



# INTERVALS

Newsletter of the Frederick Steeplechasers Running Club

## 2009 Officers

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

## 2009 Committee Chairs

**Social – Kim Hessong/Luanne Houck**  
**Membership – Mary Zielinski**  
**Competition – Victor Cretella**  
**Race Support – Ken Anderer/Tim O’Keefe**  
**Training – Eva Rosvold**  
**Web Site – Rich Potter/Stephen Dobson**  
**Newsletter – Malcolm Senior**

## PRESIDENT’S CORNER

By Mark Lawrence

**Message to the Frederick Running Community From the Banquet:**

Welcome to the FSRC Annual Running Celebration!

If you thought you were coming to the Steeplechasers’ Awards Banquet, you’re partially right. This is the banquet where we recognize runners for their exceptional performances in the previous year, but there are some significant changes to note.

In recent years, under Tim O’Keefe’s leadership, the awards committees have been developing new ways to recognize a wider range of accomplishments. In addition to the exceptionally fast runners, we’ve been recognizing runners that have made outstanding progress during the year, others that have achieved extraordinary feats of endurance, and still others that have performed remarkably as new members of the running community. Over the last few years, Tim’s committees have recognized this expanding pool of outstanding runners. This year we will recognize a male and female runner in each of those categories just as we do the traditional Runners of the Year. We are also continuing the tradition of the Lewis Award for those providing exceptional leadership and inspiration to the running community through their enthusiasm and volunteerism

While it’s great to recognize people who have excelled; the problem with awards is that if they are emphasized too much, it leaves the rest of us feeling left out. Everyone works hard and sometimes there is little that separates the efforts of the award winner from others that have excelled in their own ways as well. So this year, we’d like to put more emphasis on **our collective celebration!** As runners, we are connected by all of our growth and achievement. *Let’s take this opportunity every year to come together, talk, share, and celebrate all of our accomplishments together!*

Congratulations to all of us! Even if we don’t get an award this time, let’s celebrate our own achievements together and gather additional inspiration from everyone around us. ***Where else can we go for that?***

Thanks for coming and participating.

It’s time to **CELEBRATE!**

Sincerely, Mark

## CLOSING REMARKS FROM THE PRESIDENT

The FSRC Annual Running Celebration, at the Frederick Way Station, was a **BIG SUCCESS!!** We had over 60 attendees who enjoyed a catered Italian Main Course along with soda/water. Complimentary beer was provided by Mike Orsini (Big Thanks to Mike!!). Many delicious side dishes and desserts were brought by attendees – there was plenty of food consumed!

Thank you to the entire Social Committee for helping Kim Hessong and Luanne Houck plan their first event for 2009. Special thanks to Vicki Bate for arranging for use of the Way Station, Dan Stanczyk for organizing the coolers/ice/soda/water, Peggy Waxter for purchasing the centerpieces, Jenny and Mike Marino for helping with registrations, John Grimes of Grimes Graphics for doing the imprints on our awards and for providing the sound system, and Anne Hafer, Ken Anderer, George & Peggy Waxter, and Leslie Nuse for helping with set-up and clean up.

Thanks to Mark Lawrence, Tim O'Keefe, Victor Cretella, and Mike O'Grady for motivating everyone through an exceptional award ceremony. And of course, congratulations to all awardees of the Decathlon Running Series and Fall Grand Prix Awards!

Big congratulations to the major award winners: **Jay Silvio, Eva Rosvold** (Runners of the Year), **Jim Salley & Bev Black** (Masters Runners of the Year), **John Stuart & Elizabeth Gannon** (Rising Stars), **Steve Pilarcik & Janice Dobson** (Most Improved), and **Peggy Waxter & Tim O'Keefe** (Lewis Awards).

The cost for members was \$5 in advance and \$10 at the door. For non-members it was \$15 in advance or \$20 at the door. A very reasonable price for what turned out to be a great evening and a great way to celebrate an exciting 2008.

**I want to thank everybody who made 2008 a success:**

### Officers:

**Mark Lawrence – President**

**Mary Zielinski – Vice President**

**Erik Lewis – Secretary**

**Anne Hafer – Treasurer**

### Board Members (Past Club Presidents):

**Paul Spurrier**

**George & Peggy Waxter**

**Brent Ayer**

**Tim O'Keefe**

## And Key Committee Members:

### Membership

**Mary Zielinski:** Club Vice President and Membership Committee Chair. Mary recruits, cajoles, organizes, orchestrates and is generally involved in all aspects of the club. In addition to being the primary keeper of the club's membership records, Mary also plays a major role as an organizer of training runs throughout the year.

**Ron Robisch:** Ron designed the Membership Committee's page of the website, and orchestrated the club's members discount program for Runner's World subscriptions.

**Larry Key & Rick O'Donnell:** Helped by frequently setting up membership table at various events through the year.

**Mike & Jenny Marino:** Helped plan the contents of the web page and various events during the year, including opening up their home for committee meetings.



