

MCRRC Intervals

November 2016

Newsletter of the *montgomery county road runners club*

On the Horizon

November 12

Stone Mill 50 Miler
Montgomery Village, MD
www.stone-mill-50-mile.org

November 19

Run Under the Lights (SOLD OUT!)
Gaithersburg, MD
www.rununderthelights.com

November 20

PLEASE NOTE DATE CHANGE!
Candy Cane City 5K
Chevy Chase, MD

November 26

Turkey Burnoff
Gaithersburg, MD

December 4

Seneca Slopes 9K
Gaithersburg, MD

December 11

Jingle Bell Jog
Rockville, MD

December 11

MCRRC Annual Meeting
Rockville Senior Center
(following Jingle Bell Jog)
Rockville, MD

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

Board Meetings

November 3, 7 pm
Rockville

December 1, 7 pm
Rockville

Parks Half Marathon

Michael Wardian high fives spectators near the finish.



Photo: Dan Reichmann



Photo: Dan Reichmann

Ernie Villacarlos celebrates in the home stretch.



Giving Thanks

by Scott Brown, Editor

With this issue of *Intervals* being the last of the year (and Thanksgiving just around the corner), it's an appropriate time to reflect and express gratitude for all that's happened in my running life this year.

I am grateful for the treadmill that arrived in our household the first week of the year that allowed me to keep running through Snowmageddon and its aftermath (or: How I Learned to Stop Worrying and Embrace the Treadmill). I am also grateful that the indoor miles helped me run a new personal best at the Seneca Creek Greenway 50K in March.

I am grateful that I was able to stay motivated to keep running plenty of miles through the spring so that I didn't suffer to complete the first few XMP runs as I have in previous summers. I am grateful, as always, for the four-plus months of reconnecting with old running buddies and making new running friends. I am still bitter about the 90-percent humidity we seemed to have on every long run.

I am grateful that my wife began to catch the running bug and asked me to train with her. And I am grateful that she stuck with it (and with me) long enough to finish multiple 5Ks at the end of the summer.

Finally, I am grateful that the support and encouragement of my running buddies, coaches and family helped me cut more than six

minutes off my marathon PR this fall. And I am especially grateful that the birthday I celebrate this month will make me eligible to run Boston for the first time.

In this issue of *Intervals*, Don Shulman takes a moment both to reflect on the great accomplishments many in the Club celebrated this fall, and to highlight some of the ways MCRRC is continuing to evolve to meet the changing needs of our members.

Next, 11-year-old Club member Amy Appella shares her reflection on completing a kids marathon through MCRRC's Kids on the Run program. Congratulations to Amy and all our other stellar kids!

This issue of *Intervals* also includes practical advice from Jenny Carlson to help runners avoid catching Lyme disease. If you run in wooded areas, be sure to check out Jenny's practical tips.

In this issue, Lisa Reichmann profiles Michelle Kiser, an active MCRRC member and co-coach of the Ulman Cancer Fund's Cancer to 5K program, which helps cancer survivors become physically active.

Finally, Dan DiFonzo highlights the Club's Winter Trails Program. If you're looking for a chance of pace in your running this winter, give Winter Trails a try.

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

MCRRC Intervals

Newsletter of the montgomery county road runners club

Board of Directors

President

Don Shulman

Vice President

Mike Acuna

Secretary

Lori Kaleikau

Treasurer

Sri Rapaka

Member-at-Large

Gretchen Bolton

Member-at-Large

Jim Farkas

Member-at-Large

Andrea Keane-Myers

Member-at-Large

Nancy Joy Keller

Member-at-Large

Cortney Sloan

Staff**Director of Operations**

Ashley Zuraf

Bookkeeper

Kathleen Clawson

Race Operations Assistant

Halsey Sinclair

Intervals**Publisher**

Don Shulman

Managing Editor

Freddi Carlip

Editor

Scott Brown

Photo Editor

Dan DiFonzo

Production Designer

Bob DiLorio

Contributors

Amy Appella
Jenny Carson
Dan DiFonzo
Lisa Levin Reichmann

Have comments or questions? Or want to help?
Contact us at Intervals@mcrcc.org.

