Marathon, Half Marathon and Team Relay available. Back on My Feet is a nonprofit organization that promotes the self-sufficiency of homeless populations by engaging them in running as a means to build confidence, strength and self-esteem. *Registration closes soon and entries will go fast!*

Each entry has a fundraising minimum and includes awesome benefits:

- Paid entry into either the Full Marathon, Half Marathon or Team Relay
- Back on My Feet gear which will include a BOMF shirt, running hat, wristband and more.
- Meet our members on race day and stretch with the team.

Already registered? You can still raise funds for Back on My Feet through our Baltimore Running Festival campaign. For more information, email Robert Nonemacker at robert@backonmyfeet.org



WHO SAYS WOMEN CAN'T RUN THE WORLD

AUGUST 14, 2010

By Anne Hafer



The Women's Distance Festival just keeps getting bigger and better. This year's runners and walkers consisted of 258 women who completed and were scored for the 5K. The committee kicks off its organization, led by Peggy Waxter, early in April for the August event. It is through the planning efforts of a great group of women who network for random prizes, sponsorships, runners and volunteers to help organize and participate for a great cause. This year the event proceeds were earmarked for the Women's Giving Circle, the Circle's purpose is to provide opportunities 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.

The weather was perfect and the volunteers, organized and placed by Mark Lawrence, were out "manning" the water stops, traffic and support along our scenic two loop course at FCC. Once the run was completed everyone was treated to massages, coffee & bagels, fruit and baked goods. This year's random prizes were second to none as our community continues to be generous in support of our runners. Our financial support was the best, bringing in over \$3,000.00 to help with our mission and commitment for the Women's Giving Circle. We are very proud to be able to present the **Women's Giving Circle with a check for \$5,000.00 from proceeds raised by the Women's Distance Festival**, by the Women for the Women!

Our field of runners this year was fast, posting excellent times in all categories.

OVERALL WINNERS

1 st – Sara Fisher	19	19:34
2 nd – Darcy Strouse	45	19:44
3 rd – MacKenzie Riford	16	19:55

MASTERS WINNER

1 st - Pat Wilkerson	51	20:53
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AGE GROUPS

14&U	Brin Strouse	22:18
15-19	Emily Durant	20:59
20-24	Sara Jacoby	25:42
25-29	Cassy Crouse-Rizoulis	20:03
30-34	Grace Tran	21:55
35-39	Natalie Loughrey	22:28
40-44	Tammy Sigman	22:00
45-49	Jenny Marino	23:01
50-54	Dorothy Beckett	22:15
55-59	Mame Krause	25:46
60-64	Patti Rubini	30:13
65-69	Leslie Nuse	29:19
70-74	Patricia Rich	47:16



ANNUAL FSRC PICNIC

August 21, 2010

By Anne Hafer



Our wonderful Social Committee, chaired by Luanne and Kim, once again put together a fun and social picnic sponsored by the running club. The day started with a “Run for the Pie 10K” at the Watershed in Frederick with 41 runners and pies. The idea was for the pies to make their way to the picnic in the afternoon but as witnessed by the attendees of the picnic, not all pies found their way.

After much discussion by the Social Committee in July on a location, Mark and Alice graciously offered their beautiful home for the picnic this year with activities for the children and adults. The children were able to enjoy the trampoline, play area and then came the question “I thought you advertised a water slide?” That put Mark into position to get the hose going, well one thing led to another and before long the children were enjoying the drink tubs full of water for their enjoyment. The adults remained a little less enthused with the water sports and most migrated inside during the waterworks display. The food was awesome, Black Hog BBQ, and all the yummy side dishes prepared and delivered by everyone who attended. One of my favorites at this year’s event was the beer, Stella Artois on tap, on a hot summer day. Perfect! A great time was had by everyone who attended.



Caption Competition!



Part in the ‘Survivor’ series, armed only with red & white technical T shirts & an endless supply of Straw they tackled extreme dangers in deepest darkest errrr Nottingham!!

Please submit a caption to the picture to the newsletter editor: Malcolm Senior

The Ben Nevis Race!!**A Recommended Race by Pat Rooney**

Ben Nevis is the highest mountain in the British Isles. It is located at the western end of the Grampian Mountains in the Lochaber area of the Scottish Highlands, close to the town of Fort William. As is common for many Scottish mountains, it is known both to locals and visitors as simply **the Ben**. It attracts an estimated 100,000 ascents a year, around three-quarters of which are made using the well-constructed Pony Track from Glen Nevis on the south side of the mountain. For climbers and mountaineers the main attraction lies in the 700-metre (2,300 ft) high cliffs of the north face; among the highest cliffs in the United Kingdom, they harbour some classic scrambles and rock climbs of all difficulties, and are one of the principal locations in the UK for ice climbing. The summit is at 4,409 ft above sea level.

