



## Frederick Steeplechasers Marathon Training Program Fall 2022 Season



**Goal Race:** Freedom's Run Marathon on October 22, 2022, in Shepardstown, WV

**Information Session:** Tuesday, June 28, 2022, at 6:00 pm at the Baker Park Bandshell

**Program Start Date:** Monday, July 4, 2022

**Program Length:** 16 weeks

**Facebook Page:** FSRC Marathon Training

### **Weekly Group Runs:**

- Tuesdays, 7:00 PM, Rotating between TJ Middle School, Riverside Park Trail, and Ballenger Creek Trail, Frederick
- Saturdays, 7:00 AM, Various locations in or near Frederick

### **Coaches:**

#### **Robert Kelley, RRCA Level 1 Certified Running Coach**

Robert started running in the spring of 2019 as a way to stay in shape. Wanting this new hobby to stick, he decided to register for a goal race and naturally the first race he registered for was the Marine Corps Marathon (exactly 7 months to train, should be plenty of time??) A running friend suggested doing a few shorter races before the MCM, so Robert registered for the Frederick Half as his first race. He participated in the 12 mile "practice run", hosted by the Frederick Steeplechasers 2 weeks before the race to help familiarize runners with the course, and that was his introduction to The Steeps. As many of you may recall, the 2019 Frederick Half featured torrential downpours, but it was that race that got Robert hooked on racing! After having such a positive experience with The Steeps at the practice run, Robert decided to join the marathon training group that summer to prepare for his first marathon. The support and encouragement he received from the training group coaches helped Robert learn to believe in himself, and the comradery with the other runners made Saturday long runs a highlight of each week. 15 half marathons, 4 full marathons, and a 50 miler later, Robert credits The Steeps for

igniting his passion for running, and he is excited to be able to give back to the organization that has given so much to him.

### **Ainsley Cain, Community Outreach Chair**

Ainsley has been running since 2020. She had previously run a few half marathons, 5ks, and 10ks, but had never followed a training regimen. She joined the Steeplechasers when she moved to Frederick in 2021 and completed her first marathon and 50 miler. The Steeps marathon training program was essential to her success last year, and she is excited to give back to the community. Ainsley has a Master's degree in Exercise Science, and she has previously been a certified personal trainer. "I am very passionate about helping people reach their goals. I love to provide positivity and encouragement to others, and I can bring the tough love when it is needed." As a single parent, Ainsley understands the importance of time management and scheduling when it comes to training for a marathon, and she can't wait to help other runners meet their goals!

### **John Duffy**

John started running at the age of 52 by using the "Couch to 5K" App on the treadmill at his gym. He then ran his first 5k on the boardwalk in Ocean City. After joining Steeplechasers in June of 2017, he trained with the steeps 5K & half marathon groups. He made a host of new running friends and had fun while achieving his goals. Over the years, he has completed 13 Half marathons and the Rockin' Roll DC, New York City and "virtual Boston" Marathons. John has also completed two trail Ultra's(The Greenbrier 50K and the Badger 50 Miler). John is excited to be selected as one of the new coaches for the 2022 Fall Marathon Training Group. He is eager to help fellow Steeps achieve their running goals!

### **Marie Burnett**

Maire started running in her 40s, with the 2011 Turkey Trot being her 1<sup>st</sup> 5k. In 2013, she ran her 1<sup>st</sup> half marathon at the Frederick Run Fest. When she joined the steeplechasers in 2016, she soon found a whole new love of running and the joy of running buddies. She's run a yearly assortment of 5ks, 10ks, 10 milers, and half marathons since then. In 2021 she took the leap to marathon distance, completing 2 in back-to-back months. Not a natural, nor fast runner, she is proof that anyone with drive and perseverance can succeed. She notes, "Before a long training cycle, it's easy to let doubt creep in, I always remind myself to trust the training." She has a love/hate relationship with hills and finds her peace running on quiet country roads. The training programs have given her so much through the years, in 2022 she decided to give back by coaching marathon training and hopefully inspire other first timers to take the leap.

**FREDERICK STEEPLECHASERS RUNNING CLUB MISSION:**

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