



## Members of the Board

### President

Mark Lawrence  
markruns50@comcast.net

### VP - Membership

Mary Zielinski

### Secretary

Eric Lewis

### Treasurer

Anne Hafer

### Race Support Committee

Ken Anderer/Tim O'Keefe

### Social Committee

Suzanne Lewis/Martha Herman

### Website Committee

Rich Potter

### Training Groups

Vicki Bate

### Education Committee

Regina Clark

### Newsletter Committee

Peggy Waxter

# INTERVALS

A Quarterly Newsletter from the Frederick Steeplechasers Running Club

## 2008 CLUB CHALLENGE GREAT PARTICIPATION!

By Mark Lawrence

The Maryland RRCA Club Challenge was held on Sunday, February 24<sup>th</sup> and the Frederick Steeplechasers were well represented with 24 runners participating in the event that drew over 500 of the best runners in the state. The weather was relatively good for mid-February with temperatures in the 30's and no sign of the ice or snow that cancelled last year's event.

Our top finisher for the men was Victor Cretella with the outstanding time of 1:02:32. He was followed by Chad Connors who ran a 1:06:37 and was followed closely by Frederick High Schooler (and Paul Spurrier protégé) Robert Schultz at 1:06:43. Then came a pack led by Heath Coats with Stephen Dobson, Ron Black, and Malcolm Senior in the 1:08+ range.

Next came our top ladies. Doris Dausman was perhaps the top story of the day finishing at 1:12. Not only was she our top lady finisher, but she was the top lady grand-master in the field! She was followed shortly thereafter by Felicia Gudat at 1:12:25. Rounding out the scoring for the ladies were Lisa Hickman (1:20:22) and Crista Horn (1:21:22).

With little or no training, Paul Spurrier and Marshal Lawrence still managed to post a score for our men's team running in the 1:14 range followed within a minute by young Michael Dee. Bruce Attavian and Adam Lawrence rounded out the scoring for the men's team both managing sub-8 minute per mile performances.

It was great not having to worry about having enough members to field a team as plenty of others came out as well. Other finishers included Glen Fisher, Ron Robisch, Mark Lawrence, Rick O'Donnell, Mackenzie Riford, Larry Key, Maria Rubeling, and Mike Dee. Thank you to everybody for being a part of the STEEPLCHASERS TEAM!

## PRESIDENT'S CORNER

by Mark Lawrence

### RRCA GP and Women's Distance Series Underway

There are probably many club members who know very little about the Road Runner's Club of America. Until recently, I was one of them. The only thing I really knew was that our club was an affiliated member organization, and that as such, we were able to get our insurance coverage through them. Other than that, I also knew that we competed with the other clubs that were Maryland affiliates in the annual Club Challenge event. After this year's Club Challenge, I attended my first Maryland RRCA Annual President's Meeting and learned a little more.

First, I learned what the **Maryland RRCA Grand Prix** is all about. Each of the major clubs in the state puts on an event as part of the series. They try to include a variety of events and distances in the series to accommodate everybody's personal preferences. Our event is the Market Street Mile, but there are other distances all the way up to marathon. For those that want to compete, there is a point scoring system similar to our own Grand Prix. However, as opposed to our Grand Prix where your points are counted from your best finishes, in the RRCA Grand Prix you get points for every event you do. That means it's much more geared toward the amount of your participation than it is toward being the absolute fastest runner.

I was also surprised to learn that a few of our members were already actively participating in the RRCA Grand Prix. The **2007 list of Grand Prix awardees** included several familiar names. VICTOR CRETELLA finished 2<sup>nd</sup> overall in the series, and 1<sup>st</sup> in the 35-39 year old age group. JOHN WAY was 5<sup>th</sup> overall and 2<sup>nd</sup> in the 40-44 age group. JAMES MORELAND was 2<sup>nd</sup> in the 50-54 age group, and BRUCE ATTAVIAN took 3<sup>rd</sup> in the 55-59 category. Still others showed up in the standings, but didn't quite do enough events to qualify for awards. SUZANNE LEWIS was listed as the #1 lady in the 35-39 category, but was one event short of getting an award. The awards included cash (which Victor got) and nice looking duffle bags that had me wishing I had entered.

