



INTERVALS

Newsletter of the Frederick Steeplechasers Running Club

Annual Membership Meeting
Thursday, November 3, 2011

Everyone Welcome

Place: **C. Burr Artz Library, Community Room**

Time: **5:45-7:30 p.m.**

Purpose: We will talk about our running club and our mission for the future. Our Board Members and Committee Chairs will each describe roles and responsibilities, upcoming plans, and opportunities to get involved and volunteer. This will give members, especially those who are new, a chance to learn about the club and figure out what you can do to get more involved. You will have an opportunity to ask questions, meet other members, and join committees.

Speaker: Brent Ayer, Head Coach, Men's and Women's Cross Country and Track & Field, Hood College. Brent is serving his second term as the President of the Road Runners Club of America (RRCA) and has an extensive background in running, coaching, and training. Brent will be talking about how to develop an annual training plan. Regardless of whether you are a beginning runner or an experienced competitor, setting goals and developing a plan will help you stay motivated.

Comments: We have a hard stop at 7:30 and will need to have everyone help clean-up and fold/stack tables and chairs. Please consider coming a little early to help set up the room and do some socializing before the meeting begins. We will start promptly at 6:00 with our full agenda. Pizza and soda will be provided. If anyone is interested, we can head over to Green Turtle or La Paz afterwards for drinks.

RSVP: by October 28th to Luanne Houck at Luanne.houck@gdit.com

Pink Ribbon Clip art copyrighted by Bobbie Peachey, <http://webclipart.about.com>

Committee Chairs
FSRC - 2011 Officers

President – **Mark Lawrence**
 Vice President – **John Stuart**
 Secretary – **Luanne Houck**
 Treasurer – **Anne Hafer**

Social – Kim Hissing/Luanne Houck
 Membership – Luanne Houck
 Competition – John Stuart
 Race Support – Tim O’Keefe
 Training –
 Co-Chairs Eva Resold/ Christine Zara
 Web Site – Rich Potter/Stephen Dobson
 Newsletter – Malcolm Senior

Mailchimp Update

Over the past year, we have accumulated a mailing list of over one-thousand e-mails from previous local races and will be offering a distribution service to local race directors who are putting on non-profit races in support of local charities, schools, or organizations. If you are a Frederick Steeplechaser, we will send 2 e-mails to this mailing list for free to advertise your race. The first will be about six weeks prior to race day and the second will be about two weeks prior to race day. If you are not a Steeplechaser, the cost will be \$50 for this service. In return, we ask that you provide your registration e-mail list after your race so we can expand the mailing list. If an individual does not want to receive these e-mails, there is an easy unsubscribe link. And the e-mail list will never be shared with any other parties. We feel that this will be a valuable service to the local community for all-volunteer races who often have a difficult time with marketing their events. If you are planning a local race that you are interested in advertising, please contact fsrc.membership@yahoo.com.



Thank You

- To Lou King and Harriet Langlois for hosting the summer picnic.

- To Pam, and Gary Geernaert for hosting the after Market Street Mile pizza party

Photographs courtesy of Mike O’Grady

MEET THE TREASURER ANNE HAFER

Born: Yes – Washington DC
 Sex – Yes - Female
 Education – Yes – Maryland
 Children – Yes - 2 – Grant 26 & Marisa 23
 Dog – Yes – Sadie a 2 year old Aussiedoodle
 Residing – Yes – Clover Hill 1
 Profession – Yes – Real Estate construction & development
 Explorer – Yes – USA plus 12 countries
 Gardener – Yes – Flower & vegetable gardens
 Unpaid Assistant – Yes – Community volunteer
 Beer – Yes – Anytime/anywhere –
 Wine – Yes – Red or white
 Food – Yes - Organic but any will be fine
 Al fresco – Yes – Anywhere
 Steeplechaser – Yes – Joined in 1994
 Volunteer time – Yes – Race committee, banquet committee, awards committee, newsletter committee, finish line committee, past Secretary, Vice President, and currently Treasurer
 Memorable run – Yes – Marine Corps Marathon Oct. 2001 just after 9/11
 Steeplechaser Advice – Yes – Enjoy the club and get involved to keep it working – it is OUR club