Myself & my son Liam ran the event, well I say 'ran', can't speak for Liam but for me I could only run about 30% of it! The balance of the time was split between a vertical ascent & vertical descent!!

The adventure began in December 2009 when we made the decision to enter and then went about getting the qualifying Fell races in which entailed a drive to snow engulfed Ambleside on the 27th to run 'Wansfell' and then a drive to Monmouth in blizzard conditions in early January to compete in the 'Kymin' event. So, the entries were posted promptly, its, in theory a first come first served postal entry with hand delivered entries being unacceptable, & with only 600 places on offer it's always oversubscribed! Well, over 800 had applied & in late January the names of Rooney, L.J. & Rooney, P could not be found anywhere on the web site's '600 accepted runners' listings. It was interesting to note that there were over a hundred of the local club; Lochaber AC in there & twenty plus for clubs like Bingley & Clayton Le Moors!! I get a heavy whiff of nepotism and favouritism!! So that was that, wait another year and try for 2011, however just under a month ago the organiser; George, rang me to say that a number of runners had dropped out and would we like to run the 'Ben'? So, we were in!!

The 'day Trip' to Fort William was formulated and we left at midnight on the Friday & arrived in Fort William just after 6.30am then waited for Morrisons to open for breakfast! Whicker's favourite dining place! The clock eventually ticked round towards 'registration' time and we duly collected our 'race numbers' x 2 for front & back (I assume this is in case you end up face down in a peat bog they can readily identify you from the rear!), token to hand in at the start of the race & a medallion to wear, to hand in at the summit, plus our race memento; a small (very small!) bottle of Ben Nevis whiskey!!



I must mention the weather, it was splendid, last year saw torrential rain & talking to one of the 'old timers', traditionally the conditions are 'damp'!! but on this particular day it was sunny & warm, visibility on the tops was the best in all the times I've been up; I could clearly see the 'Air-Sea Rescue' helicopter as it hovered above the summit looking for 'customers'!!

The race began at 1.00pm on the outskirts of Fort William with a lap of the 'New Town Park' field, the 'Pipers' rigorously

playing Scottish inspirational tunes to send us on our way, there followed approximately a mile and a half of rising road that took us to the foot of the ‘walkers’ route up to Ben Nevis, now this well maintained path meanders from right to left up the mountain and is a fairly broad not killer steep climb to the top (in the past they have managed to drive a ‘Model T Ford’ to the top!!) but did we take this path, no dear reader we did not! Basically we ‘straight-lined’ it to the top! Which involved a scramble up very steep inclines of loose scree for what seemed like days? I looked at my watch; there’s also ‘time limits’ for this race, if the summit is not attained in two hours you are pulled from the event!! So as I looked up the climb & could see walkers (we’d stopped being runners as soon as we hit the slippery slope!!) stretching ahead like multi-coloured ants in the distance I’d been out 1hr 20mins and started thinking, how far off the top am I? They must be taking the leaders another way back down because surely they won’t bring them back down this route; firstly its nearly a sheer drop in places and secondly a ‘runner’ going up is going to get flattened by a ‘runner’ coming down!

My second query was answered almost immediately as the lead runners came hurtling down the rocks in front of me!! Careful now! and so it went on for another twenty minutes dodging mountain goats as I reached the summit, handed in my medallion, time approximately 1hr 40mins and set off back down. The descent is to some extent more painful than the ascent, it’s so precipitous that you are forever braking & adjusting your legs first to the right then to the left, bit like skiing but with no snow and no errr Ski’s!!!

When you think that the quads can burn no more and the scree you have collected in your shoes can cause no further pain to every inch of your feet and you’ve just about run out of strength to avoid yet another runner whose taken a tumble in front, you hit a cool mountain stream, and luxuriate in the refreshing waters and Lourdes like you know then that you are nearly there!! You return from the base of the mountain the reverse of the race start and I must have passed around twenty runners as I hit the road that we like it or not, are more at home on!

Lap of the field to finish and a welcome drink of; you guessed it ‘Iron Brew’, made in Scotland from sheep’s urine by the taste of it!!

Time – 2.40.21, position – 342nd and not last!! Liam ran – 2.07.26 position – 109th
Would I do it again – I’d recommend it to anyone wanting a very, very tough event, but personally, I won’t, I like something more ‘runable’ if you know what I mean!



Do you have any interesting running tales to tell?

Do you have a favourite route or race?

News of members` or anything running related?