There's also the opportunity to compete in the GP as a team. If you're interested in participating on the SteepleRacers (not the official name) contact Victor Cretella at [veciii@comcast.net](mailto:veciii@comcast.net).

The first event in the RRCA GP was the Club Challenge, so if you participated in that, you're already entered and you just have to do 3 more events to compete for an award. If you want to enter now, you need to register. For the rules and list of races and registration information, go to [mdrrca.org](http://mdrrca.org).

The other series of races that the Maryland RRCA sets up is **The Women's Distance Festival**. Once again, each club puts on an event, but these are 5K's just for women. The Steeplechaser's event is scheduled for August 9<sup>th</sup> and will be hosted at Frederick Community College. **We need volunteers** (including a Race Director) to help organize this event, so if you're interested, contact Mark Lawrence or Peggy Waxter. Again, for more information on the Women's Distance Festival events go to [www.mdrrca.org](http://www.mdrrca.org).

## FOREST OF NEEDWOOD 2008

### By Tim O'Keefe

The Frederick Steeplechasers showed up in force at the Brunswick Forest of Needwood 5 miler. Out of 39 finishers, 14 were Steeplechase members. This was both a nice showing for fellow club member and race director Lee Zumbach as well as a terrific opening of the Spring Grand Prix. The weather was a tad different from last years howling winds and horizontal snow. The warm sun and temperatures in the fifties with a breeze made for prime running. As a bonus, the wind was at our backs going up the steep ascent at 4 miles.

JAY SILVIO showed little effects of the tendonitis nor the running layoff as he won the race in a time of 28:59. This was nearly a minute ahead of second place Karsten Brown.

In third overall was VICTOR CRETELLA with a time of 30:56. Not bad for someone who ran 5 miles before the race and tried to keep his splits at Tempo pace!

JAMES SALLEY showed that he was back from hernia surgery last year as he posted a blazing 33:42 to win his age group. James is prepping for Boston next month and it appears he has the speed to match the endurance he is building. Due to a vision issue, James does his marathon training on a treadmill at home. He does his 20 milers with a 7:30 first half and then a sub 7:00 second half! JOHN WAY has been hitting the indoor circuit and that speed showed as he came in with a 34:23.

STEPHAN DOBSON is between marathons and powered his way to a 34:41.

Once again TIM O'KEEFE can tell you exactly what is on the back of Stephan's race singlet as he posted a 35:09 (still can't get under 7:00!) for 11th overall.

MICHAEL DEE came in 12th with a 35:22 which is pedestrian for Michael but impressive given the fact he woke up sick and decided to run anyway.

BRUCE ATTAVIAN won his age group with a 38:41. Bruce managed to stay a step ahead of MARK LAWRENCE who came in at 39:29.

Not too far behind Mark came STEVE SCHAEFFER with a 40:42.

ULRICKE KOEHLER stepped it up for the ladies with a nicely run 43:33.

The runner that drew the most "wows" was LARRY KEY. Larry ran a 44:53 to win his age group. Hmmmm....sub 9:00 pace for Larry? Consider that only hours earlier Larry ran a 1:50 half marathon up in Chambersburg.

That is a WOW! FRED SCHUMAKER had that winners smile as he flew in at 48:15. MIKE DEE followed on Fred's heels as he came in at 51:05.

The group enjoyed the warm sun as randoms were given out and a table of brownies and fruit was inhaled. By the end of the awards a lot of the Steeps left with hardware and a smile, ready for the rest of spring racing ahead.

## HAT RUN 2008

By Mike O'Grady

As I started on the second 17.3 mile loop of the Hat Run, all I was thinking about was reaching that magnificent Beech tree at the top of the third, fourth or was it the fifth hill. It's funny where your mind wanders during an ultra marathon, but this is where mine had gone for the moment.