**Race Support**

**Ken Anderer:** As Co-Chair of the Race Support Committee, Ken orchestrated dozens of finish line services for races throughout the year. He also authored the Race Management Primer, a race director's instruction guide that appears on our website.

**Tim O'Keefe:** The other Co-Chair of the Race Support Committee. Tim normally runs the races and finishes in time to help with the finish line and tally the results at dozens of events per year. Tim is also the club's course certification expert, performing this service for events several times a year. He also is responsible for the Sunday morning training run from Frederick High School which is likely to be the longest continuously conducted training run anywhere in the area.

**Dwayne Late:** Another key member of the Race Support Committee who is there to help at most races and takes charge when Ken's not available.

**Paul Christianson:** In charge of the Steeplechasers Aid Station at the JFK.

**Mark Lawrence:** Helps with finish line at most races and marks many of the courses. Also acted as the RD for the Lewis Run and the Run for the Pie and helped establish the course for the new Thorpewood event.

**Mike O'Grady:** Helped establish the course for Thorpewood.

**Lisa Hickman:** Volunteered for Finish Line duty and is the RD for the St. John's 5K

**Lorie Foucalt:** Was instrumental in organization of Mission of Mercy and WDF races.

**Competition**

**Victor Cretella:** In addition to being one of the Club's fastest runners, as the Competition Committee Chairman, Victor orchestrates the Grand Prix. It was his idea to create the

separate spring and fall Grand Prix competitions that were held this year. He also volunteered to be Race Director for the Mission of Mercy 5K which saved that event and the Spring Grand Prix in 2008. He also helped establish the route for Thorpewood.

**Bruce Attavian:** Plays a key role on the Competition Committee as the Club's statistician/record keeper for the Grand Prix competitions.

**Paul Spurrier:** Past President who continues to play a key role in the club. Helps arrange use of Frederick High School Track for the Summer Decathlon and is the Race Director for the Market Street Mile.

**Tim O'Keefe:** Orchestrates the Summer Decathlon.

**Stephen Dobson:** Types up the final results for most of the races.

**Training**

**Vicki Bate:** Probably best known for her work as the Race Director of the Way Station Turkey Trot, Vicki was the original Training Committee Chair who developed the initial information published on the Training page of the website. She is the primary organizer of the Frederick's Finest training group runs conducted from the Fitness First Gyms. Vicki is also responsible for allowing us the use of the Way Station for the banquet.

**Eva Rosvold:** New Training Committee Chair who orchestrates Sunday morning training runs from her Fundamental Fitness Studio for beginning runners as well as advanced. As a Personal Trainer and Yoga Instructor, as well as being an accomplished ultra-marathon runner, Eva provides exceptional guidance and expertise to the club and maintains the Training Page of the website.

**Brent Ayer:** Coach of Hood College runners and was elected President of the Road Runners Club of America in 2008!

**Tim O'Keefe:** Conductor of the longest continuous training group run in the area from Frederick High School on Sunday mornings at 7:00 all year around regardless of weather.

**Carole Smith:** The mother of the Club's developing 100 mile training group. Carole plans and orchestrates training runs of ridiculous mileage throughout the year.

**Mary Zielinski:** Orchestrates training runs throughout the year including JFK prep runs.

**Mike O'Grady, Mark Lawrence, Larry Key, and Stephen Dobson:** Founding members of the III-D Trail Team (the primary group training run for the Catoctin 50K)

**John Kippen:** Owner of `If the Shoe Fits` who conducts regular training group runs early on Saturday mornings normally starting from Baker Park. Major player in fueling the appetites of entry level runners for years.

**John Godinet:** Conducts countless group training runs from a wide variety of locations throughout the year. Known for high mileage at a steady, conversational pace, John has a reputation for encouraging normal runners into achieving abnormal accomplishments.

**Rick O'Donnell:** One of the club's most diligent trainers and last year's Lewis Award Winner for his come back from cancer, Rick continues to inspire leading training runs on Saturday mornings often starting from the 7<sup>th</sup> Street Starbucks.

## Social

**Suzanne & Erik Lewis:** Suzanne was the original Social Committee Chair while Erik was the Club's Secretary, but they both worked together to organize last year's banquet and the Summer Picnic along with a variety of other activities. Erik also bought the beer for last year's banquet! Also organize many training runs throughout the year.

**Stephanie Grace:** Helped with organizing last year's banquet and Summer Splash Picnic and hosted Social Committee Meetings in her home.

**Jen & Mike Marino:** Played a large supporting role in assisting with Banquet arrangements both last year and this year.

**Larry Cunningham:** Provided facilities for the Lewis Run and the Summer Picnic.

**Peggy & George Waxter:** As past Club Presidents, they are still regular participants on the club's executive board. They consistently provide support and assistance in many different areas of the club. In addition to Social Committee affairs, Peggy was the Race Director for last year's highly successful Women's Distance Festival Run. Frequently allow us to use their home as the club's meeting place and is the actual legal address.

