



2016 Frederick Steeplechasers Marathon Training Program

Training Program Purpose: To prepare runners for their upcoming marathon

Goal Race: Gettysburg Marathon (or other spring marathon) on Sunday, April 24, 2016



Program Led by RRCA Trained Running Coach:

- Jan Harris: janaharr80@gmail.com

Description: A beginner/intermediate program along with an advanced program. Participants must have a base of at least 1 year of regular running (at any speed) with a current comfortable long run of 8-10 miles and at least 15 miles/week. This is a free program for all Steeplechaser members that is run by volunteers. It provides a great way to improve your running and meet other runners in our community. We will provide support, advice, a great attitude and even some happy hours and other social events. We will try our best to answer your questions or we will connect you with someone who can.

Weekly Group Runs:

- Tuesdays 6:30PM, Talley Rec Center, Baker Park, Frederick -or- If the Shoe Fits, 467 W. Patrick Street Frederick, MD
- Saturdays 8:00AM, Various Locations

We have two group runs each week but we will provide a full training schedule. Each runner will be placed in a pace group and we will ask for volunteer pace leaders who will be able to attend most group runs. Our Tuesday run will be tempo work where we will work on building speed and our Saturday morning run will be our “long slow run.” We encourage the participants to communicate with others in their pace groups to encourage, support and run with one another on our “off days.”

Schedule: Everyone should come ready to run and leave time for parking – we will start promptly with a warm-up/dynamic stretching. At the finish of the run, each pace group will do their own stretch and depart when ready.

Introduction: The Frederick Steeplechasers are a group of runners from our community with very different backgrounds and levels of running experience. We have runners that started running track in high school and want to continue running competitively throughout their adult lives. We have runners that started running in their 30's, 40's, 50's and even 60's. Our youngest members are elementary school kids and our oldest are in their 70's and beyond. We have people that run to socialize, people that run to prepare for races, people that run to support their love for food or beer, people that run to push themselves, people that run to lose weight, people that run to relax, and people that run because they just love to run. We don't care why you run we just want to support you and we want to provide you an environment to help you thrive. You will meet fast runners, funny runners, inspirational runners, ultra-runners, chatty runners, and every other kind of runner. You will see how different we all are but how we all share a common thread, we are ALL RUNNERS! Some of you will run your first marathon this fall, will check it off your bucket list and move on. Others will go on to try and run a marathon in every state. Some will decide that an ultra is their next big goal and will maybe even run a 100 mile race someday.

These training programs are to prepare you for your goal race but they can be more than that if you want them to be. I met a group of people in the 2013 Fall Marathon training group that I became good friends with and we still communicate almost every day. So if you're nervous, don't be because we are all here to support each other. There will be a wealth of knowledge and experience from your coaches, our members, and our community. In our club we have nutritionists, physical therapists, ultra-runners, trail runners, personal trainers and runners with 50+ years of experience. We also have *If The Shoe Fits* which not only provides a great place to purchase running shoes and gear but a staff that will help you figure out everything from in-race nutrition to answering where a good place to go trail running is.

About this training program

- Don't get overwhelmed and please communicate any concerns with us.
- It is great to focus on your goal because it will drive you to get up on a cold morning when you feel like sleeping in, or get up that one last hill but please enjoy the journey. This is the best part about training with a group. After race day we ask everyone how their race went but so many people respond not by telling us about how their race went but by saying how much they will miss the training runs, happy hours, and friends they made along the way.
- Support the runners around you. It doesn't matter if you just say, "great job" or if you finish your run and then go back to find others and run in with them, just support each other.
- If you're here to get faster we'll help you push yourself mentally and physically. I was way out of my comfort zone during my first training program but it taught me how to dig deep which is pretty handy on race day.

Must Have:

- Running shoes
- Weather appropriate gear
 - Winter: Hats, gloves, warm socks, etc. reflective gear for evening runs

- Summer: Water, fuel, light weight breathable clothing, Body Glide (or other lubricant) to prevent chaffing, sunscreen, bug spray for C&O canal runs, hat/visor or sunglasses
- Running watch/GPS or smartphone app (e.g. mapmyrun, runkeeper)
- Water bottle and gels if you use them. Our Saturday long runs are not always supported so participants must prepare accordingly to stay hydrated and fueled. Hot weather and sweating means you'll need to make sure you're hydrated with water and electrolytes. **Please make sure you eat and hydrate properly the night before and throughout the day. If you have any questions on hydration or fuel please ask us.**
- Comfort level to be able to make smart running decisions
- Commitment to be able to run on your own on our "off days" and if you miss group runs (important to keep up your training)
- Bright clothes or a bright running vest for our road runs. It is VERY important for us to be seen by vehicles. The more bright clothes in our group the easier it is for us to be seen.

