



INTERVALS

Newsletter of the Frederick Steeplechasers Running Club



It's Time for Elections!

Some members of our club might not be aware, but the Frederick Steeplechasers Running Club is an official non-profit corporation registered with the State of Maryland. As such, we have organizational by-laws that need to be followed. According to those by-laws, our board of directors is composed of past club presidents (who fulfilled their terms and are still active in the club), and an elected Executive Board consisting of a President, Vice-President, Secretary, and Treasurer. Every two years, we are to hold an election of officers for the executive board. This year, we intend to hold the election at our annual club awards banquet. But before we hold the election, we need to have a nominating process.

The current Executive Board consists of Mark Lawrence as President, Mary Zielinski as Vice President, Anne Hafer as Treasurer, and Peggy Waxter as Secretary. Mark, Mary, and Anne have all served for the last four years in these capacities, while Peggy (who is also on the Board of Directors) has served for over two years in her current position as Secretary.

Any club member can nominate another club member or can even throw their own hat in the ring by nominating themselves. The only requirement is that the nominees are members in good standing for at least the past 6 months, and it is recommended that they be experienced in the direction of club runs, races, or business. **Nominations for this election should be sent by e-mail to our Newsletter Editor, Malcolm Senior to malchazel@verizon.net by January 8th, 2011.** Those nominated will then be approached to determine their willingness to serve. The accepting nominees will then be presented to the general membership at the Banquet and put to a vote.

The duties for each position are generally stated in the club's Constitution:

President – The President shall be the chief officer of the Club and shall preside at all meetings of the Club or the Executive Board. He/she shall see that all resolutions are enacted by the Club and that members of the Executive Board perform all duties incident to their office.

Vice-President – In the absence of the President or in the event of his/her neglect or refusal to carry out duties, the VP shall perform the duties of the President, and when so acting, shall have all the powers of the President. The VP shall perform such other duties and have such other powers and duties as the President or the Executive Board may from time to time prescribe. In the event that the President leaves office prior to the expiration of his/her term, the V/P shall serve the remainder of the term.

Secretary – Shall maintain minutes of all proceedings of the meetings of the Executive Board. In addition, he/she shall perform such other duties as the President or the Executive Board may from time to time prescribe.

Contd on page 2

Committee Chairs

FSRC - 2010 Offices

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

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

It’s Time for Elections!

Treasurer – Shall have custody of the Club Funds and shall keep full and accurate accounts of receipts and disbursements in a Club account book and shall deposit all money and other valuable effects in the name of the Club in such depositories as may be designated by the Executive Board. Further, the Treasurer shall disperse the funds of the Club as directed by a vote of the Executive Board, and when requested shall render to the Executive Board, a balance sheet, income statement and an account of all transactions.

Our current Treasurer, Anne Hafer, has said she would be willing to serve another term so she is automatically nominated. She has done an excellent job as Treasurer, so we would like to see her re-elected to give the board some continuity. Mary Zielinski and Peggy Waxter (who have also done excellent jobs) have stated that they want to step down at the end of this term, so replacements for them are a necessity. Mark Lawrence has said that he would like to step down and serve the club in a lesser capacity if a suitable and willing replacement could be identified.

E-mail all nominations to Malcolm Senior malchazel@verizon.net by January 8th!

Quote: “ the highest reward for a person`s toil is not what they get from it, but what they become by it” ~ John Ruskin



Annual Banquet

February 5th, 2011

To be held at:

The Delaplaine Visual Arts Education Center
 40 South Carroll Street Frederick MD 21701

Monday and Wednesday Night Training Runs **Christine Dzara**

It's that time a year again, when the days are getting shorter and the nights are getting colder. Whether you believe their predications or not, the Farmer's Almanac predicts another cold winter with above normal snowfall for our region. Either way, if you are looking for some motivation and company to run through this winter, join us on Mondays and Wednesday evenings at 6:30 at the Talley Recreation Center in Frederick.

Before joining this group, I never ran through the winter and would find myself starting from scratch each spring. Not being a fan of cold weather, I am surprised to find myself excited about entering my third winter of running. Last year was a lot of fun as we ran through the streets of Frederick after the record breaking blizzards. Having most of the streets to ourselves, we jumped snow banks and ran on any shoveled sidewalks we could find. It was a great way to beat cabin fever.

Each night we run two loops around Frederick. The first loop starts at 6:30 and goes around Baker Park. All paces are welcomed both nights, but we recommend Monday nights for beginners since we run a shorter first loop to work out any kinks from the weekend. Our goal is to meet back at Talley and ready for a second loop by 7:00. The second loop varies and can include another scenic loop around Frederick or other runner favorites such as parking deck runs or alleyway interval training. My favorite is a run through downtown Frederick looking at the holiday lights and hoping a few snowflakes will fall.

