



# INTERVALS

Newsletter of the Frederick Steeplechasers Running Club

## Nominations Being Accepted for Officers for the 2013-2014 Term

**W**e are quickly approaching the end of the 2011-2012 Term for Club Officers. There are four positions: President, Vice President, Treasurer, and Secretary. We are definitely in need of someone to take on the responsibility of being Club President. We are also looking for a Vice President and possibly a Secretary. Anne Light has agreed to continue as Club Treasurer until we are able to solidify our board with all filled positions. Luanne Houck will continue as Secretary unless we are able to identify a suitable replacement.

**O**ur club has become very active over the past several years. We currently have over 450 members and a solid committee structure, which is critical to club success. Our Social Committee headed by Harriet Langlois and Lou King has resulted in an increase in participation at the awards banquet, summer picnic, and monthly happy hours. Mark Lawrence heads up the Race Support function and has numerous volunteers coming out regularly to support finish lines. Mark also leads our Training Committee and has grown the youth running program into a successful endeavor assisted by several club volunteers. Our Membership tracking is performed by Luanne Houck along with our e-mail communications through the MailChimp service. We have grown our external database to over 2400 e-mail addresses and offer a race advertising service to race directors. Our Website is maintained by Rich Potter and Steve Dobson and our quarterly Newsletter is compiled and published by Malcolm Senior. Finally, our Competition Committee co-chaired by Cassy Crouse, Chad Connors, and Joe Basford, runs a spectacular Grand Prix series as well as the Annual Awards. In fact, 220 club members have participated in at least one Grand Prix race this year. Tim O'Keefe and his team of race directors put on the very popular Summer Decathlon series - in fact, this year 162 club members participated in at least one Summer Decathlon event. Our Facebook page is very active with daily posts discussing everything from training runs to races to recommendations regarding running equipment or injuries.

**I**n short...we have a very active and healthy running club with many passionate runners who have also become great friends. So the jobs of President, Vice President, and Secretary are made much easier by having a superior support structure that keeps the club running smoothly. We need some people to step up and help us keep this club growing and viable. We are needed by the greater Frederick running community to help promote running as a lifelong activity for both physical and mental health. Please contact acting President, John Stuart, if you are interested in any of the positions or if you have any thoughts of another club member who you think might be a good

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**FSRC - 2012 Officers**

Acting President – **John Stuart**  
Vice President – **Vacant**  
Secretary – **Luanne Houck**  
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

**Nominations Being Accepted for Officers for the 2013-2014 Term continued.....**

candidate. John’s e-mail address is [john.stuart@usdoj.gov](mailto:john.stuart@usdoj.gov). Below is a brief summary of the open officer positions:

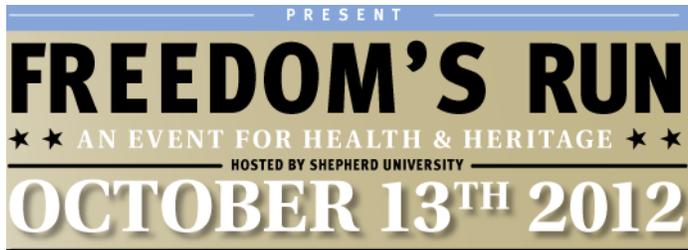
**President** – Acts as chief officer of the club and presides at all meetings. Sees that all resolutions and activities of the club are enacted by the Executive Board, Committees, or Club members. Handles correspondence as necessary with media, race directors, the RRCA, and other entities as required.

**Vice President** – In the absence of the President, the Vice President shall perform the duties of the President. In the event that the President leaves office prior to the expiration of his/her term, The Vice President shall serve the remainder of his/her term.

**Secretary** – Maintains minutes of all proceedings of the meetings of the Executive Board, Perform other duties as the President or Executive Board may from time to time prescribe.

