



# INTERVALS

Newsletter of the Frederick Steeplechasers Running Club

## 2012 GRANDPRIX

The 2012 Grandprix is off to a hot start, just like the unseasonable warm weather. After two races there were a total of 36 male runners competing in at least 1 of the 2 races, with 16 of them competing in both races. For the women, there were 31 runners competing in at least 1 of the 2 races, with 10 competing in both races. In fact, the club challenge had a huge turn out as we had 43 Steeplechasers cross the finish line for an 8<sup>th</sup> place overall finish, see start of the Columbia Club Challenge

below. After two races the top three overall male runners are Chad Connors, David Lieb II, and Lance Dockery. The women are being paced by Sage Norton, Keary Johnston, and Rachael Murphy Ryan. The age group battles are being hotly contested as well with Chase LeClair leading the 13 and under group, Chad Connors leading the 30-39 group, Rupert Bullard leading the 40-49 age group, Dr. David Leib leading the 50-59 age group, and Malcolm Senior leading the 60 -69 age group. The women age group leaders are Rachel Murphy-Ryan in the 14 to 29 age group, Sage Norton in the 30 to 39 age group, Keary Johnston in the 40 to 49 age group, and Bev Black in the 50-59 age group.

At press time the Forest of Needwood race has been run and results will be posted shortly. The next two grandprix events will be held on back to back weekends as the Tiger Trot 5k (April 28<sup>th</sup>) and the Frederick half marathon (May 6<sup>th</sup>) are the next two races up on the grandprix calendar. The Tiger Trot is a very scenic 5k held at Lewistown Elementary. Expect a few hills but nothing like the first three races!!! The race director our own Joe Basford does a real first class job organizing this gem of a race. The Frederick Half Marathon is the largest race in our county and offers a great tour of historic downtown Frederick. In fact, when you finish the Steeps have a finish line tent to help you recover. The competition committee looks forward to seeing you all out at the grandprix races during the spring and summer.

The grand prix is for everyone from the front to the back to the pack. The most important part of the series is for our club members to participate. Use the grandprix to challenge yourself in how ever you see fit. Whether the grand prix race is part of a 20 miler you are doing that day, or a tempo run, or a PR attempt, or to dare and try the John Stuart Challenge, or to see how you measure up against others in your age group. We are truly hoping to see a record number of participates qualifying for awards this year. Chad Connors



**FSRC - 2012 Officers**

Acting President – **John Stuart**  
Vice President – **Vacant**  
Secretary – **Luanne Houck**  
Treasurer – **Anne Hafer**

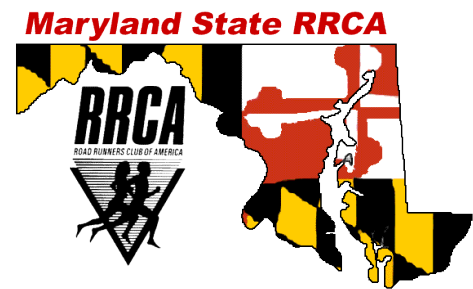
**Committee Chairs**

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

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**Maryland State RRCA Championship Series**

A championship series open to all members of clubs of Maryland affiliated to the Road Running Club of America (RRCA). The 11 races are different distances at locations throughout Maryland. Each race is scored individually with points are allocated to finished position in the race with Male/Female overall category and age groups of 5 years increments. With only four races needed to qualify for the series it is an opportunity to race different courses and one race is right here in town:



The races for the 2012 series:

MD RRCA Club Challenge – Sunday 26<sup>th</sup> February - an undulating course from Howard Community College – for all that ran this race – **one down only three to go.**

Springburst 8 k – Saturday April 21<sup>st</sup> 9:00 am Greenbelt National Park

Bel Air Town 5 k – Sunday June 3<sup>rd</sup> 8:00am – a flat fast course through residential neighborhood

Fathers’ Day 8k – Sunday June 17<sup>th</sup> 8:00am Columbia Costco – a reasonably flat open course, good award prizes.

Dog Days 8k – Sunday August 5<sup>th</sup> 8:1m at Anne Arundel Community College – a cross country run.

Larry Noel 15k – Sunday September 2<sup>nd</sup> 5:00pm (Labor Day weekend)

Frederick Mile – Saturday September 8th 8:00am – our very own MD series race down Market Street

Dave Herlocker Memorial Bachmann Valley ½ Marathon September 23<sup>rd</sup> – Bachmann Valley Farm Westminster, a scenic if not undulating course.

