



INTERVALS

Newsletter of the Frederick Steeplechasers Running Club

ANNUAL RUNNING CELEBRATION



Committee Chairs**FSRC - 2010 Offices**

President – **Mark Lawrence**
Vice President – **John Stuart**
Secretary – **Luanne Houck**
Treasurer – **Anne Hafer**

Social – Kim Hessong/Luanne Houck
Membership – Luanne Houck
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

Steeplechasers Annual Running Celebration and Award Banquet

Running club members, friends and family enjoyed the evening which was deemed a tremendous success, the biggest and best ever. The club provided beer, wine, and soda and the main dish while club members brought a side dish or desert, food and drink were excellent and plentiful. The Grand Prix Series, the Summer Decathlon and several special awards were presented for 2010. The election for board members was also held see separate report. A breakdown of results and race statistics were enthusiastically announced full details of results can be found on the Steeplechasers website with the 2010 major award winners:

Runners of the Year: Joe Basford & Crista Horn

Masters Runners of the Year: Steve Dobson & Harriet Langlois

Iron Man/Woman: John Godinet & Kristin Biris

Most Improved Runners: Kristin Pratt & Meg Page & Ron Robisch

Rising Stars: Charles Gentry & Tammy Sigman

Anderer Award for exceptional volunteerism was given to Bruce Attavian and Anne Hafer.

The first ever "President's Award" for a lifetime of exceptional contribution to the running community at large was given to John Kippen, owner of the "If the Shoe Fits" running shoe store.

Congratulation to all award recipients.

New Anderer Awards and President's Award given for 2010

By Mark Lawrence

The Steeplechasers Annual Awards Banquet is held to recognize the achievements of club members throughout the previous year. Some of the recognition is done on a very objective basis according to point accumulation in the Grand Prix and Summer Decathlon races. But aside from the GP and Decathlon Awards, we also traditionally recognize the "Runners of the Year" that are also based on pretty objective performance information, but takes into account general club participation as well.

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In recent years, we have broadened the award categories in an effort to recognize a wider range of runners. We have added the Ironman/Woman category to recognize achievements in endurance as much as speed. We've added the Rising Star category for newer club members that are making an impact, and the Most Improved category to give recognition to people who have had breakthrough years. We also have had the Lewis Award that was given to people for exceptional service or inspiration to the club. For the 2010 Awards Banquet we updated this last category. In place of the Lewis Award, we now have the **Anderer Award** that recognizes club members for exceptional volunteerism, and The **President's Award** that recognizes individuals for exceptional service and inspiration to the running community at large.

Any club members that have been around for more than a couple of years would know about Ken Anderer. Ken was "Mr. Finish Line" for us for over 20 years. When Ken moved away a couple of years ago, we honored him for that service and we now decided to commemorate his exceptional volunteerism by naming this award for him. The recipients of the **Anderer Award for 2010** are **Bruce Attavian and Anne Hafer**. Bruce and Anne are two longtime club members with stellar histories of volunteerism that go back many years. **Bruce** is the guy behind the scenes that has kept track of the point system for our Grand Prix Competitions. I am not sure how many years he has had that duty, but my understanding is that he did it in the initial years using an abacus (if that gives you an idea). **Anne** has been serving as Club Treasurer in recent years, and there is very little that goes on in the club that Anne is not involved in (except helping Bruce with his abacus). She has served in every officer capacity except President (hmmm. . . not sure how she's avoided that). She is very active in helping with Social Committee affairs, has done the Awards Banquet Program for many years, and has been one of the major contributors to the organization of the Women's Distance Festival. She has also been the top lady in the club participating in finish line/ race support duties frequently throughout the year. Both Bruce and Anne are certainly well deserving of this recognition.

The first President's Award was given to **John Kippen**, owner of If the Shoe Fits. John's contributions to our running community are immeasurable. When I first started running with the Steeplechasers in 2001, it was John's Saturday morning group runs from FCC that got me hooked to train for marathon distance and beyond. Since that time, he has hooked hundreds more with his ability to run while carrying on almost constant conversation encouraging, cajoling, and entertaining the group as he strolls along. I've often said he's like the "Pied Piper" of running here in Frederick and we're all his followers. In addition to all the training group runs he has organized, John has also very generously used his store to provide support to our club and all types of running events in the area. He has built his business the right way by building relationships and always giving back to the community at large. Over the past year, John has continued to inspire us, but in a new way. Coping with a diseased liver and waiting for a transplant didn't stop John from running. He continued to run his marathons and training runs leading up to the liver transplant that has now taken place. We certainly wish John the speediest recovery and are very proud to have him as **the first recipient of our President's Award**.