HAPPY HOUR

October 13 at Danielle's on East Street from 5:30-8:00



December 8 at the Flying Dog Brewery at 4607 Wedgewood Blvd followed by food at Friscos – for those who are interested, we have 20 tickets for a brewery tour from 4:00-6:00 pm. The cost is \$5 which includes five beer samples and a commemorative tasting glass. The first 20 to RSVP with \$5 to Luanne.houck@gdit.com can do the tour. For everyone else, just come whenever you can to have a drink and we'll all head over to Friscos (4632 Wedgewood) at 6:00 for some food.



President's Message: Time for a Change - Mark Lawrence

It's been just over 5 years since I attended my first Steeplechasers Executive Committee Board Meeting. I was there, not as president, but just as a concerned member. I had become concerned upon realizing that membership in the club was dwindling although the popularity of running seemed to be rising. John Kippen had established Frederick's first running shoe store and was organizing group runs. The Frederick Marathon was off to a successful start and was gaining a following. Vicki Bate had established and was drawing ever larger numbers to the WayStation Turkey Trot. But the membership of the Steeplechasers had fallen to under 100. I was concerned and had ideas about what needed to be done. If I remember correctly, I think there were 3 people in attendance at that meeting other than me. What I told them was that I thought the club focused too much on internal competitions and didn't do enough to reach out to the rest of the community and potential new members. We had to get more people involved and play a more supportive role in things going on outside our own internal events. I made several suggestions on how to change this after which they asked me if I wanted to be the next President. That's how I started. Now, after many changes that have resulted in the club growing to about 4 times the size it was in 2006, I've decided it's time to step down as President. So in 2012, it will be someone else's turn to step forward.



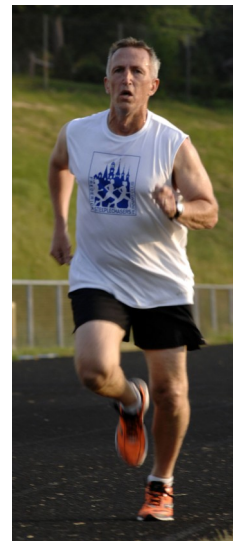
My time as President has been transformational for me as well as for the Club. I've got a new wife, a new family, and a new job all during this period, and I think the Club has re-established itself as the lead organization in the area for runners and those who want to coordinate a running related event. I'm pretty happy with the Club right now, so I'm leaving it up to people with new ideas to continue to make it grow from here.

Now, I'm taking my love for running to another level and am adding a new business to my activities. As many of you know, I've become a big proponent of ChiRunning as my own rehabilitative means of continuing to run since injuring my knee in 2006. I've now received formal training in the practice, and have qualified as one of about 100 certified instructors for ChiRunning and Walking in the United States. This past year, I have been doing more formal instruction with club members that have produced significant results in several that have included enhancements in their levels of performance and even in overcoming chronic injury conditions. These results have convinced me that this is a practice well worth pursuing, and I am forming an LLC called "Self-Propel" to encourage people to practice the Chi principles so they can enjoy running and walking as a fitness activity for the rest of their lives.

To do this, I need to step down as President for both time management reasons and to avoid obvious conflict of interest issues that could be construed from being club president and engaging in a running related business. However, this does not mean I'll be stepping away from the Club. My greatest passion has been drawing in new members and exposing people to the joy of running. As long as I am permitted,

continued on page 5

I'll continue to do this through my new business and in cooperation with the Club. I firmly believe that practicing our ability to run (and walk) plays a vital role in maintaining our quality of life. While I want to teach people how to continue to move forward for a lifetime, I think the main function of the Club is to provide people the opportunity to share that endeavor with others. My involvement with the Steeplechasers has provided me with some of the best friends and greatest experiences I've had in my life. I'll never forget that, and will continue to pass that message on to others. You can count on me still being an active participant in the club recruiting and training new members and doing my share of volunteering at finish lines and helping to keep the Club playing the role of being the key organization that promotes running here in Frederick County.



