

Due to a recently scheduled scrimmage, the Hood Breakfast run will have to be moved to Sunday, March 1 at 10am. All other details remain the same. This frees up Sat. Feb. 28th if anyone wants the date.

Our Breakfast Runs have been very successful and fun. We have 2 more coming up. Please be sure to RSVP to the host of the breakfast runs you plan to attend. Since we only have a few available dates remaining let me know quickly if you want to host a run.

In order to build more camaraderie within the Frederick Steeplechasers Running Club we would like to hold "breakfast runs" throughout the winter. Ideally these runs will be held at one of our home's on a Saturday or Sunday morning. Alternately, they could be held from alternative locations ending in breakfast. The breakfast need not be elaborate and need not be entirely supplied by the host. All runners can bring an item to share. When I did this a couple of years ago, I supplied the coffee, other drinks, and some type of egg casserole which could be put in the oven to cook while we ran. The breakfast could even be continental--choice of the host. As far as the run goes various distances between 3-20 miles would work best. I have plans for a run this year that will have approximate distances of 14, 11, 8, and 4 miles. Everyone can start together, or stagger the start based on the number of miles planned to run. A starting time between 7-9 am seems to be suited to most of us. The following dates are available for Breakfast Club Runs:

The following dates have been booked by club members (details on each run can be found after the text of this email):

Sat. Feb. 14 (maybe a couples run?)

Sun. Feb. 15

Sat. Feb. 21 Waxters 8am in Waterside Development off Rt.26 in Frederick

Sat. Feb. 28

Sun. Mar. 1 Hood College with Brent Ayer and Hood Track team @ 10am

Sat. Mar. 7

Sun. Mar. 8

If you want to host a run, email me with your date and **all of the following information:** your location (I don't need your address yet, just your neighborhood or town), what you will provide (general or specific), run start time, run details and directions if you want to hand them out early. I will forward on to the group. You might also consider letting runners know what to do in case of inclement weather. Those who want to attend will RSVP to you with what they plan to bring and number of miles they plan to run. Hopefully, we can get together several times throughout the winter to help with motivation and camaraderie.

Mary Z.

FSRC Vice President  
Membership Committee Chair  
<http://www.steeplechasers.org>

**Feb. 21** Breakfast run in Frederick. I'll provide bagels, cream cheese, juice, coffee, tea, hot breakfast casserole; french toast casserole. The run will begin in the lower parking lot (south of Walmart off of Rt. 26). The parking lot is for the boat ramp and soccer fields. The run will meander along the Monacacy River paved path -- out and back (4 miles) and then runners can run up to Monacacy Blvd and run on the sidewalk toward Gas House Pike and return back to your cars. Total distance is approx. 7+ miles. We live at 7916 River Run Ct., Frederic, MD 21701 (Waterside Development which is across the highway (Rt. 26) from Walmart. From the soccer field parking lot, turn right at the Rt. 26 traffic light; go to the next traffic light and turn left at Waterside Drive. Take next left, River Run Ct., and keep on this road until you get to the single family homes. We're at the end of the road on the left. Please RSVP by email or phone: 301-663-8082.  
[pwaxter@comcast.net](mailto:pwaxter@comcast.net)

**March 1** Breakfast run from Hood College. No need to RSVP, just show up at Gambrill Gymnasium at 10:00AM and I will arrange coffee, juice, gatorade, fruit, and bagels. I will try to arrange running routes from 3 miles to 15 miles with our runners serving as tour guides. We have about 40 student-athletes on the track team and we would be pleased to host a run and serve breakfast to you afterwards. Our throwers are good for 40 feet, sprinters good for 600 yards, and distance folks can cover 20 miles!