



BabySteps



Jordan, Johns take Hobo's 10K titles

Runners from 4 states compete in inaugural event

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Upcoming club races:

- **March 7**—Run for the Plunge 5K run/walk at Rocky Gap State Park. \$10 fee if received by March 6, \$15 on race day. Every penny to be donated to Allegany County Special Olympics.
- **April 4**—Spring is Here! 10K and half-mile kids run at Union Grove Campground on Mason Road. \$3 for general public, free for Mtn Md Marathon Club members.
- **April 19**—Mountain Maryland Marathon Festival presented by Life Fitness Management. Events include the marathon, half marathon, 5K for United Way, kids marathon and 400-meter tot trot. Deadline to enter kids marathon is March 15.

LONDONDERRY TOWNSHIP, Pa. – Allegany County residents Jim Jordan and Rhonda Johns led participants from four states to the finish line in the first Hobo's Heartbreaker 10K on Valentine's Day in southern Bedford County, Pennsylvania.

Jordan, 53, of LaVale, finished the challenging 6.2-mile run in 40 minutes and 1 second. The next closest runner was more than four minutes back. From the start, though, it didn't appear Jordan would have an easy time of it.

Kevin Spradlin, 29, of Ellerslie, and Taylor Mason, 17, of Charleston, S.C., finished second and third, respectively in the event, which was sponsored by Hobo's Restaurant and hosted by the Mountain Maryland Marathon Club.

Johns, meanwhile, had little trouble holding off runner-up Katie Lauder for the women's crown. Johns, 23, of Cumberland finished seventh overall in the 20-runner field in 52:41. Lauder, 29, of Frostburg, was eighth in 55:23 and Sue Moessinger, 59, of Cumberland, was the third woman in 57:17.

Richard Malcolm, 40, of Cumberland, was the first 40-and-over runner to cross the finish line of



Todd Brown, Rhonda Johns (1861) and Kim Kaisner at the finish line of the Hobo's Heartbreaker 10K on Valentine's Day Saturday, Feb. 14, 2009. Photos by Darrell Cavey / TriStateRunner.com

either gender. Moessinger earned that honor for the women.

Nine-year-old Macklin McCormick won the half-mile kids' run in 4:08. Noah Spradlin, 9, of Ellerslie, was second in 4:26 while MacKenzie Spradlin placed third overall in 5:38.

Many thanks to event volunteers, Hobo's Restaurant, Londonderry and Cooks Mill U.M.C.

Run for the Plunge 5K event set for March 7

ROCKY GAP – David Manthey has been searching for a way to help Dr. Sean McCagh and the Allegany County Special Olympics for a long time, and the Pittsburgh resident has recently found the perfect

outlet.

In conjunction with the 5th annual Hooley Plunge at Rocky Gap State Park next month, runners and walkers have a creative opportunity to raise funds

for the area's physically challenged and developmentally disabled.

Before taking a dip in Lake Habeeb at 1 p.m. on March 7, participants in the first Run for the Plunge 5K

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Run to benefit Allegany County Special Olympics and other programs for the developmentally disabled

Run for the Hooley Plunge



**"It's an excellent way for runners to take a bath."
- Dr. Sean McCagh, on the inaugural Run for the Plunge 5K run/walk followed by the Hooley Plunge in Lake Habeeb at Rocky Gap State Park in Flintstone.**

run/walk can complete a 3.1-mile event as a way to warm-up before cooling down in the lake.

Manthey said he learned of the value of the Special Olympics as a volunteer. It brought a certain level of self-satisfaction, he said. Manthey, who agreed to support the run with a financial contribution through his construction firm Manheim Corp., also said seeing Special Olympics athletes compete brings to one's self a level of awareness.

"Different groups have asked to have a 5K," McCagh said. "We've wanted to do it, but we just didn't have the manpower. Now, thankfully, the Mountain Maryland Marathon Club stepped up. It's a natural fit to have a nice 5K the (day of) the plunge. It's an excellent way for runners to take a bath."

Participants for the run/walk can register in advance by downloading an entry form from www.mountainMDmaratho

n.org. Early entry fee is \$10 and includes a unique event T-shirt. Race-day registration is \$15 and begins at 8 a.m. The 5K run/walk begins promptly at 9 a.m.

McCagh isn't sure what to expect in the first-year event but "I think there's a strong core of local runners who, once the word gets out to them, I think we can see a good showing from them."

Manthey plans to bring himself and as many as nine other runners from Pittsburgh. His wife, Charlie, and 9-year-old daughter Chloe plan to participate with several friends.

Regardless of participation, the event will have a direct impact on Allegany County Special Olympics. In all cases, every dollar of every participant's registration fee goes directly to benefit that program and others which benefit developmentally disabled people. Manheim Corp.'s contribution basically underwrites the cost of the event T-shirts and post-run food and non-alcoholic drinks.

For more Run for the Plunge information, e-mail run@mountainMDmarathon.org or call (240) 522-0276.

For more information on the Hooley Plunge, log on to www.hooleyplunge.com.