So What is ChiRunning?



The term, “ChiRunning” comes from the book of that name written about 10 years ago by a gentleman named Danny Dreyer. Danny was a runner who had a background in the martial art of T'ai Chi. As he was participating in running, he became aware of the number of runners that developed impact injuries and realized that there was very little guidance available for runners to tell them how to run and avoid those injuries, and it occurred to him that applying principles of T'ai Chi to running would be a very beneficial combination. As a result, he studied the mechanics of running and developed a technique that combines the focus and flow of T'ai Chi with the power and energy of running to create a revolutionary running form and philosophy that increases efficiency and reduces impact making the practice of running easier and safer. The ChiRunning technique also provides greater insight for runners so they can understand what habits or flaws in their technique cause the impact injuries that are common to runners making us all more mindful of what we are doing as we run.

This can be especially appealing for those that want to view running from a holistic fitness perspective similar to yoga or T'ai Chi where it is more about the process rather than constantly focusing on an end goal. The targets for improvement are energy efficiency and injury prevention, and the two skills used to achieve this are alignment and relaxation. In other words, ChiRunning teaches us to align our bodies so that our structure is supporting us and that all our parts are moving together in the same direction. This in turn should enable our muscles to stay more relaxed as they are working with minimal effort simply supporting our movement forward which is driven by the pull of gravity and our own momentum. In T'ai Chi this is expressed by the principle of “Needle in Cotton” which is the foundation of all movements of the body. Strength and alignment come from our center or rotational axis, while we should remain relaxed in our arms and legs. T'ai Chi also teaches us how to cooperate with the forces of nature as we move. In running, we need to cope with the downward pull of gravity and the impact of our foot on the road. ChiRunning teaches how to use our upper body to cooperate with the pull of gravity while our lower body cooperates with the force of the oncoming road.

Continued on page 6

Many of us think that our stride is something that we were born with and now we're just stuck with it. ChiRunning teaches you that the way we ran as children is much different from the habits we adapted growing up. Much of the technique is relearning what came naturally to us when we were children. Dr. Mark Cuccuzella did a survey on ChiRunning as a part of a study for West Virginia University and found that among adults that tried to convert to the ChiRunning technique, 90% were able to change the way they ran and 95% of those said their ease of running improved as a result. So it is possible to teach old dogs new tricks, but it takes practice. ChiRunning teaches an incremental approach toward that progress.

Since the publication of the book "Born to Run" in 2008, everyone has been talking about "naturalistic running" or running like you would if you were in your bare feet. But rather than simply telling people to run in minimalist shoes or barefoot, ChiRunning explains those mechanics in detail and was preaching those techniques before the recent wave of popularity. Like any habit, it takes a while to feel comfortable doing something different. That's why ChiRunning should be viewed as a "practice" that we can learn from and build on over time.

FSRC Racer's Sprint to the Finish!

As the Market Street Mile wrapped up this year, so too did the first ever Frederick Steeplechasers Running Club Grand Prix – Sprint Series. The Sprint series consisted of three races; the Hillcrest Husky Hustle 5K, the Summer Decathlon 200 Meter, and the Market Street Mile. FSRC members had to race in all three events to qualify for the series. Awards will be given to the top 2 males and females.

The lady's series saw some great competition within the individual events, but in the end, only the lightning fast Crista Horn was able to impress the crowds in all three events taking the crown for the lady speedsters!