For the record, the major award winners of 2010 comprise the award selection committee for 2011. So congratulations to all of you award winners, and it's now your job to pay attention and determine who should be next!



The REHAU Rotary Resolution 10K on 1:1:11

What better way to start the New Year than running in the 14th annual REHAU Rotary Resolution Race in Leesburg, Virginia? This popular annual event was started by the Rotary Club of Leesburg in 1998.

Since then the Club has donated nearly \$200,000 in race proceeds to local charities, and the race has become one of the biggest New Year's Day races in the region.

It features the competitive **George C. Marshall** 10K and the John R. Diedrich 4K Fun Run/Walk. Both start and finish on a grassy hilltop in Ida Lee Park just north of Leesburg, VA. The accurately measured 10K course takes participants through the rolling hills and pathways of the Morven Park Estate, the former home of both a Governor of Virginia and a Governor of Maryland. The course is approximately 80% paved or gravel roads and 20% grass.

The 4K run/walk takes participants to the Morven Park Mansion. This is an untimed event just for the fun, fitness, and camaraderie of friends and family, for those who resolve to get in shape all year to get off on the right foot by entering in this event.

In addition to awards, three deep overall and two deep in the age groups, this race features a number of special award categories. There are prizes for the first male and female finishers in the fun run, the first Leesburg resident in the 10K, the first Rotarian in the 10K, the youngest and oldest participants, and the participant who travelled the greatest distance. Add all of that to the shirts for all participants and you have got a great way to start the New Year!

George Catlett Marshall (December 31, 1880 – October 16, 1959) was an American military leader, Chief of Staff of the Army, Secretary of State, and the third Secretary of Defense. Once noted as the "organizer of victory" by Winston Churchill for his leadership of the Allied victory in World War II, Marshall served as the United States Army Chief of Staff during the war and as the chief military adviser to President Franklin D. Roosevelt. As Secretary of State, his name was given to the Marshall Plan, for which he was awarded the Nobel Peace Prize in 1953



Statue of George C. Marshall at Dodona Manor in Leesburg, Virginia. The museum is a National Historic Landmark.

The date 1:1:11 has no significance or has it? The day was bright and at 52 Deg F at midday was above average temperature. The course - as described above - is undulating and scenic, however runners definitely have to watch their footing on the grass and dirt roads. Food was very good and awards very generous with a \$50 gift certificate for age group winners. The course record was broken by Abiyot Endale of NY who completed the race in 32:23 compared to the 2009 time of 32:49. The race in 2010 was cancelled due to the snow in that December. The 60 - 65 category record was broken by Malcolm Senior in 42:40 beating the previous record set in 2008 of 43:30.

2011/12 Board Elected at Banquet

The 2010 Awards Banquet held at the Delaplaine on February 5th was a great success and drew a record number of club members. A great time was had by all in recognizing the outstanding performances of club members in 2010, but we also used the opportunity to take care of some organizational business as well. We elected officers for a new executive board to serve the club for the next two years.

Incumbents **Mark Lawrence** and **Anne Hafer** were re-elected as Club President and Treasurer, but Vice President **Mary Zielinski** and Secretary **Peggy Waxter** decided to step aside after years of outstanding service. Taking their place, the club elected **John Stuart** as Vice President and **Luanne Houck** as Secretary.

John Stuart was recruited into the club just a few years ago by his friend Chad Connors. Since that time, John became an avid participant in the club's Grand Prix and Decathlon Series races. In 2009, he began participating in the Competition Committee, and by 2010, he assumed full responsibility for the committee. As Chairperson of the Competition Committee, he went right to work reformatting the Club's Grand Prix Series by incorporating a greater variety of distance events into the series so it would be more inclusive of the wide variety of runners in the club. As a result, the GP competition has attracted greater interest and participation across a broader range of runners. John also made his mark on the challenging new GP series by being the only club member in 2010 to complete all of the events that ranged from 1 mile to 50 mile distances. Not resting on that innovation, John's committee has added a sprint and endurance sub-series of races to the schedule for 2011. Now that John has been tapped as VP he has convinced Chad and Cassie Crouse-Rizzoulis to become co-chairs of the Competition Committee. We thank all of them for their service.

