



## 2016 5K Training Program for Women

*Hosted by the  
Frederick Steeplechasers Running Club*

**Training Program Purpose:** To help new runners gain confidence in running to improve health and well-being and complete a 5k race and to help intermediate runners safely integrate new training techniques, such as speed work and hill work, into their program to improve 5k race time.

**Goal Race:** Frederick Women's Distance Festival 5K on August 13, 2016 at Frederick Community College (Race participation not required)

**Timeframe:** June 13 through August 8

**Program Led by RRCA Certified Running Coaches:**

- Co-leader - Luanne Houck ([Luanne.houck@yahoo.com](mailto:Luanne.houck@yahoo.com), 240-440-4268)
- Co-leader - Roseann Abdu ([roseabdu@gmail.com](mailto:roseabdu@gmail.com), 240-575-1022)
- Warm-ups/stretching/strengthening knowledge - Nicole Davis ([Nicole.davis.dpt@gmail.com](mailto:Nicole.davis.dpt@gmail.com))

**Program Geared To:** Beginning runners who have a base level of fitness and would like to learn to run safely through a run/walk program. Casual runners who have never run a 5K race. Individuals who have participated in a 5K race and would like to be able to run consistently for the whole race. Intermediate runners who would like to improve their 5K race time. Runners who would like to run with other women to make friends and get motivated. Participants should be able to sustain moderate cardiovascular exercise for at least 20 minutes (brisk walking, aerobic dance, light jogging, cycling). This program is not appropriate for completely sedentary individuals. (It is not a Couch to 5k program.)

**Schedule:** For formal training runs on Mondays and Saturdays, come ready to run and leave time for parking – we will start promptly with a quick 5 minute warm-up walk/jog on your own and then some group warm-up exercises at 6:05. After running, each group will do their own stretch and depart when ready so that we are not required to wait for all groups to return before we end for the day.



Monday 6-7:00 p.m. Baker Park/Talley Center	10 Minute Warm-up jog and light dynamic stretching 20-35 Minute Planned Workout with pacing 10 Minute Cool-down Walk/Stretch
Wednesday 6-7:00 p.m. Baker Park/Talley Center	Social or Solo Run (self-paced, warm-up and cool down/stretch on your own). Follow the training plan provided
Saturday 8-9:00 a.m. Locations vary	10 Minute Warm-up jog and light dynamic stretching 25-50 Minute Workout with pacing 10 Minute Cool-down/Stretch

**Training Plans:** We will be providing two training plans/schedules: (1) **Team Bobbi** (for Bobbi Gibb) – geared to the new or inexperienced runner, returning runner, injured runner, or anyone who does not have a strong, consistent running base. Focus will be on gradually improving endurance in a careful manner to increase enjoyment and decrease chances of injury. Goal will be to complete 5K with minimal walk breaks. Runs will be done at a conversational pace and will incorporate ample walk breaks; and (2) **Team Joy** (for Joy Johnson) – geared towards runners at any pace who have some running experience (completed 5Ks) and have been running or run/walking 2-3 times per week for at least 3 months at distances of 2-3 miles. Goal will be to run full 5K without walking. Focus will be on improving running capability and endurance through running longer distances and increasing tempo runs.

**Optional Speed Workouts:** Starting on July 11, there will be an optional speed/strength workout available for those more experienced beginners or intermediate runners who are interested in and ready for strength building exercises, speed/interval workouts, and hill workouts to improve running speed. The prerequisite will be that you are able to run 3 miles without walking. This specialized workout will be held on Monday nights for interested participants and will include an educational component.

**Training Groups:** We will be breaking into 2 large groups: (1) Team Bobbi and (2) Team Joy. These groups will each be following their own training plan and may end the workout at different times. Within the groups, there will be a wide range of running paces. Team Bobbi will most likely have paces anywhere from 11 to 15 minutes per mile. Team Joy will most likely have paces anywhere from 10 to 13 minutes per mile. Due to the wide variety of runner abilities, we will naturally fall into pace groups within the larger groups. The quicker everyone gets to know the other runners at the same pace, the faster you will begin to feel comfortable running in our groups at the pace that is best for you. Most of the time we will be running at a conversational pace with planned walk breaks. The groups will be very flexible, so feel free to move into another pace group at any time if you want to run a little faster or if need to slow down. Some

people may progress faster than others so where we place you at the start of the program may chance.

