



Frederick Steeplechasers Coed 5K Training Program Fall 2018

Goal Race: *Headless Horseman 5K*
Frederick High School
650 Carroll Parkway
Frederick, MD
October 27, 2018



Information Session: Tuesday, August 28th, 6:30 PM
Charm City Run, 467 West Patrick Street, Frederick

Program Start Date: Wednesday, September 5th
Talley Recreation Center, Baker Park, Frederick

Program Length: 8 weeks

Facebook Page: FSRC Coed 5K Training

Weekly Group Runs:

- Wednesdays, 6:00 PM, Talley Recreation Center, Baker Park, Frederick
- Saturdays, 8:00 AM, Various locations in or near Frederick

Coaches:

Robert Hall, RRCA Level I Certified Running Coach

Robert didn't start running till the age of 35. Though he ran by being forced to run during his time in the US Marine Corps, it was never a passion of his. Robert had several health related issues that all doctors pointed to weight loss to correct. When he started running, the pounds began to fall off and the passion for running was discovered. After an initial loss of 100 lbs, Robert began to complete longer and longer distances but settled in on the half marathon as his favorite. He's completed 17 half marathons in the short 5 years of running with 11 of those being in one year and qualifying himself for the 3rd "moon" ranking of the Half Fanatics. More recently, he has fallen in love with running on the trails and in 2018 finished his first ultra at the 50K distance. Finally, as a way to give back to the community, he completed his RRCA Level I coach certification in 2018 and continues to pursue the pure enjoyment of "social running."

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.