The men's series was a bit more hotly contested as a battle of the ages raged. With consistently more horsepower, the younger lads represented by Chad Connors and Joe Basford took the top 2 spots as Tim Hugen and John Stuart coughed on their exhaust in each of the three races. Chad Connors' high-octane performances placed him first in all three events, winning the Hillcrest Husky Hustle 5K and Market Street Mile outright, and tying Lance Dockery in the Summer Decathlon 200M

The Endurance series will wrap up this weekend with the Freedom's Run Marathon. Will the same racers be in the mix? Will a new champ emerge? Will Speed Racer ever change his fretful expression? Stay tuned to FSRC Race News Network for the exciting conclusion!!!

Results of the Sprint Series

Lady's Champs: 1) Crista Horn

Men's Champs: 1) Chad Connors 2) Joe Basford

FSRC Steeplechasers Endure 'til the End!

This past Saturday, saw the running of the third Freedom's Run Marathon and the very first Frederick Steeplechasers Running Club Grand Prix – Endurance Series. Just as with the earlier completion of the Sprint Series, the Endurance Series was comprised of three races; Club Challenge 10 miler, Frederick Half Marathon, and Freedom's Run Marathon. To qualify, members had to race in all three events, and awards were available to the top 2 males and females.

The lady's series was akin to a tug-of-war between three individuals. Rachael Murphy-Ryan, Pam Geernaert, and Kelly Buriak battled it out placing 1st, 2nd, and 3rd, in the first two events. Saturday, October 1, saw Kelly opt for the 10K while Rachael and Pam decided to sight- see in all 4 national parks and ended up with 1st and 2nd place respectively. Pam set a blistering pace at Freedom's, but Rachael's two earlier wins in the Club Challenge and Frederick Half paced her right into the championship title.

The men's event showed that age can in fact endure as the top three finishers ranged in age from 44 to 50. The men's event started off as close as could be with Tim Hugen finishing 11 seconds in front of Jim Salley and 16 seconds in front of John Stuart. Jim Salley battled back in the Frederick Half, having completed the Gettysburg Marathon the previous week to cruise in front of Tim by 97 seconds, and an additional 51 seconds over Stuart. But it was all a ploy in the end as Mr. Hugen came into his own at his first marathon strolling easily to a 3:10 over the gently rolling course that is Antietam!!! Jim and John were only one second from each other, it just happened to be 36 minutes behind Tim!

This wraps up the two mini-series within the Grand Prix and we hope everyone enjoyed the additional friendly competition. Congratulations to all of the Steeplechasers in all of their events throughout the Grand Prix and in all the other races all of our members conduct, race, direct, volunteer, sponsor, etc...

For the Endurance series:

Lady's Champs:

- 1) Rachael Murphy-Ryan
- 2) Pam Geernaert

Men's Champs:

- 1) Tim Hugen
- 2) Jim Salley

~Quote of the day~

~We make a living by what we get; we make a life by what we give. ~Winston Churchill

Another Successful Women's Distance Festival 5K!

By Luanne Houck

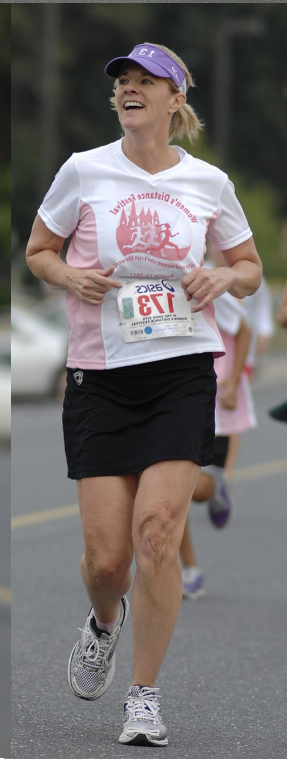
As a result of several months of hard work and dedication, the Women's Distance Festival 5K race on August 13th at Frederick Community College was a great success. Like a well-oiled machine, our committee got together back in March to start planning our 4th year of the revamped Frederick WDF. The result was the biggest and best WDF 5K we have ever had. In fact, we raised \$9,000 for the Women's Giving Circle, a local non-profit organization supporting women and children in the Frederick area.