**Kim Hessong & Luanne Houck:** Current Social Committee Co-Chairs and the principle organizers of this year's banquet. They also played key roles in organizing the 2008 Women's Distance Festival.

**Anne Hafer:** Has served as Club Treasurer for the last two years and has provided assistance in a wide variety of ways from Social Committee functions, to the Women's Distance Festival, and frequent assistance on finish line support.

**Mike Orsini:** Generously donating the beer for this year's banquet. Thanks Mike!

**Leslie Nuse:** Longtime club member who shows up and helps with most every Social Committee activity.

**Dan Stanczyk:** Recent addition to the club and the committee who is jumping right in. helping to organize this banquet. Look for big things from Dan in 2009! (not to put any pressure on you Dan).

**Newsletter ..(Need Help!)**

**Peggy Waxter:** Committee Chair and Editor for as long as anyone can remember although we can't forget the many years Bob Imming was the Editor. She is switching to Club Secretary and would like to find a replacement.

**Article Contributors for 2008:** Tim O'Keefe, Mike O'Grady, Malcolm Senior, Victor Cretella, Ron Robisch, Larry Key, Rick O'Donnell, Eva Rosvold, and Mark Lawrence

**James Moreland:** Longtime Steeplechaser who is one of the producers of the Washington Running Report. James also is our unofficial club historian.

**Karen Gardner:** Writer of the "Going the Distance" column in the Sunday edition of the Frederick News Post that covers running and other endurance athletics activities.

**Mike O'Grady:** Has acted as the unofficial club photographer for many occasions contributing many pictures for both the newsletter and the website.

**Website**

**Rich Potter:** Our original Webmaster. In 2008, Rich added the Runner's Forum, and now Pay Pal!

**Stephanie Grace:** Created the initial calendar of events.

**Stephen Dobson:** Took over maintenance of the calendar from Stephanie. Also posts all race results and has become Assistant Webmaster.

**BRRC GRAND PRIX SERIES**

– Sunday January 18<sup>th</sup>, 2009

1<sup>st</sup> in the 2009 Grand Prix series for the Baltimore Road Running Club (BRRC) an eight-mile race at Loch Raven Reservoir. It was bitterly cold weather for the 9:00 am start. The road is quite undulating and some stretchers were open to the waters edge. It's an out and back course passing the newly constructed dam. 118 finishers enjoyed bagels and drinks afterwards



This well-known local landmark Loch Raven Reservoir, holds nearly 20 billion gallons of water. Thousands of local and regional citizens enjoy the reservoir's watershed year-round for its recreational and natural features. But over one million people in Baltimore City, Baltimore County, Howard County, and Anne Arundel County, rely on Loch Raven Reservoir for the drinking water in their homes, businesses, and industries.

Portions of the road section are closed on weekends creating a protected area for cycling, running or just plain ambling, sauntering or roaming. Fishing and boating are allowed in the Loch but no gasoline engines are permitted. Serious athletes and weekend warriors will appreciate the many miles of winding, off-road trails that are perfect for hiking, horseback riding and mountain biking.



**FALL 2008 GRAND PRIX REPORT - Victor Cretella**

Jay Silvio had a decision to make going into the fall 2008 racing season. He could run at least three of the six races needed to qualify for the Steeplechasers Fall Grand Prix and defend his spring championship title; or he could skip the series, hoping to speed the recovery of some injuries that had been nagging him since his exceptional spring campaign. Silvio chose the latter option, skipping all but one race (a first place overall finish at the Catoctin Acqueduct 10k no less) in the fall Grand Prix. The decision paid dividends for Silvio in the long run—or at least one 26.2 mile long run in particular. By avoiding the wear and tear on his body associated with participation in the Grand Prix, Silvio was able to finish the Baltimore Marathon in 2:48:22. Silvio entered that race hoping to become eligible to take on Heartbreak Hill in 2010, when he will enter the master runner ranks. Silvio convincingly accomplished his goal, bettering the cutoff time by almost 30 minutes.

Silvio's decision to forego the Fall Grand Prix opened the door for three Steeplechasers. Victor Cretella, Chad Connors and Malcolm Senior all finished within two points of each other at the top of the Grand Prix standings. Points are awarded to Steeplechasers based upon their order of finish in each Grand Prix race with 50 points going to the first Steeplechaser, 49 points going to the second Steeplechaser and so on. (Points are also awarded in each age group starting with 10 points for first place.) The three best scores for each Steeplechaser are then added together for a grand total, with the runner accumulating the most points winning.

Senior was in peak condition at the end of summer. After finishing second in the Steeplechasers' 10 week Summer Decathlon series, he went on to run the Annapolis 10 miler in 1:07:44 (1<sup>st</sup> out of 184 runners in his age group). Propelled by these impressive results, Senior was ranked 9<sup>th</sup> among 55 to 59 year-olds by the Washington Running Report for the summer.