Luanne Houck also joined the club just a few years ago and got involved very quickly assisting with the organization of social functions for the club. In 2008, she and friend Kim Hessong became Social Committee Co-Chairs and have organized club social events since that time. The club's banquets, picnics, ice cream socials and happy hour get-togethers have all been as a result of their efforts. At the same time, Luanne has been making steady progress on her goal of completing a half-marathon in every state. For 2011, Luanne also took over the duties of Membership Committee Chair from Mary Z and has this year's membership drive off to a great start. Luanne feels that membership and social affairs are closely related, and wants to stay involved in both. But expecting her to continue in all these capacities is a little much to ask, so we are currently seeking candidates to take over the Social Committee.

The club owes a debt of gratitude to those that have served as officers. Mary Z has played a central role in the club more than tripling in size during her 4 year tenure as Vice President and Membership Committee Chair. She has been a major player in the organization of training runs and social activities for years predating her time as a club officer. Peggy Waxter has served the club in so many capacities too numerous to document here. She and her husband George have served as Club Presidents and are permanent members of the Club's Board of Directors. Her efforts for the club are best exemplified by her work on the Club's Women's Distance Festival Race. With her as the Race Director, that event has experienced unprecedented success and has raised thousands of dollars for local charities. Fortunately for us, she is continuing on in that capacity.

We are indeed fortunate for the service of all of these folks, and it's one of the greatest benefits of being a Steeplechaser to have the opportunity to get to know them and the many other fine people that are involved in making things happen in our running community. We thank them all for their service.

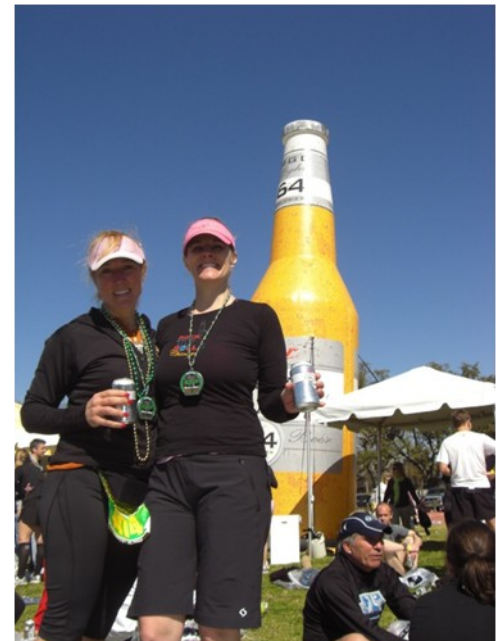
Meet the New Club Secretary – Luanne Houck

I have been living in the Frederick area for 20 years and I have three children. I started running after my youngest child was born to try to get back in shape. That was when I was 37 years old. I got hooked on running and when I turned 39, I joined the Montgomery County Road Runner's Club to train for my first marathon – the Marine Corps Marathon, which I ran in 2005. After that, I decided Montgomery County was too far to go to run. I found out about the Frederick Steeplechasers when Mark Lawrence became President.

Over the next couple of years, I started meeting some of the members and ended up joining Peggy Waxter's committee for the Women's Distance Festival 5K back in 2008. This was when I really started to feel a part of the running community in Frederick. The WDF committee is a great group of women and since 2008, we have put on 3 very successful races. We have a wonderful time planning and organizing the race, we raise a lot of money for local charities, and we support women and girls of all running abilities at our race. The race this summer on August 13 is going to be even bigger, and I strongly encourage any new members or members who haven't had a chance to get involved, to join our race committee. This is a great way to learn about race management and to get to know other Steeplechasers.

In 2008, I was also training for my second Marine Corps Marathon. Kim Hessong and I ran a bunch of Eva Rosvold's training runs. I needed a new pair of running shoes and went to 'If the Shoe Fits' to get my standard pair. I had met Mary Zielinski on the WDF committee and she said: "What do you think about you and Kim co-chairing the Social Committee?" I said, "Sure no problem" and she said "Well, the first thing you need to do is plan an awards banquet!" So that's how Kim and I ended up as the Social Chairs. We have had a great time over the past 2-1/2 years planning banquets, picnics, and happy hours. I really like the social aspect of the club because you get to know other runners in a non-running setting. Of course, everyone still talks about running! It's also nice to know that people have other attire than sneakers, shorts, and ponytails! Running the Social Committee is a lot of fun and we are really in need of some more people to get involved, especially as the Social Chair. So if you like planning events and want to get to know more people, please let us know. As our club grows, I believe we can offer even more events and activities to give club members a chance to get to know each other.

