

2010 RUN FOR THE PIE!

The almost annual **Run for the Pie 10K** is scheduled for August 21st at 8:00a.m. at the entrance to the Frederick Watershed on Mountaindale Road.

Registration: Entry fee for Steeplechaser members is a pie. Entry fee for non-members is a pie plus \$5. We're not doing any pre-registration or Active.com because nobody wants to store the pies.

Course Description: The course is a paved beautiful but hilly country road out and back along the base of Catoctin Mountain that features one huge hill near the turn-around 😊.

Prizes: The top men and ladies get their choice of pies while the rest of us get delicious leftovers!

Directions from Frederick: Take U.S. 15 North to the left on to Hansonville Rd. (by Mr. Natural's) and make an immediate right onto Mountaindale Rd. Follow Mountaindale Rd. through the fish ponds and across Bethel Rd. until you come to an intersection where Putnam Rd. is on your right. Go left to stay on Mountaindale Rd. and proceed toward the entrance to the Frederick Watershed Area. Proceed to a gravel lot on the right hand side where you should see a display time clock and people dressed like runners carrying pies (not a common site).

Disclaimer: This is a low budget but fun event that we've done over and over again for years to fill-in gaps in the running schedule ("pie filler" Get it?). The race is adequately marked, measured, and timed, but there is minimal aid (one water station with just water that could be self serve if no one shows up to help). There is no traffic control (but there's very little traffic out there). As always, everyone runs at their own risk (not a race for pre-teen children). Only people that are willing to show up smiling are asked to participate. People that get grumpy and complain will be ignored by race management and will generally look like an ass in front of their peers.

Come out, have a great run, and share some pie!