



MCRRC ... We are running in Montgomery County

Upcoming Activities

June

- 1 Sun Capital Crescent Run
5K ♣, 2K ⚡
- 1 Sun Volunteer Picnic
- 5 Thu Board Meeting
- 13 Fri Gaithersburg XC#4 5K
- 21 Sat Run for Roses 5K
- 22 Sun Newburgh Breakfast Run
- 29 Sun Burning Tree Run 5K ♣

July

- TBD Board Meeting
- 11 Fri Midsummer Night's Mile ♣
- 12 Sat Experienced Marathon Program Starts
- 12 Sat Coed Beginning Runners Program Starts
- 12 Sat Summer Speed Development Program Starts
- 19 Sat Full CPR Class
- 19 Sat Rockville Rotary Twilight Runfest 8K, 1K
- 26 Sat AED/CPR Class
- 27 Sun Riley's Rumble Half Marathon ♣

♣ Championship Series Race

⚡ Junior Participation Series Event

Member



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mcrrc

Intervals

June 2003

Kenah Starts, Runners of All Ages Star

by Richard Stukey

Former world 800-meter champion Rich Kenah—who finally achieved his dream of running in the 2000 Olympics in Sydney after two unsuccessful attempts—was the official starter and guest of honor at the MCRRC-Firebirds' Mile. But it was the runners of all ages, striving for their personal bests in the mile, who were stars of the race held April 24 at Gaithersburg HS.

Runners as young as Darien Benjamin, 8, of Gaithersburg (with a 7:15 mile) came to follow Kenah's advice to "dream big" when it came to lifetime goals, including running.

Ted Poulos, 41, of McLean, was the overall winner of the race with a dazzling 5:13 mile, easily outpacing 43-year-old Mark Adams of Gaithersburg. Adams sped through the four laps in 5:28, followed by James Moreland, 50, of Gaithersburg, who toured the mile in 5:33.

More senior MCRRC female runners weren't able to catch 13-year-old Cailyn Bradley of Gaithersburg, who blazed through the mile in 6:23. Cailyn easily outpaced 27-year-old S. Schifferle of Columbia, who clocked 6:31. Johanna Gretschel, 12, of Silver Spring, pierced the 7-minute mark to take third overall female honors with a remarkable 6:53 clocking.

Although 13-year-old Rashad Carlyle didn't win overall male honors this year, MCRRC runners of all ages may have something to fear if he returns to the race next year. Rashad took fifth place with a 5:50 mile, outkicking three more senior MCRRC runners—Seth Gottesman, Kirk Gordon, and John Way—whose stellar 5:51 efforts weren't enough to catch Rashad.

Perhaps the most impressive achievement came from Burton Squires, 74, who covered the distance in 9:23 and proved—as co-race director Marty Horan noted—that "running is a sport for all ages".

This race will be held annually by MCRRC and the Firebirds Youth Athletic Club of Gaithersburg.



Photo by Marty Horan
World champion bronze medalist Rich Kenah (right) provides pre-race instructions to the 6:30-7:00 mile heat before firing the starter's gun at the inaugural MCRRC Firebirds' Mile.



Photo by Marty Horan
MCRRC members Richard Stukey (right) & son, Andrew, are all smiles as they pose with honorary race starter, Olympian Rich Kenah (left), after competing at the MCRRC Firebirds' Mile.

What's Happening



We All Benefit: June 9

The MCRRC Benefit Night is planned for Monday, June 9 from 5:00 pm to 10:00 pm at the Star Diner (705 Center Point Way, Gaithersburg). All MCRRC members, family, and friends are invited to join the Monday Night Kentlands Runners for a run, dinner, or both. Just mention MCRRC and 15% of your total bill will be donated to our club, so plan to come hungry. Great prizes, including a limited number of free entries to the Twilighter, will be given away after 8:30 pm. For details, visit www.mcrrc.org/training/kentlands.html or call Marty Horan at 301-208-0829.

Gaithersburg Cross Country 5K: June 13

This cross country race on Friday evening will rev up your energy levels for the weekend. The scenic course winds through Bohrer Park and around Gaithersburg HS. Starting time is 7:00 pm. To get there take 270N, exit at Shady Grove Road, east; turn left onto 355 (S. Frederick Avenue); pass through 2 lights; and turn left at light onto Education Blvd. You will see Gaithersburg HS ahead. Park on the right side of the school in the bigger parking lot, and walk around back to the staging area near the track.

