



Frederick Steeplechasers Half Marathon Training Program Season Spring

Goal Race: Frederick Half Marathon, Sunday May 5th

Information Session: 2/7/2019 Charm City Run 6:00 pm

Program Start Date: 2/12/2019

Program Length: 12 weeks



Facebook Page: FSRC Half Marathon Training

Weekly Group Runs:

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

Coaches:

Heidi Novak, RRCA Level I Certified Running Coach, FSRC Social Committee Chair, FSRC Secretary:

Heidi joined the Steeplechasers in 2014 after hearing Mark Lawrence, at the beginning of a race, say that 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. She became an RRCA Level I Certified Coach in 2017, and has coached the Spring Half Marathon Program, Women's 5K Training Program, and the Fall Marathon Training Program. Since becoming a coach, she has worked to make the training programs more interactive using social media (Facebook group). This has allowed members to interact with the coaches as well as other members. This has also allowed members, who aren't able to make all training runs to be able to follow along with the group. She hopes that she can inspire others to love running as much as she does, as well as to help them set and achieve their goals.

Michele Newton:

Michele is a veteran of the Steeplechasers' training programs. Through multiple running seasons, she has learned a great deal from the coaching staff and fellow runners but values the positive atmosphere that's part of the Steeplechasers' culture the most. "When I was in high school, I could not run a mile. In fact, when it came to running the mile, I was so intimidated and feared embarrassment so much that I made myself sick. It didn't help that my high school PE teacher created an atmosphere of negativity for anyone who wasn't an obvious athlete." Though Michele's running journey began in college, she almost always ran alone. "I'm grateful that I discovered the joy and empowerment that running provides at a young age, but it took me until age 37 to muster up the courage to join a running club and run an actual race." Since then, Michele has run many half marathons and completed her first marathon in 2018. "For those who have had someone in your life tell you what you can't do, I want to be the coach to tell you that you can and help you along the way. Don't let fear hold you back."

Chris Dutton:

Chris joined the Steeplechasers at the beginning of 2018 to meet local runners and get some motivation for his training. A runner since high school, he never really ran with groups but preferred to run alone. Joining the Steeplechasers, however, has given him a whole new outlook on running and training. Forging many new friendships through the short time in the club has helped his confidence in running as well as social interactions with others. "I joined the Steeplechasers not only to improve my running, but to make new friends and try to be more social, as I am not the most outgoing person. The members of the club are so welcoming, they accepted me immediately." Chris trained in the Half Marathon group last spring and achieved his first sub 2-hour Half Marathon. He is excited to help others along their journey to reach their goals.

FREDERICK STEEPLCHASERS RUNNING CLUB MISSION:

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