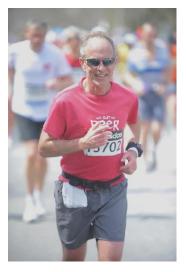
## President's Message by Lou King, September 15, 2015



Did you know that the Frederick Steeplechasers Running Club will be celebrating its 40<sup>th</sup> anniversary this fall?

To celebrate, we will be having a General Membership Meeting, October 28 at the Delaplaine. Sure, we'll be talking a little bit about club operation, and remembering the past 40 years, but also there will be several short films from Trails in Motion (<a href="https://www.trailsinmotion.com/">https://www.trailsinmotion.com/</a>) for your entertainment. To register for the event, please go to <a href="https://www.runningahead.com/events/fsrcgenmember/">https://www.runningahead.com/events/fsrcgenmember/</a> and let us know you'll be coming.

If you're wondering about Market Street Mile and where the charity dollars go, MSM Race Director Anne Light and Greg Light (both RRCA Certified coaches), in cooperation between FSRC and Rotary of Carroll Creek, started the Panther Running Club at Lincoln Elementary School

several years ago to teach the kids at that school a love of running, and to give them a safe place to be a couple of days a week after school.

This year, Anne (and others, but Anne was the banner carrier) went above and beyond and solicited money from the community to supplement that which FSRC and Rotary have given, to get a track built around the LES field. Not only did Anne solicit the money, she saved money by being the general contractor for this effort. She did an amazing job, and the kids love it.

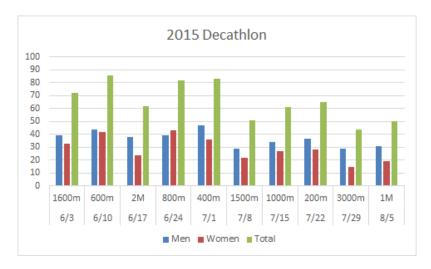
Hey, did you go to the Women's Distance Festival on August 8<sup>th</sup>? Race Director Harriet Langlois did an even better job this year than last (her first). My goodness, hand quilted awards and homemade cookies to the award winners, and that's just scraping the surface. We had our first race using chip timing, and had a banner year of giving to the Women's Giving Circle of Frederick County – \$14,412 was donated this year. Wow!

Speaking of chip timing, Market Street Mile, Sept 12<sup>th</sup>, was also chip timed this year. Anne Light did a wonderful job as always directing this race. We're still working out the final finances, but it looks like we will have exceeded past years donations to the Panther Program.

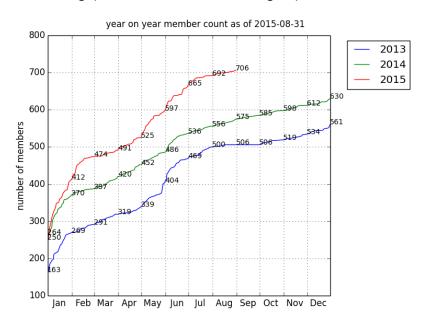
Our final signature race for the year, Rick's Run, is coming the following week, Sept 20<sup>th</sup>. This race remembers Rick O'Donnell, Steeplechaser member, friend, devoted husband and father who lost his battle with Bile Duct cancer in the spring of 2013. This is Crista Horn and Kerry Shepherd's first year directing that race. Rick's Run benefits the Cholangiocarcinoma Foundation, a research foundation that "Provides help for patients and caregivers, advocates for those afflicted and educates those who don't understand." For more information about Rick's Run, or to register for the race, please go to <a href="http://www.rickstrailrun.com/">http://www.rickstrailrun.com/</a>.

The Summer Decathlon has had a break-out year. Tim O'Keefe always does a great job organizing this, and we have had an enthusiastic set of runners coming out each week. This year, the total number of finishers were 656, compared to 469 in 2014 and 563 in 2013.

The ease with which people volunteered to help at the decathlon was a tribute to the spirit of the club. The whole family friendly atmosphere was strong as well as just an overall, fun, friendly atmosphere. Everyone who attended felt welcome and left with a great impression of what FSRC is all about.



Maybe we have had more participants because we have so many members. As of this writing, we have 710 paid members and counting. (Yeah, I'm a bit of a numbers geek).



As summer closes, we start looking forward to the annual running celebration banquet. And the main event at the banquet is the distribution of the major awards. As is done every year, the Competition Committee, chaired by Cassy Crouse and Chad Ahalt, is looking for nominees. Please take a look at the major awards we give out – see <a href="http://steeplechasers.org/about/hall-of-fame/annual-awards/">http://steeplechasers.org/about/hall-of-fame/annual-awards/</a> for the list and description – and send any nominees you can think of to <a href="majorawards/">competition@steeplechasers.org</a>.

The FSRC racing team has had some good showings. One notable is the Rockville Rotary Twilight 8K, where they won the Master's Team event and came in 3<sup>rd</sup> in the Open category. Watch for them to be sporting their New Balance singlets at Market Street Mile.

If you're interested in following the racing team members' results, you can now find them in scoretility (<a href="http://steeplechasers.org/scoretility/">http://steeplechasers.org/scoretility/</a>). They are the FSRC Racing Team "club", and you can see their standings by clicking on Standings and selecting that club. Paul Smeck and Keary Johnston are doing a great job keeping this up to date.

If you didn't go to the picnic, well, you missed a great time. This was held at Utica Park just north of Frederick, and the weather was wonderful. Art Gregory and Ruth Taylor are really settling in to their role as heads of the social committee. If you are running any of the events at the Freedom's Run, please stay at the end of the race and relax at the Steeps Tent on the Bavarian Inn property. The tent is planned and set up by the social committee.

Our fall half marathon and marathon training programs are in full swing. We have two new RRCA Certified coaches heading up the marathon program: Jan Harris and Billy Clem, and Javier Montenegro is heading up the half marathon program. Of course, the WDF 5K training program completed before the race. It was headed up by Luanne Houck and Roseann Abdu, also RRCA Certified coaches. We had over 250 members registered for these programs.

Nicole Davis saw a need and created the Intro to Trail Running program. Also an RRCA Certified coach, Nicole brought 30 runners "up to speed" on the ins and outs of trail running in parks throughout the area. Keep watch on Facebook and your emails, because there will be another session of this coming up soon.

Education Nights have restarted to go along with the fall training programs, thanks to Pam Geernaert. Odin Crossfit was our first night and Redefining the Core with Rehab2Perform was the second. What to Wear on Race day with If the Shoe Fits is also scheduled. Please see the Events calendar on steeplechasers.org for details.

Well, that's all for now – I hope to see you around town soon.

Lou King president@steeplechasers.org