Please forward to Newsletter editor Malcolm Senior

Blue Crab Bolt 10 km Trail Race Series By Tim O'Keefe

Has the Forum with all the trail running threads and comments piqued your interest in the trails but you're not quite sure about these 50km races with many hours on long treks? The `Blue Crab Bolt` series may be your chance to test the trail running waters.

The series is in its second year and is sponsored by EX2. The race venues are at Seneca Creek Regional Park in Germantown (end of July), Little Bennett Regional Park in Hyattstown (beginning of August), and Black Hill Regional Park in Boyds (end of August). All the courses are 10 km (6.2 miles) and are within a 30 minute drive of Frederick. The trails are beautiful (think Appalachian trail but with few rocks and roots), moderately challenging, and very well marked with 3-4 aid stations. You can do any combination of the three and in fact age group awards are given for individual races as well as for the series of races. The atmosphere after each race is very festive with plenty of fun food and a great assortment of randoms (I-pods, \$25-\$50 gift cards, camel backs, and \$100 cash). To add to the fun, the director may give prizes to first time EX2 runners, someone with a birthday that day, the runner with the biggest "trail rash" or the winner of a push up contest! Our very own Rachel Ridgeway won a Camel Back on a random draw. Very cool emblomed age group glasses are given as awards to the top 5 finishers in each age group. When each person is called, they come up to an awards stand similar to that of the Olympics. The series winners (top 5 in each age group) get a series glass, EX2 hat, plus a gift certificate for \$100, \$75, \$50, \$25, and \$10 to the Virginia Runner Store. It would be hard not to have a good time!

Rachel Ridgeway is a veteran of the series having completed it both 2009 and 2010. At the Seneca Creek race she placed 4th in her age group with a 56:37, at Little Bennett she was 3rd with a 55:53 (this was actually 6.5 miles!) and at Black Hill she ran 52:28 for another 3rd. Overall in the series she placed second and came away with the \$75 gift certificate. Tim O'Keefe missed the first race due to vacation but ran 54:43 at Little Bennett for 2nd place and a 50:46 for 3rd at Black Hill. Despite only two races, he narrowly came away with the 3rd overall prize in the series.



Look for more information next year on the EX2 website. The shady trees make this summer series a nice break from the open roads. EX2 also sponsors other "extreme" races throughout the area if you are looking to put a bit more pizzazz in your running routine. <http://www.ex2adventures.com/md-10k-trail-runs.php>

New Steeplechasers Kids Running Program

By Mark Lawrence

For many years, Frank Strakonsky has orchestrated a kids running program from Frederick High School called the Frederick Athletic Academy. Frank is the longtime girls running coach at Frederick High and he developed the FAA program as a means of grooming young kids from Frederick High feeder schools to get them ready to compete in high school. Two years ago, my step-son John decided to give running a try and joined the group. Little by little, I started to help. Last year, I became Frank's primary assistant coach. Guess what happened next?

Yes, just before the season was getting ready to start, I contacted Frank who informed me that he was ready to give it up. He said he had gotten too busy with other things and asked if I wanted to take it over. For the last few years, I had been asked on numerous occasions why the Steeplechasers didn't



**Catoctin Aqueduct 10K Run / 5K Fun Run/Walk
Organized by the Point of Rocks Ruritan Club's**

Held on: Saturday September 25th, 2010 - 8:00 am

Location: C&O Canal National Historical Park towpath at Mile 48
at Point of Rocks, MD

Benefit: **C&O Canal Current Initiatives Fund**
at the **Community Foundation of Frederick County MD Inc.**

The start for the 3rd running of CA10K was on the C&O Canal National Historical Park's towpath – 1/3 of a mile from the festival grounds. The entire run was on the towpath, free of any traffic, and passed 2 railroad tunnels, 2 canal locks, 2 canal lock houses, and one 1830s stone aqueduct over the Catoctin Creek now under restoration. The race open to women and men, any age, and timed in age brackets by the Frederick Steeplechasers Running Club. Fun 5K run/walk will include opportunity to stop & see the historic Point of Rocks house at Lock 28.

The race was part of the Art at The Point a new, outdoor juried fine arts and crafts festival in Point of Rocks, MD. A day in the countryside with an entertaining arts festival located on grass parkland next to the C&O Canal National Historical Park, Old Mainline of the B&O Railroad, and Potomac River.

Next year's run will have a name change to "Point of Rocks Towpath Run.", while still be on the towpath, but start at the entrance to the park.

On a sunny fall morning 64 runners finished the 10K race the results can be found at the Steeplechasers website, overall male winner was Chad Connors and ladies winner Kim Cook. In addition, 32 runner/walkers participated in the 5K course.