The business community gladly pitched in as shown by our growing number of sponsors of this race. Our premier t-shirt sponsor was Dr. Elizabeth Liotta, MD, Dermatology. Music Sponsors were Shockley Honda and Corp OHS. Finish Line Sponsors were Sylvania Institute for Medical Aesthetics; Dr. Mark Pitts, DDS, PA; and Cardiology Specialists of Frederick. The Awards Sponsors were Modern Dentistry and General Dynamics Information Technology and Food Table Sponsors were McLaughlin Chiropractic and Mike's Autobody. Water Table Sponsors were In Fit Personal Training; Sue Collins, ReMax Results; and Hello Gorgeous Hair Salon. Our Mile Marker Sponsors were the Steeplechasers, Walkin Right Shoe Store, and Fabrications. There were many other general sponsors as well as companies who provided our great stock of door prizes.

The atmosphere was very festive and exciting – as people parked they were immediately greeted by our male volunteers, many of whom are Steeplechasers, who were wearing pink shirts saying “Just do what she says!” There were massages offered by OM Chakra Health and Wellness Center along with a pre-race yoga stretch. Several tables were set up with informational materials from some of our sponsors. Music was playing as everyone picked up their shirts and bibs. The “cooler weather than normal” for August attracted many race day registrants. Everyone raved about the race shirt for 2011 - a white technical t-shirt with pink inserts along the sides and dark pink lettering. We had a plethora of post-race refreshments including water and chocolate milk, fruit, bagels, donut holes, and other snacks, much of which was donated by local establishments.

Due to our growing numbers, we decided to run the race in the opposite direction, starting at the parking lot entrance, which provided a wider straight-away to allow the runners to spread out before the first turn. On the second lap, this also resulted in a brief downhill stretch at the finish, which was appreciated by everyone! There were 352 total finishers, including 41 Steeplechaser women and girls. One of our new members, Sage Norton, won 3rd overall with a time of 19:31! 15 Steeplechasers came away with age group awards and the Aunt/Niece, Sister/Sister, and Mother/Daughter teams were won by Steeplechasers.

We are very proud of this event and all that it contributes to the community. This is one of our club's most significant undertakings of the year. We are grateful for all of the support from the planning committee, the male volunteers, our sponsors and companies who donated prizes and refreshments, and the participants who made this race fun and competitive.





Stan Bags haw 2nd Memorial 'Toffee Run'

A cross country course approximately 3.5 miles around the public footpaths, bridleways and roads of historic Lascar and Wentworth South Yorkshire England. Start and finish at the Market Pub Lascar, Tuesday July 12, 2011



The second Toffee Run in memory of Stan Bags haw took place on a very pleasant July evening. Stan was a long standing member of the Kimberworth Striders Running Club who always carried toffee to runs. A great atmosphere on the night and Stan's daughter Sue once again came along to present the awards & even gave us a small excerpt from Stan's diary.



Well Done to the 49 finishers who all received a small bag of Stan's trade mark toffees!! With two 'Prizes' for this event – courtesy of Simon Hopkins – 1st Man – Liam Rooney in a sprightly 22.46 & 1st Woman – which you would have thought would have been easy enough to sort using the first to finish logic!! Unfortunately two runners including the first lady missed a turn and proceeded to run extra mileage and in the end the second lady took the first prize.



Volunteers on the night were Rod Rivers for helping 'mark' the course, to Kev for the 'Toffees' & helping with the time keeping, to Claire Chapman for providing the 'paper bags', to Hoppy for the trophies & the old photos, to the 'Market' pub in Lascar for making us welcome & providing food after the run.

And finally; £180 was raised on the night for the Bluebell Wood Charity – Bluebell Wood Children's Hospice offers care and support to children and young adults with a shortened life expectancy, both in their own homes and at the hospice in Sheffield.

