



Frederick Steeplechasers Fall 10K Coed Training Group



Goal Race: November 8, 2026 Bay Bridge 10K

Alternate Races: November 1, 2026 Rockville 5K/10K

November 1, 2026 Friends 5K/10K

Information Session: September 01, 2026 at 6:30 pm Talley Rec Center

Program Start Date: September 8th, 2026 at 6pm Baker Park Talley Rec Center

Program Length: 8-9 weeks

Facebook Page: FSRC 10K Training

<https://www.facebook.com/groups/2201009270021211>

Weekly Group Runs:

Tuesdays at 6pm at Baker Park Talley Rec Center (Locations may change)

Saturdays 7:30 am Locations around Frederick will be announced each week.

Coaches:

Amada Berry, veteran Steeps coach for Half Marathon programs.

Missy Sites, veteran Steeps coach for Spring Coed 5K and WDF 5K Training Programs

Beth Case, veteran Steeps coach for Spring Half Marathon, WDF 5K Training Program

Wendy Rollison, veteran Steeps coach for Half Marathon, 10K and 5K training groups

FREDERICK STEEPLECHASERS RUNNING CLUB MISSION:

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