

President's Message by Lou King, March 9, 2016



Seems like I am always saying we have a lot going on. I guess that's because this club is very active, thanks to all of you and your help volunteering.

Our budget this year is showing almost \$92,000 in revenue and \$87,300 in expenses. Thanks to **Harriet Langlois** for her diligent work as Treasurer and to all the committee leads for their inputs. See <http://steeplechasers.org/wp-content/uploads/2015/05/FSRC-Annual-Report-2015-Final.pdf> for more details on club operation and our fiscal performance.

Yay! Run for the Pie will have port-a-pots this year! We have an agreement with Cold Deer Hunting and Fishing Club to use their shelter at the start/finish line of Run for the Pie, which gives us a place to put them.

We had great turnouts for our first two Grand Prix events, the Lewis Memorial 10 Miler and the Maryland/DC RRCA Club Challenge, also a 10 Miler. We had 87 club members at the Lewis Run (95 total for this "low key" race) and 56 at the Club Challenge, both records, I believe.

Ooo, ooo! Speaking of the Grand Prix, are you planning on running the decathlon 800m race on July 13? Well you should 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.

Some of you have asked what the Grand Prix and Equalizer series are all about. Please take a look at the competition page (<http://steeplechasers.org/competition/>) which gives the rules for all of our series. If you still have questions, please feel free to ask **Sage Norton** or **Shannon Matthews**, who head our competition committee, by sending an email to competition@steeplechasers.org.

We are ecstatic to announce a new FSRC Signature Race, the Frederick Summer Solstice Twilight 8K, directed by **David Levine**. This race is June 18 at 7pm, and is going to be a blast. You can read more about this new race in the upcoming Spring *Intervals*.

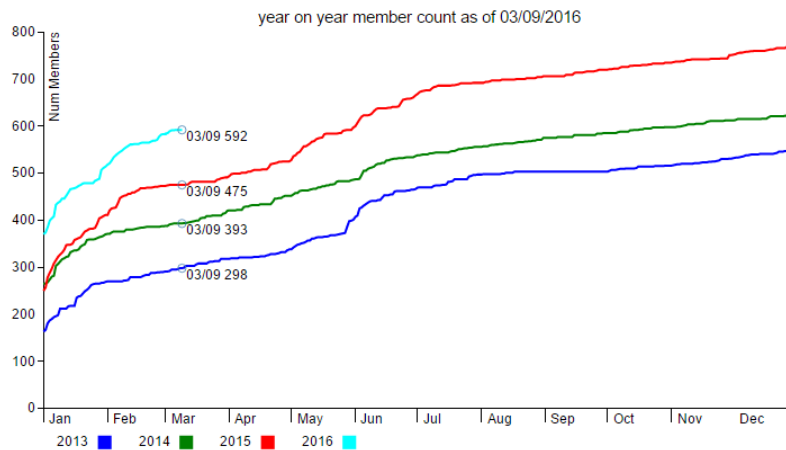
We are also excited to announce a new FSRC Memorial Scholarship fund, organized by **Mike O'Grady**, which will have multiple sources. One of the sources is the Larry Key Memorial Run, Bike or Hike, another source will be net proceeds of the Rick O'Donnell 5.22 Mile Trail Run and Ultra Challenge, plus there will be the opportunity for standalone contribution. You can read more about the Larry Key Memorial Run, Bike or Hike, and a bit about the FSRC Memorial Scholarship in the Spring *Intervals*.

But wait, there's more! The Maryland RRCA and National RRCA also have several race series you might be interested in. There's the Maryland Grand Prix, the Maryland RRCA Ultra Series, the Maryland Women's Distance Festival Grand Prix, and RRCA Championship Event series. Head on over to the web site and click on Competition > MD RRCA Series Races to learn more (<http://steeplechasers.org/competition/md-rrca-race-series/>).

I mentioned the Decathlon – our social chairs **Ruth Taylor** and **Art Gregory** came up with a great idea – **Tim O’Keefe** will be making the Decathlon awards at our summer picnic this year. The picnic will be held at Utica Park again. Please save the date, August 27, on your calendar. More information will be coming soon.

We are starting to organize our general membership meeting. 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.

Wow, as of this writing, we have 592 members, which is 117 more than last year on the same date. Last year we didn’t reach 592 until May 28! I’m not entirely sure what is fueling the growth, but I’m guessing it is because of the great training programs and positive attitude of all our members, which is evident on the Steeplechasers Facebook group. BTW, 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/>.



As usual, **Billy Clem** and **Jan Harris** are doing a great job with the Half Marathon and Marathon Training programs. We have over 150 members registered for the Half Marathon program and 50 registered for the Marathon program. We have new Facebook groups associated with these programs which allow people to be part of a “virtual training group” if they can’t make the group runs, and for other chatter among the participants. See <http://steeplechasers.org/training/training-groups/> for more information about our training programs.

If you are interested in the Women’s Distance Festival 5K training, coaches **Luanne Houck** and **Roseann Abdu** tell me that registration will open April 1, and the training program will start June 13.

Nicole Davis did a great job at our first education session of the season, organized by **Pam Monaghan-Geernaert**. Nicole, a physical therapist and RRCA Certified Running Coach used her knowledge of the body and of running (and runners) to teach us a bunch of good stretches and when to do them. We will be putting this information on the web site as well, very soon. Stay tuned.

Oh my goodness – there is so much more to talk about but I can see I am already using up too much space.

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

Lou King
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