



## Frederick Steeplechasers Half Marathon Training Program Fall 2018



**Goal Races:** Baltimore Half Marathon, Saturday, October 20th  
Hershey Half Marathon, Sunday, October 21st

**Information Session:** Saturday, July 28<sup>th</sup>, 8:00 AM  
Talley Recreation Center, Baker Park, Frederick

**Program Start Date:** Tuesday, July 31st

**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:**

**Josh Roane, RRCA Level 1 Certified Coach, FSRC Store** Josh started running in 2013, at age 37. Through the love of trails and nature, he started in the hills of the Frederick Watershed, which eventually led him to road running. He participated in several of the FSRC training programs and enjoyed helping out with training runs as a substitute coach and helping new Steeplechasers members feel welcome. He took the reins of the half marathon training program to continue his leadership of others. Josh also heads the FSRC online store program, and enjoys volunteering in many ways for FSRC.

**Anne Shubert, ACE Certified Personal Trainer, RRCA Level 1 Certified Coach, FSRC Communications Committee Chair** Anne participated in high school and collegiate track and field as a sprinter, and then took up distance running in her late 30's to get back in shape as the idea of middle age began to settle in. She enjoys recreational road running distances from 5K up to half marathon and, before joining the Steeplechasers, did most of her training alone. In 2016, she joined the Steeplechasers to participate in the Half Marathon Training Program. Beyond scoring a half marathon PR, she had a great experience finding her running tribe and making many new friends. Since then, she has become more active with the club and looks

forward to helping others reach their goals. In 2018 in addition to training for the Freedom's Run (road half marathon), and the Schaeffer Half Marathon (trail), she is also training for a 50-mile solo backpacking trip on the Appalachian Trail to celebrate her 50<sup>th</sup> birthday.

**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.*