

MCRRC Intervals

March 2018

Newsletter of the *montgomery county road runners club*

On the Horizon

March 3

Seneca Creek Greenway Trail Marathon,
50K & Relay
Greenway Trail
www.senecacreekgreenwayrace.com

March 25

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

March 25

MCRC Annual Meeting & Awards Banquet
(following Piece of Cake) – SOLD OUT
AMP by Strathmore, Pike & Rose
Program starts at 11:00 a.m.

April 1

Spin in the Woods XC
Wheaton Regional Park
Silver Spring, MD

April 21

Capital for a Day 5K
Olney, MD

April 29

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

May 5

Kids on the Run
Bohrer Park
Gaithersburg, MD

May 5

La Milla de Mayo
Gaithersburg, MD

May 12

Run Aware 5K
Cabin John Regional Park
Bethesda, MD

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

Board Meetings

Board Meetings are held on the
second Thursday of each month.

Running Beyond Cancer



Photo: Brian Butters

Christine Fattore (left) and Running Beyond Cancer Coach Andy Steinfeld run the New Year's Day 5K.



Photo: Brian Butters

Running Beyond Cancer participants and coaches after finishing the New Year's Day 5K.



Inspiration

by Scott Brown, Editor

Whether you're getting ready to toe the start line of your goal race or mulling your next big running challenge, it never hurts to have a little inspiration to help you make it to the finish.

Keeping with that spirit, this issue of *Intervals* is full of inspiration.

The photos on this month's cover honor the participants in the inaugural Running Beyond Cancer (RBC) program, a joint project of MCRRC and the Aquilino Cancer Center at Adventist HealthCare Shady Grove Medical Center. Elsewhere in this issue, RBC leaders Don Shulman and Andy Steinfeld describe how, despite the near-zero temperatures, several of these cancer survivors completed the Club's New Year's Day 5K to help punctuate their return to running after cancer. I am awed and inspired by their accomplishments. Congratulations!

Club President Mike Acuña's column highlights the stellar work some of our newly minted race directors are doing to keep stalwart MCRRC races going and bring exciting new events to the Club's race calendar. If you've

ever wanted to organize your own race, let these novice race directors be an inspiration to you.

Coaches' Corner also returns in this issue, as Conroy Zien assures you that you—yes, you—can train to run a marathon with the help of MCRRC's acclaimed First Time Marathon Program (FTM). How's that for inspiration?

Speaking of doing inspiring things, this issue also brings us Lisa Reichmann's profile of Jaime Recht and Gail Edwards. Jaime and Gail trained together with FTM last year and Gail served as Jaime's guide at last year's Marine Corps Marathon, helping her finish her first marathon. That is awesome!

Finally, George Tarrico remembers Kay and Bill Morrison, longtime MCRRC members who were instrumental to the Club's development in earlier years. Sadly, Kay and Bill both passed away in recent years. But if you've done one of MCRRC's training programs or run a race timed by the Club, you've shared in their legacy, perhaps without even knowing it.

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!

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

mccrc-info for general news and information about club events

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

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

MCRRC Intervals

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Have comments or questions? Or want to help?

Contact us at Intervals@mccrc.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.



Running with Thanks

by Mike Acuña

Jeff Solar, Lee Feldstein, Nate and Erica Sawyer, Matt Von Hendy, Jefferson Lunsford, Robert Ochs, and Karen Kincer.

You might be asking why I've taken to calling out the names of those above in a public forum and the response is these are all new race directors who have either directed their first (or new) race in the last three months, or will do so very soon. So if you would, please join me in a round of applause for each of them, or, better yet, thank them the next time you run into one of them or any of MCRRC's essential and much appreciated race directors.

Winter to spring is one of the busiest stretches on our race calendar, and whether it's working through the single-digit temps of the New Year's Day 5K to the unpredictable cold, wet, or heat of Pike's Peek, our race directors are out there hours before the start and hours after you finish (not to mention the months of preparation ahead of race day), making sure every cone and post-race bagel is ready for your race day enjoyment. So again, thank you race directors (new and not so new) for keeping our race calendar full and making us move!