**Who said MEN cannot volunteer?**





## Marathon

Report by Richard Potter

Sometimes a marathon just does not go right. Maybe you are tired at the start, maybe you have a headache, or maybe you go out too fast and then bonk in the middle. Well this time

none of that happened. This run went the way it is supposed to go. No slowing down to walk, no feeling my feet go numb, this was about as good as it gets.

The course is what you would design in your dreams. It starts at the parking lot for Harpers Ferry National Park. The parking lot is about two miles outside the historic district. At the 7:00 am start time, the whole lot was given over to runners. There were plenty of toilets available. What a relief not to have to wait in line to use the facilities just before the start.

Frederick Steeplechasers were well represented. Some of the Steeps that I know who ran the Full Marathon were Larry Key, Tim Hugen, Karen Gardner, Regina Clark, Eddy Horn, and Sage Norton (my apologies to any I may have missed).

We head downhill for about two miles which is a very pleasant way to start a race. That brings us to the Historic District of Harpers Ferry. I have to think that there is no more complete recreation of an historic Civil War village than Harpers Ferry. The streets, the shops, the residences, all have the look of authenticity. Even at this early hour there were people in period costumes strolling the streets. Shenandoah Street ends where the Shenandoah River empties into the Potomac River and we reach the Potomac River. We cross the foot bridge over the Potomac into Maryland. The water in the River is as clear as gin. The foot bridge was slushy and slippery because of the heavy frost. We needed to hold onto the railing to get over it. When we got off the bridge and onto the tow path we were back on dry ground. Now the race route follows the C&O canal for about 8 miles. I know some trail runners complain about the C&O because it is so flat but I love it. By the time we leave the canal we are over 1/2 done. Leaving the canal we follow Millers Sawmill Road. This road gives us some of the steepest climbs of the day. Finally we get to Harpers Ferry Road and then we are on the road to Burnside Bridge. I love to tell people that this is where sideburns were invented. Well maybe not exactly invented there but General Ambrose Burnside, who gave his name to the bridge, had such luxuriant growths of hair between his ears and his beard that the news reports dubbed it "Sideburns" and Sideburns it has remained for 150 years

After Burnside Bridge there are more miles of battlefields. Everywhere you look are open fields, canon, and a few farm buildings that would not look out of place in 1860. You feel transported back in time to the way it look during those terrible days of 1862 when more men were killed in a single day than ever before or since in our history.

We come out of the battlefields onto Main Street of Sharpsburg, Maryland. At this point we have just about 5 miles to the finish and the best part is, it is mostly downhill to the Potomac River. We cross back over the river on a high bridge and immediately were are in the middle of Shepherdstown, WV. Now we know we are close to the finish line. Just a couple of hundred yards and we are

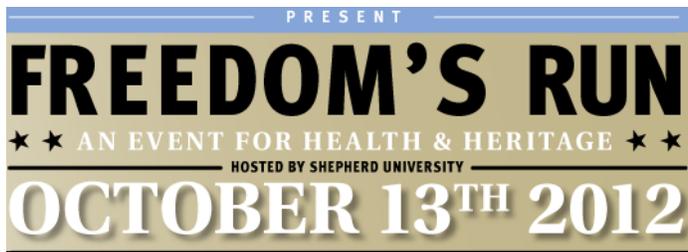
entering the stadium. The astro turf looks great. They are announcing the runners on the PA system as they enter the stadium and soon we are at the 50 yard line and the finish. I have my medal and now I do something I have never done before, I lay down flat on my back on the astro turf. It is very comfortable, just like a nice plush carpet.

There is still one more highlight to the race--the Frederick Steeplechasers Hospitality Tent. Mark Lawrence has set it up to cater to the runners needs, mainly chairs to sit in the sun overlooking the Potomac River. It is a beautiful scene. Friends and fellow runners thankful it is over and enjoying the day and ever a little beer to go with it. Who could ask for anything more?

Pictures from the  
Market Street Mile  
- Anne



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?