Intervals is a publication of the Montgomery County Road Runners Club. All Rights Reserved. For an electronic version see www.mcrcc.org.

All material herein is fully protected and may not be reproduced in any manner without the permission of the publisher. ©2016. Views expressed herein are those of the authors exclusively.

Intervals is published bimonthly by the Montgomery County Road Runners, P.O. Box 1703, Rockville MD 20849.

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.





Continuing to Put Our Best Foot Forward

by Don Shulman

As I write this message, Debbie and I are away celebrating our 35th wedding anniversary. While spending the day in the sun yesterday it was so warming to see all of the finishers from the Army Ten Miler and marathons across the country. It brought back wonderful memories of my marathon experiences as well.

Certainly any distance running is a personal accomplishment. However, for MCRRC members, it is a personal accomplishment rooted in camaraderie, friendship, support and love. As you look at all of the pictures in e-mails and posted on Twitter and Facebook, you realize that our Club, while a running organization, is a home where friendships are formed, inspiration is given and empathy embraced. Not everyone achieves a PR or a BQ every time they lace up their shoes. However, every time an MCRRC member laces up their shoes, they are sure to be surrounded by a platform of abundant of kindness and passion. So as we enter the season of so many goal races I wish everyone much luck and remember (as Lori and Andy told us in FTM years ago), all that counts is that you smile for the camera at the finish!

I am happy to report that in September we engaged in a series of New Race Director Training sessions. The Board was delighted to host 26 potential new race directors and assistant race directors. In celebrating the tradition of so many of our great low-key races, we must realize that these traditions start with creative individuals and new ideas. The relevance of this process to the future of MCRRC is critical.

Also in September, the Board met with two of the leaders of our Stride Clinic to discuss our combined thoughts of the rebranding and reinvention of this legacy program. While the Stride Clinic rarely has an empty slot, our desire to inspire relevance into the curriculum is once again important to the future of our Club. We are looking at appointments devoted to new runners, experienced runners, runners over 60, and runners just getting back into the sport after childbirth. The logistics are being finalized at this time. Look for more information on these new additions around the first of the year.

The next initiative the Board is committed to examine is our Yahoo communication platform. While a meaningful and necessary tool, as we continue in the 21st

century I would like to examine what other options exist and what enhancements we can achieve via this process. A few individuals have stepped up to lead this initiative and am excited to see what this yields. Stay tuned.

Lastly, I want to thank the more than 500 volunteers and 23 team captains who made the 2016 Parks Half Marathon a huge success. I have already begun working on 2017 as we may be faced with course challenges due to the potential impact of the proposed Purple Line into Bethesda. Either way our 2017 Parks Half Marathon will celebrate the great traditions of this race and MCRRC.

Run Strong and Run Safe.

— 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/>

The (sort of) Marathon!

by Amy Appella

My mom always wants me to do athletic activities when I'd rather go to Starbucks, but I'd never thought she'd ask me to run a marathon! That's what I thought at first, anyway. What it really was, was a *kids* marathon, which means you run a mile every day for 25 days, and then you attend an event to run the last mile! It sounded easy enough to me. So I said, "why not?"

Running miles in my neighborhood was easy. My mom always pushed me to start running when I was walking, and to get out there as soon as I could before the weather turned bad. I wanted to play video games or watch TV first, but getting it done actually made my lazy activities very relaxing! I kept running and running, getting faster and faster, until one day, on a cloudy and rainy morning at 8:30 a.m., with patches of fog in every corner, came the day of the race. *Dun dun dunn*. Okay, it was not *that* dramatic, but my mom made it a big deal.