Keep yourself posted ...

MCRRC Clubline
301-353-0200

MCRRC Website
www.mcrrc.org

Contact Bob Price with questions (301-527-1410). More details and a course map are posted on the club Website (www.mcrrc.org).

Run for Roses 5K: June 21

If you haven't received a rose from that special someone lately, you can get one here. This annual 5K race for women starts at 8:00 am at lovely Wheaton Regional Park. Young runs of .25-mile and .5-mile for all children begin at 7:45 am. There will be plenty of food, random prizes, and long-stem roses for all finishers; all for a mere \$5 registration fee! Race T-shirts can be purchased for \$8. Men, come and volunteer and maybe meet the woman of your dreams. For more details, see www.mcrrc.org/racing/race03/wdf03.html; or contact co-race director Christina Caravoulas (301-236-4869) or volunteer coordinator Caroline Cardullo (cardullo@erols.com). Directions: take I-495 to Georgia Ave. North. Go north on Georgia Ave. to Shorefield Road (2.7 miles). Turn right; the park entrance is at the end of Shorefield Road. Park in either parking lot; registration will be in the children's train station, near the lower parking lot.

Newburgh Breakfast Run: June 22

You can always count on friendly hills, great food, and running fun at this annual event. Join Janet and her family at 8:00 am and run a marked course at distances of your choosing through tree-lined neighborhood streets. Maps and water stops provided. A small donation to defray food costs is requested. Contact her at 301-251-1640 to RSVP and for directions (9600 Overlea Drive, Potomac).

Burning Tree Run 5K: June 29

Enjoy a new racing venue at the Woods Academy (6801 Greentree Road) as your Sunday run on the hills of Bethesda. To get to the race from I-495, exit northbound onto Old Georgetown Road. Turn left onto Democracy Blvd; left onto Fernwood Road; right on Michaels Drive; left on Renshaw Drive; and left onto Burning Tree Road. The Woods Academy is one block down on the left. Get there early; the 5K begins at 8:00 am.

Midsummer Night's Mile: July 11

Run the Midsummer Night's Mile on Friday, July 11 at 7:00 pm at Richard Montgomery HS. Multiple heats will easily accommodate runners of all paces. Register on race day only. It's free to club members and \$5 for non-members. From downtown Rockville, go south on Route 355. Turn right onto Richard Montgomery Drive to the school. Contact race director Bill Morrison (301-762-0972 or morrisonbk@erols.com) if you want to assist.

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MCRRC Intervals, Christina Caravoulas, editor; Bill Morrison, layout and production. *Intervals* is published bi-monthly by MCRRC to provide members with current information on club activities and other news items. It is also available online at www.mcrrc.org. *The Rundown* is published in alternate months. Both publications are mailed third class to all current club members. Contributions, comments, and suggestions should be sent to: MCRRC, Box 1703, Rockville, MD 20849.

Russians Sweep 8th Pike's Peek

by Nancy Betress



Photo by Dennis Steinauer

It's all downhill from here!

Mother Nature was smiling on us Sunday, April 27, 2003, at the 8th annual Pike's Peek 10k. Larry Giammo, the Mayor of Rockville, started the 2,800 runners on their way down Rockville Pike.

From the start, Chris Banks, Edmond Burke, and Mikhail Khobotov, from Russia, kept stride-for-stride until 4.5 miles. At that point, Mikhail broke away from the pack and won the race in 29:38. Banks finished second in 30:04, and Burke took third in 30:11. Mike Mykytok, last year's winner, came in seventh in 32:33.

When asked what he thought about the race and the course, Khobotov replied that "he felt he had good competition and was running at a comfortable pace." He said "today's time was not a fast time, but was good."

The women's race was equally competitive. Albina Ivanova of Russia won the women's race in 33:11. Several days before Pike's Peek, Albina finished sixth at the Boston Marathon. Ethiopian Ketema Atalelech was second in 33:53 and triathlete Desiree Ficker, took third in 35:04.