Continuing into spring, be sure to circle March 25 on

your calendar as we celebrate MCRRC's 40th anniversary with the Piece of Cake 10K, followed by the Annual Meeting and Awards Brunch at AMP. There, the festivities will continue with our annual election of the Board of Directors, as well as a chance to meet and recognize your fellow Club members for their running achievements and volunteer contributions.

It's a great time to be a part of MCRRC. Hope to see you there.

Cheers,
Mike

— *Mike Acuña is the President of MCRRC. He can be reached at president@mcrrc.org.*

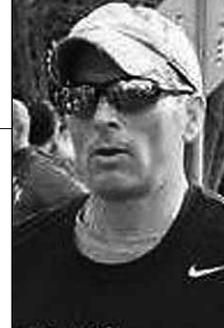


Photo: Brian Butters

Running Beyond Cancer participant Pervin Antia (right) and coach Laura Evans at the New Year's Day 5K.



First Time Marathoners Program

by Conroy Zien

So you made a New Year's resolution to run a marathon...now what? Every January as the new year begins, a great number of folks make a bunch of resolutions for the coming year: *Eat healthier. Be more active. Work out more. Run a marathon.*

Wait a sec... Run a marathon?!? Me? How far is that again?

If this sounds like you, keep reading. MCRRC's First Time Marathoners (FTM) program has been training folks just like you for over 20 years. FTM began in 1995, training a few dozen runners for the Marine Corps Marathon in October. Since then, the program has grown to over 300 runners who lace up their running shoes each May to get ready for their marathons in the fall.

But wait...I just signed up for Speed Development in the winter, and we haven't even run our goal race yet.

Don't worry. Speed Development is a great launching pad to begin your journey to becoming marathoners. The running base you have established during the winter by training with SDP has you prepped and ready to begin your training with FTM. The Winter Half Marathon Program is also an excellent springboard to training with FTM in the spring.

Come on. There is a world of difference between running 10K (or 10 or 13.1 miles) and running 26.2 miles.

You're right. And we're not going to ask you to run a marathon right away. That's why our program is 26 weeks long. We realize that training for a marathon is itself a marathon, so we start out slowly and increase our mileage slowly over the course of our season. Our first long run of the season is seven miles, a little farther than a 10K.

Our philosophy is fairly simple. We

believe that any healthy adult can run a marathon with proper training. Over the years, we have almost a 100-percent success rate for our participants who complete our training program. That is, if you get to the start line of the marathon, you will get to the finish.

The weekly long runs increase in distance from seven miles in May to 20 miles in August, and your weekly mileage will increase from less than 20 miles per week to 40+ as we get closer to the end of the season. We increase the distance and intensity of our workouts progressively, allowing time for your body to recover and adapt to the stresses being placed on it. The cornerstone of our training is the weekly long run, and the majority of your weekly runs will be done at a very comfortable pace, nowhere close to your 10K race pace.

But I'm still not convinced that I can train for a marathon. I'm not fast, and I only started running a couple years ago.

There isn't a speed requirement for our training program (although we do ask that you be able to maintain a pace of around 14 minutes per mile to ensure you will have a pace group coach during our training runs). The only running requirement we have is that you be able to run six miles continuously without stopping. If you are planning on running Pike's Peek 10K in April, you will have already met this requirement.

We have about a dozen different pace groups, each with multiple experienced pace group coaches.

What if I ran a marathon a few years ago having trained by myself, but would like to try running with a group. Can I join FTM?

Of course! Although FTM is designed with the true first timer in mind, our participants are split almost evenly

between true first timers and those who have previously run marathons. We have some runners who have been part of FTM for 15+ years. We view the encouragement and advice of experienced marathoners in our program as an additional benefit for our true first timers. All of our pace group coaches got their start in FTM.

I think I'm interested, but I'm not sure. I'm afraid I won't know anyone in the program.

You have no reason to be afraid. FTM is an extremely friendly and welcoming group. We pride ourselves on being a giant running family. We feel that training for a marathon should be fun and we do everything in our power to make it so. And don't worry if you don't know anyone in the program. After running hundreds of miles with the same folks for 26 weeks for hours and hours every week, it won't be long before the strangers you meet at our first workout become lifelong friends.