My favorite race distance is the Half Marathon. It is a good fit for my life, because I can train for half marathons without too much of a time commitment. I have run many half marathons. My best half



Luanne at the Inaugural Mardi Gras Rock and Roll Half Marathon with Kim Hessong in New Orleans – 2/28/2010

marathon time was 1:57 at the Frederick Running Festival in 2007. I have done the Virginia Beach Rock and Roll Half Marathon five times. In 2009, Kim Hessong and I became “Rock Stars” in the Rock and Roll series by running half marathons in Phoenix, Nashville, Virginia Beach, San Antonio, and Las Vegas. I love combining two of my favorite activities – travel and running. What’s better than burning 1400 calories, drinking a couple of beers, and then still feeling good enough to enjoy the sights! In 2010, I turned 45 and set a new goal – my plan is to run half marathons in every state within the next 10 years. So besides the places I’ve already mentioned, I have run New Orleans, Outer Banks, Chicago, Seattle, Freedom, Wilmington, Atlantic City, and Philadelphia. In 2011, I have already signed up for Disney Princess in Orlando, Atlanta, and San Francisco. I really don’t have any time goals – it’s all about enjoying the race and finishing for me. My typical half marathon time these days is between 2:15-2:20.



FSRC Members - Lynn Smith, Cris Newcomer, (Pirate Girl), Marisa Hafer, Luanne Houck, and Anne Hafer at the OBX Half Marathon on 11/14/2010

Hmmmm....okay, so now Mary Z has convinced me to take over as the Membership Chair, which she was for several years. Do you notice a trend? I can’t seem to say no to Mary!! I have been doing this job for 2 months now and the great thing is that I am really getting to know all of the names of people in the club and I’m starting to put faces with the names. I really want to find time to develop some more programs for new runners and runners who need help getting motivated, perhaps for their first 5K, first half marathon, etc. In order to do this, I really need someone to take on the responsibility of Social Chair. I think the Membership Committee and Social Committee need to work hand-in-hand to figure out what will attract new members and keep current members interested in the club. The Training Committee is also important to make sure we are providing training opportunities for all running levels.

As the newly appointed Secretary, I am honored to be an Officer in the club. I really want to be part of this running club and to help make decisions and help make the club grow. I think running is such a healthy, social, and challenging sport that, for many people, becomes a way of life. I want to challenge all of the club members to get more involved and give a little time back to the club. If you have not yet volunteered to help out at a race, give it a try! It’s actually a lot of fun to support a race and provide encouragement to the runners. If you are always the one running in a race, I feel that you owe it back to the running community to take a break and volunteer at a race every once in a while. If you are an experienced runner, sometimes take it easy on a group training run and drop back and encourage the slower runners. And if you have knowledge to share about any aspect of running such as nutrition, injury prevention, training schedules, or race day planning, please consider writing an article for the newsletter or even better, speaking at a future membership event. So let’s go out there and run in Frederick County and get all the other runners to join our club!

Big Plans for the Frederick Half Marathon on May 7th!



The Steeplechasers are gearing up for a great race weekend for Frederick's largest running event of the year. This year there are many changes that have taken place for the Frederick Running Festival. The race is now on Saturday instead of Sunday and there is no longer a full marathon option. In addition, the course itself has changed once again.

Regardless of the many debates that have been held over this race, we are approximately 8 weeks away from race day. Training programs are in full swing for runners, some who are gearing up for their first half marathon.

The Steeplechasers are heavily involved in training support and have already assisted with successful training runs, 5 miles on February 19th and 10 miles on March 12th. Thanks to everyone who came out to help as running and bike escorts as well as water station supporters. And thanks to Mark Lawrence and Alice Hoxie who hosted breakfast at their home after the runs! This has been a great way to promote the club to prospective members as they see our club spirit shine!

