

MCRRC Intervals

January 2016

Newsletter of the *montgomery county road runners club*

On the Horizon

January 1

New Year's Day 5K
Manna Food Center
Gaithersburg, MD

January 31

Country Road Run 5M
Olney Swim Center
Olney, MD

March 5

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

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

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

Board Meetings

January 7, 7 pm
Rockville

February 4, 7 pm
Rockville

New Year's Day 5K



Arianna (left) and Peng Sun run together

Photo: Brian Butters



Photo: Dan Reichmann

Karen Castellanos (left), Anthony Quinteros (center) and Luz Cerna cruise to the finish



Running into 2016

by Scott Brown, Editor

If you're like me, at least some of your New Year's resolutions probably have a running theme. I'm looking to 2016 as the year I get a little faster and make strides toward qualifying for the Boston Marathon.

Your New Year's resolutions may vary, but whether you're looking to get faster or run farther this year, you'll find opportunities to pursue this year's running-related goals in the Club. And if you're looking to target a race of one to 50 miles in 2016, be sure to check out the Club race calendar on pages 4 and 5 of this issue.

In this issue of Intervals, MCRRC President Don Shulman describes his goals for the Club for the year, from maintaining budgetary health to securing regular track access for MCRRC members throughout the year. Don also mentions his vision for the Club to continue to be a socially responsible member of Montgomery County; the New Year's Day 5K shifted location to the Manna Food Center to benefit its work, and in December the Club presented a donation to the City of Gaithersburg to help expand participation

in La Milla de Mayo, a race in Olde Towne Gaithersburg that will debut in May.

Also in this issue, Lisa Reichmann profiles CNN correspondent Tom Foreman, an eight-time finisher of the Parks Half Marathon and three-time finisher of the Stone Mill 50 Miler. Tom's new book, *My Year of Running Dangerously*, is an enjoyable account of training for and running Stone Mill in 2011. Give it a read!

Finally, Dan DiFonzo brings us the story of how Club members Keri Jacobs and Dayna Harrison helped start 22 Too Many, an organization that honors the startlingly high numbers of veterans who have suffered tragedies related to post-traumatic stress disorder. Several Club members have run marathons and other races in honor of some of these veterans. Check out Dan's article for information on how you can participate.

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

Intervals is Looking for Writers!

We are looking for Club members passionate about running in MCRRC and Montgomery County to join our stable of regular contributors. Writing experience welcome but not necessary. If interested, contact intervals@mcrrc.org.

MCRRC Intervals

Newsletter of the montgomery county road runners club

Board of Directors

President

Don Shulman

Vice President

Mike Acuna

Secretary

Doug Watt

Treasurer

Becca Kinney

Member-at-Large

Danielle Jones

Member-at-Large

Gretchen Bolton

Member-at-Large

Yvette Ju

Member-at-Large

Andrea Keane-Myers

Member-at-Large

Nancy Joy Keller

Staff**Operations Manager**

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

Dan DiFonzo

Lisa Levin Reichmann

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

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





Looking Forward in the New Year

by Don Shulman

At MCRRC's annual membership meeting on December 13, the Board presented the Club's operating budget for 2016. In 2015, we had anticipated that the fiscal year would end with a loss; however, due to a strong performance in our large races and training programs, we now anticipate ending the year with a positive bottom line. Likewise, we are planning for a strong 2016.

At the meeting, I informed members that we have been successful in negotiating summer track usage at Montgomery College on Wednesday evenings, beginning in early May and running through late September. We will also be planning for two track locations for each of the Tuesday workouts as well. As our training programs are consistently at their maximum capacities, the tracks can become crowded and potentially unsafe. In further discussions with members of Montgomery College, I hope to begin a dialogue of partnership that includes training opportunities for the college's faculty and staff and a potential joint venture for lighting the track.

In the months ahead, the Club will introduce its new membership brochure. The Board will also form a committee to work on a strategic plan and networking mechanism for marketing the Club's programs and activities as we look to build on our already solid membership base.

In the first quarter of 2016, I will introduce a plan to the Board to begin looking for corporate sponsorships for MCRRC. We are fortunate to live in an area of considerable wealth and business growth. I believe we have an opportunity to aggressively and strategically tap into this market. My goal is to reach fiscal goals for the Club without having to depend solely on our membership dues. These resources can be used to help support operating expenses as well as our ongoing focus on social responsibility in Montgomery County.

In closing, on behalf of our

Board of Directors, I want to wish everyone a holiday time and new year filled with peace, health and injury free running!