Okay. I'm definitely interested, but I want to find out more. How can I learn more about the program?

Registration for FTM will open in March. We will have an orientation session a couple of weeks before the season begins. You do not need to register for FTM before attending the orientation. We will provide a brief overview of our training, as well as answer any questions you may have. Check out the training section of the MCRRC website for more information.

If you're still not sure, come to a Club race and look for me. Or ask someone in the Club if they've trained with us before. You've probably seen folks wearing an FTM hat, shirt, singlet or driving around with an FTM magnet on the back of their car.

Running Beyond Cancer

by Don Shulman and Andy Steinfeld

At this year's New Year's Day 5K, 10 runners celebrated not only the completion of 3.1 miles, but a milestone in their comeback from cancer.

These runners were the inaugural members of Running Beyond Cancer, a training program especially for cancer patients. The Club sponsored Running Beyond Cancer in partnership with the Aquilino Cancer Center at Adventist HealthCare Shady Grove Medical Center.

The objective of the program, which kicked off in October, was to help patients build stamina during or after their treatment, as well as to bolster their confidence and create social connections. The group met twice a week for walks and runs near the Aquilino Cancer Center and on county trails.

We worked to launch this program because of our personal connections to running and cancer. We'd coached similar programs for other organizations. In September, Andy lost his longtime running partner, Jan Eisner, after her 19-year battle with neuroendocrine cancer.

"It is helpful to have a group to run with that understands

the toll taken on the body from chemotherapy and other treatments related to cancer," said participant Linda Brenner. "We share information about the various treatments and surgeries we have been through, concerns about possible recurrence, and the importance of conquering fears."

The runners ranged from beginners to more experienced racers like Karen DiCamillo. Karen fought back from breast cancer to finish the 2017 Boston Marathon, and also completed the Marine Corps Marathon last fall. "I have greatly enjoyed running with the group," she said. "I enjoy the group dynamic and we all seem to enjoy the

community."

Our runners bonded not just on the roads and trails, but also over breakfasts and post-workout pizza. We celebrated their accomplishments in a dinner hosted by Shady Grove on January 2.

Another one of our runners, Pervin Antia, said she learned some new things about herself by joining the program.

"I ran last in 7th Grade!" she laughs. I have made awesome friends who urge me on and I truly enjoy it. I never knew I had it in me. I hope to keep running for a long, long time!"



The Running Beyond Cancer group on its first run at Needwood Park in October.

Jaime Recht and Gail Edwards



by Lisa Levin Reichmann

Jaime Recht and Gail Edwards met through work at the Department of Transportation over 25 years ago and even shared some runs around the Washington Mall, near their office, in the mid-1990s. In 2009, Gail convinced Jaime, who had always enjoyed running as a way to stay in shape, to join MCRRC and the Speed Development Program (SDP). Both graduates of Gallaudet University, Gail is deaf and Jaime has Usher's Syndrome, a genetic condition characterized by deafness and retinitis pigmentosa, leading to progressive vision loss. Currently, Jaime's vision range is about 35 percent, with tunnel-like vision and night blindness. Jaime and Gail have run together in several MCRRC programs, and have supported each other through training and various injuries.

After a hiatus in running for several years due to plantar fasciitis and focusing on her own small business, Jaime returned to the Winter Half Marathon Program with Gail in 2016. In 2017, Jaime got into the Marine Corps Marathon, and Gail registered for Wineglass, so both signed up to participate in the First Time Marathon Program.

Jaime is currently a program analyst with the Federal Railroad Administration and Gail is a public communications specialist with the Federal Highway Administration. Below, Gail explains how their friendship, perseverance, and team work has translated into running accomplishments for both women:

Jaime took a hiatus from running in 2011 due to plantar fasciitis

and didn't return for several years. When did she start running again, and how did you reconnect as running buddies?