It was cold that day. On a misty May morning, I lined up with dozens of other kids in my most athletic clothes and headband. I didn't do the "warmup" thing, because I felt like I was ready. "It's just another mile," I thought. "It's not that different." But, boy, was I wrong. As soon as the race started, I took off, my feet pounding the ground, *thump, thump, thump*. It was really easy at first. I was passing lots of kids and I was not even trying! "Heck, this is almost as easy as in my neighborhood!" I thought. For a few minutes, I kept running, but my legs could only go so fast. I started to feel a little tired, as

giant hills started to pop up on the horizon. I didn't think it would be a challenge, but as soon as I got to the first hill, I wanted to stop. "This is way harder than the course in my neighborhood," I thought. But, there was no turning back, so I kept going.

After what seemed like a million hills, I started to feel *extremely* tired! My legs kept going, step, by step, by step ... slower and slower. I didn't think that I could finish! "Why the heck is this one mile much harder than the 25 others I ran in my neighborhood?!" I thought. And worst of all, *my pants were itchy!!!* I had to stop five times to scratch my legs because the pants were itchy. Stupid pants. But, despite all those major casualties, I still treaded to

the finish! I saw the line, and my mind perked up. I forgot how tired I was. I forgot about the hills. I didn't care about the pants. I ran as fast as my itchy legs could carry me. When I finished, I was awarded a medal like everyone else, (gee, I felt *so special*) and I walked slowly toward the snack bar. Actually, the fig bar wrappers cured my itchy pants problem! (I rubbed them on my pants.)

I felt so good to be done with it. I learned that to do something special, you can't give up! I deserved something special for that... "Mom, can we go to Starbucks?" I asked. Because some people never learn. :)

— *Kids ... look to the future! Kids on the Run will return next spring.*



Photo: Julia Labovsky

Zach (9) and Amy Appella (11) ran the kids marathon.

A Runner's Guide to Preventing Lyme Disease

by Jenny Carlson

Running has been part of my life since high school, when I trained for cross-country in Germany's Black Forest. Since then, I have lived and run in Colorado, California and now Maryland.

Had you asked me nine months ago what's in my running bag, I would have said my running shoes, iPhone armband, and workout clothes. Since I moved to Maryland, however, I've added another item when I go trail running: insect repellent. Why? Because of Lyme disease (LD).

LD was the fifth-most common nationally notifiable disease in 2014. The Centers for Disease Control and Prevention reported that 96 percent of confirmed cases of LD were from 14 states, from Maine to Virginia as well as Minnesota and Wisconsin. Running in Maryland, it is important to take preventive measures against tick bites and be aware of symptoms in case a tick bites you.

Here are some LD prevention tips for running, especially in heavily wooded areas:

1. For outdoor activities that cause a lot of sweating, I suggest Ultrathon by 3M, which contains 34 percent DEET in a polymer base. Other effective alternatives to DEET are picaridin and oil of lemon eucalyptus.
2. In addition to using repellents on your skin, consider using the insecticide permethrin on your clothing and gear, which retains its effectiveness after several washes. You can purchase 0.5-percent permethrin from most outdoor stores and treat shoes, socks, running clothes and any other gear.
3. Avoid wooded and bushy areas with

high grass and try to stick to the center of the trail. Ticks wait for a new host by holding onto leaves and grass, typically at the wooded or grassy edges of a trail.

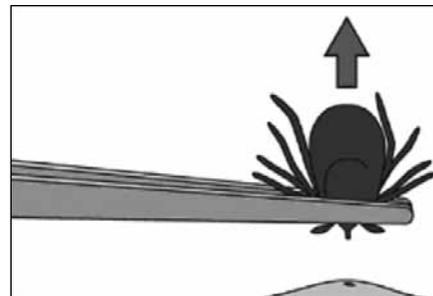
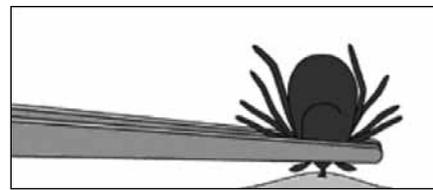
4. After spending time outdoors, check for ticks on your body, especially behind ears, on the back of the neck, scalp, and in the groin area.
5. Shower within two hours of running to remove any ticks that have not attached but may be difficult to see.
6. Remove attached ticks as soon as possible with tweezers. Ticks must be attached for at least 24 hours before they can transmit LD, so removing them soon after attachment reduces your risk.
7. After coming indoors, tumble your clothes in a dryer on high heat for 10 minutes to kill ticks on the clothing. If your clothes are soiled and require washing first, wash in hot water if possible.