**Volunteer Pacers:** For our Monday and Saturday structured runs, a committed group of pace leaders is critical to ensure the success of this program. Our pacers will be running at the prescribed pace according to the training plan. We will be breaking into the two large training groups and will be running a set plan that may incorporate jogging at slow paces and incorporating walk breaks as participants build their endurance. Pacers should be able to monitor the group pace and adjust as needed. There will be a lead pacer and a rear pacer as well as several pacers scattered in the middle. Pacers should have a GPS watch to monitor speed so that they can run for the planned time at the planned pace. At least one pacer from each group should carry a cell phone.

**Education:** Coaches will share information on a variety of running and fitness related topics such as running form, nutrition, developing a running plan, proper stretching techniques, injury prevention, strengthening exercises, etc. One or two longer educational sessions with guest speakers may be held during the course of the program on other evenings, to be determined. There will be a panel on July 14<sup>th</sup> at the library with women sharing advice and tips about running.

**Socializing:** This program is meant to be social! Please talk to each other and get to know each other's story. You will be meeting Frederick women of all ages and running abilities. The Frederick Steeplechasers Running Club has resulted in life-long friendships being formed. Please hold conversations to help motivate each other and encourage each other to keep trying. Watch out for each other and let your pace leaders know if you are concerned about someone you may see struggling. If you are a seasoned runner and know a lot of people, make introductions and talk to our newcomers. Don't be nervous – we are all here to help each other. Running together is the best way to stay motivated, especially during the summer heat.

**Buddy System:** Please make sure you get to know at least a few people at the same pace. Please watch out for each other. Look back to make sure anyone behind you knows the next turn. If you see someone struggling behind you, ask if they are okay. We are running in safe areas and daylight, but we don't want to leave anyone alone.

**Leaving Run Early:** If you decide to drop out of a run early because you need to leave or you don't feel well, please let someone know. If someone tells you they are leaving early, please let the pace leaders know that they are okay.

**Road Safety:** Watch for cars, bikes, etc. Do not EVER assume a car sees you and is going to stop, even if you are in a crosswalk. When we are in a group, don't just follow the person ahead of you blindly – look for cars always. We prefer that you run on the sidewalks. If you chose to run in the streets, run on the left side facing the cars and run single file. We are a very large group of women and we must be considerate to all. We

are not running a race and the roads will not be blocked off. We should not be hogging the entire street across. Pace leaders should be especially conscious of safety and considerate of drivers. We do not own the road and the drivers should not be expected to have to wait for dozens of runners to cross the road.

**Emergencies:** If there is an emergency, please loudly call for help so that someone can let the pace leader know. 911 should be called immediately if necessary. At least one pace leader per group should have a cell phone. After 911 is called, please contact Luanne at 240-440-4268 or Roseann at 240-575-1022.

**Hot and Humid Weather:** During the summer months, the weather will be HOT and uncomfortable. This is to be expected and is not a reason to give up. Run slower and hydrate frequently.

**Rain and Thunderstorms:** The summer thunderstorms are very unpredictable and can come and go very quickly. We will run in the rain. If we hear thunder that is approaching, we will return to our cars and cancel the run. If we are already running and can't get back to our cars safely, the groups should seek shelter under a small group of trees or bushes and crouch down. You do not want to be out in the open. If we know within 20 minutes that a storm will definitely be coming, we may cancel ahead of the run. Cancellation will be posted on Facebook and through a text message service.

**Missing Workouts:** We will be giving you a workout that has 3 running days (formal training group runs Monday and Saturday and one social or solo run on Wednesday). If you miss a workout, please make it up on your own. You will only progress if you follow the plan and commit to run at least 3 times per week.

**Other Days:** On the non-running days, it is good to add yoga, pilates, walking, cycling, gardening, or swimming. You should also incorporate rest days – rest will help your body recover more quickly so that you will be fresh on the days you run. If you are an intermediate runner, you can run up to 5 days a week if this is what you are used to.

**Improvements:** If you are just starting out running, do not get frustrated in the first couple of weeks. It takes at least 3 weeks of consistent running or run/walking to begin to feel acclimated. Stick with it – don't give up. We have people who started doing 5Ks and have run half marathons now. You can do it. A little pushing and discomfort may be necessary – but not pain. Ask questions if something is bothering you. Ask for advice and talk to each other and your pace leads.