After Jaime was sidelined with plantar fasciitis in her right foot, she turned her focus and energy into a small business until the company shut down its sales representative function in 2016. At that point, she wanted to get active again to lose some weight and regain her fitness. She realized how much she missed



Photo: Dan Reichmann

Gail Edwards (left) and Jaime Recht finishing the Parks Half Marathon.

running, since she found it much more enjoyable than working out in a gym. Over the next three months of the summer of 2016, Jaime ran on her own, building up her mileage gradually, using unobstructed or familiar paths near her home. In September, she texted me to let me know she planned to sign up for the Parks Half Marathon, which was only five days away. I was quite surprised, but excited to have her back. She did awesome in the race—I was not able to keep up with

her for the second half of it. She immediately signed up as a Club member again and participated in the Winter Half Marathon Program with me.

How did training with the First Time Marathon (FTM) Program present unique challenges?

It was a learning process for both of us as the FTM program is more rigorously structured than other training programs. Jaime does most of her training runs alone, and although it may be a little slower than she is able to run with a guide, she is adept at navigating familiar or unobstructed routes. However, the large size of the FTM pace groups presented a challenge in running in close proximity to others, keeping up with the pace group, and crossing streets as a group. Due to Usher's, Jaime experiences balance issues that makes it difficult for her to run in a perfectly straight line. In addition, her lack of depth perception makes it difficult to run at a consistent steady pace on the FTM routes, which include paths that are not smooth and which have shady spots.

How did you work together to help overcome the challenges posed by Jaime's balance and vision differences?

We eventually figured out how to run comfortably and safely for both ourselves and for others around us. I used my bandana as a hand tether and we would run behind everyone except our pace coaches. This strategy didn't really

take away Jaime's independence, it just allowed both of us to relax and focus on running longer distances without working too hard or having a fear of falling. While I had often made sure Jaime ran safely by pointing out obstacles in the path, guiding her over street crossings, etc., I had never been a formal, full-time guide, so that's something I had to learn over time.

Did you face any other challenges during the course of marathon training?

Yes, although of the more typical distance runner type. Jaime developed plantar fasciitis, this time in her left foot, in the middle of the six-month training cycle. She skipped the speed workouts at the track and reduced her long run miles on some Sundays in an effort to heal, but was advised by her coaches as well as her physical therapist to readjust her goals and target a spring marathon rather than Marine Corps. Jaime refused to be deterred from her one big goal, which was to finish the 2017 MCM, not a spring or later 2018 race, so she compromised by deciding to let go of a particular goal time, which I thought shouldn't be a priority for a first marathon, anyway. Because she diligently went to physical therapy and did her stretches (and the occasional ice bath) after each of her runs, the plantar fasciitis had remained at a tolerable level, and we were able to continue training for our fall goal races.

How did you end up as Jaime's guide for the marathon?

We ran the Parks Half Marathon together mid-September from start to finish, with me serving as her guide. We ran with a tether during most of the Parks Half Marathon, which was one of the toughest

courses for her because there were no flat, unshaded parts where she could run freely without the tether. These shady patches also wreak havoc with her depth perception. The final stretch, only a quarter of a mile long on Beach Drive, was perfectly flat and well lit, so that was about the only time in the race where she ran without the tether.

During FTM training, MCRRC had contacted the Columbia Lighthouse for the Blind, and were provided a reference for a guide who was willing to run with Jaime at MCM. They tried a few times to set up some training runs together, but the guide was not going to be able to run with Jaime before the race due to family commitments. Because it takes time to learn how to work together, Jaime was hesitant to use the guide without training together. We had already run together, so I made sure I was in a shape enough to be able to keep up with her while training through the hot summer. Since MCM was just three weeks after my own target marathon, I had planned to run just the first few miles of the marathon, as well as the last 10K, with Jaime.

Because I had planned to run part of the marathon with Jaime, I already had permission to wear a coach bib for the race, which would allow me to support Jaime and fellow Club runners as long as I didn't partake in the on-course aid or take a finisher medal. After mulling it over for a couple of days, I decided to try to get a full marathon bib transferred to me before the deadline, which would allow me to run the entire race with Jaime. I figured if I'm going to run the whole thing, I might as well as get full swag, right? As someone already injury prone, I didn't think I could do two marathons in one season, but I decided to go

ahead as I felt my training was in a good place at that late point in the training season.

