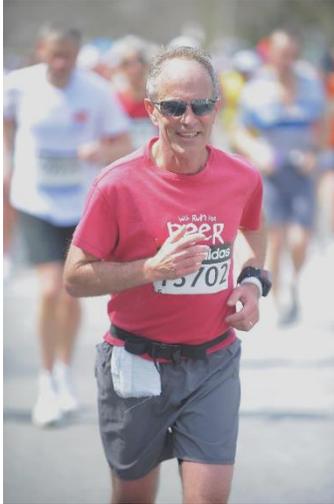


President's Message by Lou King, June 16, 2015



There continues to be a lot going on in the club.

Our membership continues to build at an astounding rate – as of this writing (June 16, 2015), there are 638 members, eight more than we had at the end of 2014!

Our treasurer (and my better half) Harriet Langlois and I went to the Road Runners Club of America (RRCA) conference, and learned a thing or two. Some of it was pretty dry: insurance, risk management, strategic planning – but we also learned some fun stuff we hope we can implement soon.

FSRC continues to be a healthy organization. Of course we have a great set of members, but we are healthy financially as well. If you haven't seen it already, please take a look at our 2014 Annual Report – you might learn a thing or two you didn't already know about the club, and you can see

our budget, etc., there as well. <http://steeplechasers.org/wp-content/uploads/2015/05/FSRC-Annual-Report-2014-final.pdf>

One of the ways we remain financially healthy is through our race support services business, managed by Mark Lawrence. We have booked 26 races for finish line services and/or course marking so far this year. These services are provided at a nominal fee to help small local races be successful.

By the time our fall training programs start, we will have five RRCA certified coaches leading our training programs from the 5K through marathon distances, on road and trail – Roseanne Abdu, Billy Clem, Nicole Davis, Jan Harris and Luanne Houck. Please have a look at <http://steeplechasers.org/training/training-groups/> to learn more about our official training programs, as well as other running groups coordinated by Steeplechasers or other local organizations.

Note that Women's Distance Festival 5K training (women only – sorry guys) started June 15. Please head on over to <https://www.runningahead.com/events/fsrc5ktraining> soon to register. Fall marathon and half marathon training will be starting soon as well. Keep an eye out for emails and on Facebook for the announcements.

Have you seen our “brag corner” on the web site? If not, click over to <http://steeplechasers.org/membership/brag-corner/> (or go to steeplechasers.org and click on Membership > Brag Corner) and see what people are talking about – also take the time to brag a little about yourself. First 5K? Longest run ever? Whatever you want to say goes here. These will also be captured in a section of the newsletter. Great suggestion by Brenda Jacobs in our “suggestion box”.

Have you ever written a race report? Do you love a particular area to run? Have anything else you'd like to share? Please consider writing an article for the *Intervals* newsletter. You can send a word or text document to *Intervals* editor Malcolm Senior at newsletter@steeplechasers.org for inclusion.

Ooo, ooo, we got a sponsor for our racing team! New Balance of Frederick has agreed to provide singlets and jackets to the team members. I can't wait to see them! What? You don't know about the racing team? Well head on over to <http://steeplechasers.org/competition/racing-team/> to learn more about the team and how to qualify. If you are one of our speedier members, please consider joining the team. Applications are being accepted through the end of June for the July 1, 2015 thru June 30, 2016 racing team membership year.

The summer decathlon (track series) has started, and we had a great turnout for the first event, the 1600m, and an even larger turnout for the second event, the 600m. I am seeing lots of new faces, and leading up to the first event there were a lot of questions. If you are considering running in the decathlon and have no idea what it is about, please go to <http://steeplechasers.org/competition/#sdecath> to learn more.

And don't forget to RSVP for the summer picnic, which this year will be held at Utica District Park, Shelter #1. Please see <http://steeplechasers.org/events/fsrc-summer-member-picnic/> for more information including how to RSVP. This event is for paid Steeplechasers members only, as always – this is one of the perks of membership.

And finally I am very excited about this: We will be having a General Membership Meeting in October at the Delaplaine. This is going to be a great meeting because it will incorporate short movies from Trails in Motion Film Festival and a celebration of our 40th anniversary – yes we were incorporated way back in 1975! Stay tuned for more details.

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

Lou King
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