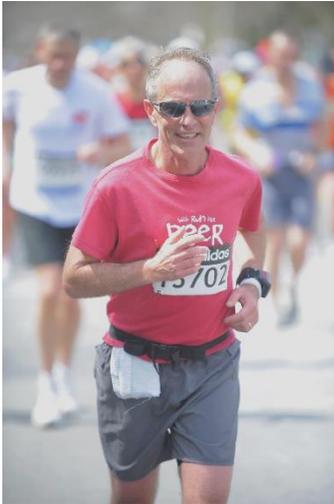


President's Message by Lou King, June 4, 2016



The club continues to have a lot going on, thanks to all of you and your help volunteering.

Work continues on our upcoming signature races. First is our new Summer Solstice Twilight 8K, led by race director **David Levine**, June 18 (fredericktwilight8k.com). Then we have the Women's Distance Festival 5K (and 1K fun run), race director **Harriet Langlois**, August 13 (frederickwdf.com). Then the Market Street Mile, race director **Anne Light**, September 10 (frederickmarketstreetmile.com). And finally the Rick O'Donnell 5.22 Mile Trail Run and Ultra Challenge, led by the committee of **Crista Horn, Mike O'Grady** and **Kerry Shepherd**, September 18 (rickstrailrun.com).

All of these races need volunteer support, so please go to their web site, find the volunteer link and sign up to help, or just email the race directors at info@fredericktwilight8k.com, info@frederickwdf.com,

info@frederickmarketstreetmile.com or info@rickstrailrun.com as appropriate.

Also, all of these races have a local charity which will receive the net proceeds. If you or your business are interested in sponsoring any of these races, please contact the race director.

The Women's Distance Festival 5K training program, coached **Luanne Houck** and **Roseann Abdu** will be starting the June 13. Please follow the link from the Women's Distance Festival web site to register.

We also have a low key race coming up, the Run for the Pie 10K, led by **Mark Lawrence**. As mentioned in the last President's Message, we have secured a location for port a pots. As this race has grown with the club, we will be offering online registration and will be assigning race bibs to aid in accurate timing. This race is free to members, and will be \$10 for non-members. This race, a club favorite, requires each participant to bring a pie. The pies are distributed as runners' choice, according to male/female finish order. Yum!

We have now completed five 2016 grand prix events, with 240 participants. Of course the Frederick Half was our biggest draw so far – 186 club members ran that race, wow!

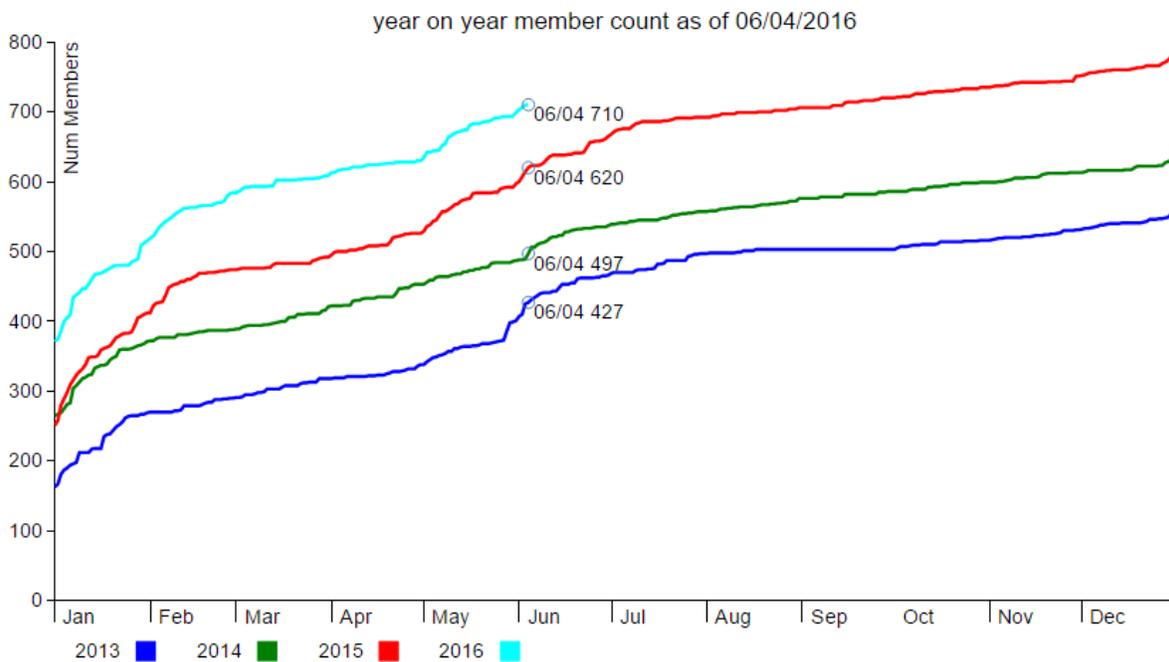
Since the Frederick Half was so large, **Jenny Hallberg**, who has been taking the results and importing them into scoretility, had to find a clever work around for pretty serious bug to incorporate the results. I have been working to find a solution for the problem ever since – need to make sure we don't run into this again! Many of our members were at the post race Steeps tent, coordinated by Membership Committee chairs **Nikki Martin** and **Kerry McHugh**, and staffed by Social Committee chairs **Ruth Taylor** and **Art Gregory**.

This is a good time to remind you that the decathlon 800m is coming up July 13. You should think about running this because a) it is part of the Grand Prix, Decathlon and Equalizer series, b) it is the night of the FSRC Ice Cream Social, sponsored by If the Shoe Fits and Saucony, and, c) we are going to take a picture of everyone who shows up.

Are you ready for the summer picnic? Our Social Committee chairs **Ruth Taylor** and **Art Gregory** are moving the date out to August 27. **Tim O’Keefe** will be presenting the decathlon awards at the picnic this year, so put this fun event on your calendar!

We have picked a date for the General Membership Meeting, October 19, so please mark your calendars. Like last year we will talk a little about club operation and have some films. Unlike last year the talking and film viewing will be shorter, which will give members more time to socialize. Also, this year will be BYOB, so a) no worries about getting a liquor license or extra insurance, and, b) you will be able to drink what you prefer.

The club continues to grow at an amazing pace. As of this writing, we have 710 members, which is 90 more than last year on the same date. You can always go see these statistics by going to the web site and clicking on Membership > Membership Statistics, or just by clicking on <http://steeplechasers.org/membership/membership-statistics/>.



The Spring marathon and half marathon training groups have finished up. I have heard very positive things about how well people did at their goal races, thanks to the efforts of leaders **Billy Clem** and **Jan Harris**, coordinated by Training chair **Javier Montenegro**. The Fall programs will be starting soon – keep an eye out on Facebook and through the monthly news blasts, or see <http://steeplechasers.org/training/training-groups/> for more information about our training programs.

Pam Monaghan-Geernaert continues to do a great job organizing our education sessions. By the time you read this we will have had Runners Stretching (thanks to **Nicole Davis**) and a Trail Running panel featuring **Lisa Johnson**, **Regina Clark**, **John Godinet**, **David Welch**, **Mike O’Grady**, **Mark Lawrence** and **Bill Susa**. Upcoming is Ladies’ Running Stories, another panel July 14 6:30 at C Burr Artz Public Library.

That’s all for now – I hope to see you around town soon.

Lou King
president@steeplechasers.org