

Who: *The Frederick Steeplechaser's Running Club*
(but all are welcome)

What: **The John & Mike Lewis Memorial 10 Miler**
(First event of the Steep's 2010 Grand Prix)

Where: Eastview Clubhouse on Oakmont Drive in Frederick

Why? Because you love running wicked hills in freezing weather!
(It's good for you!)

When? **Saturday, January 23rd, 9:00 am**

What else? The Lewis Run is our favorite early season primer that we love to hate, BUT IT'S FUN!!! Winner gets a hardy slap on the back from all participants. Prize is given for the closest predicted time (no watches allowed). Plus we all get together to eat and get warm by the fire and share war stories after it's over.

How much? Everybody needs to bring a treat to share after the race. Race is otherwise free for Steeplechaser members, \$5 for non-members (membership is \$20 so you may as well join).

Directions: To get to the Eastview Clubhouse from Rt. 40 (West Patrick Street in Frederick) turn onto Waverly Drive by the Frederick Town Mall. Follow over speed bumps to Shookstown Road. Go left on Shookstown Rd. and begin to climb. Watch for Lakeview Drive on the left, but don't turn on it. Oakmont Drive is the next left (it's hard to see). Turn there. Go down a steep hill and you'll see a lake with a clubhouse on the left. That's it!

We'll have coffee and the fire going. See you there!

Questions for the RD? Markruns50@comcast.net

Emergencies: 240 285-4703