We try to run as a group or in pairs as we don't want to leave anyone behind, especially now that it's dark. We have a great group of regulars and try to run at a conversational pace so we can catch up on the happenings of the week. We happily welcome any newcomers so put on a few layers and ignore any "you-must-be-crazy-to-run-in-this" looks. In the spring, you will be glad you did.

**P.S. Whether you join us or not, when out running
don't forget to wear your reflective clothing and gear.**



**WILLIAM R. TALLEY RECREATION
CENTER**

Located at:
121 North Bentz Street
Frederick, MD 21701

**Mark your calendars for Runs and Races in 2011
Not to be missed our own Breakfast Runs and
The Club Challenge,
represent the Frederick Steeplechasers
on February 27, 2011
at Howard Community College**



Freedom Run Luanne Houck

Seventeen Steeplechasers came out to run the Freedom Marathon on October 2, 2010. Several more ran other distances including the half marathon, the 10K, the 5K, and the kids Fun Run. I participated in the half marathon and stayed at the Bavarian Inn with my mother and daughters the night before. I've always wanted to see what the accommodations were like and I was pleased to have a room in a cute chalet overlooking the Potomac River. On Friday evening, we feasted at the pre-race pasta dinner and enjoyed the free music and quaint shops in Shepherdstown.

The full marathon is a point to point starting with 4.5 miles through Harpers Ferry National Park followed by 10 flat miles on the C&O Canal after leaving West Virginia and crossing the Potomac. The half marathon starts at Shepherd College, crossing the bridge over the Potomac River onto the C&O Canal for several miles. Then the two races join at a lovely country road for the 2 miles to Antietam Battlefield for another 5 miles of rolling hills through the historic land. The finish is a 4.5 miles flat road through Sharpsburg, across the Rumsey Bridge into Shepherdstown.

My half-marathon experience was spectacular, as I was filled with all kinds of emotions. This was one of the most beautiful, scenic, and awe-inspiring races I have ever participated in. I felt proud to live in America, proud to be a runner, and proud to be a Steeplechaser as I saw many familiar faces cheering along the course. I enjoyed the peaceful calm of the C&O canal surrounded by nothing but trees and hearing the pounding footsteps on dirt and gravel. Then I was moved by the families cheering from their homes in the country as we ran along Millers Sawmill Road. Antietam Battlefield was very surreal and chilling.



Photo – Courtesy Virginia Murphy

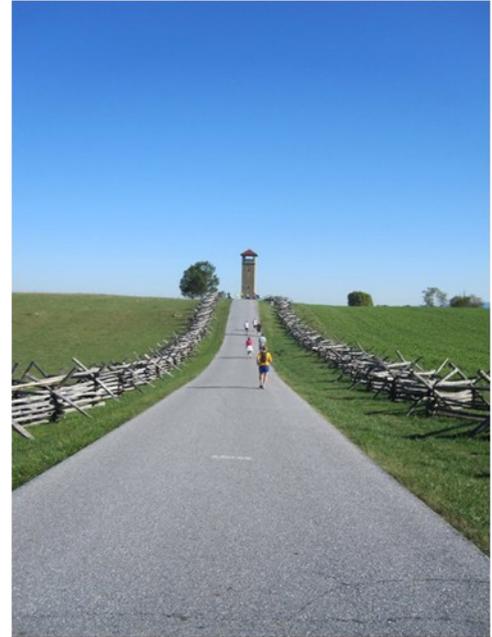


Photo - Courtesy Lou King

It was hard to imagine that these majestic hills of such beauty were covered with the blood and bodies of the 23,000 soldiers who were killed, wounded, or missing during the one day battle on September 17, 1862. The final miles were a bit treacherous running on the roads and sidewalks of Sharpsburg until we finally crossed the bridge over the Potomac River into Shepherdstown. I could hear the cheers of the crowd as I saw the unique landmark of the Bavarian Inn and then the stands of the football stadium. As I neared the finish line, I saw the smiling faces of my mother and my daughters who are my faithful fans at many races!

Mark Lawrence ran the full marathon and he said that the run was “a marathon with an ultra-marathon atmosphere. In other words, it was more about the course and the experience than it was about the race. As a result, it was a more relaxed atmosphere throughout the event.” John Stuart remembered that as he came up a hill in Antietam “there were three cannons on a ridge with fog on the other side of them that looked eerily like their own smoke. It was absolutely beautiful!” Lou King caught some gorgeous pictures, including the one to the right of the sun coming above the horizon behind the Potomac River (you can read his full report on FaceBook.)



Photo – Courtesy Lou King

The post-race festival was held on the lawn at the famous Bavarian Inn with beer, food, and music. The Steeplechasers had our own celebration tent with our own supply of snacks, drinks, beer, and goodies such as cookies and chocolate milk. This was a great way to unwind, relax, and talk about the race as we welcomed runners as they completed another solid achievement. The surroundings were beautiful and the weather was perfect, which caused everyone to linger for a while and enjoy the camaraderie of our club. Thanks go out to Mark Lawrence, our club president, and Tracy Machen and Crista Horn for helping out with the planning and set-up of our welcome tent!