Because ticks can be very small and hard to detect, be aware of early LD symptoms that can appear three to 30 days after a tick bite, including fever, chills, headache, fatigue, muscle and joint aches, and swollen lymph nodes. The most classic LD symptom is the erythema migrans (EM) or "bull's-eye" rash. However, not everyone infected by a tick develops EM, and it won't always look like a bull's eye. EM begins at the bite site—on average within seven days, but usually within three to 30 days—and expands over several days. The rash may feel warm to the touch but is rarely painful or itchy, and can appear anywhere on the body. Contact your health care provider if you develop any of these symptoms, and be sure to mention if you found an attached tick

or were recently in tick habitat. LD can be treated with antibiotics.

Running outside is my way to connect with nature and to let all of my worries and stress of daily life slip away with every step. Being one with nature also means being aware of what you will find in nature, including ticks. Following the prevention tips listed above, can greatly reduce the risk of LD. So get out there, enjoy your runs and protect yourself!

— Jenny Carlson is a postdoctoral fellow at the Johns Hopkins School of Public Health studying the transmission of malaria, dengue and zika in mosquitoes, and is a volunteer with CDC's Lyme Corps program. The views and opinions expressed in this article do not necessarily represent the official position of the Centers for Disease Control and Prevention.



To remove a tick properly, use tweezers or forceps to grab the base of the tick near your skin and pull it directly upward.

Michelle Kiser



by Lisa Levin Reichmann

Michelle Kiser has been an active member of the Club for more than three years. A competitive swimmer from age five through high school, Michelle also ran track and cross country and played soccer. A decade ago, after experiencing nerve damage and partial paralysis due to a medical syndrome, Michelle decided to set her sights on a sprint triathlon, and shortly thereafter her first 5K race. Since then, Michelle has completed road races through the half-marathon distance and triathlons through the full Ironman distance.

An avid swimmer, cyclist and triathlete, Michelle can be found on the Parks Half Marathon course riding her bike as a medical spotter and at many Club races staffing water stations, registration, and making sure the post-race food is laid out and ready for hungry runners. Most notably, Michelle has devoted a significant amount of time as a volunteer coach for the Ulman Cancer Fund's Cancer to 5K program (<http://ulmanfund.org/cancerto5k/>). When not running, Michelle is a social science research and professional services contractor at Westat in Rockville, and the cycle club coordinator at the new Life Time Athletic in Gaithersburg. She lives in Germantown and has a son, Dave Scheele (19), and pet "children" Loki the dog, Sunday and Willow the cats, and Joturo the betta fish.

What came first, running or triathlon?

Really, swimming! In 2006 I did my first triathlon, a mini sprint distance race at the now-closed Montgomery Village YMCA. I was recovering from having Guillain-Barre Syndrome and Miller Fisher Syndrome, which had caused peripheral nerve damage and

temporary paralysis up to my knees on both legs and my left arm and part of my right arm. My thinking upon finding out about the race was, "this is exactly what I need to do," and so my triathlon career began. Since having these rare diseases, my catch phrase is "KEEP MOVING." I was lucky to have caught everything early so that I did not end up with worse damage, and hence a longer recovery, so once I accomplished the triathlon I set upon tackling my



Michelle Kiser

next challenge. A friend talked me into running a 5K with her and then another friend convinced me to do a half-marathon.

How did you get involved with the Ulman Cancer Fund?

My friend Marla Shapiro, another MCRRC member who now lives in Atlanta and who I met through masters swimming, was involved with the Ulman Cancer Fund. Through

her, I joined Team Fight and did the Columbia Triathlon as my Team Fight race that year. In 2013, Marla started the Cancer to 5K program in Montgomery County after the program had been established in Northern Virginia, Howard County and Baltimore. I joined her as a volunteer sherpa that year. Don Shulman was her co-coach and several other MCRRC folks were also volunteering. When Marla moved to Atlanta, I took over as a co-coach. This past season, fellow MCRRC members Reaya Russ and Cheryl Grandinetti joined me as co-coaches.