How was race day?

We started the race at a rather slow pace, which we gradually increased by each mile. At about Mile 8, Jaime was feeling quite good and wanted to go even faster. For her own sake, and because I also was recovering from my earlier marathon, I felt our pace was a good, comfortable one to maintain at that point. I told her to be patient until Mile 18 or 20, at which point she could decide to go for it. At Mile 21, the ball of my left foot was killing me so I told her she could go on her own to the finish line. The course was a bit less crowded at the time, which would make it somewhat easier for her to see. She happily went ahead and finished the marathon in 5:44, which is a very decent time despite running much slower than our usual pace for the first several miles and taking into account the warm temperatures that day. I finished a couple of minutes behind her. We were so ecstatic that all the hard work during our six-month journey had paid off in a big success. Like men and women of the Marine Corps would say: Mission Accomplished!

The FTM program's slogan for the 2017, which was finally unveiled four weeks before MCM and was printed on the back of our race shirts, couldn't be truer or more perfect for us: "We've made it to start, we'll make it to the finish!"

— 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.

Remembering Kay and Bill Morrison

by George Tarrico

We recently lost two of our most important members, Kay and Bill Morrison. They were a warm, friendly and popular couple as well as excellent runners. Older members knew them well, but most newer members might be interested in their story.

It was 1947 when Bill and Kay met. Kay was a performer with the Ice Follies doing offseason rehearsals in San Francisco. Bill had recently graduated from the U.S Naval Academy. He was an engineering officer serving aboard his first ship. They were introduced by a mutual friend. Bill said it was love at first sight. They were married one year later.

Bill was later selected to pursue advanced studies in naval engineering at the Massachusetts Institute of Technology. He later joined Adm. Hyman Rickover's team, which was developing nuclear-powered ships and submarines. This prepared him for a career in the Navy's development of nuclear power systems.

As Bill pursued his professional career, Kay was a dedicated Navy wife, raising their three daughters. When their youngest entered kindergarten, Kay enrolled at George Washington University. After Bill was transferred to Schenectady, NY, to run the Navy's nuclear power research facility there, Kay transferred to SUNY at Albany, where she earned both bachelor's and master's degrees.

They retired from the Navy and settled in Rockville where Bill began a second career with the U.S. Nuclear Regulatory Commission (later renamed the U.S. Atomic Energy Commission). Kay was an active member of the Montgomery County community. She was a teacher and librarian. She served as President of the National Capitol Area League of Women Voters. On the personal side, she became an accomplished pianist and sculptor. She also became a master gardener.

In 1989, the Morrisons joined the Montgomery County

Road Runners Club. Like everything else, they excelled as runners. They ran numerous competitive races well into their 60s and 70s, when they medaled in the Senior Olympics, and finished several Marine Corps and NYC marathons.

They were very active Club volunteers. Bill turned his engineering talents to developing electronic race-timing techniques. He was a key member of the race-timing team that transitioned the Club from manual timing to electronic timing. Kay was an important running coach. She introduced many women to distance running as coach of the women's first-time running program.

Kay and Bill received virtually every MCRRC award. They each received the Volunteer Service Award in 1992. In 1993, Bill received the Runner of the Year Award. In 1997, they both received the President's Award. In 2000, Kay was awarded the MCRRC Journalism Award. Bill again received the President's Award in 2001 and 2009. In 2005 they were both honored with Lifetime Achievement Awards.

Kay and Bill were the fiber of our Club. As leaders and runners, they made extraordinary contributions that helped build the Club and develop the next generation of leaders to ensure that MCRRC would develop into one of the leading running organizations in the country.

Sadly, Kay passed away in 2016. Bill followed her this year. We miss these warm, wonderful friends.

I would like to recognize the help offered by the Morrisons' daughter, Beth, who provided much of the information about Kay's and Bill's lives before they came to Montgomery County; Irv Newman; Dr. Betty Smith, who was a friend who ran with Kay; and Nadine Collins, who knew Kay and Bill as a friend and a runner.