Photo – Courtesy Mike O’Grady

Our own Jonathon Lee won 1st place in the males 13 and under age category with a time of 4:29:36. Cassy Crouse-Rizoulis also won 1st place in the female 20-29 age category with a time of 3:32:03. Other recognition goes to Rick O’Donnell who placed 4th in the male 60-69 age range with a time of 4:02:26, Larry Key who was 7th in the male 60-69 age range with a time of 4:26:42, Harriet Langlois who placed 8th in the female 50-59 age range with a time of 4:24:23, Steve Dobson who placed 9th in the male 40-49 age range with a time of 3:23:38, Lou King who placed 14th in the male 50-59 age range with a time of 3:49:13, and Ron

Black who placed 15th in the male 50-59 age range with a time of 3:51:21. Congratulations to EVERYONE who ran the full marathon, the half marathon, the 10k, or the 5k.

What's Going On??

Luanne Houck

Over the years, the Steeplechasers have used many different modes of communication to get information out to our members. First, it was snail mail sent to homes in the form of the newsletter and phone calls. Then, e-mail was the way to go. A few years ago we added the Forum on the Steep's website so that people could communicate in a variety of categories to find out about races, training, runs, social activities, and tips on running in general. Then in 2010, we joined the social networking community with our own Facebook page. For the club officers and committee chairs, it is a constant struggle to balance the workload required to post information in all of these different places with the need to get information out readily to members so that they know what's going on! We want to maximize participation in our activities and volunteer opportunities, but we don't want to annoy people with information overload!



In 2011, we are going to take one step further and start using an e-mail service called MailChimp. This is a free service for up to 1000 e-mail addresses, so it will serve our purposes well. The service is accessed by an administrator who is able to keep an internet-based database of all of the names and e-mail addresses of our members. When e-mails are sent out, they are sent through the file servers of MailChimp, so they won't clog the servers of our worksites or personal e-mail sites. There are many eye-catching templates available for building the content of our messages.

This service will be tested in January as you start receiving information regarding our winter races, training runs, breakfast runs, and the annual banquet. The e-mail will appear to be sent from the following address: fsrc.membership@yahoo.com. We will need everyone to be on the lookout for the initial messages to ensure that they are not going into spam, junk, or quarantine folders. We will want you to approve this e-mail address as an appropriate sender so that you will be getting all official e-mails from the club. You will also be able to reply to the above address if you have questions, comments, or suggestions.

Along with MailChimp, we will be using Eventbrite as our invitation service. This will allow automatic tracking of RSVPs to events such as the banquet and the picnic.

Our Facebook page will still be active – this is a great place for posting pictures, holding discussions about upcoming races, and posting feedback after events. For Facebook fans who want to connect with other FSRC members who have similar running goals, this is a great place to go. The Forum will still be active as well and is a good place to look for training partners, ask about out-of-town races or races that are not in the Frederick area, and ask for advice on running in general.

So...starting January...keep an eye out for the first MailChimp e-mails and get active with the Steeplechasers!





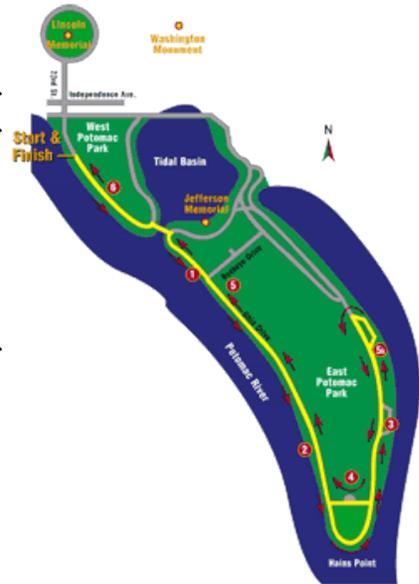
Veterans Day 10K – Sunday November 14th, 2010.

It was a great day for the tenth annual Veterans Day 10 K - run in honor of the country's veterans in West Potomac Park near the tidal basin and FDR Memorial in Washington DC.

The race benefits the Paralyzed Veterans of America (PVA), which works to maximize the quality of life for its members and all people with SCI/D (spinal cord injury/disease) as a leading advocate for health care, SCI/D research and education, veterans' benefits and rights, accessibility and the removal of architectural barriers, sports programs, and disability rights. PVA is the only congressionally chartered veterans organization dedicated solely to serving the needs of SCI/SCD veterans.