While both Russian runners said that the marathon is their favorite race to compete in, they hope to come back here next year to race again.

All runners had a sumptuous smorgasbord of food awaiting them at the festival area at White Flint. Our young runners participated in the toddler trot and family fun run and were donning their medals while enjoying the kids' activities. Now that's a picture perfect day!



Photo by Dennis Steinauer
Carol Encarnacion, 48, brings it home in 48:35 at Pike's Peek.

(Continued from Page 2)

Training Group Update: July 12

NOTE: The new start date for the Coed Beginning Runners Program is July 12. Aspiring runners will meet twice a week to train for their first 5K in the fall. For more information contact coordinator Amy Ackerberg-Hastings at 301-984-5654 or see their link on the club Website (www.mcrrc.org). The Coed program still needs pace group coaches for 2003, so why not help out?

Rockville Rotary Twilight Runfest 8K: July 19

Starting at 8:45 pm, runners stream through the streets of Rockville, and finish to enjoy post-race refreshments (including beer for those 21 and over) and a live band that will pump up the crowd. A 1K fun run will start at 8:50 pm. This race is truly a summertime favorite, so register soon at the race website (<http://www.radix.net/~dds/twilighter/>). Many volunteers are needed; sign up today by contacting volunteer coordinator Janet Newburgh (volunteers@twilighter.org) or 301-251-1640)

Go Team!

Ron Ely (ronely@comcast.net) and Bruce Gross (Bruce.Gross@ge.com) are MCRRC's newest official team co-coordinators. They join current coordinators Pamela Jock (pjock13@hotmail.com), and Priscila Prunella (priscila@membergym.com) and will be coordinating the Marine Corps Marathon and the JFK race. Participation on three teams over the calendar year gets you a free team singlet or shorts, so sign up on the team link on our Website today.

Riley's Rumble: July 27

Riley's Rumble returns to Riley's Lock with a new race director, Tom Temin (301-294-0294). The challenging and usually humid half marathon, part of the MCRRC Championship Series, is planned for Sunday, July 27, starting at 7:30 am. Use this race to get in some training miles for a fall marathon. It's free to club members and \$5 for non-members.

In case you haven't heard

The Carderock 15K will not be rescheduled this year. Look for this race on the calendar in 2004.

Give Your Old Running Shoes a New Home



Photo by Christina Caravoulas

Admit it. Your closet looks just like this one, right? Gather up your beloved athletic shoes of any brand (no cleats or metal eyelets please), bring them to the evening track workout on Wednesday, June 11 at Montgomery College, and give them a chance to put a few more miles with someone else. If you can't get there on Wednesday, then you can also bring your shoes to the bins marked "Reuse-A-Shoe" at the following locations in Takoma Park: Takoma Park Public Works Building, 31 Oswego Ave (off Ritchie Avenue); Takoma Park Municipal Building, 7500 Maple Avenue; and Takoma Park Recreation Center, 7315 New Hampshire Avenue. The Olympus Gym in Silver Spring is also collecting shoes at 8520 16th Street. For more information, check the Website at www.cityoftakomapark.org/pw/recycle/shoes.html.



MCRRC Weekly Activities

All activities are free and open to all.



- Sun:** Trail Run, 7:30 am, Greenway Trail;
Training Runs, 8:00 am, Ken-Gar Recreation Center, Kensington
- Mon:** Training Runs, 7:00 pm, Kentlands Clubhouse, Gaithersburg
- Tue:** Track Workout and Runner Development Program, 6:30 pm, Gaithersburg HS;
Training Runs, 6:30 pm, Lake Needwood, Derwood
- Wed:** Track Workout, 7:00 pm, Montgomery College, Rockville
- Thu:** Training Runs, 6:30 pm, Lake Needwood, Derwood
- Fri:** Training Runs, 6:30 pm, Town Center Safeway Parking Lot, Route 118, Germantown
- Sat:** Trail Run, 7:30 am, Meadowbrook Stables, Chevy Chase;
Training Runs, 8:00 am, Ken-Gar Recreation Center, Kensington

Check the Clubline (301-353-0200) or Website (www.mcrrc.org) for late-breaking information.

montgomery county road runners club



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