The tree stood in its own clearing, its massive trunk and outstretched branches carved with hundreds of names, hearts and messages. Though I didn't see it, another runner told me she saw where lovers had carved below their "heart" an equal sign with the names of three children; good thing they picked a spot with room to spare.

Now as I passed the tree a second time my mind wandered somewhere less pleasant, my back was going out. I had been running comfortably to this point, having good conversation with Regina Clark, great energy and no cramping.

I could only guess about how many miles left, figuring somewhere around eight or nine. I knew that my whole game plan was turning "upside down" with downhill sections becoming nemesis and uphill the only way to get relief. As I walked or walk-skipped down hills any thought of a sub six hour finish vanished

This is a course I'd like to test again; it was nothing but rolling hill after hill (I like Hills) with trails leading you through woodlands and fields. Several stream crossing provided excitement as you tested your balance. I got to see someone take a total bath. There are nice views of the Susquehanna River and sections of paved roads which offer some relief to non trail runner fanatics. My run was nothing like the nightmare stories I heard from last year of "Shoe Sucking Mud" and above knee water crossings.

For those of you who have done this race in the past I do have some bad news, the rumor is that for the past nineteen years the course was actually 1.9 miles short of 50K, that problem was corrected this year. Congrats, therefore, go to Larry Key who ran this year's race in almost the identical time of last year 6:45:24 and 6:45:04, respectively.



## VO<sub>2</sub> MAX

By Eva Rosvold

### What is VO<sub>2</sub> Max?

VO<sub>2</sub> max is the maximum rate of oxygen consumption and reflects the physical fitness of an individual. It is also the measure of your capacity to generate the energy required for endurance activities and is one of the most important factors determining your ability to exercise longer than 5 minutes. Your sedentary VO<sub>2</sub> max values are genetically determined. However, all individuals can make drastic improvements in VO<sub>2</sub> max with the right training stimulus. Thus, to attain your best possible performances, VO<sub>2</sub> max improvement is one aspect of your training that should not be ignored.



### How do you improve it?

There are two ways to take VO<sub>2</sub> max to its highest possible levels; increased volume and increased intensity. Studies show that sedentary people can improve VO<sub>2</sub> max by over twenty percent when they begin a running program of 25 miles per week. By increasing mileage to 50 miles per week, VO<sub>2</sub> max is improved a further ten percent. Unfortunately there are diminishing returns of VO<sub>2</sub> max increases with increased mileage, so drastic improvements will not occur indefinitely.

This brings us to the topic of intensity, the second method of enhancing VO<sub>2</sub> max. Intensity has actually been proven to be more potent enhancer of VO<sub>2</sub> max than volume. For VO<sub>2</sub> max improvement to occur, training runs should be conducted at an intensity of at least 70 percent of VO<sub>2</sub> max. Seventy percent of VO<sub>2</sub> max corresponds to a pace that will bring your heart rate to 75-80 percent of maximum. Running at intensities close to 100 percent VO<sub>2</sub> max is the best thing you can do to elevate your VO<sub>2</sub> max. One interesting note is that running faster than 100 percent of VO<sub>2</sub> max will not improve it more than running at 100 percent of VO<sub>2</sub> max.

### How do you find your VO<sub>2</sub> max?

There are several formulas that you can use to estimate your VO<sub>2</sub> max but one of the best ways to get an accurate measure of it is to take a treadmill test.

### How does the treadmill test work?

Wearing a heart rate monitor and a face mask connected to a monitor you will begin walking on a treadmill, gradually increasing your intensity over a period of 6-12 minutes.

### What are the other benefits of a treadmill test?

The treadmill (or stationary bike) test offered by Fundamental Fitness offers several key measurements that will improve your training and increase your fitness level.

- Measures your precise target heart rate based on anaerobic threshold
- Calculates your target intensity zones
- Gives accurate calories burned per hour at different heart rates

# STEEPLECHASERS' SUMMER SPLASH PICNIC

**Saturday, June 28, 2008**

## **Cunningham Quarry**

Emmitsburg, MD

2pm-dusk

Bring a swimsuit\*\*

Hamburgers, veggie burgers, hot dogs, and drinks provided  
Bring a side dish or dessert to share

Interested in a run before the picnic? There will be a 4-mile and 10-mile option beginning at noon.