What do you enjoy most about coaching the Cancer to 5K program?

I enjoy helping people achieve a goal they didn't think they could achieve. I love seeing how the participants learn and gain support from each other in an active environment rather than in a traditional sit-in-a-circle-and-talk type of support group.

What is your proudest running or multisport-related accomplishment?

Completing Ironman Mont Tremblant in 2014. I trained really hard for this event and felt great about the race. When I started doing triathlons, I never thought I would be able to do a full Ironman (2.4-mile swim, 112-mile bike, 26.2 mile run).

What is the most significant challenge you have faced in your training?

The residual nerve pain and fatigue from the Guillain-Barre and Miller Fisher Syndromes in my feet, hands and my left eye. My feet and hands tingle every day. I wish it was a super power! The nerve pain and burning in my feet come on randomly, so it is

Photo: Shawna Black

hard to plan for it. Because the nerve signals are not 100 percent, my muscles don't respond as they truly could and that affects performance for me. I get fatigued a little easier than a fully healthy person, although that has gotten much better over the years.

How do you fit in your training around a busy job(s), volunteer commitments, family, etc.?

Sometimes it is hard to fit it in. I am a morning person so most of my training is done in the morning before work. My professional job allows me a little flexibility in schedule, which is also helpful.

Do you have any particularly memorable race experiences?

Winning first place in my age group in a race I consider one of my worst races. It was a small Olympic distance triathlon

in Virginia. My swim was horrible that day, I got sick on the bike, and then the run was a hot mess, but there were only four women in my age group that day. The overall women's winner was in my age group, so she took the overall award, which then put me in first in my age group. Usually I am not anywhere near the podium. The takeaway is that you never know who will (or will not) show up and what will happen on race day!

What is your favorite way to spend time when you are not training?

I like to spend time with my friends and do things outside. I love to hike and just ride my bike for fun. Movies and knitting are my favorite winter activities. I enjoy reading fiction and health-related and training books. I recently was hired by Life Time Gaithersburg as their cycle club

coordinator, so in my spare time, I will be organizing rides for their outdoor cycle club.

What are your racing goals for 2017?

I am already signed up for Ironman Chattanooga 70.3 in May. I think I may do the Winter Half Marathon training program and get in a half marathon before Chattanooga. I have some friends who are putting on the peer pressure to do Ironman Maryland in October 2017, and while I am leaning heavily towards yes, I have yet to commit!

— 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.

Winter Trails

continued from page 8

never looked back. While she also participated in the Club's First Time Marathoner's Program, the trails are where her heart is. To date she has done numerous ultra-races including the epic Massanutten Mountain Trails 100 Mile Run.

"I love the trails because I feel it is less competitive than running on the roads," said Etam. "Everyone is so friendly and helpful. We push to levels you never thought possible. We run through creeks. We run in the snow. You can be uncomfortable at times, but at the end you always say, 'We did that!'"

Ultimately, it's hearing about the successes and failures of her fellow trail runners that keeps her coming back for more. "It's trying again and finding out what works and doesn't work that makes you better. Some will say there's no way, but I always believe 'there is a way.' Getting lost and then finding yourself. I like the challenge in that."

For program director Bruce Flanagan, the Winter Trails Program is a breath of fresh air. "There are no pace groups, no goal paces. For me, it's a day in the woods with my friends. We're not worried about finish times. We get there when we get there. All of the runs are out and backs or five- to six-mile loops so runners can run as much or as little as they want."

"Everything is just a little more laid back," says Flanagan. "In fact, it's not uncommon for a trail runner to stop off and have a beer in the middle of a race. At Stone Mill last year some of the regular trail runners had set up a bar near Mile 35 and set up tequila shots. Ultra runners take eccentric running behavior to a whole different level."