## Half Marathon

By Catherine Badger

It was a dark and stormy night... Scratch that. It was a bright and frigid morning that greeted 582 runners for the 2012 Freedom's Run Half-Marathon on Saturday October 13.

It was my first half-marathon and I was looking for every excuse I could find to stay home and drink coffee; it was too cold out, my pinkie toe ached, the planets were aligned wrong, all wrong and my tummy hurt. I have an impressive list. Once I walked through the doors of the Wellness Center and saw Robin and Art's smiling faces I couldn't turn back. Heck, I had set a goal and needed to follow through with it for once. I had worked hard to get to this point; I registered for the race, trained (ugh) and got up early to make it to the venue on time.

At the race start, the crush of runners kept me warm and I caught a contact high off of everyone's adrenaline – it's free and legal, yay. Everyone took off in high spirits doing the standard "starting line bob and weave" for a few hundred feet. We soon rounded the corner at Miller's Saw Mill; I heard a collective groan from those around me and made the mistake of looking up. Cool, a hill (simple thoughts for a simple girl...). A very steep hill at that. More hills followed, they never seemed to end. The surrounding countryside was beautiful in the early morning mist as the sun crept above the tree line. We gasped and pranced through the battlefield. OK, I gasped and pranced, everyone else made it look pretty easy. There were lots of strong runners out there. I suspect they had done this before, or had at least prepared adequately for it. Once we wended out way to less undulating terrain, I figured it would get easier – just pick a gear and go. Not so much. It was mentally quite difficult. I had pizza and beer on the brain at this point. Where was that elusive runners high?

Not a minute too late, the finish line came into view. I hit the gas and sprinted across the line. You know, I never immediately recognize myself when I get the link to photos the next day. I am initially alarmed when I see the half-crazed, red-faced, spittle-encrusted waif flailing gracelessly across the finish line. Sad, I envision it quite differently. Regardless, I was done; I had completed a goal, a real, live goal and it was time for pizza and beer.

The post-race gathering at the Steeplechasers tent on the grounds of the Bavarian Inn was lovely. The temps were a bit more reasonable by then, the sun was shining and the company superlative. Of the 582 runners for the half-marathon, the Frederick Steeplechasers had an impressive number of participants and winners. Congrats to all, most notably Lori Nedescu (3<sup>rd</sup> female overall), Ruth Taylor (1<sup>st</sup> in age group), Art Gregory (3<sup>rd</sup> in age group), Beverly McCardle (3<sup>rd</sup> in age group), Anne Light, Robin McConaughy, and Vicki "iron chick" Bate, mea culpa if I missed anyone. It was a super fun race, a beautiful course, and a great vibe overall. Can't wait until next year.....

Oh yeah, I came in 2<sup>nd</sup> in my age group. Getting old is awesome.....



# Social Committee News

Thanks to Pam and Gary Geernaert for opening up their house for the October Happy Hour!

Mark your calendars for the Steeplechasers Annual Running Celebration/Banquet, January 12th. We have a great menu planned, with a pasta bar by Chef Buck! For a nominal fee there will be appetizers, the pasta bar, dessert, beer, wine and soft drinks available. This year there will be two lines to help speed the process of getting everyone fed. The official registration flyer will be issued in early December, with additional details.

## UPCOMING HAPPY HOUR

- Brewer's Alley - November 15th
- Ayşe Meze Lounge (formally Danielle's) - December 13th



### ICE CREAM SOCIAL



**2012 Grand Prix Update**

By Cassy Crouse

We have had a very successful Grand Prix thus far and it's hard to believe that we're already over  $\frac{3}{4}$  of the way through the series. The participation has been fantastic! We've had all sorts of wonderful achievements happening along the way.

The John Lewis Memorial Run marked the beginning of our 2012 Grand Prix. It was scheduled for January but some winter weather forced it to be rescheduled in February. Sixty people braved the cold and came out to participate. This race has a unique twist; the winner is the person who runs closest to their predicted time.

