



## Frederick Steeplechasers Half Marathon Training Program Spring



**Goal Race:** Frederick Half Marathon - Sunday, May 2, 2021

**Information Session:** Tuesday, February 2 at 7:00 pm. This will be virtual, more information to follow via Half Marathon Training Facebook Page.

**Program Start Date:** Monday, February 8

**Program Length:** 12 weeks

**Facebook Page:** FSRC Half Marathon Training

### **Weekly Group Runs:**

- Tuesdays, 6:00 PM, Various locations in or near Frederick.
- Saturdays, 8:00 AM, Various locations in or near Frederick.

### **Coaches:**

**Michele Newton** is a certified Level 1 RRCA Coach. She is a veteran of the Steeplechasers' training programs and is excited to be returning as a coach for the half marathon training group. Michele has completed a marathon, numerous half marathons and other 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 numerous beautiful and challenging running options that Frederick County has to offer. "Though we all anxiously await the day when we can return to in-person gatherings without restrictions, coaching in the time of Covid-19 is a unique experience. I am grateful that we are able to continue our training programs despite obstacles. I discovered in 2020 that running is something that I can count on in the midst of uncertainty. Somehow I emerged from 2020 with increased determination and confidence as a runner than when the year started, and I look forward to sharing that outlook with the 2021 half marathon training group. I am really excited to coach with and learn from Jean Marie Heim and Megan Putnam. Most importantly, I am

looking forward to helping motivate veteran runners and helping any first-time half marathoners achieve their running goals.”

**Jean Marie** has been running since her early 30’s; she has completed numerous races ranging from 5k’s to marathons. In 2020, she completed her first 50K. She joined the Steeplechasers, in January 2019, as a way to meet fellow runners and participated in the Spring Half Marathon Training Program. Since joining the Steeplechasers, she’s met many wonderful people, made some great friendships, learned from fellow runners, and became a Level 1 RRCA Coach. Jean Marie is thrilled to be coaching the 2021 Spring Half Marathon Training Group with Michele and Megan. She is very excited about helping fellow Steeps achieve their running goals! “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 join the ranks of some inspiring Steeps to become 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.

**FREDERICK STEEPLECHASERS RUNNING CLUB MISSION:**

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