Veterans Day is an annual United States holiday honoring military veterans. A federal holiday, it is observed on November 11. It is also celebrated as Armistice Day or Remembrance Day in other parts of the world, falling on November 11, the anniversary of the signing of the Armistice that ended World War I. (Major hostilities of World War I were formally ended at the 11th hour of the 11th day of the 11th month of 1918 with the German signing of the Armistice.) The U.S. President Woodrow Wilson first proclaimed an Armistice Day for November 11, 1919. In proclaiming the holiday, he said "To us in America, the reflections of Armistice Day will be filled with lots of pride in the heroism of those who died in the country's service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nations.

The United States Congress passed a concurrent resolution seven years later on June 4, 1926, requesting that the President (Calvin Coolidge) issue another proclamation to observe November 11 with appropriate ceremonies. An Act approved May 13, 1938, made the 11th of November in each year a legal holiday; "a day to be dedicated to the cause of world peace and to be thereafter celebrated and known as 'Armistice Day'." In 1953, an Emporia, Kansas shoe store owner named Alfred King had the idea to expand Armistice Day to celebrate all veterans, not just those who died in World War I. King had been actively involved with the American War Dads during World War II. He began a campaign to turn Armistice Day into "All" Veterans Day. The Emporia Chamber of Commerce took up the cause after determining that 90% of Emporia merchants as well as the Board of Education supported closing their doors on November 11 to honor all veterans. With the help of U.S. Representative Ed Rees, also from Emporia, a bill for the holiday was pushed through Congress. President Dwight Eisenhower signed it into law on May 26, 1954.



Run For The Bathroom Saturday, October 9, 2010

This run (and walk) benefits the SMHS - South Mountain Heritage Society Museum

Brief Description

The SMHS Run for the Bathroom 8K is an out-and-back road race run over a challenging course through the rolling farmland in and around the historic town of Burkittsville, MD. Parking, registration and finish line is located at the Burkittsville Ruritan Complex, 500 E. Main St, about a quarter mile from the start at the SMHS Museum



Awards: First Male and Female finishers of the 8K race will receive Unique awards to commemorate their accomplishment. Proceeds from this event will support the South Mountain Heritage Society in its effort to preserve the history of Burkittsville through the maintenance of its circa 1830's museum, formerly know as the German Reformed Church.



Women's Distance Festival

Committee organizers of the Women's Distance Festival presented Karlys Kline a check for \$5,000 at a luncheon at Shannon's Tea House in Frederick. This check represented the proceeds from the WDF which will be distributed to the Women's Giving Circle, helping organizations that provide assistance to Frederick County women and children in need. From left to right are: Jenny Marino, Kim Hessong, Anne Hafer, Peggy Waxter, Karlys Kline (CEO of the Women's Giving Circle), Maria Rubeling, and Luanne Houck. Committee organizers not present were: Lisa Hickman and Leslie Nuse. In addition to the \$5,000 check for the Women's Giving Circle, the organizers also gave a \$500 check to the Heartly House and a \$500 check to the Mission of Mercy.



A Personal Running Experience

Meg Page

My name is Meg Page. I am a mother to a 4 year old and 21 month old triplets. Plus I am a wife to an amazing and supportive husband, Keith. One year ago this December I need to find a way to get my life back in order both mentally and physically. Since we were new to the area, I did what most people do and searched the internet. Free, free, free kept going threw my mind. What can I do in the short amount of time I have to myself in the week. Running is free, no one can charge you to move along a street. Ugh, running, well I had never tried it before, its free, I can get a break from my day to day, hopefully I can meet some people. So into Google it went, Running Frederick MD. Results Frederick Steeple Chasers, deep breath, click! "Hey Keith, where is Baker Park? Would you care if I went out to try running in this group? You would have to cook dinner, feed the kids, bath them, brush their teeth, read them books and put them to bed if I went, its only one day (big loving smile on my face)," I said. "No problem, have fun," Keith said.

So I made the call and came out for my first run that last week in December 2010. I followed the GPS to Tally Recreational center. Not knowing much about running I showed up in a pair of cotton pants, a long sleeve t-shirt, a sweater and a couple of years old sneakers. (After a bit of education I am now on my third pair of quality running shoe and don't have anything cotton to exercise in.) There was a good number of people waiting in the lobby on that cold dark night. I explained that I had never run before. "I grew up in DC, I am not scared of Frederick. Please don't wait for me," I pleaded. The group took off and I huffed and puffed to keep up. I could barely see them, but from time to time a guy then, now my role model/coach, Mark would wait at a corner and give me direction for the next overwhelming part of the modified 5k loop. He would also give me some tips too. (Which I desperately needed and still enjoy) All I could do was gasping for air and nod my head in understanding.

Once we got back he explained how they were going to do a second loop and not to feel obligated to go. I have no idea why but I wanted to do the second loop too. Again I begged them not to wait up. However, this is the loop that changed my life forever. Since we do not have unlimited space I will keep it much shorter than I would like. That night a woman came back for me, push me, lifted me and gave me strength. Her name is Christine. I will be forever grateful to the steeple chaser for introducing me to her. After 100s of miles run together over the last year, I couldn't say enough in writing for anyone to understand what running can do for the self and friendship.

