

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

**What:** The John Lewis Memorial 10 Miler

**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, February 4<sup>th</sup>, 9:00 am

**What else?** The Lewis Run is our early season run that we love to hate. Low key event where prizes go to the closest predicted time (no watches allowed). Front runners get our admiration and a hardy slap on the back. Course is paved but **REALLY HILLY!**

**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](mailto:Markruns50@comcast.net)

Emergencies: 240 285-4703