**Nutrition:** Please make sure that you have a balanced diet, especially on your running days. You need energy or you will feel crappy. Make sure that you consume some carbohydrates between 1-2 hours before our runs. There is plenty of information on the internet about nutrition for runners.

**Hydration:** This is very important. It is not enough to just hydrate right before or during your run. You must hydrate all day in the summer when you are working out like this. Carry water on our runs or at least have water in your cars for after the run. Typically, a woman should be consuming at least 80 ounces of water per day and more for active days. There are many hydration calculators on the internet you can use.

**Shoes and Running Clothes:** Please be fitted for a good pair of running shoes. Wear a good, supportive sports bra and running shorts and lightweight shirts/singlets.

**Sun Protection:** Please wear sunscreen to protect your skin; apply at least ½ hour before arriving at our runs. Sunglasses and visor/hat are other important items that can help.

**Shirts:** Ordered on-line during registration. Only one order will be placed. We are sorry if you did not place an order, but we will not be taking late orders this year as this has caused problems in the past.

**Communications:** Our Facebook Group is called Frederick Women's 5K Training Program. Most announcements, tips, events, and daily information will be posted here. E-mail communications will be approximately once a week to layout the general plan for the following week. Feel free to post questions or comments on Facebook.

## ***Frederick Women's 5K Nine Week Training Plan – TEAM BOBBI***

**Appropriate for Those Who Would Like to:** Begin a sustainable running practice; build up to run/walking 3-4 miles; finish first 5k race; or those with running experience who are coming back from an injury.

### **Instructions:**

- The training plan below includes the Monday and Saturday training group runs as well as a Wednesday run, which you can do on your own or with the informal Steeplechasers social run group that meets on Wednesdays.
- If you are not able to attend a group workout, please do it on your own. It's important to follow the training plan to maintain the fitness levels you are building from week to week
- Try to incorporate 1-2 day of light cross-training (ie: walking, cycling, swimming) or strength training (ie: yoga, Pilates, floor exercises) each week (not the same day as group workouts.)
- Take rest days 2-3 days per week. Rest and recovery are just as important as the workouts. Listen to your body.
- All workout runs should be at **easy** pace (easy to breathe and talk)
- Every individual is different. Please honor your body and fitness level and make adjustments to the training plan as needed to make your experience, enjoyable and injury-free!
- Some runs will feel awesome and some not so much, depending on a variety of factors (ie: stress, sleep, heat, humidity, diet, geographic conditions, terrain, etc.) It's normal to have an occasional bad run. Hang in there—another good run is around the corner.
- Focus on running for a specific amount of time, not distance
- Prior to doing workouts below, be sure to:
  - Do a 5-minute warm-up walk prior to the group stretch
  - Do 5 minutes of light, dynamic stretching with group or on your own
- After doing the workouts below:
  - Do a 5-minute cool down walk with group or on your own
  - Do 5 minutes of dynamic or static stretches with group or on your own

<b>Week</b>	<b>Monday Group Run</b>	<b>Wed Solo Run/Social Run*</b>	<b>Saturday Group Run</b>
<b>#1 June 12-18</b>	Orientation, warm-ups, 15 min: 3 run/2 walk (3 times)	24 min: 2 run/2 walk (6 times)	<b>BP</b> 24 min: 2 run/2 walk (6 times)
<b>#2 June 19-25</b>	30 min: 3 run/2 walk (6 times)	30 min: 3 run/2 walk (6 times)	<b>Cemetery</b> 30-35 min: 3 run/1 walk
<b>#3 June 26-July 2</b>	30-35 min: 4 run/2 walk	30-35 min: 4 run/2 walk	<b>BP</b> 36 min: 4 run/1 walk
<b>#4 July 3-9</b>	4 <sup>th</sup> of July – NO GROUP RUN! On your own: 36 min: 5 run/2 walk	36 min: 5 run/2 walk	<b>FCC</b> 38 min: 5 run/1 walk
<b>#5 July 10-16</b>	36 min: 5 run/1 walk	36 min: 5 run/1 walk	<b>BP</b> 40 min: 5 run/1 walk
<b>#6 July 17-23</b>	38 min: 6 run/1 walk	38 min: 6 run/1 walk	<b>Cemetery</b> 42 min: 6 run/1 walk
<b>#7 July 24-30</b>	38 min: 7 run/1 walk	38 min: 7 run/1 walk	<b>FCC</b> 44 min: 7 run/1 walk
<b>#8 July 31-August 6</b>	40 min: 8 run/1 walk	40 min: 8 run/1 walk	<b>BP</b> 46 min: 8 run/1 walk
<b>#9 August 7-13</b>	30 min: 9 run/1 walk	20 min: 9 run/1 walk or rest	WDF 5k Race!