Since last year I have learned so much, push extremely hard and overcome huge obstacles. Christine and the Steeple Chasers have change my life forever in such a positive way. Many races have been run, PR have been set and a marathon attempted and completed. Without my patient husband for giving me the opportunity to try something new, push me when it was hard and support me when I started running MANY more HOURS than our original deal, I could have never done any of this. Thank you! I have an amazing family both in blood and out running on the roads.

Are YOU up to the Challenge???**RRCA 10 Mile (Club) Challenge.....Sunday, Feb 27, 2011****Howard County Community College****ENTRY IS FREE to all Steeplechasers!!! Join us for this FUN TEAM event!****For more info contact Team Capt. Ron Robisch (robischr@comcast.net)****or visit www.striders.net**

***“Two paths diverged in the wood and I –
I took the one less traveled by,
And that has made all the difference!”***

- Robert Frost

Well now, there it is. Gazing to my left through the trees, sweat, and fatigue, I finally saw it. A wooden, 3-slat fence running roughly parallel to my direction of travel. Over the crunching of my footsteps on dead leaves, I heard it distinctly laughing at me. It ran east, which is more than I could say for myself at this point. I was trudging, ambling, shuffling, not really running. One thought ran through my mind, “I’m screwed!”



My own private, little odyssey had begun just 10 minutes or so earlier. My old friend, Al, and I had been running together in the Bushwhacker Adventure Running Race, a roughly 10-mile, point-to-point race along the Bull Run – Occoquan Trail in northern Virginia. It’s called Bushwhacker for good reason. Rather than requiring runners to follow the same trail from beginning to end, the race hands its runners a detailed, colorful topographical map at the start and invites runners to find their own way to the finish. In other words: to bushwhack at will!

And things had started off just swimmingly! Drawing upon our experience from a year ago, Al and I were much more prepared for the race’s initial chaos. We dove into the woods at the right spot; hit the right trails; bushwhacked successfully. By the first checkpoint (of 3 total that runners must hit in order) we were running 18th & 19th out of about 80 who started. We were owning this race! We held our places through the second checkpoint, too, and were still in pretty good shape as we hit checkpoint 3, even though our main bushwhack in that leg was a bit more, um, scenic than we would have liked!

But Alan and I were now in the middle of our largest, most ambitious bushwhack. Well, Al was probably nearing the end of it. I, however, now feared that I had somehow circled my way back to the beginning! It was that fence that had me concerned. We had left the Blue Trail yet again, in favor of this “shortcut”. While the main trail headed southeast before turning northeast, forming a wide V of about $\frac{3}{4}$ of a mile in length, we instead shot the hypotenuse. Or tried to. Shot myself in the foot is more like it. According to The Plan, our jump-off point from the trail would be where a fence turned up into the woods. We’d follow along it for a few hundred yards before turning more easterly, down into and out of a gully, before climbing uphill to meet back up with the Blue Trail. It was only 2 inches on the map, how hard could it be? That was The Plan.

The Plan, however, did not account for us missing that fence entirely. The Plan did not have us diving uncertainly into the trees after crossing a dirt road that confirmed for us that we had, indeed, passed our desired fence already. And The Plan did not have me being gassed enough at this point that I’d fall hopelessly behind Al. Things were not going according to Plan! For a short while I Marco Polo’d my way after Al. But as his voice faded away ahead of me, I steadily descended into a boreal version of Dante’s *Inferno*!

In the 1st ring of Hell were branches, lower and lower they swiped at my head as I tried to duck. This was Dante's Limbo, or I was doing the limbo, not sure which. Finally, the branched were too low and I was in the middle of a thicket. Branches everywhere, slowing my descent. Charging through, I entered the next ring of Hell and found... spider webs! On my arms, in my hair, yuk! Fighting my way out, I next hit the trial of thorns! Vines wrapped my arms, my legs, and thorns pierced my skin, trying to hold me back as I forced onward. Hopping over a fallen log or two, I had a chance to look around. I no longer had any clue what the right way was. I was then stunned to see that I now found myself in a maze of fallen logs all around me. They were everywhere, like some great Oliphant had just come traipsing through, knocking over all the trees. Many of these logs were at waist level, and there was no good path out! Having committed the sin of wandering aimlessly, I was now punished by having to cross a land where direction was meaningless. I had the same, slow traverse no matter which way I went. I climbed out, figuring that I must have reached Dante's 9th ring of Hell by now! Half expecting to round the next bend in the gully to see a 3-headed Satan, with antlers in lieu of horns, chomping on a chipmunk, a wood elf, and another hapless trail runner, I moved onward through the gully. Virgil, get me outta here! Ahhhhh!



Snapping out of it, I reassessed. Where am I? Dunno. Where's A!? Dunno. Which way do I need to go? Dunno.