Photo: Britta Monaco

MCRRC President Don Shulman (right) presents a check on behalf of the Club and the Parks Half Marathon to Michelle Potter and the City of Gaithersburg to help those who cannot afford the entry fee participate in La Milla de Mayo, which will be held for the first time on May 7.

2016 MCRRC Race Schedule

Date	Race	Time	Location
01/01/16	<u>New Years Day 5K</u>		Manna Food Center
	5 K	9:30 AM	Gaithersburg
01/31/16	<u>Country Road Run</u>		Olney Swim Center
	5 M	8:00 AM	Olney
	1 M Fun Run	8:05 AM	
03/07/16	<u>Greenway Marathon (\$)</u>		Greenway Trail
	26.2 M or 50 K	8:00 AM	
03/20/16	<u>Piece of Cake</u>		Seneca Creek State Park
	1/4 & 1/2 M	7:45 AM	Gaithersburg
	10K	8:00 AM	
	2.78 K	9:05 AM	
04/10/16	<u>Spin in the Woods</u>		Scotts Run
	8K	9:00 AM	Great Falls, VA
04/24/16	<u>Pikes Peak 10K (\$)</u>		Shady Grove Metro to
	10 K	7:50 AM	White Flint Mall Area
	Kids 1 K	9:30 AM	
	Kids 50 M Toddler Trot	9:30 AM	
04/30/16	<u>Capitol for A Day/ Brookeville 5K</u>	8:00 AM	Rosa Parks Middle School
	5 K		Brookeville
	1/4 & 1/2 M		
05/07/16	<u>Kids On The Run (\$)</u>		Bohrer Park
	(For ages 18 and under)		Gaithersburg
	1/2 & 1 K	8:30 AM	
	2 K		
	100 M Toddler Trot		
05/07/16	<u>La Milla de Mayo (\$)</u>		Girard Business Center
	1 M	6:00 PM	Gaithersburg
	1/4 & 1/2 M		
05/08/16	<u>Run Aware 5K</u>		Cabin John Park
	5K	8:00 AM	Potomac
	1 K	8:10 AM	
	5 K	8:15 AM	
05/21/16	<u>Germantown 5 Miler</u>		Germantown
	1 K Fun Run	8:00 AM	
	5 M	8:30 AM	
05/30/16	<u>Memorial 4 Mile Run</u>		Rock Creek Elementary School
	4 M	8:00 AM	Rockville
	1 M Fun Run	8:05 AM	
06/18/16	<u>Run For Roses (\$)</u>		Wheaton Regional Park
	5 K	8:00 AM	Wheaton
	Kids 1/4 M & 1/2 M Fun Runs		

Please visit www.mcrrc.org for complete details on our races!

2016 MCRRC Race Schedule

Date	Race	Time	Location
07/03/16	<u>Little Bennett 10K</u> 10 K	7:30 AM	Little Bennett Park Clarksburg
07/08/16	<u>Midsummer Night's Mile</u> 1 M	7:30 PM	Rockville High School Rockville
07/31/16	<u>Riley's Rumble</u> 13.1 M	7:30 AM	Soccerplex South Germantown Park
08/05/16	<u>Going Green Track Meet</u> 1/4 & 1/2 M 2 M 1 M 4 X 400 M Relay	6:45 PM 7:00 PM 8:20 PM 8:45 PM	Our Lady of Good Counsel HS Olney
08/13/16	<u>Comus Run</u> 5 K	5:30 PM	Bachman Family Farm Comus
08/20/16	<u>Eastern County 8K</u> 8 K 1 M Fun Run	7:30 AM	Martin Luther King Park Silver Spring
09/11/16	<u>Parks Half Marathon (\$)</u> 13.1 M	7:00 AM	Rockville to Bethesda
09/17/16	<u>Lake Needwood XC</u> 1/4 & 1/2 M Young Run 10 K 1 M Fun Run	8:30 AM 8:50 AM 9:00 AM	Lake Needwood Derwood
09/25/16	<u>Cabin John Kids Runs</u> 1/4 M and 1/2 M Young Run 1 M Fun Run	9:00 AM	Cabin John Park at The Tennis Center
10/08/16	<u>Matthew Henson 5K</u> 5K	9:00 AM	Silver Spring
10/15/16	<u>Black Hill 10K</u> 10 K	9:00 AM	Black Hill Regional Park Boys
10/23/16	<u>Cross Country on the Farm</u> 5 K	8:30 AM	Agricultural Historic Farm Park Derwood
11/06/16	<u>Rockville 5K/ 10K (\$)</u> 5 K & 10 K	8:30 AM	King Farm Village Center Rockville
11/12/16	<u>Stone Mill 50 Miler (\$)</u> 50 M	6:00 AM	Greenway Trail
11/13/16	<u>Candy Cane City 5K</u> 5 K	8:00 AM	Ohr Kadesh Congregation Chevy Chase
11/19/16	<u>Run Under The Lights 5K (\$)</u> 5 K	6:15 PM	Seneca Creek State Park Gaithersburg
11/26/16	<u>Turkey Burnoff</u> 5 & 10 M 2 K Fun Run	8:00 AM 8:05 AM	Seneca Creek State Park Gaithersburg
12/04/16	<u>Seneca Slopes</u> 9 K	10:00 AM	Seneca Creek State Park Gaithersburg
12/11/16	<u>Jingle Bell Jog</u> 8 K	9:00 AM	Rockville Senior Center Rockville