***\*Please note that if you join the Wednesday night "Social Run" you will need to modify the group run to meet your training goals***

## ***Frederick Women's 5K Nine Week Training Plan – TEAM JOY***

**Appropriate for Those With Some Running Experience Who Would Like to:** Complete an entire 5K without walking and improve consistency or time. Participants in this group likely have already run/walked at least one 5k race, have been doing some running for the previous 2-3 months, and should be comfortable with intervals of 5 minutes running and 1 minute walking for a minimum of 2 miles.

### **Instructions:**

- The training plan below includes the Monday and Saturday training group runs as well as a Wednesday run, which you can do on your own or with the informal Steeplechasers social run group that meets on Wednesdays.
- If you are not able to attend a group workout, please do it on your own. It's important to follow the training plan to maintain the fitness levels you are building from week to week
- Try to incorporate 1-2 days of cross-training (ie: walking, cycling, swimming) or strength training (ie: yoga, Pilates, floor exercises) each week (not the same day as workouts)
- Take rest days 2-3 days per week. Rest and recovery are just as important as the workouts. Listen to your body.
- All workout runs should be at easy pace (easy to breathe and talk), except for tempo or speed work which should be done only one time per week (planned for Mondays-optional) for those who meet pre-requisites (running for 3 miles without walking).
- Every individual is different. Please honor your body and fitness level and make adjustments to the training plan as needed to make your experience positive, enjoyable and injury-free!
- Prior to doing workouts below, be sure to:
  - Do a 5-minute warm-up walk on your own prior to the group stretch
  - Do 5 minutes of dynamic stretching with group or on your own
- After doing the workouts below:
  - Do a 5-minute cool down walk with group or on your own
  - Do 5 minutes of dynamic or static stretches with group or on your own

<b>Week</b>	<b>Monday Group Run</b>	<b>Wed Solo Run/Social *</b>	<b>Saturday Group Run</b>
<b>#1 June 12-18</b>	Orientation, warm-ups, 15 min: 4 run/1 walk (3 times)	25 min: 4 run/1 walk (5 times)	<b>BP</b> 25 min: 4 run/1 walk (5 times)
<b>#2 June 19-25</b>	30 min: 5 run/1 walk (5 times)	30 min: 5 run/1 walk (5 times)	<b>Cemetery</b> 35 min: 6 run/1 walk (5 times)
<b>#3 June 26-July 2</b>	36 min: 7 run/1 walk	36 min: 7 run/1 walk	<b>BP</b> 40 min: 7 run/1 walk
<b>#4 July 3-9</b>	4 <sup>th</sup> of July – NO GROUP RUN! On your own: 36 min: 8 run/1 walk	36 min: 8 run/1 walk	<b>FCC</b> 40 min: 9 run/1 walk
<b>#5 July 10-16</b>	35-40 min: 10 run/1 walk	35-40 min: 10 run/1 walk	<b>BP</b> 44 min: 10 run/1 walk
<b>#6 July 17-23</b>	35-40 min: 11 run/1 walk	35-40 min: 11 run/1 walk	<b>Cemetery</b> 45 min: 10 run/1 walk
<b>#7 July 24-30</b>	35-40 min: 1-2 walk breaks	35-40 min: 1-2 walk breaks	<b>FCC</b> 40 min: 1-2 walk breaks
<b>#8 July 31-August 6</b>	36 min: 1 walk break at 18 min	36 min: 1 walk break at 18 min	<b>BP</b> 44 min: 1 walk break at 22 min
<b>#9 August 7-13</b>	30 min: no walk breaks	20-25 min: no walk breaks	WDF 5k Race!

- ***\*Please note that if you join the Wednesday night "Social Run" you will need to modify the group run to meet your training goals***

## ***Optional Speed/Strength Add-on Program – Intermediate***

**Appropriate for Those With a Strong Running Base Who Would Like to:** Build speed, like to PR at the race. Should be running consistently 3-4 times per week for at least 6 months immediately preceding the training program with several completed 5Ks and at least 2 years of running experience.