But then I heard a faint voice. It was the amateur astronomer in me. It said, "Pssst! Hey, Bonehead! Over here. Look up!"

Ah, yes. The sun! Figuring that at this hour it must be approaching due south, I put the sun to my right and headed east at a jog. Soon thereafter, I was looking at that darn fence! Whether I had doubled back or had made progress, I didn't know. And it didn't really matter, I needed to go east. With renewed confidence that maybe I could still avoid having the race officials send out a search party to find me, I ran. Then I found a trail! Yee-haw! Not the Blue Trail, but heading south on this trail I soon got back to the Blue Trail, the runner's yellow brick road!

It turns out that I had rejoined the Blue way down the line, beyond where we had intended to hit it, and this left me with less than a mile to go. Summoning up whatever energy I had left, I ran! By the finish I was completely spent – the hills on this course really are killers – but I had actually still managed a decent time despite my excursions, 1:48:59, nearly 2 minutes faster than in 2009. Not bad, all things considered!

In two years, the Bushwhacker Adventure Running Race has quickly become my favorite race; it really is an adventure! However, it is with sadness that I recently learned that the race organizers, EX2 Adventures, are not able to bring the race back for 2011. They just haven't gotten enough participation to prevent losing money. It's a shame. I plan on pestering them to bring it back, though, but we'll hopefully leave Dante out of it!

Report by our very own, I am on the podium it's just not big enough, Ron Robisch



2010 FSRC Grand Prix Report

The 2010 Steeplechaser Grand Prix opened on a cold, but clear day in January, with the Lewis 10 miler. It ended on a cold, but clear day in December, with the Goodloe Byron 15K. In between, it was fast and furious, and scorching hot!

The women's series had 15 races consisting of the same 14 races the men would face, and the addition of the Women's Distance Festival 5K. Overall, 73 Lady Steeplechasers would partake in the series along with 65 of their male counterparts. While the usual suspects lurked about throughout the series, the top spots in the women's and men's overall results brought some new names to the top spots.

January 23, started the series with chilly temps, a fire in the fire place, 29 FSRC runners, and some Muscle Milk waiting for those who rode the waves of Shookstown Road. The strong attendance by both groups made this a top 5 event on each calendar. The ladies were led by Cassy Rizoulis, Mary Zielinski, and Suzanne Lewis, followed by seven others. This started Cassy's path to her overall title as she looked strong at every event she raced. The men were led by John Way, Jim Salley, and Chad Connors – who hung back at the start to see what the back of the pack looked like, with his slower running teaching partner, and then pressed the second half. They were followed by 16 other members.

February 28, marked the largest male event with 26 runners – the Club Challenge! Seven ladies joined them for the trip to Howard County on another chilly day. Cassy, once again, led the ladies with Mackenzie Riford, and Kristin Shaw, close on her heels. Crista Horn, Sherene Clayton, Harriet Langlois, and Janice Dobson also made the trip for this team event. The men tried to use their numbers to support the leaders; Doug Oates, Victor Cretella, and Joe Basford.

After two 10 milers, March 20, offered half the distance with the Forests of Needwood 5 miler, put on by Lee and Anne Zumbach. Elizabeth Jones led the way and showed her talents and possible future claims to the overall title. She was joined by Sarah Zielinski and Christine Dzara. Four out of five of the top men overall scored in the order they would end the season – Joe Basford, Chad Connors, Jim Salley, and John Way. Steve Dobson was not present at this race as he was no doubt training for, or racing, one of his many ultras this year.



April 10, brought not only the first 5K of the season, with the New Market 5K, but also a new name to the women's competition with Tammy Sigman leading Marti Grib-Kachman, Harriet Langlois, Janice Dobson, and Luanne Houck. Steve Dobson was well on his road to reading with his top honors, while Jim Salley was turning the pages quickly behind him. It was chilly that morning, but it was actually the sun that kept Ron Black bundled up – in a tank top - on his way to a 4th place finish.

May 2, made FSRC GP runners forget all about the cold as the heat that day caused issues for runners going short and long that day. Surviving the heat that day for a blisteringly fast finish was Felicia Gudat. She led Kristin Biris and Tammy Sigman, along with 32 other Lady Steeplechasers! Travis Phaup also limited his time in the sun with a fast finish ahead of phenom Jim Becker, Nick Snyder, and 17 other gentlemen that day.

June 5, saw the inaugural Hillcrest Hustling Husky 5K adding a new 5K course within Frederick City. And Elizabeth Jones had a doggone good race (the 2nd of 3rd first place finishes in the GP), with Cassy

[2010 FSRC Grand Prix Report ...continued](#)

Rizoulis and Beverly Black nipping at her heels. Our youngest Lady Steeplechaser, Catie Lee, was 4th. Joe Basford led all big dogs for first place, leaving Chad Connors (Race Director) and Jim Salley to run their paws off for 2nd and 3rd.

