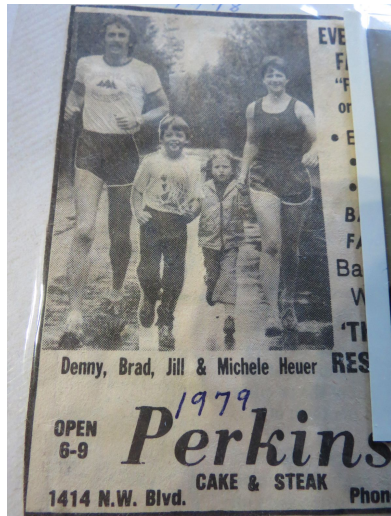


## President's Message: by Jill Cameron February 28, 2017



My running career started in 1979 when my family was asked to be in a Perkin's advertisement in my home town of Coeur d'Alene, Idaho. My parents had decided to take up this thing called "running" and they dragged my brother and me along, I hated every minute of it! So when I told my mother that I had decided to take on the role as President of the Steeplechasers, she just laughed and then sent me this picture. She is still amazed that I eventually came to love running, but I came to love running because of them. We have people in our lives who inspire us to do things that we thought we would never do. This club inspires and motivates everyday, and I am proud to be a Frederick Steeplechaser!

### Just a few highlights...

**Anne Light**, a long time Steeplechaser and volunteer, is leaving us for the sunny state of Florida. Anne has served in every position on the executive board except President, she has clocked numerous volunteer hours for the club, took over as race director for the Market Street Mile, and founded the Lincoln Panther Running Club which is a running program for 2nd-5th grade students at Lincoln Elementary. Although Anne reassures us that she will be returning often to run races and volunteer her time, the Steeplechasers are going to miss this amazing member! While we are sad to see Anne go, we are thrilled to have **Liz Liotta** as the new Market Street Mile race director and **Josh Henson** as the new lead for the Lincoln Panther Running Club.

I also want to recognize **Lou King** for his work as President over the last two years. During the Maryland RRCA President's meeting in February, Lou was highlighted by the Maryland RRCA President as a leader who strives to communicate club business and is well deserving of the RRCA President of the year award. We are so proud that he represents the Steeplechasers.

Next, we have two FSRC Grand Prix races in the books, The Lewis Run and The Club Challenge. We hope to see many of you participating in the upcoming FSRC Grand Prix series races. Don't forget to check the leaderboard to see where you stand.

**Lance Dockery** made us proud during the Maryland Club challenge 10 Miler by running the race in under an hour with a chip time of 59:26. Impressive! Shannon Matthews was our first female finisher with a chip time of 1:11:53. We had quite a few members come out for the race, but would love to see this number grow. Next year we are hoping for a strong turnout for both the race and race support.

The marathon and half marathon training groups are off and running. **Ruth Taylor** is leading the marathon group with well organized runs and encouragement. Many of the marathon

participants will be running the Gettysburg Marathon on April 23rd (FSRC's 4th Grand Prix event). **Billy Clem** and **Heidi Novak** are leading the half marathon training group. They post inspirational advice and encourage communication on their Facebook page, and they continue to lead with smiles on their faces. What a team! The half marathon's goal is the Frederick Half Marathon on May 7th (FSRC's 6th Grand Prix event).

Finally, while we love to run, our social time is important too. Our banquet was a success this year. Thanks to **Art Gregory** and **Ruth Taylor** for putting on a well organized event. The food was especially popular. We have also started this year with some fun happy hours. **Heidi Novak** and **Syble Roane** continue to organize our happy hours. Thanks ladies!

*Out on the roads there is fitness and self-discovery and the person we were destined to be.*

-George Sheehan

<http://www.georgesheehan.com/>

I'm a runner teacher

I'm a runner mother

I'm a runner wife

What runner are you?

Now get out there and run!

Jill Cameron