

MCRRC Intervals

March 2016

Newsletter of the *montgomery county road runners club*

On the Horizon

March 20

Piece of Cake 5K/10K
Seneca Creek State Park
Gaithersburg, MD

March 20

MCRRC Annual Meeting
(following Piece of Cake)
The Golden Bull, Gaithersburg, MD

April 10

Spin in the Woods XC
McLean, VA

April 24

Pike's Peek 10K
Rockville, MD
www.pikespeek10k.org

April 30

Capital for a Day 5K
Olney, MD

May 7

Kids on the Run
Bohrer Park
Gaithersburg, MD

May 7

La Milla de Mayo
Gaithersburg, MD

May 15

Run Aware 5K
Cabin John Regional Park
Bethesda, MD

May 21

Germantown 5 Miler
Germantown, MD
www.germantown5miler.com

May 30

Memorial 4 Miler
Rockville, MD

For complete details of MCRRC's races
and programs, visit www.mcrrc.org

Board Meetings

March 3, 7 pm
Rockville

April 7, 7 pm
Rockville

Country Road Run



Photo: Alex Reichmann

The kids are off and running!

Darryl Diamond is
having fun



Photo: Brian Butters



Springing Forward

by Scott Brown, Editor

Are you ready for spring? I'm sure I speak for most of us when I say I'm ready to put the snow days in the rear-view mirror and looking forward to some sunshine and warm weather.

But are you ready to put your hard work through a tricky winter to the test in one of the Club's upcoming races, like Pike's Peek 10K, or maybe one of MCRRC's new offerings? Or perhaps you're looking to ramp up your training in the spring to get ready for a new challenge in the summer or fall?

This issue of Intervals presents plenty of ideas for something new to try in your running.

Club President Don Shulman discusses a couple of MCRRC's new races that will debut in the coming months, including a one-mile race through Old Towne Gaithersburg and a "Suds and Soles 5K" that will be the Club's new summer focal point race. Both sound like they'll be a lot of fun.

Also in this issue, George Tarrico highlights the impressive running resumes that Club members Jack McMahan and

Robert Smith are continuing to build into their 80s. Their ongoing achievements are both impressive and awe inspiring.

Later in this issue, Lisa Reichmann profiles Andrea Keane-Myers, Trevor Myers, and their daughters Griffin and Perrin. They've been running as a family since Andrea and Trevor began running with MCRRC's First Time Marathon (FTM) program in 2003, and they've taken advantage of the Club's low-key races and youth series to run together as a family.

Speaking of FTM, in this issue co-director Conroy Zien describes his journey from FTM participant to pace coach and now co-director. If you're looking to take the plunge into marathoning, FTM is a fantastic place to start and make a bunch of new running friends. Best of all, registration for this year just opened!

— *Scott Brown has run MCRRC races of distances from one to 50 miles. He lives in Gaithersburg. He can be reached at intervals@mccrrc.org.*

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Newsletter of the montgomery county road runners club

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Have comments or questions? Or want to help?

Contact us at Intervals@mccrrc.org.

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MCRRC is a non-profit, educational organization which promotes personal health and fitness through the sport of running. The club conducts regular running activities, including training sessions races, seminars, and social events.



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Running into Spring

by Don Shulman

Dear Members, Hopefully we have seen the worst of the winter running weather for 2016. Special thanks to our friends at M-NCPPC for the admirable efforts they have made in clearing the CCT this year.

Our spring and summer running season is about to kick into high gear with some new events and changes this year. As you may recall, we have exited our participation from the Rockville Rotary 8K this year. After a 30-year presence in this event, MCRRC made a decision that was difficult but correct for the Club. Following our announcement, the City of Rockville followed suit and also informed the Rotary they will no longer partner with them on this event. In the weeks ahead, look for announcements of a new summer running event. MCRRC and the City of Rockville are partnering with a new run, the “Suds and Soles 5K,” which will take place on a Friday evening in late June. Not only will we hope to focus on local craft breweries, but we will also have family-friendly events during the evening so everyone can enjoy a “say hi to summer” celebration.

