



## Frederick Steeplechasers Women's 5k Training Program Season 2026



**Goal Race:** Women's Distance Festival 5k, August 1, 2026

**Information Session:** Wednesday, June 3, 2026 at 6pm at the Talley Rec Center 3<sup>rd</sup> Floor Conference Room (enter on side with Baker Park Concession Stand and Bandshell)

**Program Start Date:** Wednesday, June 10, 2026

**Program Length:** 8 weeks

**Facebook Page:** Frederick Women's 5k Training Program

### **Weekly Group Runs:**

- Wednesdays, 6:00 PM, TJ Middle School at 1799 Schifferstadt Blvd
- Saturdays, 8:00 AM, Various locations in or near Frederick

### **Coaches:**

Wendy Rollison – Head Coach

Beth Case – Assistant Coach

Missy Sites – Assistant Coach

Mary Snyder – Assistant Coach

Brigitte Farrell – Assistant Coach

### **FREDERICK STEEPLECHASERS RUNNING CLUB MISSION:**

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