

MCRRC Intervals

March 2017

Newsletter of the *montgomery county road runners club*

On the Horizon

March 26

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

March 26

MCRRC Annual Meeting & Awards
Banquet (following Piece of Cake)
AMP by Strathmore, Pike & Rose
Program starts at 11 a.m.

April 9

Spin in the Woods XC
New Location TBD

April 23

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

April 29

Capital for a Day 5K
Olney, MD

May 6

La Milla de Mayo
Gaithersburg, MD

May 13

Kids on the Run
Bohrer Park
Gaithersburg, MD

May 14

Run Aware 5K
Cabin John Regional Park
Bethesda, MD

May 20

Germantown 5 Miler
Germantown, MD
www.germantown5miler.com

May 29

Memorial 4 Miler
Rockville, MD

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

Board Meetings

March 2, 7 pm
Rockville

April 6, 7 pm
Rockville

Country Road Run



Photo: Brian Butters

Enjoying a run on the
country roads (above).



Doug Watt keeps the
pace (right).

Photo: Brian Butters



Springing Ahead

by Scott Brown, Editor

Despite the string of decidedly unwintery weather we've had of late, it's hard to believe it's already March. Hopefully you've been able to take advantage of the mild winter and lack of snow to log some good miles, whether you're maintaining your fitness or looking to a spring race.

This issue of *Intervals* is all about looking forward to the spring and beyond.

In this issue, MCRRC President Don Shulman unveils some of the award winners who will be recognized at the Club's annual meeting later this month, and he bids farewell before handing the reins over after that meeting. Thanks, Don, for your efforts these past two years!

Also in this issue, Lisa Reichmann profiles Alex Booth. Alex is a recent graduate of the Club's new race director training program, and he'll be taking the helm of one of the Club's newest races, La Milla de Mayo, coming up in a

couple of months.

In addition, check out the many photos peppered throughout this issue. Did you know about the Club's photo site, mccrcphotos.com? This site includes hundreds of photos from each of the Club's races, plus training programs and other Club happenings. Best of all, the photos are completely free to download. Check it out!

Finally, *Intervals* would like to recognize the 98 runners who represented MCRRC at the RRCA Club Challenge on February 26. And we'd especially like to congratulate our female masters and male grand masters teams for winning first place in their divisions in the 10-mile race. Way to go!

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

Lisa Levin Reichmann

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

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

All material herein is fully protected and may not be reproduced in any manner without the permission of the publisher. ©2017. 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.



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/>



Saying Farewell

by Don Shulman

Dear Fellow Members,
It is with very mixed feelings that I write my last column as Club President. The past two years have gone quickly, and I believe our Club has enjoyed some prosperous times thanks to the many volunteers that help define us.

I hope that many of you will join us at our Club's birthday party following the Piece of Cake race. In addition to celebrating our birthday we will recognize the achievements of many fine members and athletes. Additionally, the Nominating Committee will bring forth a new slate for our Board of Directors for the year ahead.

As your president, my final task is the announcement of the MCRRC Lifetime Achievement Award and this year's President's Awards.

I am pleased to share with the membership that Craig Roodenburg will receive this year's Lifetime Achievement Award. Craig has formerly served as our Club President and for many years as the race director of the Rockville Twilighter. Craig is, and has been, an avid volunteer with the Club for many years. Please join me in congratulating Craig on this distinguished and hard-earned honor.

This year I am awarding five Presidents Awards for exceptional service to MCRRC over a period of time to the following individuals: Kelly Scherf, Wendy Young, Denis McDonald, John Way and Trish Gill.

I will be excited to share the accomplishments and successes of these fine individuals at our meeting later in March.

Thank you all for your support

and helpful insights over these past two years. MCRRC will continue to be not only a place for every pace, but a place for everyone.

Best Regards,
Don

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

*And the winner is...
Find out at the*

MCRRC Annual Meeting and Awards Brunch

March 26, 2017 *NEW LOCATION*
AMP by Strathmore, Pike & Rose,
11810 Grand Park Ave., N. Bethesda

*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 breakfast food & cake!*

Coffee service begins at 10:15 a.m.
Brunch will be served beginning at 10:30 a.m.
Program begins at 11:00 a.m.

*We regret to inform everyone that the banquet is sold out
and registration is closed.
If you would like to be put on the wait list,
please contact office@mcrrc.org.*

*Questions? Contact office@mcrrc.org
We hope to see you there!*

New Year's Day 5K



Photo: Brian Butters

Stacy Joseph (left) and Vidhya Amirthalingam are having a blast.



Photo: Brian Butters

Achille Akoa is stoked to run.



Photo: Brian Butters

Jeff Mehr (left) and Rodney Rivera (right) chat with Brian Murphy.