Kids Running Program.....

have a kids running program. My reply had always been that I thought there already were enough kids programs around. In addition to Frank's FAA group, Steeplechaser Darcy Strouse orchestrates the Linganore Lightning Running Club and is the area coordinator of kids running programs. Lee Zumbach has been doing it forever in Brunswick. Don Boyer's influence on kids running in Middletown is immeasurable. Steeplechaser John Steiner has developed a great program in recent years in Thurmont, and the Frederick Striders track program initiated by former Steeplechasers President Brent Ayer is now being coached by former Olympic hurdler Debbie Brown.

But with Frank stepping aside, that meant there would be no youth cross country program for the city of Frederick. That was a void I certainly couldn't leave unfilled. After agreeing to take it on, I got Frank to agree to help me get it started this year. He helped me with a quick marketing effort and turned over the kids singlets. I quickly asked for assistance and Steeplechasers Matt Gorman, Rupert Bullard, Mike O'Grady and my 15 year old step-son Thomas all volunteered to help out. On September 4th, we started holding practices at Baker Park. On September 19th, we ran our first meet in Brunswick. We have 24 kids enrolled in the program and everything's off to a good start. Registration is \$35 per kid which covers shirts, end of the season awards and other miscellaneous expenses. Anybody is welcome to participate, but it's obviously most convenient for kids living in or immediately around Frederick. I'm sure we'll have more participation by next year. We may even change the name.

The big question now is, "What about track season?"

Calendar of Events - Check the website for latest details www.steeplechasers.org

OCTOBER 2010			
10/02/2010 7:00am - M 8:20am - 1/2 Mar. 8:30am - 10K 8:40am - 5K	Freedoms Run Marathon Half Marathon 10K and 5K *** Grand Prix - Marathon ***	Marathon: Harpers Ferry Visitors Center Harpers Ferry, WV	See website for contacts
10/9/2010 7:45 am	Run for the Bathroom 8K	SMHS Museum 3 East Main St. Burkittsville MD	Bill Susa
10/9/2010 8:00 am	Pink Ribbon 5K	Baker Park Frederick MD	Patty Hurwitz 301-663-9252 Amy McGreevey 410-310-8805
10/16/2010 8:00 am	St. Jude's 5K	Baker Park Frederick MD	Rachel Cuesta RachelRuns247@aol.com 301-676-5513
10/23/2010 8:30 am	MSD 5K	Maryland School for the Deaf 400 South Carroll St. Frederick MD	Vicki Kitsembel vicki.kitsembel@msd.edu
10/24/2010 8:00am - 5K 9:00 am - 1 Mile	Carroll Manor Elementary Roaring Lion Run 5K & 1 Mile Fun Run	Carroll Manor Elem School 5624 Adamstown Road Adamstown MD	Patti Lombardi, Race Director patricia.lombardi@comcast.net
10/30/2010 3:30pm - 1K 4:00 pm - 5K	The Headless Horseman 5K Run/Walk & 1K Fun Run	Frederick High School Track 650 Carroll Parkway Frederick MD	Frank Strakonsky 301-698-0958 strako@comcast.net
10/30/2010 8:30am	Kempton Elementary Fall Festival 5K	Kempton Park 3456 Kempton Church Road Monrovia, MD	Colleen Parsons parsons7@comcast.net
NOVEMBER 2010			
11/6/2010 10:00am	March of Dimes Trail Run	Gambrill State Park 8602 Gambrill Park Road Frederick, MD	
11/7/2010 6:30 am	FDK10 (10 Miler)	YMCA 1000 North Market St. Frederick MD	Maria Rubeling 301-663-5131
11/13/2010 8:30 am	Habitat for Humanity There`s No Place Like Home 5K Run/Walk	Baker Park Talley Rec Center Frederick MD	Amy Benton Amy@bringittofruition.net
11/13/2010 9:15am-200M 9:30am-1 Mile 10:00 am-5K	Mother Seton School Fall Fun Run	Mount St. Mary's University Knott ARCC Athletic Fields Emmitsburg, MD	BridgetMcCarthy BridgeMcCarthy@hotmail.com
11/20/2010 TBD	JFK 50 Mile Run *** Grand Prix ***	Boonesboro, MD	See website for contacts
11/25/2010 8:00am - 1K 8:30 am - 5K	Waystation Turkey Trot 5K & 1K Fun Run/Walk	Baker Park Talley Rec Center Frederick MD	Vicki Bate 301-662-0099
11/25/2010 TBD	Emmitsburg Turkey Trot 5 Miler *** Grand Prix ***		