Safety:

- It is very important to be hyper-aware of your surroundings when running. Wear reflective gear and bring lighting if necessary.
- Ensure that you have identification on you.
- If possible, carry a cell phone.
- **Cross streets CAREFULLY and never assume that cars see you, because they usually don't.** Better to stop and wait to cross than to take a chance.
- If you are running in the road rather than on the sidewalks, be even more careful. Please run on the LEFT SIDE OF THE ROAD **AGAINST TRAFFIC** AND DROP INTO SINGLE FILE IF THERE'S A CAR COMING. **If a car does NOT move over then GET OFF THE ROAD.**
- If you are in a group, don't assume that if one person runs to cross a street that it is safe for everyone to cross.
- Headphones: We ask that you don't wear headphones during our group runs. Hearing is an important sense when running near cars and other people. It really isn't safe to wear them anytime but everyone can make their own decisions regarding their personal safety. If you need your music try only using one headphone.

Emergencies: If there is an emergency, please loudly call for help so that someone can let the pace leader know. 911 should be called immediately if necessary. At least one pace leader per group should have a cell phone. After 911 is called, please contact Jan @ 301-318-8747

Weather: We will be training during winter months and possibly in extreme cold and snow (hopefully!). We have previously cancelled or rescheduled group runs due to extreme temperature, ice or other severe winter weather. Cancellations will be posted on Facebook and through a text message service. Here's the link to sign up for weather notifications: https://www.rainedout.net/team_page.php?a=ce19ac98033c52a64599

Hydration and Nutrition: Staying hydrated and fueled is very important, not only to your performance but to your safety. As we build up our mileage you need to be hyper aware of

your body's needs. Hot weather and sweating means you'll need to make sure you're hydrated with water and electrolytes on the longer runs. Please make sure you eat and hydrate properly the night before and throughout the day. Please bring a handheld, waist pack, or hydration pack to even our short runs in the extreme heat. Cold weather and hydration are tricky. You won't feel thirsty as often but it is still very important to hydrate. Please ask if you have ANY questions about fueling before, during or after our runs.

Pace & Distance:

- Pace and distance are tricky, especially for newer marathoners who are building up to longer race distances
- It's a balance of pushing your body but not pushing too hard too fast
- Our Saturday, "Long Slow Run" should be at CP (Conversation Pace)
- Our tempo runs will vary in speed from light conversational speed to your 10K speed
- Each type of run serves a different purpose but both will prepare your body for race day
- If you feel like you are in the wrong pace group please let us know and switch groups. Everybody will have different goals and we respect whatever you decide to do.

Social: This program is meant to be social! Please talk to each other and get to know each other's story. You will be meeting local runners of all ages and running abilities. The Frederick Steeplechasers Running Club has resulted in life-long friendships. Please hold conversations to help motivate each other and encourage each other along our journey. Watch out for each other and let your coaches know if you are concerned about someone you may see struggling. If you are a seasoned runner and know a lot of people, make introductions and talk to our newcomers. Don't be nervous – we are all here to help each other. Running together is a great way to stay motivated, especially during the summer heat or bitter cold of winter. We will periodically have post run happy hours, family ice cream socials, and breakfast.

Leaving the Run Early: If you decide to drop out of a run early because you need to leave or you don't feel well, please let someone know. If someone tells you they are leaving early, please let the coach(es) know that they are okay.

Shirts: *Ordered on-line during registration. Only one order will be placed. We are sorry if you did not place an order, but we will not be taking late orders this year as this has caused problems in the past.*

Communications: We will be emailing the entire group before each group run with a mapmyrun.com link to our route as well as turn by turn directions. We will also post every group run on the Steeplechasers Facebook Page. We ask that the pace groups also communicate with each other on a regular basis to keep each other motivated and to sometimes run together on our "off days."

COACHES

Jan Harris has been actively running for about 5 years now. In 2012 she ran her 1st marathon and trained by herself. Since then she's run six more marathons (seven total), five 50Ks and two 50miler. She's run 9 half marathons (her first 1/2 marathon came after she had already ran two marathons!). She's also run in two Ragnar races and completed numerous difficult obstacle course races. She led last spring's Marathon Program (despite being injured and

unable to run herself) and co-led the last two fall Marathon Program. She also loves running with her pup. "I love leading the training groups, because I have a passion for running, and overall fitness. I hope that my passion can help and motivate you, and many others. I also love how the training programs have forged and fostered positive healthy friendships and relationships... my training partners, who I met in these programs, are my best friends and my family! I am eager to learn more, either by trial and error, or from some of the more knowledgeable and experienced participants in the programs. I am also excited to teach you all what I have learned over the years. I hope everyone comes out a stronger, happier, healthier runner- and I hope you all achieve your personal running goals!

