



Frederick Steeplechasers Half Marathon Training Program Spring



Goal Race: Freedom's Run Half Marathon - Saturday, October 3, 2020

Information Session: Monday, July 6 at 7:00 pm. This will be virtual, more information to follow via Half Marathon Training Facebook Page.

Program Start Date: Monday, July 13th

Program Length: 12 weeks

Facebook Page: FSRC Half Marathon Training

Weekly Group Runs:

- Tuesdays, 6:30 PM, Various locations in or near Frederick
- Saturdays, 7:30 AM, Various locations in or near Frederick.

Coaches:

Michele Newton is a veteran of the Steeplechasers' training programs and is excited to be returning as a coach. She has completed a marathon, 17 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 numerous beautiful and challenging running options that Frederick County has to offer. "2020 is a year that all of us will never forget. These last few months when all of our races were cancelled and we could not get together for group runs, I still felt the support of the Steeplechasers running community. That support and the solid running foundation that I established because of the Steeps propelled me to embrace running in a new way. I have discovered this year that running is something that I can count on when so much else feels uncertain. I am really excited to coach

the fall half marathon group with Amanda Berry and to help those who join the group achieve their running goals.”

Amanda Berry has been running since 2011 and joined FSRC in 2016. She has completed 13 Half Marathons and 1 Full Marathon. She feels the best part of group running is the opportunity to connect with other runners and to provide support and encouragement. The role of the group is invaluable when attaining running goals--and it makes the process so much more fun! When not running, Amanda works as a Library Associate Generalist at the Walkersville Branch of the Frederick County Public Library. She lives in New Market with her husband and three children.

FREDERICK STEEPLECHASERS RUNNING CLUB MISSION:

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