Not surprisingly, Senior was primed to race fast in the fall Grand Prix. His best finish was at the Goodloe Byron 15k where he picked up 50 points as first Steeplechaser and finished second overall (1:05:48). He also finished as second Steeplechaser (49 points) at the Run for the Bathroom 8k.

Senior had a chance to win the overall Grand Prix title but he needed to take first place at the Covered Bridge 10 Miler to keep hope alive; that distinction, however, went to Karsten Brown. Brown (ranked 53<sup>rd</sup> in the open division for the summer by the Washington Running Report) is usually the favorite when he toes the line at a FSRC club run; this is particularly true when the course covers 10 miles—Brown's preferred distance. Brown's predilection for the distance has been demonstrated many times, including a win at the Covered Bridge 10 miler in 2007 and a blistering 58:33 at the Lower Potomac River 10 Mile Run in October 2008.

Brown stayed true to form for the 2008 Covered Bridge 10 miler, setting the pace early. After running the first mile in a pedestrian 6:30 he turned to Cretella, saying that he was going to pick it up. After burning Cretella out with two consecutive six-minute miles, Brown built up a gap and ultimately beat him by about 50 seconds. (Although Brown did not qualify for the FSRC Grand Prix, he came in third overall for the Maryland RRCA's state grand prix.) Senior came in third (1:07:53), which earned him enough points to secure third place overall in the Fall Grand Prix (147 points). Senior also ended the fall ranked 10<sup>th</sup> among 55 to 59 year olds by the Washington Running Report. With Senior securing third place, Cretella and Connors were left to battle for first and second.

As with Senior, Cretella entered the Grand Prix Season in peak condition, finishing the New Haven Road Race 5k on Labor Day with a 17:04 PR. However, Cretella proved he was no mudder, finishing the very wet Frederick Fair 5k distinctly slower (17:21) than his Labor Day race five days earlier; but it was still fast enough to pick up 50 points as first Steeplechaser (5<sup>th</sup> overall).

Not to be outdone, Connors answered two weeks later at the Run for the Bathroom 8k, earning 50 points for his second place overall finish (31:17). Both Cretella and Connors then skipped the third race in the grand prix series to run as teammates in the Ragnar Relay. Their team of 7 men and 5 women finished second overall and first in the male category, running 181 miles from Cumberland to Washington D.C. in 22:58:42. They both became rivals again one week later at the Market Street Mile. That race proved to be the difference as Cretella just edged out Connors for first Steeplechaser (4:43 to 4:59), giving Cretella 149 points to Connors' 148 for the series. The competition between the two spilled over to their families as Cathy Cretella and Cheryl Connors both raced to the hospital within days of each other. Anthony Dominic Cretella was born on October 25; Cameron Andrew Connors was born on October 27.

Several weeks later, both joined forces again to run the Rockville 10k for the Steeplechasers club. Cretella finished with a 10k PR (36:32), qualifying him for the Washington Running Report's Fall Runner Rankings (11<sup>th</sup> out of 11 runners in the 35-39 age group). Connors also ended up with a 10k PR (39:09), earning enough points to also garner 1<sup>st</sup> in the 30 to 34 age group for the Maryland RRCA's Grand Prix.

John Stuart proved that persistence pays off. He was the only Steeplechaser to run in all 6 Fall Grand Prix races and this steady racing led to dramatic improvements in time and place. He went from 8<sup>th</sup> Steeplechaser at the Frederick Fair 5k (19:57) to second steeplechaser and fourth overall at the Byron 15k (1:07:57). Stuart earned enough points to finish fourth overall (143 points) for the series. He also has the longest streak of GP races, dating back to the Fair 5k in September. Prior to that, Steve Dobson held the longest GP streak, running in 13 straight GP races starting at the Covered Bridge 10 miler in 2007 and ending at the Covered Bridge 10 miler in 2008. He was followed closely by our very own 2007 Ironman, Larry Key, who ran in 11 consecutive GP races from the 2007 Covered Bridge 10 miler through the Catoctin Acqueduct 10k in 2008. Stuart carried his improvements over to some non-GP races, winning his age group at the Trooper Trot despite arriving over one minute late to the start after perusing the post-race snack assortment. He also brought home some hardware with his 19:37 finish at the Turkey Trot 5k (first in the 40-44 age group).

The race for fifth overall ended in a tie between three runners in the 40 to 49 age group, with James Salley, John Way and Stephan Dobson all finishing with 141 points. The tie was broken by head-to-head results for the Run for the Bathroom 8k, Steeplechaser Mile and Covered Bridge 10 miler, which all three ran.

Dobson entered the Grand Prix coming off a 6:49:03 finish at the Catoctin 50k in August and then ran a 3:33:13 at the Baltimore Marathon in October. Not surprisingly all of the miles took their toll, giving Salley, who saved his marathon performance until after the GP was over (San Antonio), the advantage over Dobson in all three races. Undaunted, Dobson sought to even the score at the San Antonio Marathon, but got edged out by Salley there too (3:23:41 to 3:28:46). Dobson saved just enough in the tank to showcase his extensive trail running experience by winning the inaugural Thorpewood 10k outright. He proceeded to run another inaugural race--the Rehoboth Beach marathon--in 3:29:57.