### **Instructions:**

- Weeks 2-4 – strengthening exercises will be discussed and demonstrated at the end of regular workouts to prepare for addition of speed workouts. Strengthening exercises can be done on non-running days on an individual basis.
- Weeks 5-9 – a variety of speed and strengthening workouts will be introduced. Definitions and purpose described below.
- Fartlek – means "speed play" in Swedish. A training method that blends continuous training with interval training. Fartlek runs are a very simple form of a long distance run. Fartlek training "is simply defined as periods of fast running intermixed with periods of slower running." Fartlek workouts are more informal – typically running from lamp post to lamp post or one block to another with slow running in between.
- Tempo runs - A tempo run is a faster-paced workout also known as a lactate-threshold, LT, or threshold run. Tempo pace is often described as "comfortably hard." Tempo running improves a crucial physiological variable for running success: our metabolic fitness. A tempo pace is a pace that can be sustained for several miles. A traditional tempo pace is run 30 seconds slower than 5K race pace. Tempo runs teach your body to run at your aerobic or anaerobic threshold. In longer races (10K or more), you depend on your aerobic threshold for energy. Your anaerobic threshold (the point where your body is building up lactic acid faster than it can clear it) is more important in shorter races (5K or less).
- Race pace runs – A race pace run would start with a warm-up mile run followed by a distance (one to two miles) run at the desired race pace. This could be the goal pace you have set for yourself, but should be something achievable.
- Speed intervals – involves a series of high-intensity speed bursts interspersed with rest periods. The high-intensity periods are typically at or close to anaerobic exercise, while the recovery periods involve activity of lower intensity. "Walk-back sprinting" is a example of interval training for runners, in which one sprints a short distance (anywhere from 100 to 800 meters), then walks back to the starting point (the recovery period) to repeat the sprint a certain number of times. To add challenge to the workout, each of these sprints may start at a predetermined time interval, e.g. 200 meter sprint, walk back, and sprint again every 3 minutes. The time interval provides just enough recovery. A runner will use this method of training mainly to add speed to their race and give them a finishing kick.
- Hill running – we will run up a hill using proper running form and then walk back down and repeat several times. Hill workouts will help improve both strength and speed and are actually easier on feet, ankles, and knees. Hill running increases leg-muscle power; improves fitness; and uses the muscles of the legs, arms and core in ways that are different than running on flat surfaces.
- Training percentages – speedwork should be no more than ten to fifteen percent of your total training volume. This means that if you are running ten miles per week only one mile of speedwork should be done. If you are running twenty miles per week only two miles should be speedwork.



***Running Routes for 5K Training Program:*** The Beginner group will primarily use “Out and Back” routes along the perimeter of Baker Park and Carroll Creek. The pacers will run about half the time allotted in one direction and then will come back in the other direction.

**The Talley Center Block:** if you run on the sidewalk bordering the Talley Center and Bandshell block, this is about 0.7 miles. If you take the path within this block, this is about 0.5 miles. These are nice route add-ons if you need a little extra or want a cool-down loop.

**To Schifferstadt Museum and back:** You can run all the way through Baker Park taking the path all the way down to the Schifferstadt Museum and then back to the Talley Center on 2<sup>nd</sup> street – this is about 2.25 miles. There are several streets along the way that can be taken to make the distance a little shorter as the groups are building up to the full distance.

**To Delaplaine Arts Center and back:** You can run down Bentz Street and hop onto Carroll Creek Parkway and run along the creek to the Delaplaine and cross over the bridges and then come back to the Talley Center – this is about 1.5 miles.

If you add these two routes together, you will have about 3.75 miles which makes a nice run.

**Mount Olivet Cemetery:** There will be times we will meet at Harry Grove stadium and just run in the cemetery. The cemetery is a nice, quiet place where we can easily stay together to work on tempo pace and speed work or to just run a conversational run. The entire cemetery perimeter is 2 miles but can be shortened by cutting through the middle.

***Other Running Routes:*** The following routes are some examples of some common ones in downtown Frederick. As your distance/time endurance increases, your pacers may use these routes or portions of them during the group training runs, or you may wish to use them on your own.

