



## INTERVALS

Newsletter of the Frederick Steeplechasers Running Club

## 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 (<http://www.trailsinmotion.com/>) for your entertainment. To register for the event, please go to <https://www.runningahead.com/events/fsrcgenmember/> and let us know you'll be coming.

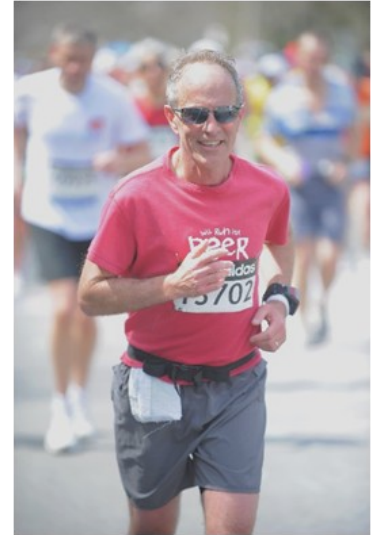
If you're wondering about Market Street Mile and where the charity dollars go, MSM Race Director Anne Light and Greg Light (both RRCA Certified coaches), in cooperation between FSRC and Rotary of Carroll Creek, started the Panther Running Club at Lincoln Elementary School several years ago to teach the 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 <http://www.rickstrailrun.com/>.



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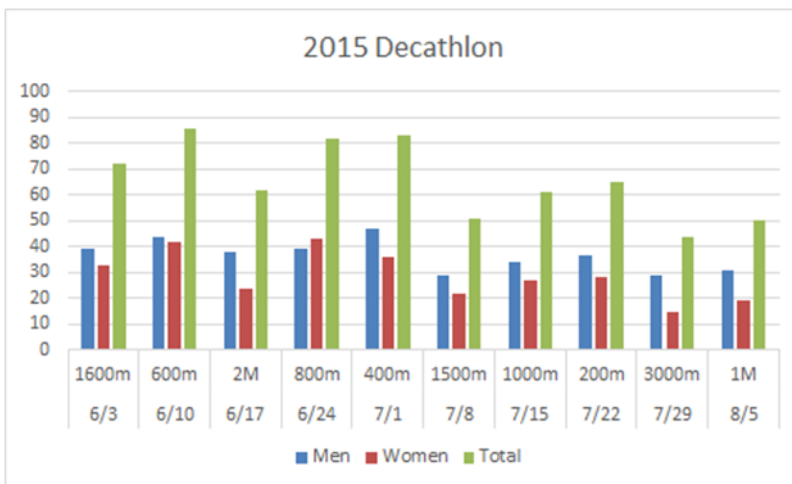
**FSRC - 2015 Officers**

President – **Lou King**  
 Vice President – **Javier Montenegro**  
 Secretary – **Sage Norton**  
 Treasurer – **Harriet Langlois**

**Committee Chairs**

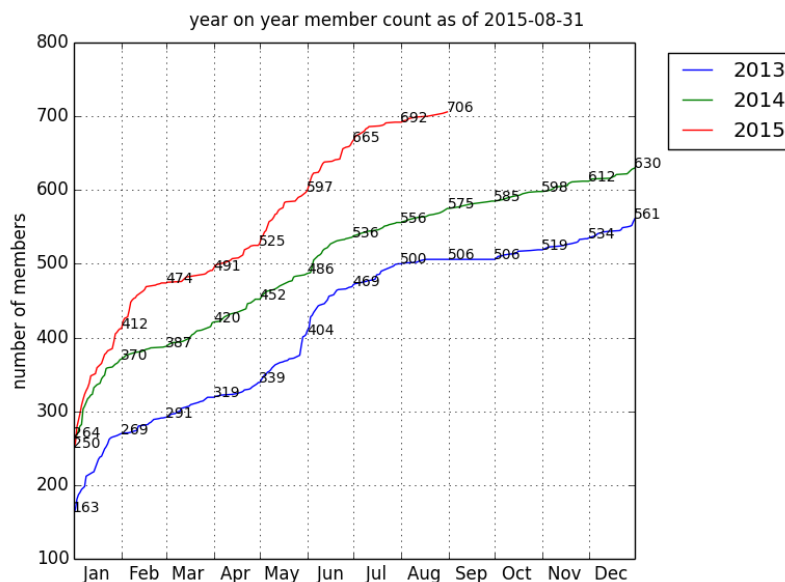
Social - Ruth Taylor and Art Gregory  
 Membership and Communications - Luanne Houck  
 Competition - Cassy Crouse /Chad Ahalt  
 Race Support - Tim O’Keefe/ Mark Lawrence  
 Training and Education - Javier Montenegro  
 Public Relations - Ali Bierly  
 Technology - Lou King  
 Tender Loving Care (TLC) - Joanne Hawelka  
 Newsletter - Malcolm Senior