Although John Way ran in 125 races in 2008, including a 1:33:55 finish at the Dave Herlocker Memorial Bachman Valley Half Marathon in September (1<sup>st</sup> in the 40-45 age group), he also proved to have fresher legs than Dobson, edging him out in all three of their head-to-head Grand Prix matchups. Unable to beat Salley or Way in any Grand Prix races, Dobson finished second place in the 40 to 44 age group for the Grand Prix.

Salley's marathon training proved to be the decisive factor when settling the tie between him and Way. While they both finished in a virtual dead heat for the shorter races (5:12 to 5:13 at the Market Street Mile and 32:06 to 32:14 at the Run for the Bathroom 8k), Salley used his marathon training to build a decent cushion at the longer Covered Bridge 10 miler (1:08:10 to 1:09:36). With three head-to-head wins, Salley captured fifth place overall; Way had to settle for first in the 40 to 49 age group; Way also won the 40 to 44 age group in the Maryland RRCA's Grand Prix.

Steve Pilarcik grabbed 3<sup>rd</sup> place in the 40 to 49 age group with several fine performances, including fifth overall at the Catoctin Acqueduct 10k (44:01). He sprinkled in some impressive non-Grand Prix races including a second place finish at the Run for the Pie 10k (44:16); another second place finish at the Thorpewood 10k (47:14) and first place overall at the Moose Troop 5k (19:31). He saved his best finishes for either end of the season, including 6:42:56 at the Catoctin 50k in August and 18:57 at the Way Station Turkey Trot 5k where he grabbed 3<sup>rd</sup> in his age group.

The competition in the open division (14 to 39) was also tight. Daniel Stanczyk and Dan Poppert both finished with 24 points. Stanczyk was able to edge out Poppert with two head-to-head wins at the Catoctin Acqueduct 10k (third overall to fifth overall) and Market Street Mile races (5:15 to 5:28). Poppert, however, had several impressive non-GP finishes including winning his age group at the St. Michael's Youth 5k, and finishing fourth overall at Hope's Light 5k, and third overall at the Run for the Pie 10k.

As in the Spring, Tim O'Keefe and Ron Black battled for top honors in the highly competitive 50 to 59 age group. O'Keefe picked up 9 points at the Frederick Fair 5k with his 21:13 finish. Black answered with 9 points of his own at the Run for the Bathroom 8k (34:18) only to see Tim O'Keefe pick up 10 points at the Catoctin Acqueduct 10k. Not to be outdone, Black picked up 10 points of his own at the Market Street Mile, finishing in 5:47 and proving that he was fully recovered from his summer hamstring pull. Black went on to pick up 9 more points at the Covered Bridge 10 miler. With the last race to go, O'Keefe needed to beat Black in order to have a chance at the 50 to 59 title. But it was not to be as Black edged out O'Keefe by 1 minute and 30 seconds at the Goodloe Byron 15k. Black went on to finish the fall racing season with a first place overall finish at the Run for the Pie 10k and an age group win at the Way Station Turkey Trot 5k.

The battle for third place between Mike O'Grady and Bruce Attavian was also very tight. Attavian came into the Grand Prix in tiptop shape, having finished the Annapolis 10 miler at the end of August in 1:21:51, and proceeded to score well in the Fair 5k (23:03) and Bathroom 8k (37:42). O'Grady, still recovering from his 7:14:03 Catoctin 50k, skipped the first three races tapering for the Baltimore Marathon. After a highly publicized 3:55:50 finish in Baltimore, during which O'Grady pancaked himself on "the wall" like Wiley Coyote chasing the roadrunner, O'Grady ran the last three races in the series, going on to run the JFK 50 miler in 9:21:11. Although Attavian was able to beat Mike O'Grady by 13 seconds in their only head-to-head competition (Market Street Mile), O'Grady was able to outscore Attavian 15 to 13 for their two non-head-to-head races, edging out Attavian by one point.



Rick O'Donnell rounded out the top 5 in the 50 to 59 age group; he finished his third race in the series (Goodloe Byron 15k in 1:19:36) two weeks after turning out an impressive 3:46:07 at the Baltimore Marathon (3:46:07). The double Os (O'Donnell and O'Grady) joined a couple other Steeplechasers to run in the Ragnar Relay in September.

Larry Key repeated as the champion of the 60 to 69 age group. Proving true to the Ironman award he received for the 2007 season, Key pulled off the hat-trick, running in the Catoctin 50k (8:28:27); Baltimore Marathon (4:52:29); and JFK 50 miler (13:16:22); he ran the first three races in the Grand Prix as part of his taper for the Baltimore Marathon, winning his age group at the Run for the Bathroom 8k, and placing second in his age group at the Frederick Fair 5k and Catoctin Aqueduct 10k.