**Baker Park to Mount Olivet Cemetery:** The distance from Talley Center to the cemetery is 1 mile. So runs ranging from 3-6 miles can be easily done.

Start at Talley Center  
2<sup>nd</sup> street towards Bentz Street  
Right on Bentz Street  
Cross Patrick and South Streets  
Left on Madison Street  
Right on Broadway Street  
Enter cemetery through side gate or go to front gate on Market Street  
Chose the distance within the cemetery to run (1-4 miles)  
Come back out at the front gate and turn left on S Market Street

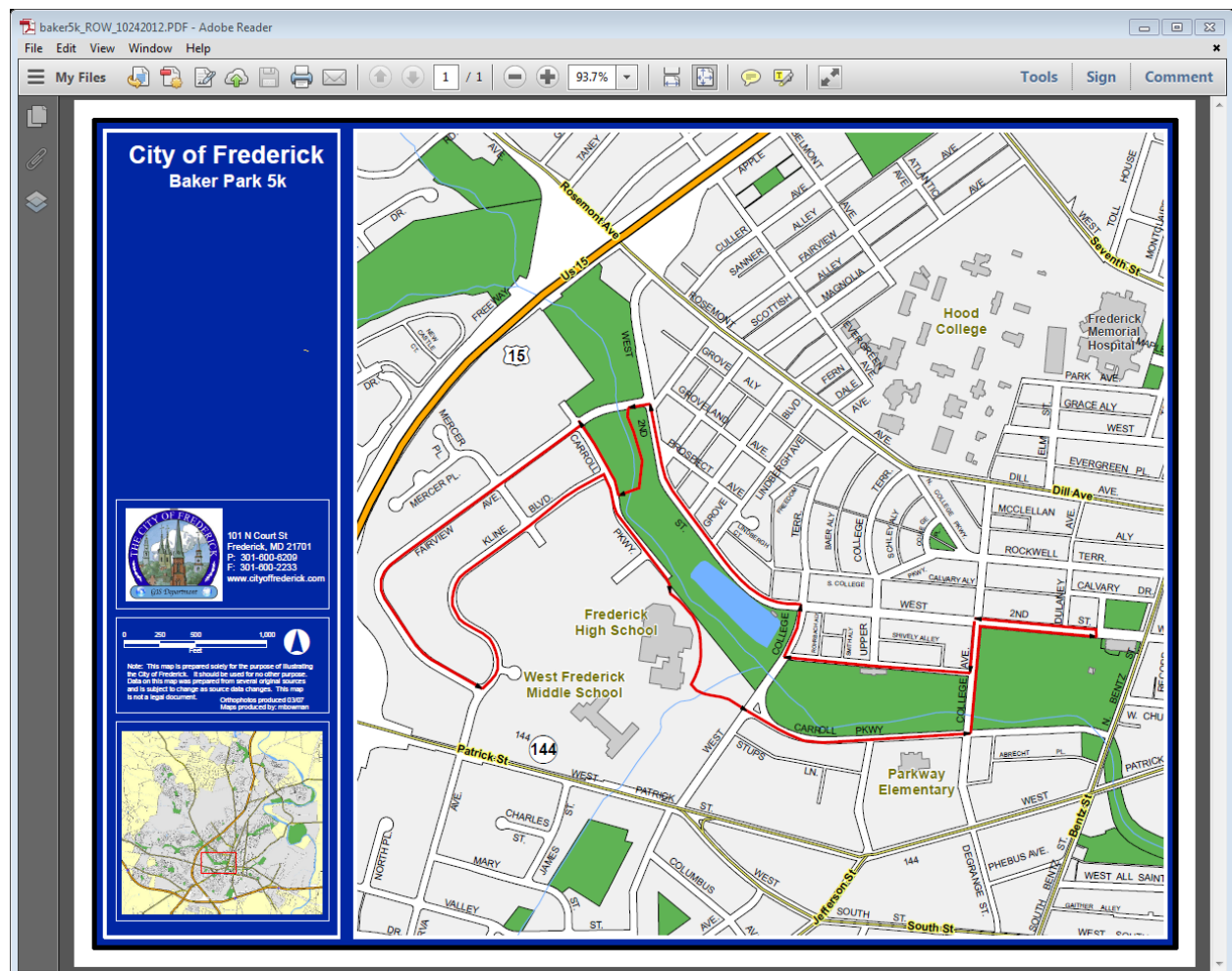
Left on Fox's Alley

Right on Broadway Street

Left onto Carroll Creek path and continue to Bentz Street

Right on Bentz Street and back to Start

**Standard Baker Park 5K route:** The intermediate group and casual Wednesday night runs may use this route frequently. For the beginners, we will be building up to this distance during the training program. We will initially cut out the Fairview/Kline loop and eventually add in the extra distance by first turning onto Mercer and then going all the way to Kline.



