

# MCRRC Intervals

September 2017

Newsletter of the *montgomery county road runners club*

## On the Horizon

**September 10**

Parks Half Marathon  
Rockville, MD  
[www.parkshalfmarathon.com](http://www.parkshalfmarathon.com)

**September 16**

Lake Needwood XC  
Derwood, MD

**September 24**

Cabin John Kids Run  
Bethesda, MD

**October 7**

Black Hill 10K  
Boyd's, MD

**October 14**

Matthew Henson Trail 5K  
Silver Spring, MD

**October 22**

Cross Country on the Farm  
Derwood, MD

**November 5**

Rockville 10K/5K  
[www.rockville10k5k.com/](http://www.rockville10k5k.com/)

**November 11**

Stone Mill 50 Mile  
[www.stone-mill-50-mile.org/](http://www.stone-mill-50-mile.org/)

**November 12**

Candy Cane City 5K  
Chevy Chase, MD

For complete details of MCRRC's races and programs, visit [www.mcrrc.org](http://www.mcrrc.org)

## Board Meetings

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

## Riley's Rumble



Photo: Jonathan Bird

Runners tackle Riley's notorious hills.



Photo: Karin Zeitvogel

Lee Firestone takes one of Riley's legendary popsicles.



# Changes Afoot

by Scott Brown, Editor

**W**ow, I can't believe summer is almost over. It feels like it wasn't that long ago that I was at the first group runs for the Club's Experienced Marathon Program, and now many XMPers are beginning to taper for goal marathons in September.

Keeping with the theme of change, this issue of *Intervals* features several new developments in the works for MCRRC.

In this issue, President Mike Acuña describes some of the efforts the Club is taking to help give back to important community partners that help keep MCRRC running. If you've ever run the Parks Half Marathon (and it's not too late to sign up to run—or volunteer!), or benefited from the generosity of the Meadowbrook Stables, you'll be glad to see what's in

store.

Also in this issue, we debut a new feature, *Coaches' Corner*, where members of MCRRC's stable of coaches will present advice on different facets of running. In the maiden column, Coach Andy Steinfeld presents his tips for how to approach your marathon, including why we should all have our own talisman.

This issue also features Brian Murphy's preview of an upcoming Club initiative to start a series of pub runs for Club members. Sign me up!

Finally, Dave Haaga brings us an update on the MCRRC Competitive Racing Team and some of its new activities, including a new podcast, *Conversational Pace*. If you haven't listened to the first episode, I highly recommend 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!

**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/>

## MCRRC Intervals

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**Have comments or questions? Or want to help?**  
Contact us at [Intervals@mcrrc.org](mailto:Intervals@mcrrc.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.



# Programs, Camaraderie and Community

by Mike Acuña

It's summer in the D.C. region, which means heat, high dew points, soul crushing humidity and MCRRC training programs (lots of them). It's always impressive and a pleasure to be a part of or come across the friendly faces of our programs along the Rock Creek or Capital Crescent Trails on weekend mornings and nearby tracks during the week. Part of the joy of these programs is that each is a community within the larger running community of MCRRC, which resides within the overall running community. They all represent an enthusiastic and motivating force.

As an active participant in MCRRC programs over the past 15ish years, I've come to realize that it's not just the training that's an important part of life but more so the friendships that have developed over the years. I can honestly say that some of my closest friends are my running friends, the ones who have shared the best and worst long runs along with the PRs and the opposite. Hence training is a community unto itself, though, again, part of a much larger community.

That community exists around us. It's the community that takes care of the kids as we go off to train, it's the community

that shares and maintains the trails we use, it's the community that welcomes us into their neighborhoods early in the morning and late in the evening, and it's the communities (and businesses) that share their facilities with throngs of runners. While the training is critical in meeting our goals, equally important is the support from the community around us.

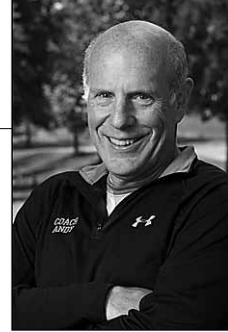
To that extent I want to recognize two longtime friends of MCRRC: M-NCPPC and Meadowbrook Stables. For at least the last 15 years, Meadowbrook Stables has opened its doors to hundreds of runners every weekend to use their facilities to relieve and refuel. It may not seem like much when runners trickle in one at a time, but throughout the course of a day it can be a strain on the resources of any business, not to mention a nonprofit. M-MCPC, commonly known as Parks and Planning, is another critical supporter of our community as without it, trails would not be maintained, traffic cones would not be forklifted into trucks, and water drums/barricades/tables/ and finish line food, to name a few items, would not find their way to the aid stations and finish of the Parks Half Marathon and the other events they support.



We're very fortunate to have these community partners (among many others) and in return are happy to support them. In response to comments from a few runners at a recent stop at Meadowbrook Stables, the Board is happy to report that the Club has established an annual donation to Meadowbrook Stables Horse Welfare Fund, because as they support us in achieving our goals, we want to do the same for them.