For the women, Beverly Black repeated as Grand Prix champion for the fall. Her performances included second place finishes at the Run for the Bathroom 8k (37:23) and Goodloe Byron 15k (1:17:30). Black was followed by Janice Dobson in second place. In addition to running in the Grand Prix, Janice ran the Baltimore, San Antonio and Rehoboth Beach Seashore Marathons. Janice also came in second in her age group at the Greasy Gooney 10k in Browntown, Virginia.

## **Wineglass Marathon** October 5, 2008 - Corning, NY

By Ron Robisch

I'm not sure if visiting my in-laws was an excuse to run a marathon or if running a marathon was an excuse to visit my in-laws, but however that works out our family found ourselves at Steve and Polly's doorstep in Campbell, New York, late Friday evening, last October 3rd. Their home is strategically located at the half-way point of the Wineglass Marathon, a point-to-point marathon running from Bath to Corning, primarily along the Cohocton River valley.



On Saturday Andrea and I grabbed the kids and drove the course from start to finish. As we crossed the town center of Bath, I came to realize that this marathon was a symbolic representation of "This Is Your Life, Andrea!" The hospital where she was born was located about a ½ mile down the road from the start line. Her very first job as an office clerk was in Bath along the course. Later the race would pass by her school from kindergarten through high school, her first boyfriend's house, and a few blocks from the home where she grew up. Twenty-six point two miles of Memory Lane!

I, of course, mainly focused on the course elevation changes, which were almost non-existent! I noted one hill in mile 5 after a left turn, and then another hill after passing through Campbell. Neither hill looked bad, and everything else was blissfully flat!



Completing the course drive-through left us in downtown Corning right next to the race expo. I picked up my bib, shirt (long sleeve Podium technical shirt from Brooks), and gift bag and quickly looked through the goods on sale. Not a huge spread, but then this is not a huge race. If you needed something, it was probably there, and the prices looked good.

## Wineglass Marathon - Contd

Next stop: Sorge's Restaurant (great pasta!) and getting to meet my online friends from the Marine Corps Marathon Forum, Kevin and Gwen. We all had a great time getting to know each other; we talked lots about running, kids, how to feed lizards, and of course, The Accident. Last February Gwen was in a horrible head-on car accident on icy roads. She was left with two fractured vertebra in her neck, along with numerous other injuries. Her presence at dinner Saturday night alone is remarkable, and the fact that she was also ready to toe the line the next morning for another marathon is...well, I don't think I know a strong enough adjective for it. Jaw-dropping? Miraculous?

On Sunday morning Andrea and I were up by 6am and at the Phillips Lighting factory getting ready for the race start by a little after 7. We let the kids sleep in; Andrea would return and pick them up after I started. The weather was quite chilly – around 38 F – and very foggy. We soon hooked up with Gwen and Kevin and got in a quick “before” photo of the 3 of us. As we dressed down to our racing shirts and bibs, I looked at their numbers in surprise: Kevin 167, Gwen 168. I looked down at my own shirt: 691. What's so remarkable about that? Well, I was looking at my number upside down. Right side up my number was 169. Over 500 runners there that morning and somehow the 3 of us ended up with sequential numbers! How wild is that?

Soon enough it was time to start running! And good thing, too, because we were all getting pretty cold outside! My goals were to 1) Finish healthy, 2) get under 4 hours for a PR, 3) go sub 9 minutes per mile pace (meaning just under 3hrs 56 minutes), and 4) go faster than that to whatever extent my body would allow. With those goals in mind I was shooting for running mainly in the 8:40s throughout most of the race, if all went well. I assumed the start would be a little slow so I was thinking of about 9 minute miles for the first two.

I waved to Andrea as I crossed the starting line and we were off! It didn't take long for me to be pleasantly surprised that I was feeling pretty decent that morning, and I quickly settled into a very comfortable, steady pace. It usually takes me a few miles to feel like that. **Mile 1** brought a mild surprise. I checked my watch expecting to see 9 or 9:30, and found **8:34** instead. Cool! For **Mile 2** I tried to remain relaxed and ran an **8:35** split. Ok, that settled it. 8:30s are a bit faster than I expected, but based on my level of effort, I decided that I would try to stay right there, at least for the early stages of the race.

After the first couple of miles I was no longer very cold, and temperature was a non-issue for me the rest of the way. We weaved our way back and forth through the center of Bath and then headed southeast out of Bath toward the next town, Savona. I remember crossing an intersection and hearing a lady squeezing a loud squeak toy from a car. Made me think my dog was coming!

Then we were soon running down country roads that were completely immersed in a dense, dense fog. I chatted a bit with a couple of other runners. One, a fellow mechanical engineer, was running the first leg of a relay. The other, a guy a couple of years older than me named Matt, was running in his first marathon. We were all feeling decent at this point. Running in a fog was kind of cool, and it didn't allow us to dwell too much on the long, seemingly endless straight-aways because we simply couldn't see more than a few hundred feet ahead! However, I looked forward to the sun burning through so that we could get a good view of the yellow and orange forested hillsides that I knew would surround us all along the course. **Mile 3: 8:33. Mile 4: 8:37.** Very steady!