The end of February marked the Club Challenge where we were able to test our mettle against all the other RRCA teams in Maryland. The Steeplechasers had an outstanding representation that included 43 of our club members. We managed to place 8<sup>th</sup> as a team (Coed); our men placed 8<sup>th</sup> and women placed 6<sup>th</sup>. A great achievement considering we are one of the smaller teams in the state. Please mark this race on your calendar for next year. It is the only race where we get to compete as a team and show the rest of the state how good we are. J And of course the more people we have participating, the better!

The Forest of Needwood 5 miler rounded out our winter season with noteworthy performances by Chad Connors (31:11) and Sage Norton (33:40).

Our spring season included the Tiger Trot 5K, the Frederick Half Marathon and St. John's 5K. The Tiger Trot 5K, put on by our very own Joe Basford, was very well attended with nearly 100 runners participating; many of which were Steeplechasers. David Lieb II (18:20) and Sage Norton (18:51) ran all star performances as the first male and female finishers.

The Frederick Half Marathon takes the cake for the most participation; it is, after all, the largest race in our community! We had a huge number of Steeplechasers participating and many noteworthy performances. The top three Steeplechaser men were Chad Connors (1:23:31), David Lieb II (1:24:17), and Tim Hugen (1:28:16). The top Steeps women were Sage Norton with a fabulous time of 1:24:46, which put her in the top three for women overall! Sage was followed by Cassy Crouse (1:36:12) and Rachael Murphy-Ryan (1:39:14). The post race tent was very well run by Lou King and Harriet Langlois. A big THANK YOU to them for all their hard work!

Our summer sure was a hot one, but that didn't stop many of you from participating in our summer Grand Prix races. The 400 meter decathlon was summer race #1 with Sherlene Lequay (65.9 seconds) and Bryan Hugen (56.3 seconds) taking the top two spots for Steeps. Lance Dockery (6:02:25) and Sage Norton (6:12:40) were our top male and female finishers for the Catoctin 50K, which is undoubtedly one of the most challenging races in our area. That blue trail has no mercy! The Women's Distance Festival 5K was a huge success. The WDF is one of 12 5K races for women in the state of MD that is sponsored by the RRCA. Proceeds were donated to the Women's Giving Circle in Frederick. Rounding out the summer season were the Run for the Pie 10K and the Market Street Mile.

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So now here we are in the middle of the fall season and already have two fall Grand Prix races behind us. I have to say, I was pretty impressed by the number of people that ran both the Freedoms Run Marathon *and* the Run for the Bathroom 8K the following weekend! It's fantastic seeing the enthusiasm to get out there and race! Sage Norton not only won the Freedom's Marathon (3:06:28), but she was also the top female finisher for the Run for the Bathroom 8K! Way to go Sage! Rob Dallimore was our #1 male finisher for the Freedoms Run Marathon with a time of 3:00:18.



Steeplechasers after the Frederick half marathon

My fellow co-chairs and I would like to thank all of you that are participating in the Grand Prix series. Congratulations to everyone! Please note that more comprehensive race results are available on the Steeplechaser's website [www.steeplechasers.org](http://www.steeplechasers.org). We've got three remaining races: The JFK 50 Mile Run, The Emmitsburg Turkey Trot 5 Miler and the Goodloe Byron 15K. Good Luck to all participating and have fun!

### November is National Running Safety Month

How do you stay seen on the run?

As autumn swings into full gear, leaves change color, the air grows crisp and the sun sets earlier. For runners, this means more early morning and evening miles spent training in the dark. While the cooler temps of fall are perfect for setting new race PRs, running at night can be risky when you are not visible to other cars, runners and cyclists. Running with high-visibility apparel and accessories can make all the difference. As the days get shorter this time of the year, doesn't mean you need to cut back on your weekly mileage. You can "Be Seen" all times of the year.