So the next time you stop by Meadowbrook Stables or come across M-NCPPC maintaining our trails, be sure to thank them as they're there for us and we're here for them. It's all one great community.





# Marathon Race Tips and Perspective

by Andy Steinfeld

**I**wanted to share a few of my favorite tips in preparation for the upcoming marathon season. These tips can be applied to races of all distances.

## Tactical Suggestions:

1. Water stops are there and free; use them. If you grab a cup and just take a sip, that's fine, but take something. Walk while drinking, don't stop and drink (5-10 second "break"). Always be thinking about making relentless forward progress.
2. Run the shortest course, i.e. the tangents; no need to take the scenic route around the corners.
3. Nothing new on race day! Break in new shoes and test out your nutrition options a few weeks before the big day.

## Strategic Suggestions:

1. Let the race come to you. The crowded start will help you to go out at a reasonable pace, so take advantage of it. It will take a good four to six miles before you will hit a groove, so once you hit it, ride it for as long as you can. There is no need to force a pace in the early going, take what feels right until you are in the zone. Going faster by a minute a mile at the beginning of a race can cost you up to 10 minutes on your race time. A very high interest rate for banking time. I've experienced this unfortunate phenomena

more than once.

2. **Zone+:** While in the zone, you may feel ready to push it a bit harder. Resist that temptation until at least mile 18, but if you still feel great at that point, you can turn it up a bit.
3. **Most Important: \*\*\* RUN YOUR RACE \*\*\*** It's OK to be "selfish" on race day. If you are feeling good and your friend isn't, then it's OK to run ahead, you would want the same if the situation were reversed. No guilt on race day—this day is about you achieving your best.

Pure physical ability can take you so far, and it's the mental side that gets you to find that extra gear. This can make or break your race. For me, that extra push comes from my talisman.

A **talisman** is an object that is believed to contain certain magical or sacramental properties that would provide good luck for the possessor or possibly offer protection from evil or harm. For me, it's my Tug McGraw bracelet representing "Ya Gotta Believe!" the rally cry of the New York Mets. When things are getting rough and it's time to dig down, I look at the bracelet and I can hear the fans of Shea Stadium cheering and going crazy as well as feeling the support from friends and family. This is what gets me to that dig-deep gear that pushes me to the level needed to achieve my goal. Try to find a talisman or mantra

of your own that gives you that mental energy to keep going when the going gets tough!

## Post-Race:

The 72-hour rule is that you make no big decisions for 72 hours after crossing the finish line. You've worked hard, you are on a high, and this is no time for rash ideas like signing up for a marathon that's two weeks away or making big life decisions. You can't be held accountable for anything said in those first 72 hours. (This is an important rule to share with your spouse or significant other!!)

## Perspective:

There are times where our goals are set very high and the training becomes more of a job and less of a hobby. We begin to dread running, laugh less while running with friends and lose the joy of running. Beware if you are falling to that extreme and adjust. Remember that there are many of us who, for whatever reason, cannot run, and would do anything to get back out there. A recent post from a friend said it perfectly: "Running is a gift that we should never take for granted." I think we forget what this gift of running provides us. For those who hit their goals, congratulations and enjoy the celebration. For those who did not hit them, I will take liberties with a quote from Alfred Lord Tennyson: "Tis better to have run and come up short than not to have been able to run at all."

# Coming Soon: Club Pub Runs

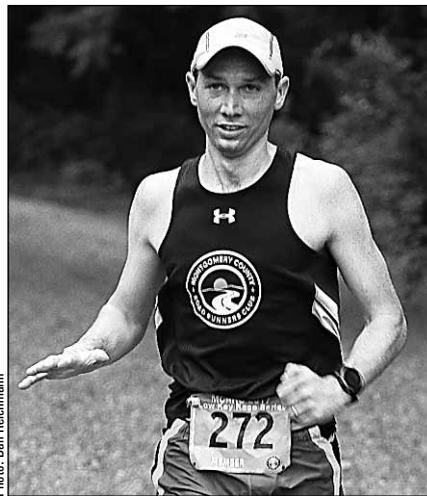
by Brian Murphy

**G**reetings Club Members! Many of you may know me as that annoying guy who keeps emailing about Ken-Gar runs. I help organize the Club's weekly Sunday long run workout out of Ken-Gar Park along the Rock Creek Trail. Another place a lot of you may know me is from my love of local beer and the growing craft beer industry right here in our backyard.

Today I'd like to promote a new Club run with more of a social component. You may have seen Mike Acuña's article in the July *Intervals* about ways to keep the Club relevant and his mention of pub runs. I ran into Mike and we chatted about this idea—of course, over a couple of beers—and he asked if I could help move this idea along.

Running paired with beer is right up my alley, so of course I agreed. I've participated in similar activities in the D.C. area, as well as different places around the country. When my wife and I travel, we like to look up the local running clubs and find the fun, social runs they have. Our last experience was in Seattle last September, which started and finished at a newer brewery in town. When we left that event, I said to my wife, "we need to get something like this started in MCRRC."

