

BabySteps



Johns getting better, little by little *MacGray captures 2nd annual Spring is Here! 10K win*

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CUMBERLAND, Md. – The cold, the hills and blustery wind all were more challenging than expected for Cumberland resident Rhonda Johns.

On the other hand, everything was just perfect on Saturday during the 2nd annual Spring is Here! 10K road race. Johns, 23, set a course record over the 6.2-mile event in 51 minutes and 14 seconds – eclipsing former record-holder Maureen Hall’s 51:43.

Johns, preparing to make her 13.1-mile debut on April 19 at the Mountain Maryland Half Marathon, has steadily progressed during the first quarter of 2009. On Feb. 14, she averaged 8:29 per mile over a challenging 10K course in southern Bedford County, Pa. On March 7, she set a personal best in the 5K distance at Rocky Gap State Park with a 7:53 pace and, three weeks later, ran 23:58 – a 7:43 pace – over a 5K course at Mexico Farms.

Mary Jane Baniak, 31, of Keyser, W.Va., was second in 53:22 and Frankfort High School senior Allison Tappe, 17, of Ridgeley, placed third in the women’s field in 56:04. Tappe was one of six runners in the field associated with the Falcons cross country and track teams.



Rhonda Johns (left) set the women's course record and Aaron MacGray won the men's title in the 2nd annual Spring is Here! 10K on April 4. Photos by TriStateRunner.com

The turnout was a practical one, as the event benefited teammate Brittany Armentrout, who is raising money to fund a competitive trip to Australia in July for the Down Under Sports International Games. Armentrout collected more than \$300 in donations on Saturday and is now more than 77 percent towards reaching her \$4,500 goal.

Complete result and photos are available at www.mountainMDmarathon.org.

Upcoming events:

- **April 19**—Mountain Maryland Marathon Festival presented by Life Fitness Management. Events include marathon, half marathon, 5K for United Way, kids marathon (1.2 miles) and free, 400-meter tot trot. Proceeds benefit County United Way.
- **May 9**—Kids Mile Challenge at Allegany College of Maryland. Hosted by Western Maryland Road Runners. Call Maureen Hall at 301-729-7849 or email mhall@aliconet.org.
- **June 2**—First of 6 Junior Striders races. One-mile and 2-mile options every two weeks. Visit www.qcstriders.org.
- **June 13**—YMCA Rocky Gap Triathlon. Log on to www.cumberlandymca.org.
- **Aug. 30**—Twilight 5-mile run in Mount Savage. Low-key event, just \$3 entry fee and free for M3 Club members. Start time 6 p.m. Register between 5:15 p.m. and 5:50 p.m. Race-day registration only.

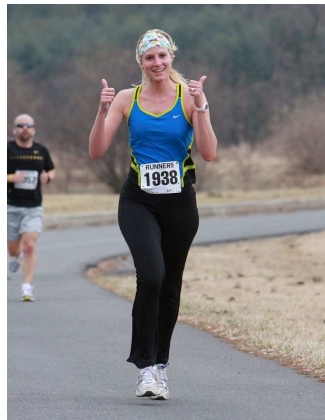
STARTING LINE

MOUNTAIN MARYLAND MARATHON

PRESENTED BY:



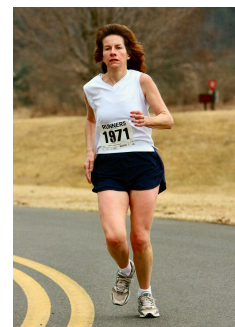




**"It looks like you could use a running buddy."
- Andrew Ferguson to his mother, Julie, midway through the inaugural Run for the at Rocky Gap State Park in Flintstone.**



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



ROCKY GAP, March 7 – It wasn't a day for setting records – at least not the kind measured by a runner's stopwatch.

It was a day for camaraderie, an "all-for-one" attitude, if you will. It was fun – and Andrew Ferguson just couldn't let his mother go it alone.

"It looks like you could use a running buddy," he told his mother, Julie Ferguson, as she reached the halfway point of the first annual Run for the Plunge 5K run/walk on Saturday at Rocky Gap State Park. The inaugural event raised more than \$1,300 for local groups.

Andrew Ferguson, of Keyser, W.Va., already had completed his 3.1-mile effort – he placed fourth overall among the first 86 finishers. But the 87th and last was his mom, who had just reached the turnaround point at the dam overlooking Lake Habeeb with a scenic segue to Evitts Mountain.

Julie Ferguson, 70, of Ashburn, Va., was by herself in a spiritual zone of sorts, but she appeared grateful for the company and welcomed her son with a smile. Dressed in blue jeans, a hunter green long-sleeve shirt with a matching sweater secured around her waist – the favorable, 70-degree temperature made it unnecessary – she finished her cup of ice cold water at the aid station and prepared for the final 1.5 miles to the finish line with

appeared grateful for the company and welcomed her son with a smile.

Dressed in blue jeans, a hunter green long-sleeve shirt with a matching sweater secured around her waist – the favorable, 70-degree temperature made it unnecessary – she finished her cup of ice cold water at the aid station and prepared for the final 1.5 miles to the finish line with her son. Julie Ferguson, with Andrew, finished in 69:24, a leisurely 22:24 per mile.