Please visit www.mcrrc.org for complete details on our races!

Tom Foreman



by Lisa Levin Reichmann

Tom Foreman is an Emmy-winning journalist and CNN correspondent who has most recently been in the spotlight as the author of *My Year of Running Dangerously: A Dad, A Daughter, and a Ridiculous Plan*, which chronicles his return to distance running in his 50s. As described in his book, Tom's adventures in running include his training for and running in MCRRC's Parks Half Marathon and Stone Mill 50 Miler. A resident of Bethesda, Tom can often be found running along the trails in our area when he is not traveling across the globe for CNN. Tom will be speaking and signing books at RunFest, a morning of running-related expert panels, classes, and more on Sunday, February 7, at EVEN Hotels on Rockville Pike. To register, go to runfest.eventzilla.net.

What are your favorite local running routes?

I run a good bit along the C&O Canal between Georgetown, Bethesda and Potomac, but when I want hills (and I almost always want hills) I enjoy the paths above Great Falls, MD, and along the Billy Goat Trail.

Given a choice, would you prefer to run on the roads or trails?

Trails—any day, any time. And frankly, there is nothing better than a late night, winter run on a remote trail: crunchy snow, biting cold—it's fantastic.

What is your favorite local race?

I run the Parks Half Marathon every year, and for longer distances

I love the Stone Mill 50 Miler—just the best people in racing.

Do you have a favorite post-run or post-race indulgence?

Pineapple popsicles in the summer, a long, steaming shower in the winter, then maybe a burger at Five Guys.



Tom Foreman

Photo courtesy of CNN

Any pre-race rituals or superstitions?

I like to have my bib pinned on very straight.

What is the most important lesson you have learned throughout your "Year of Running Dangerously"?

Don't despair. Everything worthwhile involves some hard times. Hang on, keep trying, get through it, and better days will follow.

After your experience running four half-marathons, three marathons,

Stone Mill 50, and then five marathons in five days, do you have any words of advice on running ultra distances and staying injury free?

Take your rest days seriously, and back off at the first hint of a genuine problem; it's easier to fix a small injury than a big one. Don't increase your mileage too quickly.

How have you managed to fit your training into your busy and often unpredictable schedule as a correspondent for CNN?

I try to be simultaneously flexible (can't run this morning—news is breaking!) and disciplined (home late and tired, but I still need to get my miles in). That means I can't be married to the idea of being a morning or evening runner, and sometimes I must shift my workouts from one day to the next. As long as I keep trying, rarely do I have a week in which I can't make my anticipated mileage.

You must meet a lot of interesting and inspirational people during your adventures. Does anyone stick out in your mind?

I have become friends with the great Meb Keflezighi who is the best American marathoner in a generation and also a wonderful person; but I treasure just as much all the simple encounters with regular middle-of-the-packers like me who share stories of their running, their lives and their families. They are the heart and soul of the running community, and every

continued on page 8

The Twenty-Two Too Many Movement

by Dan DiFonzo

Chances are, if you've participated in the Club's Experienced Marathon Program (XMP), you've heard of "22 Too Many," the organization established to honor the 22 veterans and active-duty military who die each day by suicide or due to a post-traumatic stress disorder (PTSD)-related tragedy.

For co-founder and MCRRC member Keri Jacobs, it started in the fall of 2012 to honor the memory of a military mother in her support group who had recently lost her son to an apparent PTSD-related suicide. "I would Google and read about these tragic stories at night," explained Jacobs. "It was then that the magnitude of veteran suicide began to come to light."