The waxing days of July witnessed two GP races with the Decathlon 2 mile and the Catoctin 50K. Young gun Mackenzie Riford flew around the track ahead of Cassy Rizoulis and Cheryl Connors and the rest of the star studded field. The fireworks in the men's race was fueled by sizzling performance from Victor Cretella, Joe Basford, and Charles Bowles (who had set a course record in a 50K 3 days earlier)!



July 31, was a relatively cool day except for anyone near the rockets that propelled Kristin Shaw to an absolutely amazing race over rocks, and streams, and logs, and 33 miles! Kristin was approximately 8 minutes from the course record but almost certainly ran a much longer race! Kristin Biris gave Kristin Shaw a good push as she led Niqui Johnson, Sharon Lapkoff, and Carole Smith across the finish line. The men were led by one of last year's Iron Men award winners Karsten Brown, who set the pace for Steve Dobson and Joe Basford (who made his first appearance at the event and decided it was too nice a day to only run 33 miles)!

August also had two races – the Women's Distance Festival 5k and the Pie Run. 30 of our ladies laced up their shoes for this race. Darcy Strouse led the ladies field, with Mackenzie Riford and Cassy Rizoulis rounding out the top 10% of our field.

The Pie Run had a great turn-out with 29 members and other pie-loving runners making their way in and out of the shade, and up and down the hills! And it is all well worth it if you win a prize! The great news about this race – everyone wins . . . PIE!!! Top calorie burners may have been Elizabeth Jones (who wrapped up her third first place finish for the year), Rachael Ryan Murphy, and Katrina Bigelow. Top pie choice for the men went to Victor Cretella, who had to be fighting off the salivating Joe Basford and Jim Salley.

September 11, had a cause to rejoice this year as the Market Street Mile made its September debut. Maria Rubeling had the wind at her back as she bested Beverly Black and Pam Geernaert for top honors. Victor Cretella ran as fast as the wind to lead Chad Connors and John Way across the cobblestone. Victor also won top Master's honors.

October 2, found the FSRC runners waking up to a beautiful day for the first marathon event in the GP, with the 2nd annual Freedom's Run Marathon. Four historic and national parks lay backdrop to a wonderfully scenic run. Among the sites, spectators could see Cassy Rizoulis, Harriet Langlois, and Lisa Johnston speed through hallowed ground. John Brown's Raiders themselves would have had a hard time keeping pace with Steve Dobson, Steve Pilarcik, and Seth Pilarcik as they wound their way over now ghostly ground. Our very own Jonathan Lee won his age group in his first marathon – OUTSTANDING!

As thoughts of Turkey and family gatherings entered our mind, so did thoughts of "50 miles? Is that a misprint?" But, alas, it was not – it was the JFK 50 miler, the Ultra showpiece of our 2010 Grand Prix series. Ultra veteran Eva Rosvold placed one foot in front of the other again, and again, and again . . ., on her way to Williamsport ahead of first-timer Maria Pippin, Lisa Johnston, and Carole Smith. There was a first timer in the top four men as well. In fact, first-timer Chad Connors appeared nearly presidential as he covered the oldest ultra in the United States in phenomenal time. Secretary

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of Transportation Steve Dobson was next followed by cabinet members Joe Basford and Jim Becker. 11 members of the FSRC Congress also completed the 48th Annual JFK 50 Miler!

15 Steeplechasers braved a cold, windy, and rainy November Thursday (Thanksgiving actually) to make certain they earned their extra scoop of this, and third helping of that. The 2nd Annual Emmitsburg Wattle Waddle was the 14th and 13th GP event for the women and men respectively. First dibs on the dessert tray honors belonged to Bev Black as she kept herself warm by speeding her way to the finish line ahead of fellow waddlers; Rachael Murphy Ryan, Marisa Hafer, Marti Grib-Kachman, Anne Hafer, and Janice Dobson. Top Turkey for the men was Joe Basford (who had apparently forgotten he had raced in the JFK 4 days prior). Other birds followed close behind with Steve Dobson, John Way, Ron Black, 5 others.



December 4, offered chilly temperatures but a very clear day to wrap up the Grand Prix calendar with a nicely attended Goodloe Byron 15K. An event that sometimes has 21 runners had 21 Steeplechasers adding to the runners willing to endure the Catoctin hills for a good workout and great run. Proving she loves the hills (remember, she was third at Pie Run), local runner Katrina Bigelow placed first for the ladies. Kristin McPherson-Pratt, Beverly Black, and Erin McGrady rounded out the top four. New member Lance Dockery had a great race, leading Steve Dobson through the uphill finish. Shirtless Ron Black (Shoeless Joe Jackson was nowhere to be seen) glided to third with another new member Brian Gregory, Lou King, and Tim O'Keefe rounding out the top six of 12 Steeplechaser men.