\*\*Parents should be cautioned that there will be no lifeguard.  
Please bring life preservers for those who may need them.

RSVP to Suzanne Lewis at [suzlewis@comcast.net](mailto:suzlewis@comcast.net) by June 20<sup>th</sup>

Questions?

Contact Suzanne Lewis ([suzlewis@comcast.net](mailto:suzlewis@comcast.net) or 240-357-5900)

### Directions to the Quarry

Take Route 15 North towards Emmitsburg, MD for approximately 20 miles. Continue past the Thurmont, MD exit (Route 550) towards Mt. St. Mary's College. Turn right on Motters Station Road (Route 76) and proceed for approximately ½ mile. The Quarry entrance is on the left. Parking is available inside past the Quarry gate and along the road.

If you pass Mt. St. Mary's College you have gone too far. Turn around and turn left on Motters Station Road and proceed as above. If you get lost or have questions, call Larry Cunningham at 301/537-0993.

## LITTLE ROCK MARATHON

By Larry Key

I had planned to do the New Orleans Mardi Gras Marathon on February 24<sup>th</sup>. That is until Steve Dobson told me that his wife Janice, had discovered the Little Rock Marathon on March 2<sup>nd</sup> has the largest finisher's medal in the world, and they were planning to do it. Well, after 2.5 seconds of serious thought and consideration, I decided I would have to have the world's largest finisher's medal too. Besides, it fit in reasonably well for my last long run before the HAT Run on March 29<sup>th</sup>. After informing my daughters about it, Melanie quickly decided she would have to have one of those medals too.

On race day, I met up with Steve and Janice at the start area. Steve looked and sounded like he should have been hospitalized. (Later diagnosis determined he was suffering with bronchitis.) Despite his illness, the thought of Janice going home with the world's largest finisher's medal and him going home empty handed was simply not an option.

As start time approached, we all lined up according to our expected pace. Steve, who normally can run a sub 3:30 marathon anytime he pleases, lined up near the back of the pack. I knew he had never seen that many runners in front of him before. It was very amusing several days later when he was describing things he had never seen before, such as the endless sea of runners flowing down the street ahead and all the water stops being totally clear. The things us middle to back of packers see at every race.

The course was hilly. I have made some improvement in running hills thanks to the routine trail running Mike O'Grady, Steve and I do, but I still have a long way to go. My split at the half was 2:06, not bad for me. I was thinking all I had to do was have a negative split and I could break four hours. I have no idea why I was thinking this because I have tried this thirty-one times before and never came close. Why I thought it might happen on this ridiculously hilly course I'll never know. By mile 18-20 the hills began to take their toll and leg cramps reduced me to walking. In one of the out and back sections of the course I saw Steve struggling, unsuccessfully, to keep up with Janice.

Janice and Melanie had good runs. It wasn't pretty for me and it was down right ugly for Steve, but we made it to the finish line to receive the world's largest finisher's medal. The medal is a full six and one quarter inches by four and one quarter inches with six diamonds embedded in it. I mean this is some serious bling! It triggered a baggage search at the airport for Steve. If you're interested in seeing it, I'm sure we will all be wearing them at John's marathon party at If The Shoe Fits next November after the JFK 50.

Happy running!

## ROSVOLD CAPTURES HER FIRST ULTRA RACE

Originally published March 30, 2008

By Karen Gardner Frederick News Post

Reprinted with permission from Eva Rosvold

Eva Rosvold has completed two 100-mile races in the last four years. She was the top local finisher for the JFK 50 Mile Run this year with the time of 8 hours, 17 minutes 54 seconds. And last weekend, she won her first ultra, the Bel Monte 50 Mile Endurance Run in Virginia.

Rosvold, a personal trainer and owner of Fundamental Fitness lives in Frederick, finished the race in 10:26. On a flat course, that would be a very respectable time. On a course as tough and steep as the Bel Monte, her performance was outstanding. The course has a net elevation gain and loss of 11,009 feet.