**Fairview/Kline loop of the Baker Park 5K route:** This section of the 5K course is exactly one mile, which can make an easy add-on to any run.

**Hood College/Baker Park Routes:** Running back into the Hood College neighborhood is really nice, shaded and beautiful. It can seem confusing, but you will always end up at either Rosemont Avenue on one side or back at 2<sup>nd</sup> street on the other side. If you can become familiar with this area, you can zigzag through and make up many pleasant

routes. Be very careful crossing Rosemont Avenue especially. Here are a few examples of routes that you can try and that we may use towards the end of the program.

Hood College/Baker Park – approx. 3.27 miles

Start at Talley Center

2nd street towards tennis courts

R on College Ave

L on Calvary Alley - stay on this it turns to Rockwell Terr

cross over W. College stay straight

R on Lindbergh Ave

R on Rosemont

L on Hood Alley

straight thru parking lot at Hood ( FMH parking is on the right )

L Blazer Trail at Athletic Center(soccer fields on the right)

Cross Magnolia

Cross Fairview

L on Reservoir Alley

R on Evergreen St

L on Culler Ave

L on Rosemont

Cross Rosemont

R Fairview

Straight on Fairview across 2nd

Left on Carroll Pkwy

Right onto Baker Park path past pool

Left onto College Avenue back to Right on 2<sup>nd</sup> street back to Start

Hood College/Fairview/Baker Park Route – approx. 4 miles

Start at Talley Center

2nd street towards tennis courts

R on College Ave

L on Calvary Alley - stay on this it turns to Rockwell Terr

cross over W. College stay straight

R on Lindbergh Ave

R on Rosemont

L on Hood Alley

straight thru parking lot at Hood ( FMH parking is on the right )

L Blazer Trail at Athletic Center (soccer fields on the right)

Cross Magnolia

Cross Fairview

L on Reservoir Alley

R on Evergreen St

L on Culler Ave

L on Rosemont

Cross Rosemont

R Fairview

Straight on Fairview across 2nd

Continue on Fairview as road bends to left (this is part of the Baker Park route)