The Fergusons – Andrew finished in 20 minutes and 25 seconds while his wife, Laurie, tailed 4-year-old Garrett about 26 minutes later – were just four of nearly 90 first-time Run for the Plunge participants to raise money for the Allegany County Special Olympics, Boy Scout Troop 89 and other programs which benefit local people who have developmental disabilities.

The run/walk was sponsored by Manheim Corp., of Pittsburgh, Pa., Martin's Food in Cumberland, Western Maryland Timing and TriStateRun-nur.com.

What is significant is that only three weeks before Saturday, the run/walk didn't exist. Dr. Sean McCagh, organizer of the fifth annual Hooley Plunge – the now annual and looked-forward to dip in Lake Habeeb – gathered with potential stakeholders in mid-February. Over pizza and soda, the Mountain Maryland Marathon Club

agreed to organize the event on short notice.

Working with Mantheiy, club officials and organic T-shirt designer Arron Blacker and Rocky Gap State Park rangers Mike Deckelbaum and Sarah Milbourne, the event was quickly processed for a permit and logistics were readied. With a small but dedicated group of volunteers on event day, including Valerie Van Hollen, Jim Jordan and Robert Hall, the marathon club was ready for 30 pre-registered runners and 59 more who signed up on Saturday.

There was a race, of course. Tom Ruckert, 56, of Grantsville, won in 19:12 while 16-year-olds Ian MacFawn (19:38) and Adam Rossi (19:55) took second and third, respectively.

Paula Bridges, 43, of Cumberland, took home the women's title in 22:36. Corinne Mantheiy, 14, was second in 23:48 while Connie Milligan, 40, edged Nikole Sensabaugh by three seconds for third place.

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Registration nears 400 for Mtn Md Marathon presented by Life Fitness Management

CUMBERLAND — Through the lunch hour on April 15, registration numbers for the Mountain Maryland Maryland Marathon Festival presented by Life Fitness Management began to approach the 400 mark..

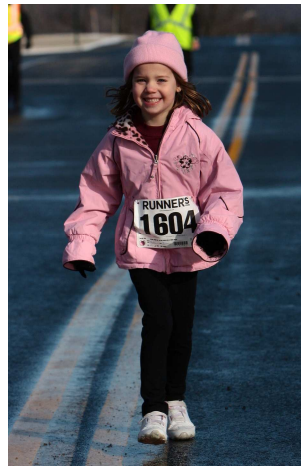
On Sunday, April 19, downtown Cumberland will host five events—the 26.2-mile marathon, the 13.1-mile half marathon, the 5K for United Way, the Kids Marathon and the 400-meter tot trot.

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 78 marathoners and 145 runners signed up for 13.1 miles. In addition, there are 110 5K participants and 46 kids marathoners.

So far, participants hail from 13 states and Washington D.C., as well as from: Maryland, Pennsylvania, West Virginia, Vir-



ginia, South Carolina, Ohio, New York, Florida, Wisconsin, California, Texas, Georgia and Illinois.

School with most participants to get cash prize

CUMBERLAND—Schools can get in on the challenge of getting fit—or fitter—and benefit financially, too.

A modest cash prize will be awarded to the school with the most participants registered in all 5 events—marathon, half marathon, 5K for United Way, kids marathon and 400-meter

tot trot.

To qualify as a school representative, you must be a paid participant and you must be either an administrator/staff/faculty or a student at the school.

Being a graduate, having knowledge of where the school is or knowing the school motto,

song or colors does not count.

The idea is to promote healthy activity among all ages and all walks of life—even among those who might never have considered participating in an event of this nature until now.

The idea is modeled after the Main Street Mile event in Westminster in Carroll County.

Brittany Armentrout (Falcons) will 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 used the Spring is Here! 10K and half-mile Kids run to raise funds for her trip.

The event raised more than \$300—putting her at \$3,870 with a month to go.



Photo by TriStateRunner.com



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Mountain Maryland Marathon Club

Maureen Hall, President
Robert Hall, Vice President
Jason Griffith, Treasurer
Jim Jordan, Secretary
Valerie Van Hollen, member
Kevin Spradlin, executive director

The club's bylaws and mission and vision statements are online at www.mountainMDmarathon.org

We also 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.

Supporters of the inaugural Mountain Maryland Marathon Festival

Life Fitness Management, located on National Highway in LaVale * GO106 radio * County United Way * Rehab First * Allegany HealthCare Group LLC * Allegany County Department of Tourism * LaVale Veterinary Hospital * The PharmaCare Network * Western Maryland Health System * Community Trust Foundation *

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Fire Department * LaVale Volunteer Fire Department * Allegany County Bureau of Police * Cumberland Police Department * Cumberland Street Department * Allegany County Sheriff's Office Fire Police Association * Frostburg State University Department of Recrea-

tion & Parks Management * YMCA * New Life Design * Braddock Medical Group * Personal Best * Wanda's Clocks & Trophies LLC * LaVale Lions Club * Western Maryland Wheelmen * BJ's Custom Creations * Maryland Salem Children's Trust * Maryland State Police * Maryland State Highway Administration * Rodale Publishing Inc. * Allegany College of Maryland * Potomac Valley Pharmacy * Spa 41 * Chambersburg Road Runners Club * Cumberland Valley Athletic Club * Susquehanna Bank * AES Warrior Run

