

Frederick Steeplechasers Running Club donates \$16,223 to the Women's Giving Circle



*Karlys Kline, Founder, Women's Giving Circle of Frederick County
Harriet Langlois, Race Director, Frederick Steeplechasers Running Club*

FREDERICK - On August 5th, over 500 women gathered at Frederick Community College to race, run or walk five kilometers at the 28th annual Frederick Women's Distance Festival 5k. This event, a summer fitness staple for area women, celebrates the history of women's right to participate in running events of any distance and at any age. The race is one of nine such events across Maryland as part of the Road Runners Club of America Women's Distance Festival series.

The overall 2017 winner, Stephanie Reich, continues to shine, taking the handmade first place award home for

the third consecutive year with a time of 18:02. Despite her unmatched talent and performance, Stephanie humbly remarked on the supportive atmosphere that brings hundreds of women out year after year. "The overall race atmosphere [is] very positive, welcoming and enthusiastic, and [the race] does a great job to celebrate everyone's accomplishments".

With the support of the runners, volunteers and sponsors, the 2017 race raised \$16,223 for the Women's Giving Circle of Frederick County. The Frederick Steeplechasers have donated over \$88,000 in race proceeds to the Women's Giving Circle since 2010, supporting the Giving Circle's grant program to area nonprofits.

The Frederick Steeplechasers offer a free summer 5k training program for women leading up to the August race. Registration for the August 4, 2018 race and summer training program will open in early spring. See www.frederickwdf.com for more information.