



Spring is always such an exciting time for runners. We are setting goals and getting ready for summer running events. The winter, and hopefully the rain, has dispersed. My favorite time to run in the spring is at dawn. Nothing is better. Watching the sun rise and enjoying the cool air is refreshing and invigorating. After being injured for several months, I am slowly getting back into shape and am looking forward to those early morning runs with friends! Spending time with fellow runners while catching up and enjoying each other's company keeps us motivated and connected. My goal this summer is to slowly add mileage to my running. I am also going to do some trail running to get ready for Rick's Run; I hope to run more than one lap this year! Spend some time making summer goals for yourself, and don't forget all of the amazing running and social events coming up this summer for our members!

The first FSRC signature race of the summer is quickly approaching! **Alex Young**, the race director of the Frederick Summer Solstice 8k, has been working hard to get us ready for this **June 23rd** race. If you haven't signed up, do it soon! It is going to be a party. Bands, beer tents, food, and Steeplechasers; what more could you ask? Remember, this is a grand prix event too! <https://runsignup.com/Race/MD/Frederick/SummerSolstice8K?remMeAttempt=>

Mark your calendars for **June 30th**. Our second annual Independence 5000, an FSRC low key race, will be taking place. **Victor Cretella** has planned another great event. This year it will be a 5k along the Monocacy River. Bring a snack to share! This too is a grand prix event! <https://steeplechasers.org/events/copy-of-independence-5000/>

One of my favorite Steeplechasers' free races for members, Run for the Pie, will be held on **July 21st**. This beautiful 10k course will challenge and motivate you. The best part of this race is the pie at the end! Thanks to **Mark Lawrence**, the race director, for putting together this low key race! Sign up for this grand prix event using this link: <https://runsignup.com/fsrcpierun>

Another FSRC signature race, the Women's Distance Festival, will be held on **August 4th**. Our race director, **Harriet Langlois**, is diligently planning to make this the best WDF yet! The WDF training program is in full swing! **Sylbe Roane, Casii Dodd, and Marti Grib-Kachman** are encouraging and motivating the 90+ members who have signed up for this training. The WDF is also a grand prix! If you want to sign up or volunteer, here is the link! <https://www.frederickwdf.com/>

Thanks to our trail guru, **Nicole Davis**, we had a great turn out for the first trail series race, the Lil' B 5kish. The next event in the trail series is the Catoctin 50k trail run on July 14th. If you are interested in the trail series, check out the details on our website: <https://steeplechasers.org/competition/club-competition/trail-series/>

June 6th, the 2018 decathlon began! Over 30 Steeplechasers came out to Linganore High School to compete in the two mile race. It was a great success. We had perfect weather. If you are interested in joining the decathlon events, we will be meeting at Linganore High School through June 20th, then, hopefully, back at Frederick High. Thanks to **Tim O'Keefe** for leading the decathlon for over 25 years!

The 16-week marathon training program, led by **Heidi Noval and Crystal Tressler** will start the week of July 9th, and group runs will be Tuesdays and Saturdays. If you have always wanted to run a marathon, this training is for you. These two coaches just finished the half-marathon training which was a huge success! Thank you Heidi and Crystal for taking time to coach our Steeps! The target race for the marathon training is the Marine Corp Marathon.  
<https://runsignup.com/fsrcmaratraining>

Finally, we will end our summer with our annual picnic on **August 25th**. Thanks to **Heidi Novak** for planning this fun event. We will celebrate the success of our decathlon and enjoy food and drinks as a running community. I hope to see many of you there.

This summer is definitely a busy one! Enjoy yourselves, run with friends, and take care.

Jill Cameron  
Frederick Steeplechasers President