



Frederick Steeplechasers Half Marathon Training Program Information Booklet

Training Program Purpose: To prepare runners for their upcoming half marathon

Goal Race:

Freedom's Half Marathon, Saturday, September 30, 2017

Coaches:

- Josh Roane
- Crystal Tressler



Description: A beginner and intermediate half marathon training program. Participants must have a base of at least 6-9 months of regular running (at any speed) with a comfortable long run of at least 5 miles and at least 3 days/week of running. These minimum requirements are not made to exclude anyone but to help protect against injury.

This is a free program for all current Steeplechasers 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, 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 6:00PM, Talley Rec Center, Baker Park, Frederick
- Saturdays 7:30AM, 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 (Tempo Tuesday) 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 group to encourage, support and run with one another on our "off days."

Schedule: We will start each run 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 members range from elementary school kids to runners 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 of 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 to provide 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 half marathon this fall, 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. We've had runners who met in these groups and are not only still running together years later but have become great friends. 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 *Charm City Run* 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 instead of telling us about their race they respond with 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. Many of us were way out of our comfort zones during our first training program but it taught us how to dig deep and get more out of our minds and bodies.

Must Have:

- Running shoes
- Weather appropriate gear
 - Winter: Hats, gloves, warm socks, water, and 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
- (Recommended) 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 a bright piece of clothing or a vest, especially on our Saturday runs. We want to be seen, the more pieces of bright clothing, the easier it is for drivers to see our group. Gray shirt and black shorts on gray and black roads make you invisible to drivers until they are right on top of you. Wear reflective gear and bring lighting if running at night.
- Ensure that you have identification on you. Road ID or license. (road ID, emergency contact info on your phone's lock screen, etc.)
- Please carry a cell phone in case you get lost or need help.
- **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.
- **This part is VERY important so please read:** 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 or is approaching a hill or turn where they can't see oncoming traffic, then it's our responsibility to GET OFF THE ROAD.** Please wave and thank all drivers that yield to us, we want to have a good relationship with the people driving the 4000 pound hunks of steel.
- 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. (This is just a recommendation, it is up to each individual to make decisions for themselves)

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 your coach by phone. Put our numbers in your phone in case you get lost or just need to let us know that you're having a longer than normal run.

Weather: The summer thunderstorms are very unpredictable and can come and go very quickly. We will run in the rain. If we hear thunder that is approaching, we will return to our cars and cancel the run. If we are already running and can't get back to our cars safely, the groups should seek shelter. If we know within 20 minutes that a storm will definitely be coming, we may cancel ahead of the run. We have also canceled due to 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" pace will be based on the max effort you can sustain for 60 minutes.
- Each type of run serves a different purpose but all will prepare your body for race day
- Here's a link to a little more about paces: http://steeplechasers.org/wp-content/uploads/2014/12/Key-Paces-for-Recreational-Runners.Rev_.pdf

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 group breakfasts.

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 coaches know that they are okay (remember to put our numbers in your phone).

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 Half Marathon Training 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

Josh Roane started running around the age of 37 in 2013. He's already helped out with training runs by filling in for other coaches and always helping new Steeps feel welcome. He's run several half marathons and 25k races throughout the region. Through the love of trails and nature, he started in the hills of the Frederick Watershed which eventually led him to road running. Having been through several of the Steeps training programs, he wanted to take the reigns of the FSRC and continue the leadership of others. He now heads the FSRC online store program, and enjoys volunteering in many ways for the group.

Crystal Tressler has been planning "rolling" group runs all around Frederick County between training programs and on our "off days." She's been motivating and helping fellow Steeps since she joined the club. She began running in 2005 as a way to prepare for the 30-mile Avon walk. For several years, she continued running solo, on and off through the birth of twins and a third child in 2012. In 2013 Crystal joined the Steeplechasers as a participant in the Women's Distance Festival 5K training program and it was nothing short of life changing in terms of running and the friendships made! Within a year, she saw a 10-MINUTE improvement in her 5k time and was running 3 or 4 times a week with a close group, many of whom still run together. A year later, she ran her first half marathon. Since then, she has run many half marathons and has participated in trail and road relay races but her favorite place to run is on the country roads of Frederick County.

Other resources within our program:

Billy Clem, RRCA Certified Coach, didn't start running until he was 37 in 2006. He's run multiple ultra races, marathons, and half marathons. He has coached the Steeps 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."

Nicole Davis, DPT Dr. Davis is a biomechanical engineer turned physical therapist, specializing in running injury prevention and management, and serves as a consultant to numerous running organizations. She is also an RRCA Level I certified running coach, coaching both youth and adult distance runners. She attends the UVA Running Medicine Conference yearly to stay up-to-date on current running-related research, and is currently pursuing her RRCA Level II coaching certification. 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.

Heidi Novak, RRCA Certified Coach, Prior to 2014 Heidi Novak stayed active by attending various classes at the gym or using various cardio machines. She never thought about running until a group of moms from her school started a Couch to 5K program. She joined and soon discovered how much she enjoyed running. It wasn't until her school's 5K where she heard about the Steeplechasers. As Mark Lawrence was talking before the race he mentioned that anyone serious about running in the Frederick area needed to join the Steeplechasers. Shortly after the race she joined, and then decided to take on the challenge of a half marathon. She still remembers showing up for her first group run at Talley Rec Center in the winter of 2015. The temperature was below freezing and she asked herself "what am I doing here, I should be in bed?" She soon came to enjoy getting up early and even running in cold weather. This couldn't have been possible without all the support from the group, as well as her training partners. Since then she has participated in several half marathon training programs, a trail Ragnar in West Virginia, and recently she completed her first marathon in 2016. She became more involved in the club last fall when she took on the role of co-chair of the Happy Hour Committee with Syble Roane and then coached the 2017 Spring Half Marathon Group with Billy. She hopes that she can inspire others to love running as much as she does, as well as helping them to set and achieve goals.

Jenny Halberg, Jenny is the ultimate Steeps Ambassador. She is the one who is always smiling and encouraging everyone in the club. She started running in high school as a way to stay in shape for soccer, but she enjoyed running so much that she quit soccer altogether! She completed her first marathon at age 17, and has since run quite a few more (and subsequently sworn off the distance each time). Always one to run for the sheer bliss of running (and to burn off the calories from eating Hawaiian pizza and chocolate), Jenny recently discovered the joys of competitive running and is a member of the Steeplechasers Racing Team. She prides herself in knowing the roads of Frederick County extremely well and gets tremendous pleasure from planning new and interesting routes for her running friends, which has led to her unofficial role as the Steeps training program fill-in for the coaches when they have to miss a run. Jenny also coordinates runs between training sessions, handles race results for the club, and assists with maintaining numerous aspects of the Steeps' website.

Javier Montenegro has been running since high school. He has experience from shorter track distances all the way up to an Ironman Triathlon. He's a great resource for all things running and a genuinely nice guy.

Risa Clem has run Half-Ironman Triathlons, ultra races, marathons, & half marathons. She bounced back from hip surgery in 2013 and 2017. 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) at Charm City Run shoe store are a wealth of running knowledge. Both are incredibly funny, kind, and generous with their time. 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 and can help you out with everything from hydration/nutrition to places to run around town.

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 off 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 STEEPLECHASERS RUNNING CLUB MISSION:

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