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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).

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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 <http://steeplechasers.org/about/hall-of-fame/annual-awards/> for the list and description – and send any nominees you can think of to [competition@steeplechasers.org](mailto:competition@steeplechasers.org). 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 (<http://steeplechasers.org/scoretility/>). 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](http://steeplechasers.org) for details

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

Lou King

[president@steeplechasers.org](mailto:president@steeplechasers.org)

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**Do you have any interesting running tales to tell?  
Do you have a favorite route or race? Any picture to share?  
News of members` or anything running related?  
Please forward to Newsletter editor at [newsletter@steeplechasers.org](mailto:newsletter@steeplechasers.org)**

## My friend Larry Key

Mike O'Grady - Steeplechasers Member

A month ago we received shocking news that one of our elites passed away. The word 'elite' conjures up images of men and women willing to push to the extremes to be one of the very best in their endeavors.

My friend Larry Key may not have been Elite with fast feet, he was simply an Elite Human Being.

There are a few of us "Old" Watershed Runners who were lucky enough to have spent hundreds (if not thousands) of hours running trails with Larry. Just ask Steve Dobson, Mark Lawrence or myself what it was like to run with such a good man. Just ask about how hours of training could "melt away" in good conversation and good hearted joking.

In the early days you never heard a complaint from Larry except if it was cold outside (he hated the cold). In later days, his only complaint was that age was slowing him down and he didn't want to hold up the group. I think one thing our friend never realized was that no one minded - we would rather run with him than without.

Over the years our small group of Watershed trail runners grew from five or six to dozens - many introduced to trail running by Larry. I cannot tell you how many people have told me, "I did my first trail run with Larry". Larry also introduced trail running to two elite female athletes who went on to win the Catocin 50k back to back. He was so proud of them.

Emails, texts and phone calls I received after his death had repeating themes. Kindness, generosity, mentorship and "those legs" of his. As well as I knew him I had no idea how many others Larry had touched.

On the trails you talk a lot about almost everything. I remember one conversation I had with Larry about dying and what would happen in the afterlife. At one point we spoke about reincarnation: the idea that you come back after passing to try and improve in the next life. At the end of this process, when you achieve total perfection, your journey is over. Well, if this is true, I have no idea where Larry may be now - but I'm sure I'm several lives behind.

I miss him..... Mike O'Grady



If nothing else changed  
there'd be no butterflies - Author Unknown





**Frederick Women's Distance Festival – August 8, 2015**  
*By Harriet Langlois, Race Director*



The 26<sup>th</sup> annual Frederick Women's Distance Festival was held under clear skies on the morning of Saturday, August 8<sup>th</sup> at Frederick Community College. This year we had 497 women registered for the 5k - a record-break field! With so many runners, we made the transition to chip timing, performed by 2L Timing Services. 47 young runners participated in our Little Women 1k Fun Run, now in its 2<sup>nd</sup> year. Those little girls are just so darn cute, and they are showing a lot of promise!

The winning runner was 23 year-old Stephanie Bryan in a time of 18:11. Wow! That's pretty darn fast. Our own Shannon Matthews, a member of the new FSRC racing team, took away second place honors with a time of 20:04.

Our FSRC racing team took first in the "group" team competition, out of a field of seven teams. Thirteen other members of FSRC placed in their respective age groups. All in all, a very nice showing from our FSRC ladies in a race that brings runners in from all over Maryland, Pennsylvania, DC and Virginia. We even had a few runners as far away as Florida and Minnesota!