Steeplechaser's member, Tim O'Keefe, has been involved in the Frederick Running Festival since its inception in 2003. The first FRF was at the end of March and had several hundred runners along with a sudden not predicted snowstorm that began as the gun sounded. It started and finished at Frederick High. The race was supported and pushed by the city as a way to show off the town and bring in tourists. It worked a bit too well as there was controversy with church services and road closures. The next year the race moved to Harry Grove stadium and to its May time slot and the race grew by a hundred or so. In the third year, Rachel Ridgeway took over as Race Director. A marathoner herself, she shadowed several big marathon directors, took copious notes, corralled several dedicated committee members, and put on an amazing race - extremely runner oriented. Word spread quick and the race doubled in size. The race began to outgrow the Grove stadium venue as well as the all-volunteer organizers. In 2006, the Half Marathon distance was added. Corrigan Sports was brought in to take over the management aspect while Rachel still directed the race. That brings us to now and you're familiar with the amazing growth. The committee begins planning for the following year's race a few weeks after the FRF. They take comments sent in by the runners and input by the volunteer chairpeople and determine what adjustments to make for the next year. The next meeting is in January and then once a month up to the race day. A week before the race the committee meets at the Fairgrounds and does a walk-through of how the race is anticipated to go.

We have also secured a \$5 discount for FSRC members for the race itself. If you haven't already registered, please contact fsrc.membership@yahoo.com for the race coupon code. Keep in mind that this race is run by a Corrigan Sports, a for-profit organization, so getting a discount at all is a good thing. Many people complain about the expensive race fees but very few understand the costs involved in putting on a race of this size in a city such as Frederick.

Since we are providing support to this race, Corrigan is also giving us a free table at the race Expo which is at the Frederick Fairgrounds on Friday, May 6th from 3:00-8:00 and Saturday, May 7th (during the race itself) from 8:00-12:00. We will need volunteers willing to assist at the race Expo by greeting participants and handing out Steeplechasers materials such as registration forms, future race flyers, and newsletters. We will be there to attract new members by telling them the benefits of

belonging to a running club to support the running goals of every type of runner. We are planning to have some type of a drawing for a prize (TBD). We are also planning to have new shirts available with the FSRC logo in a variety of sizes and sleeve lengths. These shirts will be sold through pre-orders only and will hopefully be ready for pick-up at the Expo for those who pay in advance. More information will soon be coming out about how you can order a shirt prior to the event.

In 2010, 55 Steeplechasers ran the Frederick Half Marathon and many more may have run the Team Relay or the Full Marathon. Since the Frederick Half is a Grand Prix race, we expect over 70 members to be participating this year! At the post-race festival, we will be having a Post-Race Tent stocked full of snacks, water, soda, and beer to greet you after you cross the finish line. So don't forget to stop by for some club camaraderie! And if you are not going to be running, we would be grateful if you could help us set-up the tent and be there to greet the first speedy runners who show up for their recovery refreshments.

Finally, the Steeplechasers will be providing race support for the 13.1 mile race itself. We are asked to provide course marshals spread out along the course, so anyone who will not be running should consider volunteering. And of course, anyone can volunteer to help out with other aspects of the race such as volunteering at water stations; however, this aspect of the race is coordinated by the race managers at Corrigan Sports. Overall, this race is a great way to show the Steeplechasers' Spirit. So whether you are volunteering or running, spread the word about our club and get your friends, families, and co-workers out there running with us!



www.steeplechasers.org

Do you have any interesting running tales to tell?

Do you have a favorite route or race?

News of members` or anything running related?

Please forward to Newsletter editor Malcolm Senior

Quote: Fred Lebow, New York City Marathon co-founder:

"The marathon is a charismatic event. It has everything. It has drama. It has competition. It has camaraderie. It has heroism. Every jogger can't dream of being an Olympic champion, but they can dream of finishing a marathon."

Photographs on the Front Cover courtesy of Richard Potter

RRCA Club Challenge 10-Miler – Feb 27, 2011

By Ron Robisch

The Frederick Steeplechasers showed up in force for this year's edition of the RRCA Club Challenge 10-Miler, hosted annually by the Howard County Striders. A club record 42 Steeps ended their winter hibernation and took to the hilly streets surrounding Howard County Community College on this late February morning. In truth, compared to the snowflakes and biting wind of recent years, Sunday's 40-degree temperature felt downright balmy!



The Club Challenge is primarily a team event, featuring the best that the Maryland and DC area running clubs have to offer. As such, the competition is fierce! The race is contested over three divisions (Mens, Women's, and Co-Ed) and scored in much the same way as a high school cross country meet, with a certain number of runners from each team scoring; their individual places added together to form a single team score (the lower, the better). As one of the smaller running clubs, the Steeps have through the years typically finished around 7th place out of the 10 teams that usually participate.