Wentworth village dates back to at least 1066. The Wentworths came into the lands in early 14th century when they married into the local Woodhouse family. The lands passed over to the Watson family when William Wentworth, 2nd Earl of Strafford died without an heir. The Watsons' held the land until 1782. During this time most of the local follies were built. The Fitzwilliams' ownership ended in 1979 when W T Wentworth-Fitzwilliam, 10th Earl Fitzwilliam died.

Elsecar is a village forming part of the Metropolitan Borough of Barnsley. Like many villages in the area it was for many years a coal mining village until the widespread pit closures during the 1980s. Elsecar is unique as a name: the origins are not entirely clear. *Else* or *Elsi* was the name of a local Saxon lord who owned land in the area. It is also the Saxon name for a marsh that may have existed in the bottom valley.

RUN FOR THE PIE!



Nobody said I had to run !



Race Date: August 20th at 8:00a.m. at the entrance to the Frederick Watershed on Mountindale Road.

Course Description: The course is a paved beautiful but hilly country road out and

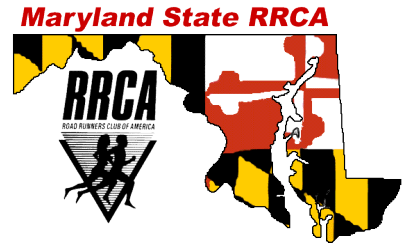
back along the base of the Catoctin Mountains that features one huge hill near the turn-around. 45 runners completed this very scenic Grand Prix event

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

Dave Herlocker Memorial Bachman Valley Half Marathon (BVHM)

The title is nearly as long as the race - Malcolm Senior

The 29th Annual Bachman Valley Half took place on Sunday 25 September. Despite the humid and somewhat warm conditions, it drew 200 registrants. Race 7 in the 2011 Maryland RRCA Grand Prix Series and only two races left in the series Rockville 10K and BRRC Marathon.



A very well organized run by the Westminster Road Running Club, email confirmation of entry, email instruction, email thank you for entering, plenty of volunteers on the course. A modest \$10 registration without a shirt so only apples, pretzels and drinks at the finish. The course was rolling hills on country roads (rolling hills is a racing directors term for very hilly!) through farm land which was very scenic.

The age group awards were nice prizes, Panera Bread gift cards, technical T shirt etc. However they started the awards from youngest to oldest and each winner could select any prize off the table so by the time it reached 60 – 65 the only items left on the table were a car sticker, water bottle or a MUM plant!!