**Stephanie Bryan – WINNER!**

*Watch out for this little runner in the coming years! She's got great form!*



The race was the culminating event for the Women's 5k Training program, now in its third year. These ladies trained for 8 weeks in the heat and humidity, and they had an awesome showing at the race. Congratulations to our 5k training "graduates" and their coaches, Luanne Houck and Roseann Abdu.

The Frederick Women's Distance Festival has a long-standing culture of appealing to competitive runners, mid-range runners and women beginning their journeys on the path to health and fitness. To encourage the ladies finishing at or near the back-of-the-pack, Marti Grib-Kachman donned her fairy godmother attire as she made her way around the course with our final finisher. We even had special awards for some of these ladies, and fully expect to see them back next year!

Race day was further enhanced by lots of other fun. Radio personality Rona Mensah was back as our announcer/DJ, using our new FSRC sound system.

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*FSRC Racing Team with first place honors*

Continued from previous page ..Frederick Women's Distance Festival Report

Steeplechaser member Wendy Martin and the FHS cross-country girls hosted the wildly-popular photo booth, and Brusters served free Italian Ice. We had more sponsors/vendors set up on race day this year, giving our runners lots to see and do before and after the race.

Many thanks to the many volunteers and sponsors that helped to make the race so successful this year, especially FSRC member Dr. Elizabeth Liotta, our returning premier sponsor. Liz and Phil Liotta are huge supporters of the Frederick Women's Distance Festival and they *always* come through for us.

Finally – the bottom line: net proceeds of **\$14,412** have been donated to the Women's Giving Circle of Frederick County. This sizable contribution enhances the ability of this great organization to fund the work of local non-profits benefiting women and children in Frederick County, and FSRC is proud to continue our legacy of supporting our community with the funds raised by our signature races.



The 2015 FSRC ladies' 5k training group

“Always enjoy yourself.

Don't be upset if you don't win, you've won by simply not giving up.” – **Unknown**



Frederick Steeplechasers Annual General Meeting  
October 28th at the

**THE DELAPLAINE**  
VISUAL *arts* EDUCATION CENTER

Celebrating 40th anniversary

To Register: [Click Here](#)





**Two Harbors to Duluth to see my Grandma, Dontcha Know!**

**By Sage Norton - Club Secretary and Racing Team Coordinator**

We packed like we were headed to the Florida Keys, with all of today's technology you would think my husband or I would have the sense to check a weather app, nope, shorts, t-shirts, flip flops and a few pairs of running shoes. NEWS FLASH, it was 62 degrees with ZERO humidity when we landed in Minneapolis, yeah, so that's really cold when you are coming from a 95 degree Maryland with 100% humidity, note to self, rookie mistake.

Duluth, MN is tucked on the western edge of Lake Superior, about a two hour and 30 minute drive north east of the Minneapolis. A mid-western city I would never have considered visiting unless it was home to a fast, flat marathon. Duluth is so much more than that, but those stories will just have to wait. Grandma's Marathon is a point-to-point course that runs on Old Highway 61 along the beautiful shores of Lake Superior and boy, it is beautiful.



The city of Duluth does it right, from the organization of the expo and its central location, to the three races it hosts during marathon weekend (Friday night 5k, Saturday half and full marathons), completely closing the race course to traffic and providing fantastic scenery for a full 26 miles, not to mention well stocked aid stations, great fans, and a net downhill course. The only thing the city didn't provide, a dry race morning, but I planned, prepared and accepted the inevitable. Running, like life, isn't always perfect, so you roll with the punches and decide how the future will play out.