The top 12 men counted for each team in the Men's Division, the top 6 women counted for the Women's Division, and the top 15 runners (of which at least 4 must be women) counted in the Co-Ed Division.

Despite losing our top two runners from a year ago, the Steeplechaser Men ran well – led by the speedy Joe Basford and Chad Connors finishing in 1:02:18 and 1:02:53, respectively – and maintained their customary 7th place finish. Other top men included relative newcomers (to the Steeps) Lance Dockery and Tim Hugen as well as Steve Dobson, Jim Salley, and John Stuart.

It's the Steeplechaser women, however, who really took it up a notch this year! Running strong behind the scoring efforts of Rachael Murphy Ryan, Kelly Buriak, Pam Geernaert, Crista Horn, Bev "Janice for a day" Black, and Kerry Shepherd, the Steeps women finished in a strong 6th and just a hair out of 5th place, trailing the RASAC women by a mere 13 points!



In the Co-Ed Division, the Steeplechasers came in their typical 7th place. It's worth noting that it's not just the scoring runners that matter in an event like this. All runners out there are helping the team simply by placing ahead of runners from other teams – runners who may be scoring for their teams. The Steeplechaser depth was certainly a factor in our final standings. We had forty-two finishers out there on a hilly course, and every one of them finished at a faster than 10-minute per mile pace! Way to go Steeps!

RRCA Club Challenge 10-Miler Team Results:

MEN			WOMEN			CO-ED		
Pl	Pts	Team	Pl	Pts	Team	Pl	Pts	Team
1	198	Howard County Striders	1	28	Falls Road	1	497	Falls Road
2	222	Falls Road	2	60	Howard County Striders	2	532	Howard County Striders
3	522	RASAC	3	121	Montgomery County RRC	3	1286	Montgomery County RRC
4	814	Montgomery County RRC	4	178	Baltimore RRC	4	1350	RASAC
5	834	Baltimore RRC	5	320	RASAC	5	1408	Baltimore RRC
6	1199	DC RRC	6	333	Frederick Steeplechasers	6	2056	DCRRC
7	1433	Frederick Steeplechasers	7	389	Annapolis Striders	7	2322	Frederick Steeplechasers
8	1455	Annapolis Striders	8	456	DCRRC	8	2502	Annapolis Striders
9	1885	Westminster RRC	9	598	Westminster RRC	9	3198	Westminster RRC
10	2703	Prince George's RRC	10	678	Prince George's RRC	10	4490	Prince George's RRC

Steeplechaser Finishers:

53	Basford, Joe	6:13 1:02:18	306	Shepherd, Kerry	8:18 1:23:04
59	Connors, Chad	6:17 1:02:53	315	McPhersonPratt, Kristin	8:22 1:23:48
60	Dockery, Lance	6:25 1:04:13	319	Davis, Richard	8:23 1:23:56
132	Dobson, Stephan	7:03 1:10:33	325	ODonnell, Rick	8:26 1:24:26
140	Hugen, Tim	7:08 1:11:21	335	Attanasio, Larry	8:34 1:25:45
141	Salley, James	7:09 1:11:32	355	Gentry, Charles	8:40 1:26:44
143	Stuart, John	7:09 1:11:37	356	Sloan, Bob	8:40 1:26:50
150	Pilarcik, Steve	7:12 1:12:04	363	Clarke, John	8:42 1:27:03
164	Herr, John	7:17 1:12:57	366	Page, Meghan	8:47 1:27:50
183	Gregory, Brian	7:25 1:14:16	370	GribKachman, Martha	8:48 1:28:05
193	King, Lou	7:29 1:14:58	371	Langlois, Harriet	8:49 1:28:10
194	MurphyRyan, Rachael	7:30 1:15:02	380	Pippin, Maria	8:56 1:29:23
206	Buriak, Kelly	7:36 1:16:03	388	Smith, Carmen	9:00 1:30:06
207	schneider, Michael	7:36 1:16:04	389	Klug, Jan	9:03 1:30:33
216	Senior, Malcolm	7:41 1:16:50	390	LeClair, Frank	9:03 1:30:40
228	OKeefe, Tim	7:45 1:17:34	400	Key, Larry	9:07 1:31:20
234	Geernaert, Pam	7:47 1:17:52	418	Rusinko, Barbara	9:21 1:33:35
257	Horn, Crista	7:55 1:19:16	419	Buchman, George	9:21 1:33:40
259	Lawrence, Mark	7:56 1:19:28	433	Dzara, Christine	9:29 1:34:60
287	Dobson, Janice	8:08 1:21:30	437	Jones, Jeffrey	9:34 1:35:48
289	Robisch, Ron	8:10 1:21:46			
295	Attavian, Bruce	8:13 1:22:19			

