

Fran Carnevale (Coach Fran), a certified USATF Level 1 coach, joined the track club in 2014 to coach racewalking. Racewalking is a technique-driven sport with an emphasis on form to be successful. Her racewalkers have qualified for AAU and USATF competitions at regional and national levels, including one who was the indoor national champion in her age group.

Coach Fran is a reformed runner who discovered the cardio benefits of racewalking after pavement pounding took a toll on her body, and she has never regretted the switch. In the mid-late 1990s, Coach Fran coordinated racewalking clinics for the Potomac Valley Track Club (PVTC) and served on the board to expand training opportunities for advanced level racewalkers. During that time as a member of the DC area's Eastern Racewalking Center run by a coach from Lake Placid Olympic Training Center, Coach Fran trained with a group that included US Olympic Team racewalker Philip Dunn. This experience reinforced the importance of technique drills. As her coach would repeat constantly, "Perfect practice makes perfect."

Coach Fran competed in PVTC events including the National Invitational Racewalks (Open 5K), Go Fourth 8K racewalks, All-Comers meets, and One Hour Postal Walks. In 1997 she was recognized as PVTC's Outstanding Racewalker for her age group.