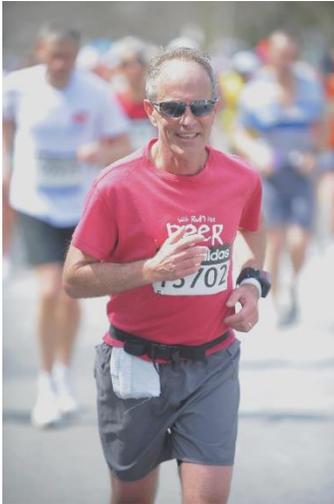


President's Message by Lou King, December 6, 2016



It's hard to believe this is my last President's Message. It has truly been fun and rewarding for me to "lead" this wonderful club for the past two years, but as much as I have loved my role, it's just about time to pass the baton.

Mark Lawrence, who chairs our Nominating Committee has announced the slate of nominees for the 2017-2018 term: **Jill Cameron** for President, **Eric Cameron** for Vice President, **Nicole Davis** for Secretary, and **Harriet Langlois** for Treasurer. I have to say that these folks are eminently qualified, and people I am very happy to know personally. These nominees will be presented for a formal vote at the Annual Banquet.

As always, there is a lot going on.

We have completed all the races we put on for the year. As you probably know, we have four signature races: Summer Solstice Twilight 8K (**David Levine** race director), Women's Distance Festival 5K and 1K fun run (**Harriet Langlois**), Market Street Mile (**Anne Light**) and Rick O'Donnell 5.22 Mile Trail Run and Ultra Challenge (**Crista Horn**). The proceeds of all these races, plus some additional earmarked donations, are given to local charities (including the FSRC Memorial Scholarship Fund), with the total this year being (drum roll, please) a whopping **\$55,205**, our biggest year ever!

Speaking of our signature races, **Anne Light** tells me that the Frederick Market Street Mile has been upgraded by the RRCA from the Maryland State Championship for the one mile distance to the Eastern Regional Championship for 2017. Congratulations, Anne!

In addition to the four signature races, we also hosted 10 short track events during the summer in our Decathlon series (**Tim O'Keefe**), and two other low key races, the Lewis Run 10 Miler (**Mark Lawrence**) and the Run for the Pie 10K (**Mark Lawrence**). The date for the upcoming Lewis Run is Jan 21, 2017 (with Feb 4 being the snow date), so please mark your calendars for this fun event.

Listen to this: a new low key race in Riverside Park has been proposed by **Victor Cretella** and will likely be held in July. Victor will also be the race director, assisted by **Javier Montenegro**. This race will be 4 miles, starting at Riverside Park behind the Walmart. Victor and the competition committee are working out all the details, but you should keep an eye out for this one – it's sure to be another fun race!

With the Goodloe Byron 10 Mile Mountain Run now in the books, we have completed our 2016 Grand Prix series. We have had 439 participants – club members who ran at least one of the races. Last year the number was 370 and the year before 268. In 2013 the number was 243, so it seems like we have a trend here.

Also with the Byron Run, we have completed another successful year for the Race Support committee led by **Mark Lawrence**. The committee provides finish line timing, course marking and course marshals. This creates a revenue stream for the club which helps keep down the cost of membership registration fees, and more importantly provides these services at a low cost to local charitable events. This year, the team serviced a total of 33 races, only six of which were our own club events. Thanks to all the volunteers who supported and continue to support this activity!

Regarding competition, our competition committee chairs **Sage Norton** and **Shannon Matthews** have defined a new competitive series, this one made up of five local 5K races. Watch for the email blasts, Facebook and the web page for an announcement about this, hopefully coming before the end of the year.

And since we are talking about numbers, as of Dec 6, the club has 866 members, which is 100 more than last year on this date, and more than we have ever had. If you are planning on renewing (and of course you should be planning to renew), the easiest way is to open the email the registration system sends about it, then click on the link. All your information will be pre-filled, and you just need to correct any changes. If you haven't received this message, please let me know – it's possible your email was configured improperly.

The General Membership Meeting was held October 19, and by all accounts was very successful. The movie picked out by **Nikki Martin** was wonderful, and the social hour afterwards made it easy to visit face to face with the people we normally are running side-by-side with. Our Vice President **Javier Montenegro** coordinated the meeting and our volunteer appreciation coordinator **Lori Mensh** handed out volunteer appreciation gifts at check-in to volunteers who have made significant contributions this past year. If you were slated to receive a volunteer appreciation gift and were unable to make the General Membership Meeting, we will also have them available at check-in for the Annual Banquet.

At the General Membership Meeting, the membership approved a new version of the club constitution. Please take a look at <http://steeplechasers.org/wp-content/uploads/2015/05/FSRCConstitution-2016Final.pdf> if you would like to understand the rules governing our club. The constitution, club policies, meeting minutes and other items of interest can be found at <http://steeplechasers.org>, by navigating to About > Governance, or going directly to <http://steeplechasers.org/about/governance/>.

The Annual Banquet will be held January 28, again at the Delaplaine. Registration will soon be open at <https://www.runningahead.com/events/fsrcbanquet>. This is always a fun event, organized by our social committee chairs **Ruth Taylor** and **Art Gregory**, and we would love to see you there. Note by moving the decathlon awards to the picnic, we have made time in the program for two new awards this year: Inspiration Award and Unsung Hero – the competition team is reviewing the nominations which have been received for these and all the other awards to be given at the banquet.

Ooo, this is important: our FSRC Memorial Scholarship Committee, led by **Mike O'Grady**, is busily finalizing the application process for the scholarship. Potential candidates will be able to submit their application shortly after that, so please keep an eye out for it.

I mentioned the Decathlon series. You need to know that the Frederick High School track will be under construction this summer, so we will be changing the venue for at least this upcoming year. **Tim O'Keefe** is working on securing a new venue and as soon as we have the location we will be sure to let you know.

Our racing team, led by **Katelin Knepley (nee Peropat)** and **Chris VanSant**, is now open for applications for the Jan 1 thru Dec 31, 2017 team. To learn more about our racing team and what it takes to join, see <http://steeplechasers.org/competition/racing-team/>. Katelin will be giving up her role as co-leader of the team for the coming year, but Chris has volunteered to lead the team solo. Thanks Katelin, for all your hard work!

It won't be too long before the Spring marathon and half marathon training groups will be opening registration. This session **Billy Clem** and **Heidi Novak** (who will soon be our latest RRCA certified coach) will be leading the half marathon training, and **Ruth Taylor** will be leading the marathon training. This is all being coordinated by our illustrious Training chair **Javier Montenegro**. Javier, Billy, Heidi and Ruth are looking at some improvements

to the programs, based on lessons learned from past programs. Information should be distributed in the coming weeks. Please see <http://steeplechasers.org/training/training-groups/> for current information about our training programs.

I think I mentioned last quarter that **Luanne Houck** will be starting a new training program for the 5 mile / 10K distance. She is finalizing the details but it looks like the first session will be this Spring. Please watch our communication channels (email blast, Facebook group, web site announcements) for more details.

For the Women's Distance Festival 5K training, **Nikki Martin** and **Heidi Novak** have volunteered to lead the program, freeing up Luanne for the 5 mile / 10K training. Luanne is going to be a tough act to follow, but we're sure Nikki and Heidi are going to do a great job.

That's all for now – I hope to see you around town soon. Best wishes for the holiday season.

Lou King

president@steeplechasers.org (through January 😊)