



## Frederick Steeplechasers Women's 5k Training Program Season 2021



**Goal Race:** Women's Distance Festival 5k, August 7, 2021

**Information Session:** May 26, 2021 at 6PM

**Program Start Date:** Wednesday, June 9, 2021

**Program Length:** 9 weeks

**Facebook Page:** Frederick Women's 5k Training Program

- **Weekly Group Runs:**
- Wednesdays, 6:00 PM, park at Nymeo Field at Harry Grove Stadium, 21 Stadium Dr, Frederick
- Saturdays, 8:00 AM, Various locations in or near Frederick

### **Coaches:**

**Syble Roane:** I began running in 2009, as I wanted to improve my physical and mental health. The WDF 5K training changed me from someone who was ashamed to run outside, into a confident runner. I have proudly finished several 5Ks, 10K's, half marathons and even a few 25Ks. My body has changed, but most importantly the way I feel about myself has improved. While I still grapple with some insecurities, I have developed the confidence and courage to start. In 2018, I became an RRCA certified coach and look forward to helping people as they are starting their running journeys. The other trainers and I look forward to sharing our life changing stories and love of running with you.

**Casii Dodd:** The Steeps Women's Distance Training Program was my gateway drug into distance running. Through the training program, I've gained wonderful friendships, mental strength, and went on to tick a lot of distances off my bucket list, both in Frederic and on "runcations." I used to run to "eat all the things." Now I enjoy the real conversational, meandering runs with good friends or a good podcast that restores my body and mind. Other obsessions, errr, hobbies, besides running are live theater, books that make me think, slowly renovating our Sears kit home, and chickens (because the town won't let me have baby goats.) When you run with me, know that I will stop to pick up pennies, I will whine with the best of

them, and on one long run, Robin McConaughey and I counted 17 (DEAD) snakes. Always an adventure!

**Marti Grib-Kachman** I have loved running ever since I was little. I was so excited to run track in middle school and 1 year in high school. Then the track program was cancelled due to football funding. I pretty much ran on my own until I moved to Frederick in 1992 and found my running family, The Steeps! Initially, I raced a lot and was very competitive! Then, after years of injuries, operations, and life's ups and downs, I now love running longer distances, running trails, sweeping races, and coaching others. I love to share my love of running with everyone! My dad told me that he's never seen anyone have so much passion for something. I don't race anymore, but I still run, and plan on running forever! I also love to garden and share my knowledge of plants!!