



Frederick Steeplechasers Marathon Training Program



Goal Race: October 9-10 including Baltimore Marathon 10/9, Boston Virtual 10/9-10 and Rick's Run 10/10

Information Session:

Monday, June 8 at 6:00 PM at Baker Park near the bandshell

Program Start Date: Monday, June 21

Program Length: 16 weeks

Facebook Page: FSRC Marathon Training

Weekly Group Runs:

- Tuesdays, 6:00 PM, Various locations in or near Frederick, mostly GTJ Middle School.
- Saturdays, 7:00 AM, Various locations in or near Frederick.

Coaches:

Crystal, RRCA Level I Certified Running Coach, has a passion for road running and loves to find new and interesting routes. She is the club treasurer, training co-chair and volunteer appreciation chair. As a coach for the Marathon and Half Marathon Training Groups, 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, 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. After the program ended, the group kept running and with consistency she saw a 10-minute improvement in her 5K time! Motivated to go farther she ran her first half marathon in 2014 and on to the full distance in 2018. No matter where running takes her, the best place to run is on the country roads of Frederick County.

Jean Marie, RRCA Level I Certified Running Coach, has been running since her early 30's and has completed numerous races from 5K's to marathons. As a new resident of Frederick, she joined the Steeplechasers in January 2019 primarily to meet fellow runners and participate in the Spring Half Marathon Training Program. Jean Marie also wanted to utilize the group experience to push herself both physically and mentally, but she also knows running is more fun with friends! Since joining the

Steeplechasers, she has met some wonderful people, made some great friendships and has become more active within the club. She was an assistant coach for the 2019 Fall and the 2020 Spring Half Marathon Training Program and joined the Social Committee. She is excited to share her passion for running with fellow enthusiasts, "There's a lot of fun to be had in training to improve as a runner and sharing that with fellow runners is the best way to get all of it."

Megan Putman is excited to be continuing on as a running coach this season! Formerly a competitive swimmer, Megan turned to running after college - trading pools for pavement. She completed her first half marathon in 2009 and hasn't stopped training and racing since. When Megan and her husband moved back to their hometown of Frederick, MD in 2013, she joined the Steeplechasers the following year. Over the years she has completed three marathons and numerous half marathons, 10 milers, 10Ks, and 5Ks. Over the years, being a Steeplechasers member has helped her become a better runner. She has made friendships with many runners in the community. Megan lives in Frederick with her husband and three children. She is thrilled to be able to give back to this great running club and help others develop and/or continue their love for running.

Robert Kelley, RRCA Level 1 Certified Running Coach, started running in the spring of 2019 as a way to stay in shape. Wanting this new hobby to stick, he decided to register for a goal race and naturally the first race he registered for was the Marine Corps Marathon (exactly 7 months to train, should be plenty of time??) A running friend suggested doing a few shorter races before the MCM, so Robert registered for the Frederick Half as his first race. He participated in the 12 mile "practice run", hosted by the Frederick Steeplechasers 2 weeks before the race to help familiarize runners with the course, and that was his introduction to The Steeps. As many of you may recall, the 2019 Frederick Half featured torrential downpours, but it was that race that got Robert hooked on racing! After having such a positive experience with The Steeps at the practice run, Robert decided to join the marathon training group that summer to prepare for his first marathon. The support and encouragement he received from the training group coaches helped Robert learn to believe in himself, and the comradery with the other runners made Saturday long runs a highlight of each week. 3 full marathons and 8 half marathons later, Robert credits The Steeps for igniting his passion for running, and he is excited to be able to give back to the organization that has given so much to him.

FREDERICK STEEPLCHASERS RUNNING CLUB MISSION:

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