OCTOBER 2011			
10/1/2011 - 9:00 AM	BAFC Run for Shelter 5K & 2 Mile Walk	Baker Park Band Shell Frederick MD	Jenny Bern
10/01/2011 7:00am - Marathon 8:20am - 1/2 Mar. 8:30am - 10K 8:40am - 5K	Freedoms Run Marathon Half Marathon 10K and 5K Grand Prix - Marathon *** Endurance Event #3 ***	Marathon: Harpers Ferry Visitors Center Harpers Ferry, WV Other Races: Shepherd University Shepherdstown, WV	See website for contacts
10/1/2011 - 9:00 am	ESP Autumn 5K	Mount St. Mary's University Waldron Stadium Emmetsburg MD	Laura Estep laura@goarl.com 301-514-5931
10/1/2011 - 9:00am	Fairgrounds Fall 5K and 2 Mile Fun Run	Hagerstown Fairgrounds Park Hagerstown, MD	Parks Division Office 301-739-8577 x169
10/8/2011 - 8:00 am	Pink Ribbon 5K Run/Walk	Baker Park Frederick MD	Patty Hurwitz 301-663- 9252
10/15/2011 7:45 pm	Run for the Bathroom 8K	SMHS Museum 3 East Main St. Burkittsville MD	Bill Susa sillybusa@yahoo.com
10/15/2011 - 8:00am	Baltimore Running Festival	Baltimore, MD	See website for contacts
10/16/2011 - 10:00 am	Highlanders Spirit 5K & 1 mile Run	Highland View Academy Mt. Aetna MD	Steve Gatz stevegatz@hotmail.com -OR- John Henline jhenline@highlandviewacad emy.com 301-331-1016
10/23/2011 8:00am - 5K 9:00 am - 1 mile	Carroll Manor Elementary Roaring Lion Run 5K & 1 Mile Fun Run	Carroll Manor Elementary School 5624 Adamstown Road Adamstown MD	Joanna Sieger jos1299@comcast.net 301- 874-0281
10/29/2011 - 8:30 am	Habitat for Humanity There's No Place Like Home 5K	Talley Rec Center Baker Park Frederick MD	Amy Benton amy@want2growmktg.com
10/29/2011 3:30pm - 1K 4:00 pm - 5K	Headless Horseman 5K & 1K Fun Run	Frederick High School Track 650 Carroll Parkway Frederick MD	Frank Strakonsky 301-698-0958 strake@comcast.net
10/29/2011 - 7:00am	Halloween Fat Ass Ultra at Spookhill	Gapland Road & Stonewall Passage Rohrersville, MD	Sharon and Ted Lapkoff halloweenfatass@yahoo.c om
NOVEMBER 2011			
11/5/2011 - 12:00 pm	March of Dimes 7 Mile Trail Run and 2 Mile Fun Walk/Run	Gambrill State Park Frederick MD 8602 Gambrill Park Road	Nancy Wiley NWiley@marchofdimes.com 301-865-1931
11/5/2011 - 8:30 am	Red Cross Red Run 5K Run/ Walk	Baker Park Frederick MD	Amy Benton amy@want2growmktg.com
11/6/2011 - 10:00 am	Run Through the Grapevine 8K	Linganore Winecellars 13601 Glissans Mill Road Mt Airy MD	

NOVEMBER 2011			
11/12/2011 - 8:00 am	K9K Fun Run with your Dog	Baker Park Frederick MD	Kevin Moriarty development@fchs.org 301-694-8300 Ext. 203
11/12/2011 8:30am - 1 Mile 8:50am - Kids Dash 9:00 am - 5K	Mother Seton School Fall 5K	Mount St. Mary's University Waldron Lacrosse Family Stadium Emmetsburg MD	BridgetMcCarthy brigemccarthy@hotmail.com
11/13/2011 -8:30 am	Lily Weaver 5K	West Winds Tennis and Fitness Center 11411 Gas House Pike New Market MD	lilyshope5K@hotmail.com
11/19/2011 - 7:00am	JFK 50 Mile Run *** Grand Prix ***	Boonsboro, MD	See website for contacts
11/19/2011	Turkey Chase 5K	Eyler Park Eyler Road Thurmont MD	John Steiner steindawg@msn.com 240-422-7996
11/24/2011 8:00 - 1K 8:30 - 5K	Waystation Turkey Trot 5K & 1K	Baker Park Talley Rec Center Frederick MD	Vicki Bates vbate@waystationinc.org 301-662-0099 x4501
11/24/2011	Emmetsburg Turkey Trot 5 Miler & 1 Mile Walk *** Grand Prix ***	Emmetsburg Community Park Emmetsburg, MD	David or Stephanie Weigelt david@immersionactive.com 301-447-3530
DECEMBER 2011			
TBD	Goodloe Byron 15K *** Grand Prix *	Mount St. Mary's University ECHO Field Emmetsburg, MD	
12/10/2011 TBD	Reindeer Run	Baker Park Frederick, MD	John jck51@aol.com

Calendar of Events -

Please Check the website for latest details www.steeplechasers.org
Volunteers required for all Steeplechasers events contact race director

Fall is upon us with darker mornings and evenings
Be Safe and Visible when Running

Do you have any interesting running tales to tell?
Do you have a favorite route or race?
News of members` or anything running related?
Please forward to Newsletter editor Malcolm Senior