The buses provided by the race, picked up the runners at a variety of hotels throughout the city in the early hours of Saturday morning. Ominous rain clouds sat on the horizon as I boarded the bus at 5:45. Sure enough, 26 miles outside of the city at the start in the town of Two Harbors, I pulled a trash bag over my head as a poncho, tucked all my clothes into another bag and found what little shelter I could, with my 3,000 closest friends. I put on my singlet, laced up my racing flats, covered them with grocery bags and crawled into another garbage bag, hoping to remain as dry as possible to keep my morale high and watched as the drizzle turned to downpour. 7:30 rolled around and there was nothing left to do but accept my fate and get wet. One last stop at the porta-potty provided me with that feeling of being a wet dog, a sullen heart, and the desire for the race to be over before it even began. Now you see, I had one problem, aside from the rain, a point-to-point race provides only one way back to town, my own two feet.

At 7:48 away we went, the rain persisted but instead of it being dreaded it kept me cool. Honestly, I don't really have any recollection of the rain after the first few miles, Continued on next page .

Gooseberry Falls State Park - Middle Falls



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I mentioned something to my husband at the end, he looked at me like I grew another head and told me it rained until I reached mile 21. I was doing work and making memories, apparently the rain was no longer a factor.

I have always run to see new things, meet new people, and to look at houses and scenery, more the latter two than anything, and wow, this race course surpassed all I have previously run. From tiny cottages to huge lakes houses, rocky beaches, glistening water, and a fire breathing dinosaur the shores of Lake Superior didn't disappoint. The last few miles of the race

bring you downhill into the city, the streets are lined fans waiting to give you that one last high five as you make your way to Canal Park. The only turns on the entire course are in those last few miles; each turn brought me one step closer to the finish and a place I could finally sit down. I am pretty sure I was never so happy to see the finish line of a marathon, maybe it was the bleachers filled with friendly faces, maybe it was the announcer saying my name over the loud speaker, maybe it was the clock displaying a time I had previously only dreamed about, maybe it was knowing my #1 fan was just beyond the finish, whatever it was Duluth and Grandma's didn't disappoint. Bundled up in pants and sweatshirts (ones we bought to add to our Florida Keys wardrobe), my husband Mark and I sat near the finish to enjoy the free food, beer, and music while others finished the great race.



Lake Superior from Split Rock Lighthouse



**Aerial Lift Bridge, Duluth Harbor  
(just at the finish line)**

Superior, as expected, it was frigid. We stopped and had lunch in a roadside restaurant that had twenty-one different types of homemade pie, a definite treat for a season of work. Eventually we made our way north to Split Rock Lighthouse, such a pretty sight and different than the lighthouses you see on the east coast. From Split Rock we traveled back a few miles south to Gooseberry Falls State Park, an absolute must do if you go run Grandma's. The thunderous roar of the falls is spectacular and nothing short of breath taking.

Duluth was beautiful, the marathon was well run, the city and its people were inviting, the aerial lift bridge is awesome, the local breweries were an attraction all their own. Some will argue you judge a marathon course by the time you ran there, others will say you look at the bigger picture and judge it by the experience and the memories made, perhaps both are true. The 40<sup>th</sup> running of Grandma's is set for June 18<sup>th</sup>, pencil it in your calendar, I promise, rain and all, you won't be disappointed.

Fortunately we made Duluth more about a vacation than the marathon, sure the marathon was a huge part of it but the city and the surrounding area had so much to offer on top of a really great June climate. We spent much of Sunday driving back up the course acting like the tourists we were. We stopped in Two Harbors, this time to put our feet into Lake



Finishing Time: 2:46:34



## Maryland State RRCA Championship Series Schedule 2015

- 1<sup>st</sup> Race - [Mid-Maryland 50K](#) Sunday 2/07/15 - 8:00 a.m.  
 2<sup>nd</sup> Race [Half Metric Marathon](#) Sunday 4/12/15 - 8:10 a.m.  
 3<sup>rd</sup> Race [Springburst 8K](#) Saturday 4/18/15 - 9:00 a.m.  
 4<sup>th</sup> Race [Germantown 5M](#) Saturday 5/16/15 - 8:30 a.m.  
 5<sup>th</sup> Race [Bel Air Town Run 5K](#) Sunday 6/07/15 - 8:00 a.m.  
 6<sup>th</sup> Race [Dog Days 8K](#) Sunday 8/02/15 - 8:00 a.m.  
 7<sup>th</sup> Race [Larry Noel 15K](#) Sunday 9/06/15 - 5:00 p.m.  
 8<sup>th</sup> Race [Market Street Mile](#) Saturday 9/12/15 - 8:45 a.m.  
 9<sup>th</sup> Race [Metric Marathon](#) Sunday 9/20/15 - 8:15 a.m.  
 10<sup>th</sup> Race [Dave Herlocker Memorial Bachmann Valley Half Marathon](#) - Sunday 9/27/15 - 8:00 a.m.  
 11<sup>th</sup> Race [Northern Central Trail Marathon](#) Saturday 11/28/15 - 8:30 a.m.