#### Visibility Running Tips -

1. **Be Visible** - Wear bright colors and reflective gear during low-light hours. We suggest checking out our Nightlife high-visibility apparel.
2. **Run Against Traffic** - If you're running next to a road, this helps cars to see you as they approach.
3. **Obey All Traffic Laws** - Clearly signal to cars where you are going.
4. **Open Your Eyes** - Wait, watch and listen for cars before crossing intersections.
5. **Keep Your I.D. on You** - And don't forget to carry your cell phone at all times.
6. **Stay on Well Lit Paths** - And while you're at it, run with a friend or in a group.

### **2012 Women's Distance Festival 5K was a Big Success!**

We held yet another successful WDF 5K at Frederick Community College. This year we had our biggest turnout ever with 374 finishers. The first place finisher was 19-year old Kristen Galligan with a smoking time of 18:45. Steeplechaser Sage Norton came in second with a super speedy time of 19:13. Overall, 50 Steeplechaser women ran the event and many received age group awards. Other spectacular performances by club members included Kelly Buriak 20:18, Cassy Crouse 20:43, Keary Johnston 21:00, and Ruth Taylor 21:28. Congratulations to everyone! Our youngest runners were 9 years old and our oldest runner was 80, proving that running is a great sport for all ages.

In addition to being part of the FSRC Grand Prix series, the Frederick WDF 5K is also part of the Maryland State WDF Series. There were a total of 5,463 finishers participating in the eleven races of the WDF series. What a great motivational series for women in our extended community! For those runners who qualified for the overall WDF series program by running at least 4 races, there was an Awards Party at Brookside Gardens on October 28<sup>th</sup>. You may want to keep this in mind for next year so that we can have greater participation in the overall series from our own Steeplechaser women.

The race premium was a technical T-shirt in light blue with rose colored lettering; our WDF 5K shirts can be seen all over the Frederick area since so many women have participated in this race over the last several years. We had dozens of random prizes as well as great refreshments, professional race photos, and tables with several companies promoting their services. As usual, we had a great support team of Steeplechasers' men and other men from the local community who were decked out in hot pink shirts saying "She's The Boss".

We raised \$8,730 to support the Women's Giving Circle, a local non-profit organization that supports women and children in need. Big thanks to our wonderful and generous sponsors who made this possible: Premiere Tee Shirt – Dr. Elizabeth A. Liotta, MD; Finish Line – Corp OHS, Cardiovascular Specialists of Frederick, and Dr. Mark Pitts, DDS; Awards – Women In Defense and Want 2 Grow Marketing; Food Table – Modern Dentistry; Water Stops – Walkright Shoes/Dr. David Levine, Sue Collins-RE/MAX Results, Massage Envy, and Sports Authority; Mile Markers – Shockley Honda, Hello Gorgeous, Colonial Jewelers, La Paz Restaurant, and McLaughlin Family Chiropractic; General – If The Shoe Fits, A Desert for Me, Bicycle Escape, and Art of Beauty.

Thanks to our race committee, our volunteers, and our participants for making this race another great community event!



## The Competition Committee Needs Your Input!

With approximately 470 members, it's impossible for the Competition Committee to think of all the many deserving candidates for our club's annual major awards. We are seeking input from all our members to nominate potential award winners related to each respective category (Runner of the Year, Masters Runner of the Year, Grand Masters Runner of the Year, Rising Star, Most Improved, Ironman/Ironwoman, and Anderer Award). There is a male and female winner for each category, except the Anderer Award. Simply, state the deserving candidate's name, as well as reasons why this person deserves the respective award. Please be as specific as you can. This will allow us to broaden the range of the committee's perspective in the awards selection process. **Keep in mind, winners of any major award in 2010 or 2011 are not eligible to win a major award this year.** Check the FSRC web site for past award winners (Go to "FSRC History," then "FSRC Hall of Fame"). The descriptions of the award categories are provided below. If you have someone in mind, please respond as your input is vital to this process.

