



Frederick Steeplechasers Half Marathon Training Program Spring

Goal Race: Frederick Half Marathon, Sunday May 3rd

Information Session: Tuesday, February 4th at Charm City Run, 6:00 pm

Program Start Date: Monday, February 10th

First Group Run: Tuesday, February 11th

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:

Chris Dutton, RRCA Level I Certified Running: Coach 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 has trained in the Half Marathon group since 2018. He was lead coach for the first time for the Fall Half group in 2019 and learned a lot from leading that group. He is excited to take what he learned in the fall and improve on it this year to help everyone reach their goals.

Michele Newton is a veteran of the Steeplechasers' training programs and is excited to be returning as a coach. Michele has completed a marathon, 16 half marathons and numerous shorter distance races. Through multiple running seasons, she has learned a great deal from the coaching staff and fellow runners and values the positive atmosphere that's part of the Steeplechasers' culture. As a coach, she particularly enjoys selecting training routes that not only prepare runners to meet their racing goals, but that also highlight the scenic variety that Frederick County has to offer.

Jean Marie Heim: Jean Marie 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 assisted Chris and Michele with the 2019 Fall 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."

FREDERICK STEEPLCHASERS RUNNING CLUB MISSION:

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