RRCA Club Challenge 10-Miler

MCRRC's First-Place Teams at the RRCA Club Challenge, Feb. 26, 2017

Women's Masters (40-49)

Emily Pierce
Lisa Reichmann
Miriam Mintzer
Jennifer Sample
Elizabeth Thomas
Jessica Adams

Men's Grand Masters (50 and older)

Jeff Duyn
Mark Neff
Lee Firestone
John Whitridge
Jeff Oxman
Dan DiFonzo



Photo: John Whitridge

Emily Pierce (left) and Lisa Reichmann pose with the first-place female masters trophy.



Photo: John Whitridge

MCRRC runners prepare to race at the RRCA Club Challenge 10-Miler.

Alex Booth



by Lisa Levin Reichmann

A graduate of Whitman High School, Alex Booth ran cross-country, indoor track, and outdoor track during high school and at Vassar College. Alex participated in Club races while he was in high school and college, and officially joined MCRRC in 2009 after graduating from Vassar and moving back to the area. Since joining MCRRC, Alex has trained with the Experienced Marathon Program (XMP) and volunteered as a pace coach in the 10K Program. He can be found regularly out on the race course as a course marshal, helping with registration, or with start and finish line setup. Alex recently completed MCRRC's race director training and will be taking over as race director of the Milla de Mayo race, which had its inaugural running last May. When he's not running or directing a race, Alex, who lives in Bethesda, is a customer service manager for CustomInk (<https://www.customink.com>).

When did you start running?
I tried out for the soccer team

my freshman year of high school and one part of the tryout was a timed two-mile run. To make the varsity team, players were required to run under 12:00 and to make the JV team players were required to run under 14:00. I don't know what my final time was because they stopped timing at



Photo: Camie Combett

Alex Booth

16:00 while I was running my last lap. When I was cut from the team a day later, I joined the cross-country team to work on my endurance in hopes of making the soccer team the next year. A week later, I knew I had found my sport and never looked back. I'm proud to say my current 5K personal record (PR) is probably right around my finishing time for that two-mile time trial, but of course I'll never know since I didn't get an official time.

Do you have any favorite local races?

My favorite road race is the Cherry Blossom 10-Miler and my favorite off-road race is the Comus XC 5K. (I hope it returns again!) I find Cherry Blossom very inspiring with all of the elite runners in the field, and the flat and fast course always provides a great opportunity for a great finishing time. The Comus XC 5K is on the complete other side of the spectrum and is another one of my favorites not only due to the gorgeous and challenging course, but

because of the fun, low-key post-race atmosphere. There isn't a better way to spend a summer evening than running on some great trails followed by a cold beer or two.

Why did you decide to go through the race director training?

I know how personally rewarding it is to set and accomplish a race goal. What's great about running is whether you're winning the race, in the middle of the pack, or near the back, each racer can experience a personal victory on any given day. Through volunteering at races I've witnessed this joy and sense of accomplishment from all types of race participants, which has been incredibly motivating. I was very excited for the race directing opportunity to become even more involved in this inspiring experience.

What was the most important takeaway from the training?

There is a lot of preparation that goes on behind the scenes to make a race successful. As a participant and volunteer, I had no idea how much goes into preparing for a race and how many people need to communicate, collaborate, and come together as a group to

create a successful event.

Why did you decide to direct La Milla de Mayo?

La Milla de Mayo was greatly successful in its first year in 2016 but still has a lot of room to grow, and I am incredibly excited to be a part of growing the race. This involves finding ways to make the race more attractive to all types of runners, creating a can't-miss post-race festival, and organizing a smooth and enjoyable racing experience for all.

Describe some of the early preparation that takes place for a race like La Milla de Mayo.

It's essential to address important items early on to avoid running out of time before the race date or not allowing participants or volunteers to plan appropriately for the race. Some of these priorities include setting up registration, marketing for the race, attracting sponsors and vendors, and recruiting key volunteers.

Do you foresee any changes to La Milla de Mayo this year?

Because the event was so successful in its first year, there will be a lot that stays

the same. We are, however, making a few changes to make the race experience even better. We'll be adding more entertainment options and vendors to the post-race festival (including sangria!) and have introduced an early bird pricing structure to make the race more affordable for those who choose to sign up before March 31.

What advice would you give to someone interested in becoming a race director?

Becoming a race director is very rewarding, but comes with a great deal of responsibility. If you are interested in becoming a race director, the first thing to do is being volunteering as often as you can, learning a different job each time. Finding out what motivates you through volunteering and seeking out a current race director with MCRRC to ask questions is important before deciding if it's something you truly want to make a commitment to.

— 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.

Non-Profit Organization
U.S. Postage
PAID
Permit No. 3877
Gaithersburg, MD



Photo: Brian Butters

Great volunteers make the low-key races possible.