Rockville 10k – Sunday November 4<sup>th</sup> 8:30 am Montgomery County’s oldest race

Northern Central Trail Marathon – Saturday November 24<sup>th</sup> 9:30 am on the North Central Railroad trail mainly crushed limestone trace.

Different distances, different location...**take your pick and run three more races**

**MEET ONE OF THE COMMITTEE CHAIRPERSONS:****Tim O'Keefe – RSC**

That would be RSC as in Race Support Committee not Really Slow Chugger...

I joined the Steeplechasers back in 1979 shortly after we moved to the Middletown area. It took a while to join the club and actually go to a race as I wasn't quite sure if they mainly did Steeplechases or had other events (thanks Mark for including that clarification on the Home Page!). I met a lot of terrific people and learned a lot through running with them (like one 15 mile run and a bunch of 3, 4, and 5 mile runs really did not prepare one for a marathon!). After several years I took on the role of Club Secretary where I created several notebooks detailing all the races, news articles, and memorabilia of the club from it's inception in 1975 to the late 80's. Unfortunately those notebooks are in somebody's basement somewhere and have not seen daylight in several decades. I eventually served as Vice President under Byron Stay and learned the ropes of running a club. During that span we purchased our first Chronomix and Race Clock. I then served several years as the club's president. From presidency, I moved on to the Board of Directors and stayed active with the club in race directing, finish lines, and reminding the current presidents that we tried these "new ideas" several times over the past years and they probably still won't work now. When Mark took over the presidency of the club, I took on a more active role with Ken Anderer and the Race Support Committee. Ken did most of the work but I would help scour up volunteers for the finish line and help new race directors in prepping for their event. Although I am listed as "Chairperson", I'm part of a group that helps facilitate races in the county. Mark Lawrence still does the bulk of the work while Dwayne Late and I "support" whenever and whatever is needed to allow for smooth running and scoring of local events. We have a list of over 25 runners interested in helping and more and more have been showing up to work the finish lines. There is always room for more help – it's a fun way to get to know others in the club, a great way to give back to those that have been there to help you in a race, and a fascinating look at a bit of the "behind the scenes" in a race. It gives you a great perspective - so when things get a bit mixed up in a finish of an event and you're a bit ticked about it – you might reconsider how to discuss the issue with the race director!



Members of the  
Steeplechasers Running  
Club at the Club  
Challenge Sunday  
February 26, 2012



## INTERVALS

March 2012

### Award Banquet and Winners



Tim Hugen



Pam Geernaert



President's Award  
Mark Lawrence



Rachael Murphy-Ryan



John Clarke



FREDERICK STEEPLECHASERS RUNNING CLUB

## Steeplechasers Award Banquet January 28, 2012

The banquet last night was the celebration for our 2011 running year, and I would like to thank Mark, Anne, and Luanne for their leadership and administration of the club during their years of service. A special thanks also goes out to the committee chairs and the members of those committees who worked throughout 2011 to bring you social events, training runs, the decathlon, grand prix events, and so much more.

The highlight of the banquet, other than getting to see each other in a social setting, is always the recognition of our members as we get to reward and celebrate their hard work, endurance, perseverance, training regiments, sheer fortitude, all culminating in their amazing accomplishments. 2011 did not disappoint!

For those who could not make the event, here are the 2011 major award winners for the FSRC.

Rising Star - Kelly Buriak and Lance Dockery

Iron Woman/Man - Lisa Johnston and Fred Schumacher

Most Improved - Marti Grib-Kachman and Chad Ahalt

Master Runner of the Year - Pam Geernaert and Brian Gregory

Grand Master Runner of the Year - Dee Nelson and John Clarke

Runner of the Year - Rachael Murphy-Ryan and Tim Hugen

Anderer Award - Mike O'Grady

Special Award for Inspiring others through their running - Bev Black, Rick O'Donnell, and Mike O'Grady

President's Award - Mark Lawrence, FSRC President 2007-2011

Please be sure to congratulate these accomplished runners next time, Heck, every time, you see them!

Our Grand Prix and Decathlon award winners can be viewed on the Competition web page.