Other resources within our program/club:

Marti Grib-Kachman will be a pace leader. She has been a Steep for 23 years, she was 3 time club runner of the year, has run multiple half and full marathons, both before and after spinal fusion surgery. She is an optimistic, strong, and energetic runner.

S. Nicole Davis, DPT, RRCA Certified Running Coach. Dr. Davis specializes in running injury prevention and management. She also serves as a consultant and coach to numerous youth and adult running organizations. She will be helping us set up a dynamic stretching/warmup routine before our runs.

Lori Cooper is a personal running coach. 10 years of successful ultra running has provided Lori significant experience with training plan development focused on quality running, functional strength and running life balance. Her engineering background combined with her drive to understand the human endurance machine has given her the foundation to integrate fundamental exercise science concepts with proven strategies. She has her NCCPT Personal Training Certification and is a USATF Level 1 coach. She will be helping us out with strides and other training techniques during our program. <http://www.ultrarunnertraining.com/lori-cooper/>

Luanne Houck has been a Steep for 12 years and led the half marathon group last year and leads the Women's Distance Festival training every year. She is on a mission to run a half in every state. She is an RRCA certified coach. She is also an excellent resource to consult on using yoga for cross training.

Roseann Abdu is an RRCA certified coach and is co-leading the Women's Distance Festival training this year. She created a pace chart, "Key Paces for Recreational Runners" to help all the training program participants better understand where their pace should be. She has experienced some running highs and lows and has used her learned knowledge as well as that experience to help drive her to become a training program coach.

Risa Clem is the woman that hooked Billy on running and is an active member of Moms Run This Town. She has run Half-Ironman Triathlons, 3 marathons, and 10 half marathons. Last year she bounced back from hip surgery and hit all her goals finishing The Frederick Half Marathon, Baltimore 10 Miler, The Marine Corps Marathon and even a 5K PR. She is a great person to talk to if you're dealing with an injury or just need help reaching new goals.

Mark Lawrence is our local running form guru with years of experience. He is a past Steeplechasers President.. Want to run faster, reduce your injury risk, and feel better during and after your run? Mark's monthly Chi Running classes work on the fundamentals of running form to help you achieve your goals. He works coaching kids as well and manages most of the finish lines at our local races. He'll be demonstrating some running form basics for our group.

<https://www.facebook.com/pages/Self-Propel-LLC/477166535644119>

John Squared (John Leonardis and John Kippen) run ***If The Shoe Fits*** shoe store and are an endless wealth knowledge and all things running. Both are incredibly funny and incredibly generous with their time and knowledge. John Kippen basically knows every runner that has ever run in Frederick and has endless stories. John Leonardis and his wife Siobhan are big ultra trail runners.

Message from Past FSRC President, Pamela Geernaert

Welcome. Thank you for signing up for The Steeplechasers Training Program. Any time we sign up for something we are making a commitment. The commitment you made to come to this program is for you – your health and well-being. But it is also a commitment to your family, your spouse and your children and grandchildren. It is a commitment that you will grow to be a healthier you. Yes, you will learn to run, but you will also learn to listen to your body. You will learn to take time to nourish yourself properly and appreciate yourself and what you can do. Along the way I hope you find a few good friends too.

I love to run. I really do. I ran to “stay in shape”. I ran because I’m awful at other sports. I ran to stave of that post-partum baby weight. But somewhere along the way I realized I just love to run. If I’m stuck on a parenting problem (i.e. How to stop my kid from talking back) or a household problem (i.e. How can we rearrange the living room to accommodate the new furniture we inherited) or a money problem (i.e. How can I find a job that combines what I love with being available at 3:00 to pick my kid up from school) I run.

You know what I love as much as, if not more than running, - my running buddies. Some of the sweetest people I know run. People who will wait for you as you duck into a store to use their restroom on a long run. People who will give you water when you run out. People who will slow and walk with you when you are having a tough day, but challenge you and encourage you when they know you have more in you than you are giving on race day. Long hours training have led to some amazing conversations, some very personal realizations and some incredibly funny and embarrassing stories. Knowing your friend is on the corner, in the winter, in the dark, early in the morning, is certainly reason to get out of bed. Running friends truly are the best.

I hope that at the end of this program you have a successful race. But more importantly I hope that you also learn to love running even more and that you have built some lifelong friendships.

Best in health,
Pamela Geernaert
Frederick Steeplechasers Running Club

FREDERICK STEEPLCHASERS RUNNING CLUB MISSION:

Promoting Running as a Healthful, Challenging, and Enjoyable Activity!