

Big News for Local Running Community!

"The Run" and Dr. Godby's team of 4 runners is coming to Frederick this Saturday. The Run began in San Francisco on July 17, 2011, and will end in New York, NY, on 11-11-11, Veteran's Day, with a symbolic leg to Bridgeport, CT on November 16, 2011. Check out www.therun.org for more about this special nationwide event to raise awareness about fitness and health. Dr. Godby, his two sons, a nephew and Michael Gillan, a Recovery Specialist from Australia will be running from Hagerstown into Frederick. John Kippen and our local team of runners will meet them at "If The Shoe Fits" at 3:00 p.m. and will run a 4 mile route with them as they enter the City of Frederick. They will join the race route of the Headless Horseman 5K, which is being held at Frederick High School and is sponsored by the Girls Cross Country team. They will end at the FHS track and Dr. Godby will speak to the running community after the race finishes. If you are interested in joining the escort group, meet at ITSF before 3:00 on Saturday. Or register for the Headless Horseman 5K and be there to show off the spirit of our running community!