It was great to run into Mike and see he was on the same page about the idea. After all the positive comments about Suds and Soles with everyone just hanging out, having a beer and chatting about running—among other things—this just seems like such a good extension of that idea. I think this kind of thing can really help strengthen and



Brian Murphy

build a community and attract new runners that help our Club grow. I've been reaching out to local pubs and breweries and planning different routes to start and end at these pubs—those of you who follow me on Strava may have gotten a preview of one of these routes. So far, there's been a positive and receptive attitude from the local businesses in hosting. Initially, these will

be organized so they are easy to access via Metro or other means in Silver Spring, Bethesda and Rockville, but we could hope to grow them as interest grows.

Besides promoting local businesses and growing community in the Club, these pub runs should be great fun! So look out for more information on this social pub run—most likely to be held on Mondays—coming very soon from the Club's message boards and Facebook/Twitter accounts.

Come for the run, come for a drink, come to socialize with other Club members or come for all of the above. I expect this to evolve as interest grows and we can move around to different locations frequently. If anyone is interested in helping grow this idea, shoot me an email at [bmurph83@gmail.com](mailto:bmurph83@gmail.com).



# MCRRC Competitive Racing Team Building on Successes

by Dave Hagga

**I**n December 2011, the MCRRC Board approved the formation of an ad hoc committee to support highly competitive runners. In keeping with the Club's mission to provide "a place for every pace," the committee explored ways to bolster the efforts of those running at a particularly fast pace. That initiative has a few legacies, including increased prize money for the top overall finishers in our annual race series, but by far the most visible result is the MCRRC Competitive Racing

Team.

The Competitive Racing Team formed in 2013 under the leadership of co-captains Yukun Fung and Nicole Cardello Deziel, with established time criteria for membership in Open Male, Open Female, Masters Female, and Masters Male categories. After Dr. Deziel used her co-captaincy as a springboard to a faculty position in Epidemiology at Yale, Lisa Chilcote stepped up to help lead the team.

As a Club, we can be extremely proud of our racing team. For

one thing, they have enjoyed great competitive success locally and nationally. A few recent examples:

- Nico Crouzier won the 2017 B&A Trail Marathon in 2:31.
- Chris Shaw finished 6<sup>th</sup> in the 2016 Masters 5K national championship in 15:45.
- Mark Neff won the M 55-59 age group at the 2017 Cherry Blossom 10-Mile in 59:22.



Photo: Dan Reichmann

Members of the MCRRC Competitive Racing Team in 2016.

- Cindy Conant very nearly ran down Joan Benoit Samuelson for a 2017 Cherry Blossom F 55-59 age group win (64:00).
- Jeff Duyn ran 2:51 for 3<sup>rd</sup> in the M 55-59 age group in the 2017 Boston Marathon, earning him a coveted shoutout in the Running Professor's BAA recap (<http://www.runningprof.com/2017/06/reprise-of-top-masters-performances-in.html>).
- Michelle Miller's talent could not be entirely contained by running alone, so she went to Idaho in June 2017 to win her age group at the Ironman 70.3 Coeur d'Alene (4:47:43).

The Competitive Racing Team supplements their own racing with extensive contributions to the running community. Team members volunteer en masse for the Run for the Roses, as well as the City of Rockville kids track program. (It was at a kids track meet that I got the best news ever from racing team member and freelance nutritionist Exavier Watson: "Many people don't realize it, but doughnuts are actually good carbs.") Individually, they volunteer throughout the year; indeed, Yukun Fung was the Club's Volunteer of the Year award winner in 2014.

In 2018, Yukun will be

succeeded as co-captain by Brian Murphy, and this is not the only new development on the horizon for the team. Plans are in progress for securing a coach, as well as possible business sponsorship of the team, to facilitate its development and increase its prominence in the racing world.

Finally, to enhance dissemination of information and perspectives on running, the team has begun a podcast. When he is not busy with ultra-training, 2017 Seneca Greenway Trail 50K champion Adrian Spencer is leading the production team for a new MCRRC podcast network. Members of the Competitive Racing Team have already released a pilot called *Conversational Pace*, which features post-race discussion and insight. New episodes of *Conversational Pace* and all-new podcasts, covering a diverse range of topics and viewpoints, will come online in the months ahead. Be sure to follow the MCRRC Podcast stream on Soundcloud at <https://soundcloud.com/mcrrcpodcasts> and subscribe on iTunes (search for "MCRRC"). Also please tell everyone you know that they are hopelessly out of it if they do not subscribe.

All Club members are encouraged to contribute to the podcast network. If you would like to get involved in this project (in front of or behind the microphone), please contact

the producers at [mcrrcpodcasts@gmail.com](mailto:mcrrcpodcasts@gmail.com).

If running fast, giving back to the club and the community, and having a lot of fun while doing both fit with your 2018 plans, consider applying for membership on the MCRRC Competitive Racing Team. The current team roster, time standards, and application process may be found at <https://www.mcrrc.org/teams/competitive-racing-team/>.



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# Groovin' Woodstock Cross-Country Race



Photo: Phil Epstein

**Sara Watt gets into the spirit at the Groovin' Woodstock Cross-Country Race.**