The first hill was after a left hand turn during the fifth mile. It was nothing major, but enough to slow my **Mile 5** split to **8:48**. Miles 6 through 9 were flat and there was nothing to change my strategy. I still felt fine and I was still turning in splits in the 8:30s. Repeated checks of my overall race pace showed a consistent 8:38. We arrived to cheering crowds lining the streets in Savona around Mile 9. This would be typical for the race: long stretches with relatively few fans, but then many more fans in each town. Right there in downtown Savona was the squeaky lady again! It was actually a bicycle horn that she was squeaking, and I thought it was really a good, uplifting noisemaker! **Mile 6: 8:40. Mile 7: 8:33. Mile 8: 8:39. Mile 9: 8:37.**



Miles 10, 11 and 12 continued through peaceful, country roads and the sun was finally starting to burn through the fog at times. I noticed that one of the women running near me was being paced by friends of hers that were doing the relay. Now that's a cool way to provide a friend some support! **Mile 10: 8:39. Mile 11: 8:34. Mile 12: 8:40.** Race pace still 8:38.

Mile 13 lead us into the small town of Campbell, Andrea's home town and the first point at which I expected to see my fans. Sure enough, right after the mile 13 point and another water/Gatorade station there they were cheering me on! What a huge uplift to see family in a marathon! I high five'd all of them (Andrea, the kids, and my in-laws), and then some other lady who apparently thought I was out to high five anyone I could (I guess I probably was!), and then I was off for more miles! My pace definitely picked up for a few minutes thanks to the emotional boost. My 20K split was about a 4 minute PR at 1 hour, 47 minutes and change! **Mile 13: 8:30. ½ Marathon: 1:53:19. Mile 14: 8:38.** Race pace still 8:38.

Behind Campbell, we soon ran up our second hill in **Mile 15: ~8:50**. Then we went flying down the back side and returned to the flats, heading for the tiny town of Erwyn **Mile 16: ~8:31**. During the 17th mile I caught up to Matt once again, and met his wife Michelle who was briefly riding alongside Matt on a bike. We ran together for a short while before I moved ahead. **Mile 17: 8:31.** Race pace 8:38. I start having delusions of grandeur!

In the next few miles, as we passed through the towns of Coopers Plains and Painted Post and I saw my family once again, my effort remained steady, but I found my pace fading a bit. **Mile 18: 8:47. Mile 19: 8:49. Mile 20: 8:53.** Finally, my race pace was moving into the 8:40s.

It's often said that the marathon consists of 2 separate races: the first 20 miles and then the final 6.2. I'll vouch for that! The miles now had become very painful. No injury, just increasing pain from the waist on down. The next couple of miles were probably the low point of my race, as I knew any hope of finishing as strong as I began was gone. My slowdown continued, and even when my family drove by me and cheered me on from the van, I could do little to acknowledge them. At some point along here Matt caught me and passed me for good. **Mile 21: 9:25. Mile 22: 9:51.**



When I saw that last split, nearing a 10 minute pace, I became a bit alarmed. I could accept that any hope of going sub 3:50 was fading, but I really didn't

want to be flirting with that 3:56 (9 min pace). I doubled my efforts and surged as much as possible as we entered Corning. **Mile 23: 9:29. Mile 24: 9:37.** In the last couple of miles, I walked briefly at the aid stations. My familiarity with Corning helped me pace myself a bit for the finish, as I had a very good feel for when I was just a ½ mile out. **Mile 25: 9:35. Mile 26: 9:43.**

The course finished by crossing the Chemung River over a foot bridge which is slightly downhill. I, um, sprinted, sort of, to the finish, with various leg muscles beginning to give me some funky twinges. Somehow I managed to see Andrea and the kids once again along the bridge. Crossing the finish line I hit my GPS for a **3:53:29**, a PR of about 7 ½ minutes!



Post race I was in bad, bad shape for a while. My legs and hips were screaming at me and I walked a bit like a 13 month old! I passed on pizza. I passed on bagels. I attempted some good chicken noodle soup, but I really couldn't take it in. I drank lots of water as my son Lincoln tried to help me by messaging my calves!

Eventually, I checked the time and decided to try and get myself back to the finish line to cheer on Gwen and Kevin, if I could find them. I staggered over toward the finishing chute. Looking up, I was fortunate to catch a momentary glimpse of an image that – after all the miles of country roads, changing leaves, and cheering fans are left behind; after the pain of pounding exertion has long since faded from memory – will remain permanently etched in my mind. Standing there a few yards past the finish line were Gwen and Kevin, locked in an embrace. I have to believe that in that one moment was the release of a flood of emotions built up over a period of time much greater than the 4 hours and 20 minutes that it took for them to run the Wineglass.