The 2010 Grand Prix came to an exciting end as the women's and men's races had results-changing possibilities all the way up to the last event.

The Women's event saw first and second overall separated by a mere 7 points, with 3rd and 4th separated by 2! The female age group categories had runners jockeying for points into the last event. The ladies had 10 runners qualify and another 10 just one race short. Harriet Langlois ran in 8 of the 15 events!

The men took things down to the last minute as well with only 8 points separating the top 5 overall champions, with the next three men within 10 points of that. Truly any individual race could have made a difference for some gentlemen. 25 men qualified in the series, with 6 others one race shy. The age group competition was neck-and-neck with the classic competition in the 50 to 59 age group which had 7 points separating the 5 champions. That age group also produced the only tie in the series as Mike O'Grady and Mark Lawrence raced to a tie for 3rd place. The Grand Prix streak was extended this year as well. Previously, Larry Key ran in 11 consecutive GP races from the 2007 Covered Bridge 10 miler to the 2008 Catoctin Aqueduct 10K, and Steve Dobson had raced in 13 straight GP races from the 2007 Covered Bridge 10 miler to the 2008 Covered Bridge 10 miler. The new streak of 15 begins at the 2009 Way Station Turkey Trot and currently goes through the Goodloe Byron 15K.

When the dust settled, and the rain dried, the blisters popped, the shoes replaced and replaced again (and again, and again probably in Steve Dobson's case) the heat vanished, the cold came (as in the Lewis run was cold) and went, and came back again (as in the Byron run was cold).

The following FSRC Super-Stars rose above all others:

Women Overall Champions:

- 1) **Cassy Crouse-Rizoulis**
- 2) **Beverly Black**
- 3) **Harriet Langlois**
- 4) **Marti Grib-Kachman**
- 5) **Janice Dobson**

Women 13 and under Champion:

Catie Lee

Women 14 to 39 Champion:

Christine Dzara

Women 40 to 49 Champions:

Maria Rubeling

Luanne Houck

Women 50 to 59 Champion:

Anne Hafer

Men Overall Champions:

- 1) **Joe Basford**
- 2) **Steve Dobson**
- 3) **Chad Connors**
- 4) **Jim Salley**
- 5) **John Way**

Men 13 and under Champion:

Jonathon Lee

Men 14 to 39 Champions:

Victor Cretella

David Pratt

Men 40 to 49 Champions:

John Stuart

Steve Pilarcik

David Lee

Men 50 to 59 Champions:

Malcolm Senior

Ron Black

Mark Lawrence

Mike O'Grady

Tim O'Keefe

Men 60 and over Champions:

Bruce Attavian

Charles Gentry

Larry Key

Fred Schumacher

Rick O'Donnell

CONGRATULATIONS to all our members on your fantastic running accomplishments in 2010. Your performances in the 2010 Grand Prix were impressive, and some were record-setting. Many of our members also had outstanding events outside of the GP and ran PR's, course records, as well as many firsts! Whatever your event distance, or destination, we hope you had a fun and memorable running year in 2010. **Look out 2011!!!**

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

JANUARY 2011			
1/1/2011 11:00 am	Run For Vinnie 2011 New Year's Day Fun Run 2, 4, 6 or 8 Mile Options	Braddock Heights Community Pool Schley Ave. Braddock Heights MD	Regina Clark 301-473-8467 301-471-4373 (cell)
1/15/2011 9:00am	John Lewis Memorial Run 10 Miler	Eastview Clubhouse Oakmont Drive Frederick, MD	Mark Lawrence Markruns50@comcast.net
FEBRUARY 2011			
2/27/2011 8:00 am	RRCA Club Challenge 10 Miler	Howard Community College 10901 Little Patuxent Pkwy Columbia MD	www.striders.net
MARCH 2011			
3/12/2011 8:30am	Chambersburg Half Marathon	Chambersburg Middle School 1151 East McKinley Street Chambersburg, PA	Alan Peltzman peltzmanman@hotmail.com
3/19/2011 TBD	Francie's Family 5K Fun Run/ Walk	Middletown Park 100 Coblenz Road Middletown, MD	Kathleen Fierros k_fierros@comcast.net
3/19/2011 1:00pm	Forest of Needwood 5 Miler	St. Mary's Church Catholic Church Road Petersville, MD	Lee Zumbach, Race Director zum50@hotmail.com
3/26/2011 TBD	Oakdale High School Twilight Run		
3/26/2011 8:000 am	Cookie Fun 5K Run/Walk	Baker Park Frederick MD	
APRIL 2011			
4/2/2011		Fundamental Fitness Studio Frederick Indoor Sports Center 1845 Brookfield Court	Eva Rosvold info@fundamentalfitness.biz
TBD	Wild Women 8K	Frederick, MD	301-788-0083
4/2/2011 TBD	Heritage Park 5K	Heritage Farm Park 9224 Devilbliss Bridge Road Walkersville, MD	
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

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