Flanagan explains one of the more unique experiences of trail running, "Because we're running on trails you may have been talking with someone for a couple of hours and literally never see their face until you get to the end of the run. It's at that point you realize you might be really good friends with

someone, but you just don't know what they look like!"

For Flanagan, his best friends are his running buddies. "There is a like-mindedness among us. We call these people our friends and our family. They don't judge me for wanting to run after a hard day at work. They get me."

Interested in learning more before you register? Still not sure the program is right for you? Come out to the program's orientation meeting on Thursday, December 1st at the Mid-County Recreation Center, 2004 Queensguard Road, Silver Spring, MD, from 7 to 8 p.m. If you have the questions, Bruce and his team of coaches will have the answers.

—Dan DiFonzo is a coach of MCRRC's XMP (Experienced Marathon Program). He has completed more than 50 marathons and has run on behalf of a hero for 22 Too Many. You can find Dan behind a camera, a microphone or occasionally behind the starting line at a MCRRC race or training run. He can be reached at dandifonzo@gmail.com.

Getting Cozy on the Winter Trails

by Dan DiFonzo

Are you in a running rut or just want to add some variety to your stale running routine? Maybe the time is right for a change of scenery. The Winter Trails Program may be just the tonic you're looking for.

One of the great benefits of running in Montgomery County is the proximity and access to a vast network of miles of pristine, well-marked, quality, running trails. Whether it's the rather tame C&O Canal Towpath or the Rock Creek Park trails, including the more challenging and technical Seneca-Greenway Trail System, there's a single-track unpaved trail for virtually every taste and ability.

So, what's a runner to do if he or she isn't familiar with the trails in the area? MCRRC makes it easy—and safe—for you. The Winter Trails Training Program was formed with all levels of experience and ability in mind. Entering its fifth season, the program meets each Saturday morning between December and March. It allows the novice and expert trail runner alike to explore the miles of interconnecting trails that run throughout Montgomery County and the region, while simultaneously improving a runner's endurance, core strength and trail running technique.

The program targets MCRRC's

signature Seneca Creek Greenway Marathon and 50K race held in early March but welcomes trail runners who are running shorter distances as well.

"We don't run the same stretch of trails twice in the same season," boasts Program Director Bruce Flanagan. That's right—13 trails in 13 weeks. It is one of the best ways to get acquainted with the trails in our area and get veteran coaching advice and knowledge along the way.

Staffed by an all-volunteer corps of certified running coaches, these "Smurfs"—as they are affectionately known because of their bright royal blue tops—can be found dispersed among the 150 runners on any given Saturday. "Safety is our number one concern," said Flanagan. Having coaches visible and spread out "gives the runners an extra added sense of security just knowing they're out there."

For new trail runners who are just getting their feet wet and learning the art of single-tracking, the coaching is priceless.

Just ask Adey Ntam. A Winter Trails Program runner since 2012, she was no stranger to the rigors of athletic training, having competed collegiately in lacrosse and field hockey, but admittedly didn't know a thing about trail running. "I got into trail

running after reading *Born to Run*," she explained.

"When I began doing trails with MCRRC, I wore a heavy down coat, ski pants and a fur hat," confessed Ntam. "I would overheat and struggle a lot until I was told to dress in layers. I learned not to wear too many heavy things at one time. It took me a year or so before I got the concept of layering down."

Adey also liked that before every run the coaches had a piece of advice for the runners. Whether it was a tip about clothing, nutrition or hydration, she left each run knowing a little more about running on the trails than she did the week before.

One of the key tips she learned early on was, "When it comes to hills, there's no shame in walking. I was taught to walk up the hills and run the flats." She admits it's something she wouldn't have done without the advice of the coaches. She says that due to the technical nature of the hillier terrain, she learned to wear the proper clothing, how to use electrolytes and the basics of nutrition on the run.

That year, Adey completed the Seneca Greenway 50K as her first ultra-trail race. She also did the Stone Mill 50 Miler in the fall and has

continued on page 7