Left on Kline and continue as road bends to right

Right on Carroll Pkwy

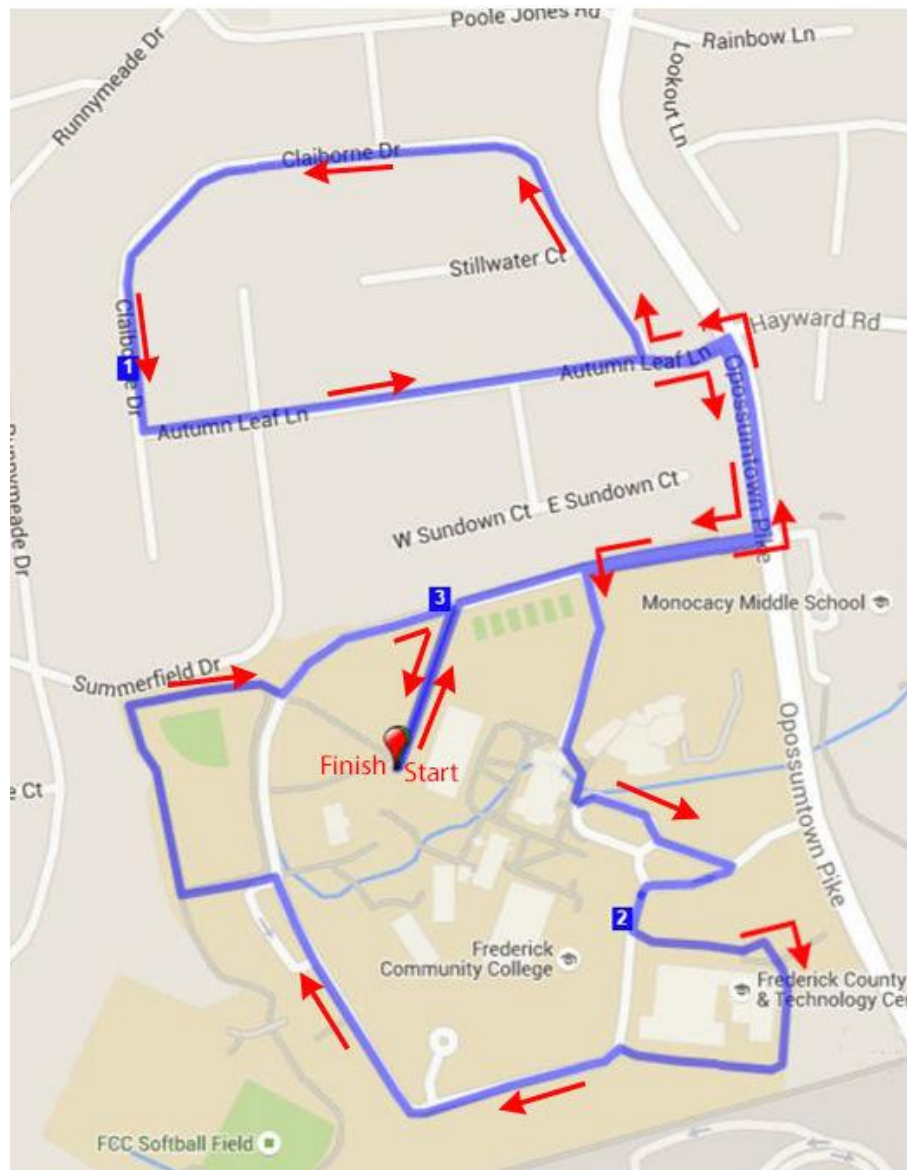
Circle around left side (creek side) of Frederick High past track and straight onto Carroll Pkwy

Left back onto Carroll Pkwy

Left onto W. College Terrace

Right on 2<sup>nd</sup> street back to start

**Frederick Women's Distance Festival (WDF) 5K Route at Frederick Community College:** This is the new WDF 5K route at FCC. We will run on portions of this route when we do group training runs at Frederick Community College.



### ***Message from Past FSRC President, Pamela Geernaert***

Welcome. Thank you for signing up for the 5K training program. Any time we sign up for something we are making a commitment. The commitment you made to come to this program is for you – your health and well-being. But it is also a commitment to your family, your spouse and your children and grandchildren. It is a commitment that you will grow to be a healthier you. Yes, you will learn to run, but you will also learn to listen to your body. You will learn to take time to nourish yourself properly and appreciate yourself and what you can do. Along the way I hope you find a few good friends too.

I love to run. I really do. I ran to “stay in shape”. I ran because I’m awful at other sports. I ran to stave off that post-partum baby weight. But somewhere along the way I realized I just love to run. If I’m stuck on a parenting problem (i.e. How to stop my kid from talking back) or a household problem (i.e. How can we rearrange the living room to accommodate the new furniture we inherited) or a money problem (i.e. How can I find a job that combines what I love with being available at 3:00 to pick my kid up from school) I run.

You know what I love as much as, if not more than running, - my running buddies. Some of the sweetest people I know run. People who will wait for you as you duck into a store to use their restroom on a long run. People who will give you water when you run out. People who will slow and walk with you when you are having a tough day, but challenge you and encourage you when they know you have more in you than you are giving on race day. Long hours training have led to some amazing conversations, some very personal realizations and some incredibly funny and embarrassing stories. Knowing your friend is on the corner, in the winter, in the dark, early in the morning, is certainly reason to get out of bed. Running friends truly are the best.

I hope that at the end of this program you have a successful 5K run. But more importantly I hope that you also learn to love running and that you have built some lifelong friendships.

Best in health,  
Pamela Geernaert  
Frederick Steeplechasers Running Club

### **FREDERICK STEEPLCHASERS RUNNING CLUB MISSION:**

*Promoting Running as a Healthful, Challenging, and Enjoyable Activity!*

*Supporting runners and race directors in Frederick County, MD:*

1. By helping to plan and support running events and training programs.
2. By coordinating and providing information about running events and training resources in our area.
3. By helping runners of all types to run, learn, grow, AND HAVE GREAT TIMES TOGETHER!