Thanks again to the entire FSRC family, good luck with your running and training in 2012. In addition to the GP series, the mini-series, the decathlon, and the President's Cup, we look forward to having FSRC teams participate in many other events - either as official teams, as in the Cherry Blossom 10 miler, or just through mass invasion, as in our efforts to storm Steamtown 2012! Please be sure to let us know of all of your events, and your accomplishment! Best of luck and great running in 2012.

**IT'S GREAT TO BE A STEEPLECHASER!!!**

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### FSRC Online Store

Announcing the new official Frederick Steeplechaser Running Club store! You can find the store at [steeplechasers.org](http://steeplechasers.org) /from the navigation bar (FSRC STORE) or surf directly to <http://www.cafepress.com/FSRC> .

### Calling All Volunteers!

2012 is going to be a busier year than ever for the Steeplechasers. More and more people are realizing that running is a great way to stay physically fit while at the same time making new friends and helping people. Social media has been a great way to get the word out about all that our club has to offer. I think our Facebook page is just amazing – I love to read all about what everyone is up to each weekend with all of the training events and races that are going on. Right now, we have 344 current 2012 members and another 143 from 2011 who haven't yet renewed. So if you know of any previous members who are on the fence about rejoining, tell them to come on and join us again for another year. We have lots of exciting things planned including more fun social events, a Grand Prix series with a higher level of participation than ever, and more training and race support opportunities if you want to get more involved. The decathlon is just around the corner and that always generates a surge of new members.

We have several important events coming up for which we are going to be needing volunteers. The **Women's Distance Festival (WDF) 5K** at Frederick Community College continues to get bigger and bigger every year. Last year we raised \$9000 for the Women's Giving Circle. This year's race will be on **August 11<sup>th</sup>**. Right now we are looking for people to assist on the race committee, especially with tracking down sponsors and random prizes. If you would like to help or know of any businesses that would be interested, please contact our race director, Peggy Waxter, at [pwaxter@comcast.net](mailto:pwaxter@comcast.net). As we get closer to the race, we will be looking for race-day support as well.



This year we are planning to expand the **Market Street Mile (MSM)**, which is scheduled for **September 8<sup>th</sup>**. This year we plan to brand this race more officially as an FSRC-hosted race and generate some much needed funds for our club. In past years, this race has just about broken even, but this year we are hoping to generate funds that can be used to upgrade our finish line equipment and supplies. We believe this will in turn benefit the local community because we will be able to invest in better equipment, but will be able to keep our prices that we charge local race directors to something lower than what commercial race support companies charge. We are looking to build a MSM planning committee and will be developing subcommittees such as Registration/Promotion, Sponsorships/Prizes, Race Day Support, Finish Line Support, and Set-up/Clean Up. We will be holding our first committee meeting in early April and hope that a lot of people will participate. This will be a great opportunity to work together and to learn more about what it takes to put on a successful event. On **Tuesday April 3, 2012 at 6:00 - place TBD** we would like to have a meeting for anyone interested in helping, please contact Anne Hafer at [runnin2bfit@aol.com](mailto:runnin2bfit@aol.com).

This spring our **Race Support Committee** will be busier than ever. If you look at our race calendar, you will see that there are many upcoming local races for which we provide finish line support. We have jobs for experienced finish line experts as well as newbies. If you are interested in giving it a try, please contact [markruns50@comcast.net](mailto:markruns50@comcast.net). Keep an eye on the calendar and our Facebook page for the specific races that we are supporting. I also put out updates in the weekly Mailchimp e-mail messages to let everyone know what we need. For a club of our size, we really would like to see race support participation from everyone especially those who are participating in the Grand Prix. Some running clubs make volunteering a requirement for qualifying in their Grand Prix series. We don't want to go to that extent yet, but we do want to spread the work load so that everyone is helping.





Finally, the **Frederick Running Festival** is just around the corner. We are going to have an **Expo table on May 5<sup>th</sup>**. The expo is from 10 am to 7 pm, so we definitely need a lot of people to man timeslots at the table and tell everyone all about the club. If you are interested in helping at the Expo, contact Luanne Houck at [Luanne.houck@gdit.com](mailto:Luanne.houck@gdit.com). The **Half Marathon is on May 6<sup>th</sup>** and we will need course marshals' to direction runners. If you are available for this duty, please contact Mark Lawrence at [markruns50@comcast.net](mailto:markruns50@comcast.net) and you will get to wear the awesome "Obey Me" shirt! Harriet and Lou will also be planning the post-race tent for after race food, drinks, and fun!

