



Frederick Steeplechasers Half Marathon Training Program Fall



Goal Race: Baltimore Running Festival Half Marathon,
October 17, 2026

Program Start Date: August 11, 2026, 6 pm at TJ Middle School at 1799
Schifferstadt Dr., Frederick, MD

Program Length: 11 weeks

FSRC Half Marathon Facebook Page:

www.facebook.com/groups/1496409362259544/ is our primary means of communicating updates on when and where runs are occurring, to help you find support and get your questions answered by your coaches and fellow participants, and to notify you of cancellations due to weather. If you don't already have an account, within a few hours after you register, you'll receive an email invitation to join the FSRC Community. You should click on the link in the invitation, create a username and password and you will automatically be logged in.

Weekly Group Runs:

- Saturdays, 8 am Locations Vary.

Coaches:

Beth Case, Steeps Veteran coach of 2026 WDF 5K, and 2026 Spring Half Marathon Group

Missy Sites, Steeps Veteran coach of 2026 WDF 5K, and 2026 Spring Half Marathon Group

Dawn Garner, Steeps runner of Half Marathon, 10K and 5K training groups.

Sue Schultz Searcy, Veteran coach of 2026 Spring Half Marathon Group

FREDERICK STEEPLECHASERS RUNNING CLUB MISSION:

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