Results page: <http://www.racepacket.com/james/rrca916.htm>

**Maryland State RRCA**



A championship series open to all members of clubs of Maryland affiliated to the Road Running Club of America (RRCA). The 11 races are different distances at locations throughout Maryland, with only four races needed to qualify for the series. Each race is scored both individually and teams with points allocated to finishing position in the race with Male/Female overall category and age groups of 5 years increments.

Frederick Steeplechasers team placing 2nd in the coed open team results and coed masters team results in both the Bel Air Town Run 5 K (19:34 20:08 21:28 21:41 23:31 = 1:46:22 Stephen Dobson, Malcolm Senior, Angie Burnette, Ruth Taylor, Bruce Attavian) and the Dog Days 8K (33:32 33:53 34:05 36:12 40:19 ( 41:22) = 2:58:01 Stephen Dobson, Shannon Matthews, Malcolm Senior, Angie Burnette, Ruth Taylor, Art Gregory). At the Annapolis Dog Days 8K Shannon Mathews was the 1st women overall in a time of 33:52 with age groups awards going to Angie Burnette, Malcolm Senior and Art Gregory. In The Market Street Mile the men placed in 2nd place (5:25.76 5:32.78 5:57.99 6:54.64 = 23:51.17 David Welch, Stephen Dobson, Malcolm Senior, Art Gregory) and ladies were in 1st team place (5:18.83 5:49.59 5:57.41 6:01.19 ( 6:13.80) ( 7:37.17) ( 7:50.83) = 23:07.02 Sage Norton, Katelin Perpat, Shannon Matthews, Angie Burnette, Ruth Taylor, Dee Nelson, Harriet Langlois).



**Racing Team Sponsored by New Balance Frederick**

Racing team members at the Market Street Mile:

Stephen Dobson, Malcolm Senior, David Welch, Harriet Langlois, Angie Burnette, Dee Nelson, Shannon Matthews, Katelin Peropat.

Other team members who ran the MSM include:

Ruth Taylor, Pam Moonahan-Geerhaert, Art Gregory.

Other members are:

Chris Vasant, Josh Hensen, Jason Judd, Lorraine Sullivan, Keary Johnson

<b>Racing Team Results</b>		
<b>Date</b>	<b>Race</b>	<b>Athletes / Results</b>
6/28/2015	Baltimore Women's Running Festival 5k	Ruth Taylor 22:16 (1st AG) Pam Monaghan-Geernaert 23:30 (2nd AG)
7/4/2015	Firecracker 5K, Waynesboro	Chris VanSant 18:50, Ruth Taylor 22:12 (1st AG), Pam Monaghan-Geernaert 23:21 (4th AG), Lorraine Sullivan 23:44 (1st AG), Art Gregory 24:12 (1st AG)
7/4/2015	Run for Freedom 5k	Shannon Matthews 20:10 (2nd)
7/11/2015	Women's Distance Festival 5k - Annapolis	Ruth Taylor 22:19 (2nd), Pam Monaghan-Geernaert 23:18 (1st AG), Lorraine Sullivan 23:33 (2nd AG)
7/11/2015	Run After the Women- Annapolis	Art Gregory 24:30 (1st AG)
7/11/2015	Catoctin 50k	Steve Dobson 6:28:26, Angie Burnette 6:45:30
7/12/2015	Women's Distance Festival 5k - Westminster	Lorraine Sullivan 23:38 (1st Masters) Pam Monaghan-Geernaert 23:30 (3rd)
7/18/2015	Rockville Rotary Twilight 8k	Sage Norton 32:19 (2nd AG), Chris VanSant 32:39, Steve Dobson 32:58 (1st AG), Shannon Matthews 33:48 (3rd AG), Malcolm Senior 34:14 (1st AG), Keary Johnston 36:12 (1st AG), Angie Burnette 37:41, Lorraine Sullivan 42:34 (3rd AG), Art Gregory 44:36
7/25/2015	Run for the Pie 10k	Sage Norton 40:46 (1st), Chris VanSant 41:54, Shannon Matthews 44:13, Lorraine Sullivan 51:58, Art Gregory 55:18
7/26/2015	HCS Women's Distance Festival 5k	Lorraine Sullivan 23:24 (1st AG)
8/2/2015	Dog Days 8k	Steve Dobson 33:31, Shannon Matthews 33:52 (1st), Malcolm Senior 34:05 (1st AG), Angie Burnette 36:11 (3rd AG), Ruth Taylor 40:18, Art Gregory 41:21
8/8/2015	Women's Distance Festival - Frederick	Shannon Matthews 20:04 (2nd), Ruth Taylor 22:24 (1st AG), Lorraine Sullivan 23:24 (2nd AG), Dee Nelson 26:08 (1st AG)
8/8/2015	Martha Moats Baker 50k	Angie Burnette 8:09:00 (3rd)
8/14/2015	Krump's 5k	Chris VanSant 18:27 (1st AG)
8/16/2015	Howard's 25K	Chris VanSant 1:45:15 (3rd)
8/22/2015	Run for Recovery 5K	Steve Dobson 19:47, Angie Burnette 22:04 (1st AG)
9/12/2015	Bird-in-Hand Half Marathon	Chris VanSant 1:29:28 (3rd AG)
9/12/2015	Via Marathon	Keary Johnston 3:23:15 (2nd AG), Lorraine Sullivan 3:59:54
9/12/2015	Market Street Mile	Sage Norton 5:18, David Welch 5:25, Steve Dobson 5:32, Katelin Peropat 5:49 (3rd AG), Shannon Matthews 5:58, Malcolm Senior 5:58 (1st AG), Angie Burnette 6:01 (1st AG), Art Gregory 6:54 (1st AG), Dee Nelson 7:37 (1st AG), Harriet Langlois 7:51
9/13/2015	Parks 1/2 Marathon	Shannon Matthews 1:33:40 (1st AG)
9/15/2015	Charles Street 12 Mile	Chris VanSant 1:22:05, Keary Johnston 1:26:30 (1st AG), Ruth Taylor 1:34:46, Art Gregory 1:46:00

**New Track at Lincoln Elementary – an Exciting Opportunity for Young Runners**  
**Ali Bierly - Public Relations**

The track is a special place for runners – it’s a place where many of us discovered our love for running and where we first competed against others and ourselves, pushing through interval workouts and races and accomplishing new PRs. For five years, the Panther Running Club has been a place for children at Lincoln Elementary School to learn about the joy of running as a sport and hobby. This year is particularly special, however, because they’re finally getting that hallowed hall of the runner’s training – a track of their own.

The success of the Panthers, which has culminated in the track’s construction, has been an impressive feat of volunteer work and passion. As Anne Light relates, the Rotary Club of Carroll Creek offered to sponsor the Market Street Mile for 3 years in exchange for the Steeps’ help in starting a running club at Lincoln Elementary. Starting with just 4 runners under the tutelage of Anne Light (FSRC), Greg Light (RCCC) and Doug Murphy (RCCC), the club has now grown to 18 volunteer coaches and 70+ runners, continuing to inspire a love for our sport in the next generation.



*The new track at Lincoln Elementary School.*

This growth made the idea of building a track not just an exciting possibility, but a realistic one. The Panther Running club was able to finance the project using a portion of their own funds (proceeds of



*Panthers preparing to run on the new track.*

the 2014 Frederick Steeplechasers market street mile) combined with the Community Foundation of Frederick County (CFFC) Marathon Fund and donations from the Rotary Club of Carroll Creek, the Ausherman Family Foundation, Dr. Mark and Shawn Pitts DDS, and numerous private donations. A contractor, Jamie Remsburg Paving, was hired to complete the project, and Anne remarks, “His company/employees went above my expectations with the installation of this fantastic track.”