A second new running event is La Milla de Mayo in Olde Towne Gaithersburg on May 7 at 6 p.m. This fast one-mile course is an exciting addition to our spring running calendar. We are very excited to partner with Michelle

Potter and our wonderful friends in Gaithersburg for this exciting new event.

A third change to our summer running calendar includes the addition of an 8K course to Riley’s Rumble. Not only will this yield an 8K goal race for our spring/summer 8K program, but it offers an introduction to the infamous Riley’s course for those not quite ready for the half-marathon distance of this classic, sweaty race.

In the next few months the Board will be involved with a new initiative in a strategic process to drive Club membership. Our membership continues to be robust. However, at the same time we see the average age of our members increasing. I believe we need to have a stronger direction in attracting “millennials” to our Club and to make sure we are relevant to their needs

and running desires as well. This is an exciting time of growth for MCRRC.

In closing, I hope you will join us at our Club birthday party and award ceremony following the Piece of Cake 5K/10K. At that time we will also be inducting a new Board.

I wish to thank Doug Watt for his many years of service to our Club as a member at large and secretary, and also Becca Kinney for her time and great efforts in the role of Club treasurer. As their terms come to an end on the Board, we are indebted to them for their sprit of volunteerism.

See you on the trails ... Happy Spring running!

— Don Shulman is the President of MCRRC. He can be reached at president@mcrrc.org.

Keep up with the latest news and information about MCRRC events and happenings!

Like us on Facebook – Montgomery County Road Runners

Follow us on Twitter - @MCRRC

Connect with us on LinkedIn - Montgomery County Road Runners

Subscribe to our Yahoo Groups!

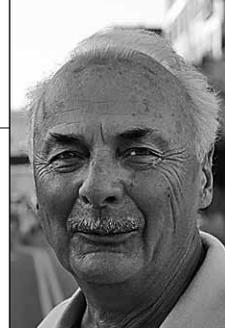
mcrrc-alert for breaking news alerts (track closed due to thunderstorms)

mcrrc-info for general news and information about club events

mcrrc-discuss for discussion with other club members about anything running or club related

<http://sports.groups.yahoo.com/group/mcrrc-info/>

Years of Excellence



by George Tarrico

MCRRC is fortunate to have many excellent runners among our membership. On average, runners continue to improve their performance until they peak somewhere in their 40s or 50s and then, if they continue to run, they generally slow down and ultimately stop running somewhere in their 70s.

There are a few exceptions. Notable among them are two men who have passed 80 and still run competitively, Jack McMahon and Robert Smith. They each run somewhat slower today, but they excel.

Jack McMahon was born on November 11, 1930. He began running in high school and continued through college, lettering in cross-country at Pitt. After college, he stopped running until his early 40s. In his 60s, he experienced a few medical problems, but they only slowed him down temporarily, then he was back to running. Jack has since enjoyed good health, which means he finds himself among those gifted runners who run without major issues. As Jack says, he's lucky to "have picked his parents right." Jack favors the shorter races that do not require longer distance training and thus reduces his risk of getting injured. Performance-wise, he finds himself among the top runners in his age group. He has won "a few" national age group championships, including in the 3000 meters and the mile. He counts among his greatest

achievements two sub-five-minute miles. When not running, Jack coaches a Catholic Youth Organization age group team composed of 150 highly motivated kids.

Robert Smith was born March 8, 1934. He began running competitively in high school in Santa Cruz, California. He has run continuously since then. That means 67 years of year-round running, logging about 46,500 miles in 1,506 races, including 25 marathons, all of which he ran after turning 53. (He qualified for and ran the Boston Marathon at age 69.) Locally, he has run 19 Cherry Blossom 10-Milers, all since age 59. This year he looks

forward to running his 20th Cherry Blossom. When asked what has motivated him most, he responded that he feels better because he is seldom sick. He cites the fact that he is always healthy and has no aches and pains. Robert is still at his high school running weight of 138 pounds—I wish I could say that.

