



Run Farther & Faster at Montgomery College

Whether you're just thinking about getting started, or have a little running experience under your belt, join your friends and co-workers to work together as a team towards finishing a 5K or 10K race this fall! Under the guidance of certified and experienced coaches Lisa Reichmann and Julie Sapper of Run Farther & Faster, you'll transition to running in a casual, supportive environment.

The program provides participants with:

- A comprehensive **8-week training calendar** tailored to personal levels of experience and goals;
- Weekly, **coached group runs** held Fridays, 11:30AM-12:30PM; September 11th through October 30th. Runs take place at the Rockville Campus track;
- **Education** on topics including injury prevention, nutrition, stretching, and strength training;
- **Access to coaches** for individual training support, questions, and advice;
- **Goal race preparation and support** for the goal race, Rockville 5K/10K, Sunday, November 1st (participation optional; discounted registration fee is not included in program registration);
- **Discounts** on shoes and gear from Potomac River Running in Rockville and RunningWarehouse.com

Visit www.runfartherandfaster.com, find us on Facebook, or email us at JulieAndLisa@runfartherandfaster.com for more information.

About the Coaches:

Lisa Levin Reichmann is an experienced Road Runners Club of America (RRCA) certified running coach and accomplished distance runner and multisport athlete. She was named the 2010 Female Runner of the Year by the Montgomery County Road Runners Club and is a top age group ranked runner in the DC Metropolitan area. Lisa has completed over 20 marathons and is a 12-time Boston Marathon finisher. In 2011, she raced as an elite athlete at the ING New York City Marathon and the Suntrust National Marathon. Lisa is also an avid multisport athlete who completed Ironman Louisville in 2013. She was a member of the 2012 Team USA at the World Duathlon Championships in Zofingen, Switzerland, placing 2nd in her age group, and earning her USAT All American Honors. She is a graduate of Emory University and Duke University School of Law and lives in Gaithersburg with her husband and three children.

Julie Gossman Sapper is an experienced Road Runners Club of America (RRCA) certified running coach for kids and adults throughout the area, an accomplished distance runner, and a top age group ranked runner in the Mid-Atlantic area. In 2009 and 2011, she placed first female at the Rockville 10K. In 2012, she was nominated as Masters Female Runner of the Year by the Montgomery County Road Runners Club. Julie has completed over a dozen marathons, countless races, and is an eight-time Boston Marathon finisher. She coaches a kids' run club at a local elementary school and is a practicing part-time attorney. She lives in Rockville with her husband and children.