The Maryland State RRCA Championship Series

by Chuck Gentry

In the small village of Maugansville, Maryland, the locals are subjected to the spectacle of four geriatric Frederick Steeplechasers running through the neighborhoods 2-4 times a week. Jim Meyers, Jeff Jones, Bruce Attavian and Chuck Gentry are in training for among other things, the **Maryland State RRCA Championship Series**. Three of us live in the area, but then there is Jim. Jim Meyers is a new member of the Steeps who lives in York Haven, PA, but makes a 1½ hour trip down to Maugansville regularly to run with us. That seems to suggest lost brain cells, but then Jim was a Marine, so that explains a lot. Besides planning to do the **Maryland Series**, Jim also belongs to the 50 Plus Club, whose members aspire to completing a minimum of 50 races a year. I did mention loss of brain cells didn't I? Jim wasn't able to run the RRCA 10 Mile Club Challenge because of a hamstring injury, but hopes to compete at The Forest of Needwood 5 miler.

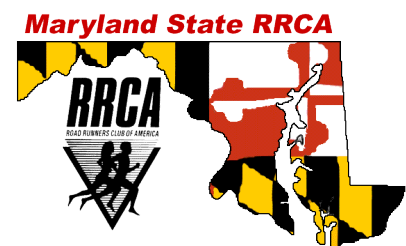


The **Maryland State RRCA Championship Series** consists of 10 races. To qualify for an award, a runner must complete at least four races and be a member of a Maryland RRCA club. Awards go to the top three overall male and female winners and to the top two age group winners, in five year increments. Overall or age group race winners are awarded 1,000 points. All other runners are awarded points based on their percentage of the winning time. For instance, if a 5K winner runs 18:00 and another runner clocks 20:00, the winner would get 1,000 points and the other runner would receive 900 points ($18/20 = 0.9 \times 1,000 = 900$ points). Last year less than 40 male runners qualified overall in the entire series, including two from the Steeplechasers. Also, less than 30 female runners qualified overall; none from the Steeplechasers.

The RRCA 10 Mile Club Challenge race in February was the first race of this year's series. The Springburst 8K in Greenbelt will be coming up on April 9th. A listing of the race calendar and results is available at the top left hand side of the Steeps own calendar page.

The following is a tentative schedule of this year's Championship Series. Because the schedule has not yet been officially posted, check the online calendar for updates.

1. RRCA 10 Mile Club Challenge (done)
2. PGRC Springburst 8k – April 9
3. RASAC Bel Air Town Run 5k – 6/5
4. Bullseye Running Fatburger 5-miler – 6/19
5. Annapolis Striders Dog Days 8k – 8/7 (tentative)
6. Frederick Steeplechasers Market Street Mile – 9/10
7. Westminster RRC Bachman Valley Half Marathon – 9/25
8. Falls Road Running Falls Road 15k – 10/2
9. Montgomery County RRC Rockville 10k – 11/6
10. Baltimore RRC Northern Central Trail Marathon – 11/26