One thing that both octogenarians share is the admiration of their fellow runners. They each run their own race and thoroughly enjoy life.

— George Tarrico is MCRRC's Club Race Series Coordinator. You can find him at most MCRRC races doing just about everything!

And the winner is...

Find out at the

MCRRC Annual Meeting and Awards Brunch

March 20, 2016 * Golden Bull Restaurant, Gaithersburg

*Celebrate the achievements of your fellow club members
Runner of the Year, Volunteer Service, Coach of the Year and many others
Elect the Board of Directors for the coming year
Celebrate the club's birthday with lots of cake!*

**Coffee service begins at 10:15AM
Brunch will be served beginning at 10:30AM
Program begins at 10:45AM**

As is our tradition, club members are encouraged to bake their best cakes to help celebrate the club's birthday. If you are planning to bring a cake, please email office@mcrrc.org.

*Tickets are **free** but we need your RSVP so that we can plan appropriately. Visit <http://www.imathlete.com/events/2016MCRRC Awards> to RSVP by March 17th*

Questions? Contact office@mcrrc.org.

We hope to see you there!

My FTM Journey: From Scared Newbie to Director

by Conroy Zien

There are times in your life when you realize how blessed you are. Back in 2007, I met an amazing woman, Glenda Garcia, who would later become my wife. She introduced me to her running club and the training program in which she had been a participant for several years. I was enthusiastic yet somewhat intimidated, but I joined the club, signed up for this training program, and began the journey that brings me to the present. The running club was MCRRC, and the program was the First Time Marathoners training program (FTM).

I was so nervous during that first Wednesday evening workout at Montgomery College. Sure, I knew Glenda, but she was in a different pace group. I had run with a few folks in FTM over the winter, but most of the people around me were strangers. Groups of runners were talking in the bleachers, reminiscing about the last season, catching up with old friends and telling stories about their winter running experiences. I cautiously took a seat in the back, patiently waiting for the directors to speak.

After covering a few rules and explaining the goals of the season, we were off and running, both literally and figuratively.

Nervous as I was because I was such a novice runner, I was afraid I would not know anyone, would have trouble keeping up, or even worse, feel unwelcome because I was a new runner. I couldn't have been more wrong.

Of course, I had nothing to

worry about. What I know now is that runners, particularly those in FTM, are an incredibly friendly and welcoming bunch. We are all in the program because we want to run a marathon. We are all bonded by a common goal. Needless to say, I assimilated into my pace group, and any fears I had about being an outcast quickly disappeared.

Under the guidance of directors Andy Steinfeld and Lori Kaleikau, I listened to everything they had to say. I meticulously logged all of the miles I ran. I attended every single workout, and refused to deviate from the schedule fearing that by doing so, I would somehow jeopardize my chances at finishing my first marathon.

As the season progressed, I felt my confidence growing. I eagerly eyed the schedule for the next long run, waiting to set another

distance PR: 14 miles, 15, 16, 20. Every week that passed, my confidence grew, and I soon realized that I was in love with this program.

I finished the Marine Corps Marathon (MCM) that year, ecstatic because of what I had accomplished. I couldn't wait for FTM to begin again the following year.

FTM 2008 began, and I resumed where I had left off the previous season. I was afraid my enthusiasm would abate during my second year, but the exact opposite happened. Being a "veteran" now, I set a time goal for MCM that fall and prepared religiously to achieve it. Late in the season, I was asked by my pace group coach if I would be able to serve as a "substitute coach" during one of

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Photo: Hai Nguyen

FTM co-directors Conroy Zien (right) and Audrey Fincher

Andrea Keane-Myers, Griffen, Trevor & Perrin Myers



by Lisa Levin Reichmann

Andrea Keane-Myers and Trevor Myers, and daughters Griffen (17) and Perrin (13) have been active members of MCRRC since 2003, when Andrea joined the First Time Marathon (FTM) program looking to get back into shape after spending her pregnancy with Perrin on bed rest. Trevor, a cardiac anesthesiologist at Dominion Anesthesia, Virginia Hospital Center, has served as medical director for the Parks Half Marathon and Seneca Creek Greenway Marathon and 50K. Andrea, a scientific review officer at the National Institutes of Health, is a member at large of the MCRRC Board. The Myers family lives in Bethesda with Nimby the Magnificent, their 6-year-old Weimaraner and, of course, loyal running companion.