The project began in January of 2015 with a meeting between Anne and the FCPS construction management. The permit process from the City of Frederick took place in April 2015, and the track was completed in August – just 8 months from start to finish.

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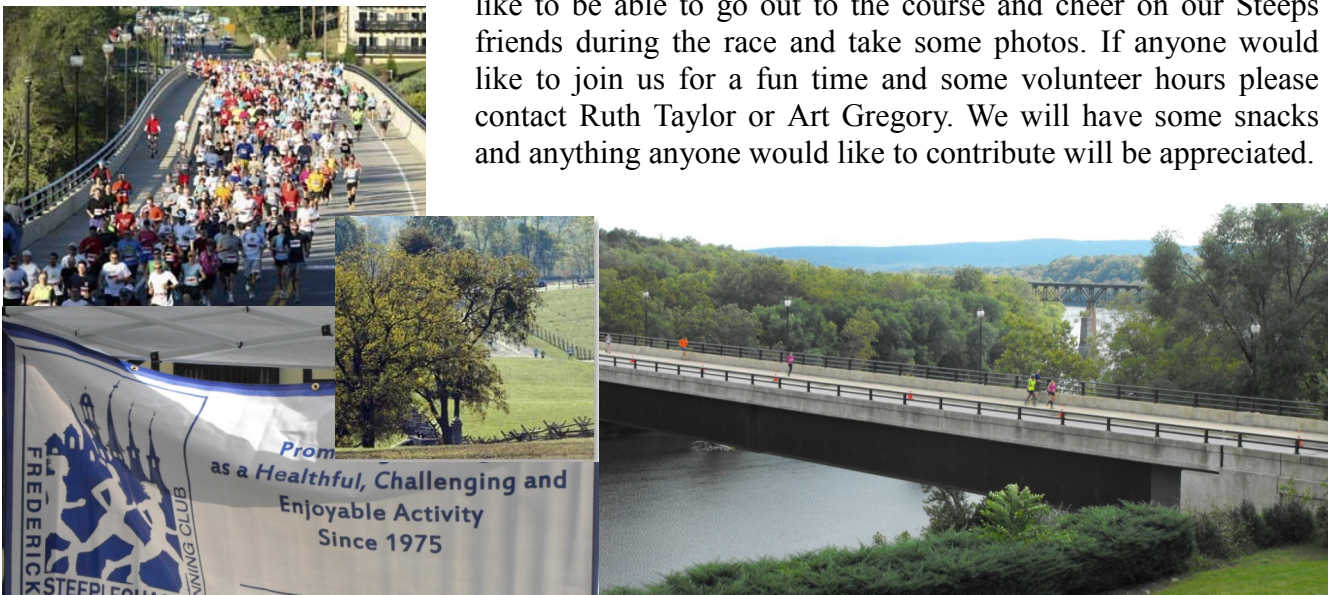
Continued from previous page - Panther Running Club

In September 2015 the process came full circle when the Panthers used the track for the first time to prepare for the Market Street Mile – the same event that led to their creation.

The new track at LES will be a great tool for young runners to become stronger and faster. But as with any track, it will also become a place of memories – memories of successes, setbacks, camaraderie, and the satisfaction of hard work. Congratulations to Anne Light and the Panthers for the continuing success of the club and the construction of their new track – may it serve young runners for many years to come.



The Steeplechasers will have a tent at Freedoms Run, Shepherdstown again this year. The Social Committee will be hosting the event along with any of other Steeplechasers volunteers. We would like to be able to go out to the course and cheer on our Steeps friends during the race and take some photos. If anyone would like to join us for a fun time and some volunteer hours please contact Ruth Taylor or Art Gregory. We will have some snacks and anything anyone would like to contribute will be appreciated.



**“No one can predict to what heights you can soar.  
Even you will not know until you spread your wings.”**