Jacobs asked to run the Baltimore Marathon in memory of her friend's son after learning that fellow Club member and 22 Too Many co-founder Dayna Harrison had planned to run the Marine Corps Marathon to honor a friend whose fiancée was killed in action.

Word spread and Jacobs and Harrison, along with three other XMP runners, ran the Rehoboth Seashore Marathon in honor of three veterans. The pair set up a Facebook page, sent out dozens of letters to the families of fallen soldiers, and asked for their permission to have athletes run on their sons' and daughters' behalf.

By February 2013, Jacobs and Harrison had received permission from the families of 11 veterans to run the DC Rock and Roll Marathon in March. They found 11 Club members who agreed to run with a laminated picture of a fallen soldier on their back. Eleven soldiers and 11 runners quickly became 22 Too

Many. Their cause was born.

Runners are not required to fundraise in any way. Organizers only ask that a runner donate his or her finisher medal to the family and honor a hero by wearing his or her picture on their back as they run. In most cases, race organizers are more than happy to give a runner an additional medal so it can be passed along to family members.

The organization's growth, unfortunately, has been rapid. Today, just three years after that first formal event at Rehoboth, 22 Too Many now runs on behalf of more than 150 fallen heroes from all branches of our military. The most recent member was added this past Christmas Eve. The numbers continue to grow.

"Suicide is stigmatized," said Harrison. "The military doesn't recognize them as they would with a KIA [killed in action]. So the fact that complete strangers are saying, 'your son or daughter is a hero to us, let us remember him, let us share his story'—that means the world to them. Sometimes you get different reactions. Everyone grieves in his or her own way. For the most part, they can't even imagine that someone would do this for them."

Janis Keyes of Ham Lake, Minnesota, lost her son, Marine Corps Sgt. Stephen Keyes, to suicide related to PTSD. "Veteran suicide is an issue that needs to be discussed and dealt with because I don't think the vets are being taken care of. 22 Too Many does remember the vets on the day of their death. They do have postings on their Facebook page and I can communicate with the other parents who are coping with the loss of their loved ones as I am.



These running events help get their name and their picture out there," said Keyes.

For XMP runner Ben Guthrie, running on behalf of 22 Too Many has been a rewarding experience as much as a healing one. Ben lost his father, John, a veteran of the Vietnam War, more than 25 years ago to PTSD-related suicide.

Asked why he thinks it means so much to the families of the fallen service members, Guthrie says, "I think for the majority of the families, it's acceptance, it's closure, it's homage, it's honoring that person. The fact that someone cares, that just goes such a long way. And then weeks later you get the medal and the bib in the mail. This medal is a tangible thing that becomes a protected family heirloom. It becomes a legacy of remembrance."

"I've had four runners run in memory of my father and I cry like a baby every time I get one of the medals. I keep those medals in a sacred place. Those medals mean more to me than the medals I've earned on my own," said Guthrie.

Guthrie thinks everyone should run on behalf of 22 Too Many at least once, but also acknowledges that it's a deeply personal decision. "It's an emotional experience. You're giving up your marathon to run for someone else. It's one of those things where you have to decide whether you want to do it. If you do, I think you'll find it to be a very rewarding."

If you're interested in learning more or running, walking, cycling, swimming or racing a triathlon on behalf of a 22 Too Many hero,

continued on page 8

runner profile

continued from page 6

mile they conquer is a victory.

If you could have anyone join you on a training run (someone you've not already run with), who would it be?

Prince. Not sure if he runs, but pretty sure we'd have a nice talk.

What are your goals for 2016? Planning any new big adventures?

I've had some surprisingly fast races in the past year, and I am tempted to try to substantially improve my PR in the marathon or maybe at the Stone Mill 50. Then again, my ultra friends keep urging me to try a 100 miler. I'll sort it out in the early weeks of the year. Right now I'm enjoying fun, shakedown runs with no concrete goal.

What advice would you have for someone considering taking up marathons, or ultra distances, "later" in life?

Don't be foolish about your expectations, but also don't be afraid. Take some measured, well-considered risks. Extend yourself. It may be difficult, but as my older brother wisely said, do you think it will be easier next year? And work as hard at the rest of your life as you do at running. If you allow running to

take over, your family, friends, and colleagues may have good reason to resent it. But if you turn your enthusiasm into extra energy for your relationships and responsibilities, then everyone wins and they will share your joy.

—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.



Twenty-Two Too Many

continued from page 7

contact Keri or Dayna through the website, 22TooMany.com or via their Facebook page. There are also great Student Service Learning (SSL) opportunities for middle and high school-aged kids as well.

—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.

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/>