Were you always runners? If not, when did you start running?

We were always runners (5K/10K) when we were in our 20s, but really caught the running bug after living in Boston just two blocks away from the marathon course. When she was little, Andrea used to run with her dad, who had a track scholarship in college. As a sprinter in high school, Trevor skewed to shorter distances, but when we moved to Maryland, Andrea signed up for FTM to run the Marine Corps Marathon as a way to get back in shape after going through a pregnancy that involved months of complete bed rest. Trevor had no choice but to join her, so that he could get to know all these crazy people with whom she was hanging out.

What have you enjoyed most about your family's involvement in MCRRC?

This has been a wonderful family hobby where we have always felt our kids were safe and enjoying themselves, even when they were running behind us (or, more recently, ahead of us) in any given race. We have moved from their first races where we were holding their hands, to more recent races where they have run their own race, and we meet up after we are all finished. Remember the television show "Cheers" where "everybody knows your name"? MCRRC is like that for us, an extended, crazy intense family of athletes and friends who know more about us than some of our own family members. After all, there are no secrets left after a long slow distance run.

When did the girls start running?

They were probably three years old, starting in the Halloween Kids Run that used to be held annually along Gude Drive. Then they did the Kids Marathon (as part of the Kids on the Run event) and haven't looked back since. They also started volunteering around the same time, handing out M&Ms and icy pops at a steamy Riley's Rumble one year, while Andrea was running. More recently, Andrea made a bet with the girls that if they could beat her at a 5K, she would make, from scratch, whatever dessert they wanted. This provided ample motivation for both mother and daughters. Griffen earned her Boston cream pie a few years ago, and Perrin recently earned her flourless chocolate torte. There were a

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Photo: Andrea Keane-Myers

(L-R) Andrea Keane-Myers, Griffen, Trevor and Perrin Myers

runner profile

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number of Club members who knew about the dessert challenge who would cheer for the girls and taunt Andrea during races until they got their just desserts. It won't be long before they take down Dad as well.

What other sports/activities do the girls enjoy?

Both of the girls swim on a summer league team. Griffin played travel soccer for many years into high school, but found that the demands of varsity high school cross-country and track made that difficult. In her very limited spare time, she enjoys cooking delicious dinners for her always-hungry family and volunteering for the service organization Best Buddies. Griffin will return to Peru this summer for another three weeks as part of the student athlete and service organization Strive, running at 11,000 feet concurrently with teaching English, art, and physical education to the underserved school children in Pisac, Peru.

Perrin is also a travel soccer player for the Bethesda Soccer Club, serving as a lockdown center back who can run all day. This year, after her undefeated middle school cross-country season, she joined the Bethesda Track Club, running multiple distances at indoor meets, but she prefers the 1500 and up. She is looking forward to getting back outside for the outdoor season. Perrin is also the baker in the bunch, focusing on the carbohydrate replacement needs of the family.

How has running brought you together as a family?

Running (and exercise) has always been a priority for us. Just like

every meal has to include a fruit or vegetable, every day needs to include a workout. As the girls have gotten older, they've come to understand the language of running (PR, lactate threshold, body glide, tempo). There is a commonality of experience that brings us together, and we can all be supportive on that race day when the legs just don't move and celebratory when that new PR is reached! The walls of our home gym are covered with photos from MCRRC races. It's a wonderful way to see your kids change over time. We also have a tradition of going out for brunch after the longer MCRRC races, which gives us all something to look forward to even if the race doesn't go as well as planned.

Now that the girls are older, sometimes we are able to talk them into running parts of our long training runs with us, especially if we have to run by ourselves. Thus, 20-milers in our neighborhood may consist of 12 miles with our Weimeraner, then another five miles with one or the other daughter, then finishing up solo. Griffin even did the Speed Development Program workout with Andrea last night. It wasn't much of a speed workout for a varsity high school runner but was definitely a workout (and good motivation) for her mom.