MARCH 2011			
3/19/2011 8:30am - Fun Run 9:00 am 5K	Francie's Family 5K Fun Run/ Walk	Middletown Park 100 Coblenz Road Middletown MD	Linda Billotti francies5k@yahoo.com
3/19/2011 1:00pm	Forest of Needwood 5 Miler *** Grand Prix ***	St. Mary's Church Catholic Church Road Petersville, MD	Lee Zumbach, Race Director zum50@hotmail.com
3/26/2011 8:00am - 5K 8:30 am - 1 mile	Cookie Fun 5K Run/Walk & 1 mile Fun Walk	Baker Park Frederick MD	info@cookiefun5krun.org
3/26/2011 4:00 pm	OHS Bear Crawl 5K Run / Walk	Oakdale High School 5850 Eaglehead Drive Ijamsville MD	ohsbearcrawl@hotmail.com
APRIL 2011			
4/2/2011 9:30 am	The Heritage 5K	Heritage Farm Park	Angie Ivall ivallangela@hotmail.com
4/3/2011 8:00 am	Wild Women 8K	Fundamental Fitness Studio Frederick Indoor Fitness Center 1845 Brrokfield Court Frederick MD	Eva Rosvold Info@fundamentalfitness.biz 301-788-0083
4/9/2011 9:00am	This Race is for the Birds 7.7 Mile Trail Run 4.9 Mile Trail Run 2 Mile Jog/Walk 1 Mile Kids Run	National Conservation Training Center Shepherdstown, WV	James or Suzy Munnis jmunis@earthlink.net 304-876-6784
4/9/2011 5K - 9:00 am 1 Mile 10:00 am	New Market Elementary On the Road to Fitness 5K	New Market Elementary School 93 West Main Street New Market MD	Cindy Alvarado 240-236-1300
4/10/2011 8:30 am	Cakes for Cause Cupcake Run/Walk 5K	Monocacy Village Park 409 Delaware Road Frederick, MD	Amy Benton amy@bringittofruition.net
4/16/2011 11:00am	Mud Dog Run	Ceresville Mansion 8529 Liberty Road Frederick, MD	Jay Jeffrey 413-364-0660
04/16/2011 11:00 am	Run for the Sun 5K and 1 mile Run for Kids	Mount St Mary's University Knott Athletic Complex Emmitsburg MD	Jon Greenstone jsgreenstone@verizon.net
04/17/2011 8:00 am	Crime Victim's Fund Run 5K	Whittier Frederick, MD	Carmen Figueroa 301-600- 1515
4/23/2011 8:30am - 2K 9:00 am - 6K	Race For Ryan	Grace Academy 13321 Cearfoss Pike Hagerstown, MD	Smyers@FCA.org 301-331-9174
4/30/2011 8:30am - 5K 9:30am - 1 Mile	Tiger Trot 5K & 1 Mile Fun Run/Walk *** Grand Prix ***	Lewistown Elementary School 11119 Hessong Bridge Rd. Thurmont, MD	Joe Basford 240-236-3720

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

APRIL 2011			
4/30/2011 ' 8:00 AM	St. James School Alumni 5K Run	Saint James School Alumni Hall Parking Lot 17641 College Road St. James, MD	Michael Straley mlstraley@stjames.edu 301-733-9330 x3039
4/30/2011 5:00am	CAT-100 Catoctin-Appalachian Trail Run	Blue (Catoctin) Trailhead Gambrill State Park Gambrill Park Road Frederick, MD	Jim Treece Jim.Treece@yahoo.com
MAY 2011			
5/1/2011 8:00am	Gettysburg North-South Marathon	N.Washington St. & W. Railroad St. Gettysburg, PA	See website for contacts
5/7/2011 7:00am	Frederick Half Marathon Team Relays *** Grand Prix-1/2 Marathon *** Endurance Event #2 *	Frederick Fairgrounds 797 East Patrick Street Frederick, MD	customerservice@corriganports.com 410-605-9381
5/7/2011 12:00pm	Frederick 5K	Frederick Fairgrounds 797 East Patrick Street Frederick, MD	customerservice@corriganports.com 410-605-9381
5/14/2011 8:00am	Two Rivers Heritage Half Marathon at Harpers Ferry	Harpers Ferry National Historical Park Harpers Ferry, WV	See website for contacts
5/21/2011 8:30am	Deer Dash 5K	Deer Crossing Elementary School 10601 Finn Drive New Market, MD	info@deerdash.com
5/21/2011 TBD	Armed Forces Day 10K	Ft. Detrick Odom Fitness Center Building 1507 Frederick, MD	Anne Kenney 301-619-2498
5/28/2011 TBD	St. John's 5K	Ballenger Creek Park 5420 Ballenger Creek Pike Frederick, MD	Kelly Beins dkbeins@comcast.net 240-409-3214
JUNE 2011			
6/4/2011 8:00am - 5K 8:45am - 1 mile	Husky Hustle 5K Run / Walk and 1 Mile Fun Run *** Grand Prix *** *** Sprint Event #1 ***	Hillcrest Elementary School 1285 Hillcrest Drive Frederick, MD	Chad Connors 240-236-3273
6/11/2011 8:30am - 1K 9:00am - 5K	Nick Adenhardt 5K Run & Walk	Byron Memorial Park Williamsport MD	Mike Shifler mshifler@foxassociatesinc.com 301-714-1121
TBD	CSD Handwaving 5K	William Talley Rec Center Baker Park Frederick, MD	Jackie Kanekuni jkanekuni@c-s-d.org 800-717-1384