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Registration nears 200 for Mtn Md Marathon presented by Life Fitness Management

CUMBERLAND — Through late Monday on Feb. 23, registration numbers for the Mountain Maryland Marathon Festival presented by Life Fitness Management neared the 200-runner mark.

On Sunday, April 19, downtown Cumberland will host five events—the 26.2-mile marathon, the 13.1-mile half marathon, the 5K for United Way, the Kids Marathon and the 400-meter tot trot.

All of the events benefit

County United Way, a regional organization which helps residents in Allegany and Garrett counties in Maryland and Hampshire and Mineral counties in neighboring West Virginia.

There are 56 marathoners and 69 runners signed up for 13.1 miles. In addition, there are 32 5K participants and 36 kids marathoners.

So far, participants hail from 12 states and Washington D.C., as well as from: Maryland, Pennsylvania, West Virginia, Virginia, South Carolina, Ohio,



New York, Florida, Wisconsin, California, Texas and Illinois.



10K to raise funds for Brittany to run in Australia

CUMBERLAND—Frankfort High School senior Brittany Armentrout has been no farther from home than the West Virginia state cross country championships four hours away.

But on April 4, the 2nd

annual Spring is Here! 10K and half-mile kids run is collecting donations to help the 18-year-old go on a trip of a lifetime.

Brittany, of Carpendale, W.Va., has been invited to participate in the Down Under Sports international

games in Australia this July. In order to participate, she needs to raise about \$4,500. Through Feb. 23, the Falcon had raised more than \$1,600—or over 35 percent of her goal.

For details, log on to the club website.



Brittany Armentrout plans to represent Frankfort High School and the state of West Virginia in the Down Under Sports International Games in Australia this July.

To get there, she needs to raise \$4,500. The Mountain Maryland Marathon Club is using the Spring is Here! 10K and half-mile kids run to raise funds for her trip.

Entry fees remain \$3 for the public and free for club members.



Photo by Steve Bittner / Cumberland Times-News

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Jason Griffith, Treasurer
Jim Jordan, Secretary
Valerie Van Hollen, member
Kevin Spradlin, executive director



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The club's bylaws and mission and vision statements are online at www.mountainMDmarathon.org. In addition, we offer a wide range of networking opportunities, including training runs almost every weekend.

In addition, our club focuses on improving health and wellness. Through our club library, members can borrow books at no charge. Books will soon be available on training and racing, strength and fitness, nutrition and injury and rehabilitation.

CUMBERLAND — On the weekend of April 18-19, a family from south of Chicago, Illinois, will visit Allegany County as marathon festival “grand marshals” and share their story of defying overwhelming odds to run a marathon—together.

In the picture courtesy of MarathonFoto at far right, Jamie Parks (left) pushes his wife Lynn to the finish line of the 2008 Boston Marathon with daughter Annalyn, who jogged the final meters of her parents’ 26.2-mile effort.



But it isn't just Jamie's marathon training that captures one's attention. In fact, his training is rather mundane and, for all intents and purposes, ordinary. But his dedication to his wife, Lynn—and her struggles through thousands of hours of rehabilitation after a horrific car accident left her unable to walk and talk—and their faith allow them to log many miles—together.

Why low-key races are important

by Kevin Spradlin

The year 2009 is the Mountain Maryland Marathon Club's first full year as an organization, having joined the fraternity of more than 700 running clubs under the Road Runners Club of America umbrella.

Our group, comprised of area runners of various speeds and abilities and hopes and dreams—but some level of all four elements—is offering no less than 12 new organized running events spread over five dates this year.

Two dates already have passed. Runners from four states gathered in a blustery New Year's Day at Country Club Mall for a 2.62K (1.63 miles) and a half-mile kids' run. Participants—not just runners, but plodders and racewalkers and former sprinters alike—paid their \$3 entry fee or, if a club member, received a free entry into the event.

Auntie Anne's pretzel shop donated coupons to all participants



The low-key Hobo's Heartbreaker 10K on Valentine's Day Feb. 14, 2009 turned out to be just a hard training run for me (left) and Taylor Mason. Taylor's the nephew of club secretary Jim Jordan. Photo by Darrell Cavey / TriStateRunner.com

for a free soda and pretzel. And based on projected participation, the club paid for a handful of token prizes ranging in value from \$3.50 to \$5—each one, of course, worth more than the average runner's \$3 entry fee. We also offered up four free entries into the Mountain Maryland Marathon Festival presented by Life Fitness Management.

The prizes were offered ran-

domly; my 6-year-old daughter drew names from a bag on a chair.

No, the awards weren't based on one's performance. In my mind, participation was the real reward. But offering a young runner an opportunity to take home a token symbol of appreciation for coming out on a cold, snowy day—a thank you, of sorts—was worth a few dollars.

A similar format followed for the Hobo's Heartbreaker 10K and half-mile kids run on Valentine's Day. Again, participants—runners, racewalkers and walkers alike—from four states were on hand. Three shorter folks completed the half-mile run, including both hills in it.

Not everyone walked away with a prize that day, either. Some did—maybe a \$5 movie or a candle, maybe a free 5K for United Way entry. But everyone appeared to leave with a smile on their face. Perhaps they were a bit happier just because they were there.