Do you give the girls any training advice (and do they listen)?

To a limited extent. Children never want to listen to their parents, so mostly we leave that to their coaches these days. Andrea would sometimes tell the girls to "release the Kraken" as motivation the end of their races. They now yell that to motivate their mom, after they have

already finished ahead of her.

What has been your proudest running-related achievement?

Trevor: Finishing the JFK 50-miler was an accomplishment I never thought possible.

Andrea: Qualifying for the Boston Marathon for the first time after seven previous marathon attempts and winning my age group for MCRRC for the past few years.

Griffin: Earning 11 varsity running letters (in cross-country, indoor and outdoor track), running the state meets in cross country the past two years, and becoming captain of the WCHS cross country and track teams my senior year.

Perrin: Qualifying for US Track and Field Nationals (i.e. Junior Olympics). I will be running the indoor 3000 and 1500 in NYC in March.

What advice would you give parents who would like to get their kids excited about running?

Start short and slow, let them find their tempo and distances. The Club's kids races are an excellent way to do that. If you can, include their friends in some runs, so they aren't just part of "that weird running family." And crucially, let them volunteer, handing out water and treats to runners in races, seeing how grateful everyone is, from the blazing speedsters to the back of the packers. The sport of running, the lifestyle of running, is predicated on inclusion, and the kids love that message.

— Lisa Levin Reichmann is a member of the MCRRC racing team, sponsorship coordinator for the Parks Half Marathon and Pike's Peek 10K, and an RRCA-certified running coach and co-founder of Run Farther & Faster.

my FTM Journey

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our long runs when he was unable to be there. I was scared I wouldn't be able to hold the pace, but I somehow managed to calm my nerves and complete that long run without any problems.

I ran MCM again that fall and achieved my time goal. At the FTM celebration banquet, Andy and Lori asked me to consider returning as a pace group coach.

FTM 2009 began with a flurry of excitement. Sitting in my first coaches meeting, I felt like a first timer once again. Nervous that I would be unable to live up to the expectations of Andy and Lori, I was relieved to have been paired with Coach Dave, my pace group coach the previous two seasons. I was able to learn on the job by serving as the junior coach in the group, armed with two years of confidence-building training in FTM.

I finished that season by running the St. George Marathon, setting a huge PR, running MCM with my pace group, and helping several first timers complete their marathons, much like I had just a few years earlier.

The next two seasons brought two more wonderful years. My confidence as a coach continued to grow with each season. The joy I experienced from coaching was unparalleled.

During the 2011 season, after a long run at Ken Gar, Andy and Lori pulled me aside and dropped a bombshell on me. They informed me that 2011 was going to be their last season as directors of FTM, and they wanted to know if I would be interested in serving as co-director of FTM along with Audrey Fincher.

"Me? Director of FTM? There's no way I can fill your shoes. I'm going to wreck the program!" I said to myself.

After talking it over with Audrey over the next few days and during the Mormon Temple Hill workout, we made our decision. Later that evening, I told Andy and Lori that I would do it.

Preparation for FTM 2012 began shortly after FTM 2011 ended. Audrey and I met with Andy and Lori numerous times that fall, soaking up all the knowledge and advice they had to give.

I peppered them with hundreds of questions. I wanted to make sure I left no base uncovered.

"Make your own mark on FTM," they told us. "Make this program yours."

Nevertheless, I was relieved when they said they would continue to serve as references and resources throughout the season.

After four years as co-director of FTM, I look back at this journey of mine, the one that began in February 2007. Nine years ago, I never, in a million years, could have imagined where I am today. The success of FTM and any personal successes I've had were not achieved alone. The number of people who have helped me during this time are too numerous to mention.

The success of FTM is a result of the efforts of so many people. I may receive a disproportionate amount of the credit, but there is one thing I know for sure: The path to success is never traveled alone.