Gwen's real marathon began 8 months ago on a cold, icy day in February. I can't even begin to imagine what it has been like for Gwen and Kevin, but I'm willing to bet that this last 26.2 miles of her marathon, painful as I know they were, may actually have been the easiest. I'm not sure who placed first in this year's Wineglass Marathon, but I know that the real winner finished with a time of **4:20:41!...Cheers to Ron for the report.**

---

**"Every morning in Africa, a gazelle wakes up. It knows it must outrun the fastest lion or it will be killed. Every morning in Africa, a lion wakes up. It knows it must run faster than the slowest gazelle, or it will starve.  
It doesn't matter whether you're a lion or gazelle -  
when the sun comes up, you'd better be running."**

---

**The rules for the 2009 Spring Grand Prix are as follows:****Rules**

- Series consists of 6 Races
- Best 3 races count toward scoring
- Must run a minimum of 3 races to win an award
- Must be a member by April 1, 2009 to be eligible for the series.
- Age will be determined by the competitor's age at the time competitor runs in his or her first race in the series.

**Awards**

- Top 5 overall
- Top 5 in the following age groups: Youth (13 and under); Open 14 to 39; Master (40 to 49); Grand Master (50 to 59); Super Master (60 and over)
- Overall score based on top 50 finishers with first place receiving 50 points, second place receiving 49 points, etc.
- Age group score based on top 10 finishers with first place receiving 10 points, second place receiving 9 points, etc. For tie breakers use points in races run head-to-head and then, if necessary, the results of the Deer Crossing 5K on 5/30/09. If Deer Crossing is used as a replacement race, then the tie breaker will be points in races run head-to-head and then, if necessary, time differential in races run head-to-head.
- No duplication of awards.

## **G**rand Prix Spring Races 2009

- **02/22/09 RRCA 10 Mile Club Challenge**
- **03/14/09 Forest of Needwood 5 Miler**
- **04/04/09 New Market Elementary Run for Fitness 5K**
- **04/26/09 Hood Blazer 5K**
- **05/03/09 Frederick Half Marathon**
- **05/23/09 St. John's 5K**



**The Deer Dash 5K on 5/30/09 will be used as an alternate if any race is cancelled.**

**Remember to check website for update, details and registration  
Volunteers are needed for the Spring Grand Prix races**

**Editorial**

The newsletter has been creatively produced by Peggy and George Waxter for many years. Peggy has taken on the responsibility of Club Secretary and I have taken over the role of Newsletter Editor. I welcome any articles, race reports, pictures and information that will be of interest to other members. Email me the documents / pictures when available rather than wait for newsletter due dates.

Thanks in advance and enjoy the read  
Malcolm Senior - Email: [malchazel@verizon.net](mailto:malchazel@verizon.net)

Don't forget to check the website: [www.steeplechasers.org](http://www.steeplechasers.org)

- For any changes to race schedule etc
- The forum to join the lively discussions.

**Full List of Events - check the website for latest updates**

Date/Time	Event	Location	Registration/WebSite
<b>FEBRUARY 2009</b>			
2/22/2009 8:00am	RRCA Club Challenge 10 Miler ***Grand Prix***	Howard Community College 10901 Little Patuxent Pkwy Columbia, MD	<a href="#">Registration</a>
<b>MARCH 2009</b>			
3/1/2009 7:30am	B&A Trail Marathon & Half Marathon	60 Robinson Road Severna Park, MD	<a href="#">Active.com Registration</a> <a href="#">Website</a>
3/14/2009 TBD	Forest of Needwood 5 Miler ***Grand Prix***	St. Mary's Church Catholic Church Road Petersville, MD	- -
3/21/2009 8:30am - 1 Mile 8:45am - 5K	Run for Rich 2009 5K & 1 Mile Fun Run/Walk	Heritage Farm Park 9224 Devilbliss Bridge Road Walkersville, MD	<a href="#">Race Entry Form</a> <a href="#">Website</a>
3/21/2009 9:00am	HAT Run 50K	Susquehanna State Park 4122 Wilkinson Road Havre de Grace, MD	<a href="#">Active.com Registration</a> <a href="#">Website</a>
3/21/2009 7:00am	National Marathon	RFK Stadium Washington, DC	<a href="#">MarathonGuide.com Registration</a> <a href="#">Website</a>
3/28/2009 TBD	Heritage Park 5K	Heritage Farm Park 9400 Devilbliss Bridge Road Walkersville, MD	- <a href="#">Race Entry Form</a>
<b>APRIL 2009</b>			
4/4/2009 TBD	New Market Elementary 5K ***Grand Prix***	New Market, MD	
4/5/2009 7:50am	Cherry Blossom 10 Miler	Washington, DC	Registration Closed <a href="#">Website</a>
4/11/2009 TBD	Run for Congo Women 5K	Baker Park Talley Rec Center Frederick, MD	- -
4/19/2009 7:30am	Mountain Maryland Marathon Festival	13 Canal St. Cumberland, MD	<a href="#">Active.com Registration</a> <a href="#">Website</a>
4/26/2009 (Tentative)	Hood College Blazer 5K ***Grand Prix***	Hood College Frederick, MD	-