Runners start at 2,000 feet above sea level, and run on trails nearly straight uphill to 3,500 feet, with a few short downhill thrown in. Then it's nearly straight downhill to about 1,700 feet. After a few more ups and downs, runners take on two more serious climbs, one to 3,200 feet and a second to 3,500 feet.

The race starts and ends at the Sherando Lake Recreation Area., about 15 minutes from Waynesboro, Va. The course consists of trails in the George Washington National Forest. Runners not only encounter steep, narrow, rough trails, they cross creeks and clamber over rocks. Along the way, they get some spectacular views of valleys and lakes.

Rosvold, 34, finished a little more than a minute ahead of the second place woman, Rebecca Phalen, 35, of Ivy, Va. The third-place finisher was another 25 minutes behind. Sharon Lapkoff, of Jefferson, completed the course in 12:52:58, and won the women's 50-59 age group.

qOf the 102 starters, 60 people completed the race. Rosvold was 10th overall and the first of seven women to finish. Last year, Rosvold was third overall among women in the race's 50 kilometer event, completing 31 miles in 6 hours, 7 seconds. She was 5 minutes behind Phalen in last year's 50K.

Race conditions can be challenging, including snow and rain at last year's event. Rosvold used this year's race as a tune-up to the Massanutten 100 Mile race she is planning to do later this spring. That race is known as one of the toughest 100 mile races in the East.

Last year, Rosvold completed the Bighorn 100 Mile Run in 28 hours, and she expects the Massanutten race to be about as difficult as that.

Training for ultra-marathons, especially those on trail, requires a little different approach than typical marathon training.

"It take a lot of mental energy," Rosvold said. In her mind, she is going over logistics, mentally mapping out when and where her stops are, and what she will eat and drink. "I use the aid stations as a motivator," she said. When she gets close, she'll think of that next aid stop in 45 minutes. "Nutrition and hydration are really important," Rosvold said. "It's important to keep up the calories, hydration and electrolytes."



To prepare for ultras, Rosvold will train up to six hours on local trails. To help battle the fatigue that can build up in ultras, she will finish her long runs running 45 minutes at marathon pace. She will also do hour and a half tempo runs, starting with a warm-up and ending with a cool-down, at 10K pace.

“My tempo runs are longer than I would ever do for a marathon,” she said. “I never used to do that before. It teaches your body to keep going, even as it’s tiring.” Runners must get through that feeling that their legs and feet are too heavy to lift, and the tempo training also helps with that.

She does most of her tempo runs on the road, simply because it’s usually too difficult to run at tempo pace on a trail.

After a major run, Rosvold will take some time off to allow her body to recover. She swims and does yoga for cross training. “I credit yoga with keeping me as healthy as I am,” she said. When she’s training for a big event, Rosvold must schedule her runs around her personal training sessions with clients. “I tell my clients who say they’re too busy to work out to schedule it,” she said. “I have to schedule it in.”

Sometimes she has to split a long training run into two runs in order to get in the mileage. She also does some training runs with the Virginia Happy Trails Running Club, a D.C. area trail-running group. The goal of any ultra is to finish, Rosvold said. She has started three 100-mile races and completed two. It’s important to have good support. It takes planning to have supporters show up at aid stations at around the right time, with the right food and gear.

---

## The Inaugural Western Maryland Half Marathon

From Tara Horst

There will be a new running event this fall in Western Maryland.

Beneficiary: Habitat for Humanity of Washington County

Date: Saturday, October 11, 2008

Start Time: 8:00am

Race Packet Pickup: 6:30am-7:45am

Location: Joseph Hancock, Jr. Park in Hancock, MD

Race Course: Out and back on the Western Maryland Rail Trail

Any questions or concerns can be directed to me, Tara Horst, at: [wmdhalf@hotmail.com](mailto:wmdhalf@hotmail.com)

Interested participants can register on Active.com: [http://www.active.com/event\\_detail.cfm?event\\_id=1570962](http://www.active.com/event_detail.cfm?event_id=1570962) or they can fill out the attached brochure and mail it to Habitat for Humanity of Washington County (all info on attached brochure).