Please send your nominations to [Cassy Crouse](mailto:ccrouse@richardcrouse.com) at [ccrouse@richardcrouse.com](mailto:ccrouse@richardcrouse.com) by Friday, November 23, 2012.

Every year the club recognizes people who have had outstanding years as runners, or as participants/volunteers in the club, or even to those who have made significant contributions to the running community at large. The selection process for these awards is somewhat subjective. This is intentionally so. Our annual Grand Prix and Decathlon competitions are meant to recognize achievement in very objective terms, but the following awards are based on more than simply times and the number of finishes. They are meant to recognize a broad range of people for the impact they have had on the club during the course of the year. As runners, we like to be inspired. This is our way of saying, "Thanks for the inspiration that your performance provided some or all of us!" We have a variety of awards that are used in an effort to spread around this recognition among the diverse membership of our club. Once one of these awards is given to a person, that person is not eligible for a major award for the next two years so others are given a greater opportunity for consideration.

The awards are as follows:

**Runner of the Year:** Certainly, running performance should be a major consideration in this category. High standings in either the Grand Prix or the Decathlon should be considered, but significant performances at significant external events should also be considered. For instance, if one of our club members didn't participate in our local events, but they went on to win a major marathon, clearly they would be worthy of consideration.

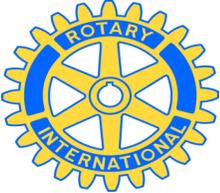
**Masters Runner of the Year:** Same as ROY, but for those over 40.

**Grand Masters Runner of the Year:** Same for those over 60.

**Rising Star:** Can be used as an award designation for someone young or new to the club in recognition to their efforts in their first year (think "Rookie of the Year"). This could be for their performance either as a runner or as an outstanding volunteer.

**Most Improved:** Used to recognize club members who have taken a big step forward in their level of performance.

**Ironman/woman:** This award considers endurance over speed. Used to recognize exceptional levels of mileage or quantity of events as opposed their speed in competition. [Continued page 11](#)



### September 8, 2012 - Market Street Mile

This year FSRC kicked off the Market Street Mile in partnership/sponsorship with the Rotary Club of Carroll Creek. The morning started with sunny skies and cool temps to encourage children, women and men of all abilities and ages to enjoy the one mile run down Market Street. The success of

this event brought out over 300 runners, and although no course records were broken, we congratulate our top FSRC finishers in the top five – **Women** – Sage Norton 5:26:32 and Ruth Taylor 6:07:44, **Men** – Erik Hinrichsen 4:32 and **Youth** – Nicholas Hildebrandt 6:24, Dylan Poppert 6:34 and Lincoln Robisch 6:36.



This year brought the change of an earlier start time, avoiding the crowds before the “In The Street” festivities at 11:00 am. Our course marshal’s did an exceptional job of keeping the early festival goers out of the path of our approaching runners. With smiles on their faces, the runners in various heats made their way downhill on Market Street to the cheers of family and friends. Each child who completed the mile run was graced with a MSM medal around their neck for their accomplishment.

The Steeplechasers and Rotary are currently working on the development of a running program for Lincoln Elementary students to encourage and teach them how to lead an active and healthy life. With the funds to be donated and the volunteers of both organizations, a program will be implemented to work on goals for the students, and to encourage them to join us in the Market Street Mile run in the future.

The Market Street Mile and the Women’s Distance Festival are the only races put on by the Steeplechasers each year. It takes many volunteers to make it a success, which include Race Director – Rupert Bullard, and many committee members, who each play an important role in making this race successful. Please thank our generous sponsors who helped raise money for our program at Lincoln Elementary. They include the following: Rotary Club of Carroll Creek, McLean Mortgage/Mike Orsini, Walmart, and Frederick County Bank. In addition to financial donations we had many in-kind/random donations from our local merchants who helped make it a fun, successful event for all participants.