So...thanks to everyone for your Great Spirit and support of our running club and the Frederick running community!

## Steeplechasers Social Events

- ⌘ Wednesday, April 18: Happy Hour at Patrick's, 16-18 E. Patrick St, 5:30 (\$3 domestic draft, \$4 craft draft 'til 7pm, and 1/2 price crab cakes all day)
- ⌘ May 5: Frederick Running Festival Expo - stop by the Steeps table
- ⌘ May 6: Frederick Running Festival post-race Steeps tent - stop by to trade high-fives with the finishers and enjoy post-race refreshments
- ⌘ Friday, May 25, 5:30: Happy Hour on Harriet's & Lou patio. Send email to [hhlangois@pobox.com](mailto:hhlangois@pobox.com) for address/directions
- ⌘ Thursday, June 14, 5:30: Happy Hour. Location to be announced.

Looking ahead:

July 21: Save the date for the annual FSRC summer picnic at Harriet and Lou's house

Harriet and Lou

APRIL 2012			
4/7/2012 - 10:00 AM	Crib Crawl 5K <b>Race Support Volunteer needed</b>	Baker Park, Frederick MD	jacrhodes@yahoo.com
4/14/2012 5K - 9:00 am 1 Mile - 10:00 am	New Market Elementary On The Road to Fitness 5K <b>Race Support Volunteer needed</b>	New Market Elementary School 93 West Main Street New Market MD	Cindy Alvarado 240-236-1300
4/14/2012 7:00am - ChiRunning 7:15am - ITSF Tech Talk 7:30 am Run	Frederick Running Festival 12 Mile Training Run <b>Volunteers / Pacers Needed</b>	125 East All Saints St. Parking Deck Next To Delaplaine	See the Steeplechaser's Training Page for contacts
4/14/2012 - 9:00 am	Miama Stewert Scholarship 5K Run Walk	Musselman High School Football Stadium Inwood WV	304-229-5299
4/15/2012 - 8:30 am	Cakes for Cause Cupcake Run/Walk 5K <b>Race Support Volunteer needed</b>	Monocacy Village Park 409 Delaware Road Frederick MD	Amy Benton amy@bringittofruition.net
4/21/2012 5K - 8:30 am 1K - 9:00 am	Faith Striders 5K Run Walk for the Cure <b>Race Support Volunteer needed</b>	Baker Park Frederick, MD	faithstrider@aol.com 301-514-1071
4/21/2012 9:00am - 7.7 & 4.9 9:05am - 2 Mile 10:45am - 1 Mile	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
4/21/2012 - 10:00 am	Freedom 50 Relay	C&O Canal @ Big Slackwater Sharpsberg MD	Seth Gottesman damascusfreedom5K@gmail.com
4/21/2012 - 9:00 am	Springburst 8K <b>*Maryland RRCA GP EVENT*</b>	Greenbelt National Park Greenbelt MD	
4/22/2012 5K - 9:00 am 1K - 9:45 am	Hayden's Heroes 5K & 1K Fun Run <b>Race Support Volunteer needed</b>	Talley Rec Center Baker Park Frederick MD	Erin Hajjar erinmcardle@gmail.com
4/28/2012 5K -8:30 am 1 Mile - 9:30 am * Sprint Event #1 *	Tiger Trot 5K & 1 Mile Fun Run/Walk *** Grand Prix *** <b>Race Support Volunteer needed</b>	Lewistown Elementary School 11119 Hessong Bridge Rd. Thurmont, MD	Joe Basford 240-236-3720
4/28/2012 5:00am	CAT-100 Catocin-Appalachian Trail Run	Blue (Catocin) Trailhead Gambrill State Park Gambrill Park Road Frederick	Jim Treece Jim.Treece@yahoo.com
4/28/2012 - 9:00 am	167th Airlift Wing C-5K	167th Airlift Wing Shepherd Field Martinsburg WV	Todd A. Kirkwood, SMSgt, WVANG todd.kirkwood@ang.af.mil
4/28/2012 - 8:00 am	St. James School Alumni 5K Run	Saint James School Alumni Hall Parking Lot 17641 College Rd St. James MD	Michael Straley mistaley@stjames.edu 301-733-9330 x3039
4/29/2012 7:30am	Gettysburg North-South Marathon	E. Broadway Ave. at Old Harrisburg Road Gettysburg, PA	See website for contacts