



Frederick Steeplechasers 10K Training Program Fall Season



Goal Race: Freedom's Run 10K-Saturday, October 5th

Program Start Date: Wednesday, August 14th

Program Length: 8 weeks

Facebook Page: FSRC 10K 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:

Syble Roane, RRCA Level I Certified Running Coach 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 Frederick 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 restore 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

FREDERICK STEEPLECHASERS RUNNING CLUB MISSION:

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