## Changes to Mission Of Mercy Race and Spring Grand Prix

By Mark Lawrence

Back in January, when we set up the Spring race schedule, each race director was contacted and verification was done that each of the races we posted on the schedule were being held. There were a few adjustments on dates and times, but each of the races posted on our website was definitely being held. Once that was done, the Competition Committee met and we decided to do a Spring Grand Prix and a Fall Grand Prix for 2008. We next selected six events for the Spring Grand Prix. We wanted the Grand Prix events to be the small, local races that were the most well established in the area so we wouldn't have to worry about the cancellations and changes that have taken place in previous years. As it has turned out, the only thing constant on the local running scene is change.

During the month of March, we were notified that two of our selected Grand Prix events were being cancelled. First, the Mission of Mercy 5K that has been a fixture in Baker Park on Mother's Day weekend was bumped out of Baker Park by the City of Frederick because of the high school tennis championships that were scheduled to take place at the Park instead. Next, the Whittier Elementary School 5K that had grown progressively in the last few years lost its primary sponsor. Races are always a struggle for any organization to orchestrate, so as soon as a major wrench is thrown into the works, it's not surprising that they would elect to cancel.

After discussing the situation with **Competition Committee Chairman Victor Cretella**, we decided to approach both organizations to see if there was anything the Steeplechasers could do to assist these organizations in salvaging the events. Whittier has always had a nice venue for their race right there in their neighborhood, but was losing both their sponsor (Bloom) and their race director was being transferred. MOM needed a new venue and some assistance with organization. What we came up with was for the Steeplechasers to help Mission of Mercy put on their race at Whittier's venue. Victor volunteered to lift the load of race director duties from Jennifer White of MOM making this all possible.

For anyone that doesn't know, Mission of Mercy is a great local charity that helps provide health care services to people that can't afford it on their own. Doctors and dentists (such as our own George Waxter) donate their time to staff a mobile clinic once a month to provide attention to those in need. It's certainly a cause worthy of our support.

**The Mission of Mercy 5K (and 2K Fun Run/Walk) is now scheduled to be hosted from the Whittier Recreation Center (the gym for Whittier Elementary School) on May 10<sup>th</sup>.** For registration information, go to our website's calendar. We will also be needing volunteers for the event. Anyone wanting to volunteer should contact Victor at [veciii@comcast.net](mailto:veciii@comcast.net).

## Changes to Mission Of Mercy Race and Spring Grand Prix (Cont'd)

To further salvage the Grand Prix schedule, the Whittier event that was scheduled for June 7<sup>th</sup> is now being replaced by the **Deer Crossing Elementary School 5K being held on May 31<sup>st</sup>**. This is the first year for this event, but all signs are that the school is really into it and that it should be a fun event!

Note: The FSRC's Spring Grand Prix consists of 6 races. The rules can be found on the Competition Page of our website. 4 races are yet to be contested; they include:

Hood College Blazer 5K: 04/27/08

Mission of Mercy 5K: 05/10/08

St. John's Cross Country 5K: 05/24/08

Deer Dash 5k 5/31/08 (Replacement event for Whittier 5K)

---

## Summer Decathlon is just a raindrop away...

Ahh....spring is in the air (if you aren't in Columbus, Ohio.... or Minnesota) which means summer is right around the corner. In planning for the 2008 version of the Decathlon, I'd like some input as to the format that you would like best. You can reply to me OR go to the Forum where the poll is listed under "Summer Decathlon".

Would you like the coaching/training like last year?

How about the relays we used to do?

Maybe something new.....every other week, coach/relay OR do you have something se haven't tried yet like an organized workout after - you tell me.

Let me know as the first Decathlon event will be the first Wednesday in June!!! Are you sweating yet???

Tim O'Keefe

---

**Frederick Steeplechasers Running Club**  
**P.O. Box 681**  
**Frederick, MD 21705-0681**



**We're on the Web:**  
**[www.Steeplechasers.org](http://www.Steeplechasers.org)**