



Even with our crazy, rainy season, our FSRC family has been able to run numerous miles on the roads and the trails this summer. The social media posts have been filled with all the different places our members have run, and it has been a joy to see the accomplishments and adventures of so many. Fall is quickly approaching which means cooler weather and more running! I can't wait!

As always, the FSRC has been busy this spring and summer.

We are thankful for **Heidi Novak's** continuous hard work to make our social committee activities fun and unique! On April 26th, UCAN held a social hour/ ed night at Charm City Running. It was well attended, had yummy food, and was informational. We also had such a fun time at Cyclefit for "Spin or not to Spin" on June 6th where we cycled away and then hit Brewer's Alley for a wonderful lunch. Next, the Meet at the Creek social hour on July 12th was also well attended. Although I was out of town for this social event, the pictures proved that fun was had by all! Finally, we are especially thankful for Heidi and Christine Stafford's hard work preparing the end of summer picnic which was held on August 25th! Music, food, and games are a great combination for a perfect party, and we had it all. The decathlon winners were also celebrated during the picnic; it is always fun to listen to Tim highlight each of the winners. Thank you Heidi for making our social events so enjoyable! If you haven't attended a social hour, you definitely should.

Our trail series started off strong. On April 8th, the FSRC Lil' B 5kish brought trail runners together. Thank you **Nicole Davis** for organizing and implementing our new trail series. I really do intend on hitting those trails soon, really!

It has been fun to celebrate race successes at our first two FSRC signature races, Frederick Summer Solstice 8k and The Frederick Women's Distance Festival. The Frederick Summer Solstice 8k turned out better than expected. The bands, food, location, and course were talked about for days after the race. Thanks to **Alex Young**, this year's race director, and his team for working numerous hours to make this year's race so successful. The SS8k netted \$19,142 for Frederick's Blessings in a Backpack! Well done, Alex! Our second signature race for the summer was the Frederick Women's Distance Festival. **Harriet Langlois** pulled off another fantastic race. Everyone loved it, and, as always, her cookies were a huge hit. The Wdf netted \$24,471 for the Women's Giving Circle of Frederick. Simply amazing! Thank you, Harriet, for everything you do for the club and the Frederick community.

A shout out must go out to all of our RRCA certified volunteer coaches. The time commitment, organization, and communication to our members is appreciated by all of our runners. Thanks so much to **Syble Roane**, **Casii Dodd**, and **Marti Grib-Kachman** for leading our Womens' 5k training program. The women loved it. **Heidi Novak** and **Crystal Tressler** have been working hard to motivate and push our members who are training for their upcoming marathon, and

**Josh Roane** and **Anne Shubert's** half-marathon training group is off to a great start! We are looking forward to **Robert Hall's** co-ed 5k training program starting September 5th! Thanks, coaches! You are crucial to our club.

Summer wouldn't be the same without our low key races. We are so thankful for the time commitment and dedication from the race director of the Independence 5000, **Victor Cretella**. Members at this low-key race ran along the Monocacy River for the second year, and loved it! As always, The Run for the Pie, on July 21st, was well attended and, while hilly, enjoyable! **Mark Lawrence**, the race director, pulled off another successful race. Eric and I went home with a homemade blueberry pie and a Catocin Mountain Orchard Peach pie! Both were fantastic. I love the Pie Run! Finally, after weather issues and location changes, the Summer Decathlon wrapped up on August 15th. **Tim O'Keefe** lead the way in organizing another fantastic Summer Decathlon. Thank you, Tim, for the many years you have lead the Summer Decathlon.

Finally, a shout out to **Trevor James** and **Josh Henson** for your commitment to our young runners. The Spires Youth Running club and the Panther Running Club are both holding strong, and participation continues to increase. Their fall seasons are quickly approaching, and we are so thankful for their time and commitment to our youth.

I wish all of the FSRC members good health and strong legs! Keep up the running, and I hope to see you at our next two signature races, the Market Street Mile on September 8th and Rick's Run on September 16th.

Best,  
Jill Cameron  
Frederick Steeplechasers Running Club President