



## Frederick Steeplechasers Marathon Training Program Fall 2018



**Goal Race:** Marine Corps Marathon, Oct. 28, 2018

**Information Session:** Monday, July 9, 2018, 6:00 PM – Charm City Run, 467 West Patrick Street

**Program Start Date:** Tuesday, July 10, 2018

**Program Length:** 16 weeks

**Facebook Page:** FSRC Marathon Training

### **Weekly Group Runs:**

- Tuesdays, 6:00 PM, Talley Recreation Center, Baker Park, Frederick
- Saturdays, 7:30 AM, Various locations in or near Frederick

### **Coaches:**

**Heidi Novak, RRCA Level I Certified Running Coach** Heidi joined the Steeplechasers in 2014 after hearing Mark Lawrence, at the beginning of a race, say anyone serious about running in the Frederick area needed to join the Steeplechasers. Prior to this she had been active, by attending various classes at the gym, but never really did any running. Since joining the club, she has participated in several races of various lengths, from 5k's to marathons. Last year she completed the RRCA Level I Coaching Certification Course, and was the co-coach for the FSRC Spring Half Marathon Program, as well as the Women's 5k Training Program. In addition to helping with the training programs, she is also the co-chair of the Social Committee. She hopes that she can inspire others to love running as much as she does, as well as help them set and achieve their goals.

**Crystal Tressler** has a passion for road running and loves to find new and interesting routes. As a coach for the Half Marathon Training Group, she has been able to share countless miles with many participants. She began running casually in 2005 as a way to prepare for the 30-mile Avon walk. For several years, she continued running alone, on and off through the birth of twins and a third child in 2012. In 2013, Crystal joined the Steeplechasers as a participant in the Women's Distance Festival 5K training program. The group that forged following the training was the catalyst for longer distance and more time shared with good friends. Within a year she saw a

10-minute improvement in her 5K time! With the continued support and training of the Steeplechasers, she ran her first half marathon in 2014. Now she is running two half marathons each season, and has participated in trail and road relay races. Her goal in 2018 is to train for and run her first full marathon. No matter where running takes her, the best place to run is on the country roads of Frederick County.

**Nicole Davis, DPT, RRCA Level II Certified Running Coach, FSRC Training Programs Co-Coordinator, FSRC Trail Running Coordinator, FSRC Secretary** Nicole is a biomechanical engineer turned physical therapist, specializing in running injury prevention and management, and serves as a consultant to numerous running organizations. As an RRCA Level II Certified Running Coach, she coaches both youth and adult distance runners. She attends the UVA Running Medicine Conference yearly to stay up-to-date on current running-related research. She began running at age 38 in an effort to be “Fit by Forty,” and after a rough, inconsistent start, finally found her stride on the trails. Though she primarily runs for the pure joy of just being out in nature and socializing with friends, she does occasionally race distances from 5k to 50k.

**Billy Clem, RRCA Level I Certified Running Coach, FSRC Training Programs Co-Coordinator** Billy didn't start running until he was 37 in 2006. He's run multiple ultra-races, marathons, and half marathons. He has coached the Steeplechasers Half Marathon and Marathon Training Programs. He became an RRCA certified coach in 2015. “I love coaching the training groups and promise to provide a great positive atmosphere for strengthening your running by preparing you both mentally and physically. My goal with the training groups is to really foster a collaborative atmosphere. I'm inspired by and learn from both the newer and more experienced runners within each training group. I pride myself on helping each participant feel a sense of ownership of the group. I will share what I've learned (both the good and the bad) and lean on those within the community who know what I don't to help you reach your potential.”

**FREDERICK STEEPLECHASERS RUNNING CLUB MISSION:**

*To promote running for fitness, friendship, and athletic development, in support of our members and the Frederick community.*