The Steeplechasers look forward to a continued partnership with the Rotary Club and Lincoln Elementary School in conjunction with the implementation of the children’s running program for this school over the next three years.

If you would like to help with this program or have suggestions – please contact Anne Light at [runnin2bfit@aol.com](mailto:runnin2bfit@aol.com) or through the Steeplechasers contacts website.

### The Competition Committee Needs Your Input.....

**Anderer Award:** Named for Ken Anderer who is best remembered for the huge number of events for which he provided support, this award is given to the member who provided inspiration through their example as a club member through participation and exceptional volunteerism.

**President’s Award:** Given to a person who’s contribution to running may have transcended the boundaries of the club by having made an exceptional contribution through the years to the running community at large (think “lifetime achievement award”).

NOVEMBER 2012			
11/3/2012 8:30 am - 1 Mile 9:00 pm - 5K	5K Fun Run / Walk and Kid's 1 Mile Fun Run For Alzheimer's	Menno Haven campuses of Menno Village and Northfield Chambersburg, PA	Helen Keckler hkeckler@mennohaven.org 717-262-2373
11/4/2012 12:00 pm	March of Dimes 7 Mile Trail Run and 2 Mile Fun Walk/Run <b>Race Support Needed !!!</b>	Gambrill State Park 8602 Gambrill Park Road Frederick MD	Nancy Wiley NWiley@marchofdimes.com 301-865-1931
11/10/2012 8:50 am-Kid's Dash 9:00 am - 5K	Mother Seton School Fall 5K Run/Walk	Mount St. Mary's University Waldron Lacrosse Family Stadium Emmitsburg MD	BridgetMcCarthy bridgemccarthy@hotmail.com
11/11/2012 8:30 am	Lily's Hope 5K Run/Walk	West Winds Tennis and Fitness Center 11411 Gas House Pike New Market MD	lilyshope5k@hotmail.com
11/17/2012 7:00 am	JFK 50 Mile Run - 50th Ann. *** Grand Prix *** <b>Aid Station Volunteers Needed!!</b>	Boonsboro, MD	See website for contacts
11/17/2012 TBD	Turkey Chase 5K <b>Finish Line Volunteers Needed!!!</b>	Eyler Park Eyler Road Thurmont MD	John Steiner steindawg@msn.com 240-422-7996
11/17/2012 10:30 am	Youth for Christ's Campus Life 5K Orchard Run	Butler's Orchard Germantown MD	yfc@yfccmc.org
11/22/2012 8:00 am - 1K 8:30 am - 5K	Waystation Turkey Trot 5K & 1K	Baker Park Talley Rec Center Frederick MD	Vicki Bate vbate@waystationinc.org 301-662-0099 x 4501
11/22/2012 TBD	Emmitsburg Turkey Trot 5 Miler & 1 Mile Walk ***Grand Prix*** <b>Finish Line Volunteers Needed !!!</b>	Emmitsburg Town Park Emmitsburg MD	David or Stephanie Weigelt Stephanie@theweigelts.com 301-471-0373
11/22/2012 8:30 am - Kids Race 9:00 am - 5K	Turkey Trot 5K Run/Walk & kids Mashed Potatoes Races	Hagerstown Community College ARCC Arena 11400 Robinwood Drive Hagerstown MD	Jaime Dick jdick@washco- md.net 240-313-2808
DECEMBER 2012			
12/8/2012 . 9:00 AM	Candy Cane Dash 5K	Baker Park Frederick MD	Renata Bianchi rsbianchi@gmail.com
TBD	Goodloe Byron 15K *** Grand Prix *** <b>Finish Line Volunteers Needed!!</b>	Mount St. Mary's University ECHO Field Emmitsburg, MD	

Calendar of Events - Please Check the website for latest details [www.steeplechasers.org](http://www.steeplechasers.org)