

MCRRC Intervals

May 2016

Newsletter of the *montgomery county road runners club*

On the Horizon

May 7

Kids on the Run
Bohrer Park
Gaithersburg, MD

May 7

La Milla de Mayo
Gaithersburg, MD

May 15

Run Aware 5K
Cabin John Regional Park
Bethesda, MD

May 21

Germantown 5 Miler
Germantown, MD
www.germantown5miler.com

May 30

Memorial 4 Miler
Rockville, MD

June 18

Run for Roses
Wheaton, MD
www.mcrrcrunforroses.org

June 25

Suds & Soles 5K
Rockville Town Square
www.mcrrcsudsandsoles.org

July 3

Little Bennett XC
Clarksburg, MD

July 8

Midsummer Night's Mile
Rockville High School
Rockville, MD

July 31

Riley's Rumble Half-Marathon & 8K
South Germantown Recreational Park
Boyd's, MD

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

Board Meetings

May 5, 7 pm
Rockville

June 2, 7 pm
Rockville

Pike's Peek 10K



Hai Nguyen nears the finish

Photo: Tom Brennan



Photo: Karin Zeitvogel

Former President Woodrow Wilson completed this year's Pike's Peek



Springing Forward

by Scott Brown, Editor

Spring is a time of transition for nature... and for runners, too! Just as the snow and cold temperatures mercifully give way to warmer air and new growth, many of us begin shifting our running focus. Whether you're looking to Club races like Pike's Peek or the inaugural Milla de Mayo to blaze a new PR, or taking the plunge in one of our outstanding training programs, spring is a good time to take advantage of the variety of MCRRC offerings to try something new.

Keeping with the spirit of transition, this issue of *Intervals* recognizes the many recipients of 2015 MCRRC awards, who were honored at the Club's annual brunch, where the Club also elected a new Board for the coming year.

In this issue, Club President Don Shulman previews a few of the exciting changes MCRRC has in the works this spring and

summer, from new races to a new program geared at parents of young children. Even if you've been a Club member for five years, 10 years, or more, you'll find something new in the next couple of months.

Also in this issue, Karen Kincer provides an introduction to the Club's new summer nighttime race, the Suds & Soles 5K. It looks to be the start of the next great summertime tradition!

Finally, in this issue Lisa Reichmann profiles Julie Sapper, a local running coach who discusses the challenges of overcoming her own injury and making a triumph return to this year's Boston Marathon. Way to go, Julie!

— 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

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Don Shulman

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Mike Acuna

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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.



MCRRC Intervals



Exciting Changes Are Coming

by Don Shulman

It is so good to see spring come to the Capital region—certainly the best time to be in this area.

The Cherry Blossom 10-Mile Run presented many running challenges this year thanks to Mother Nature, but the swarm of volunteers did a great job executing another great racing event. Congratulations to Phil Stewart and his team.

As we head into a huge running season with multiple programs kicking off, we are working to bring another opportunity on line this spring and summer. It will be a “Stroller Strider” program for new parents and stellar kids to get out Saturday morning for meet up “runs.” Bringing new and younger members into the Club is important and we work to remain relevant to our membership. Nancy Joy Keller is heading up this initiative. Please reach out to me at president@mcrrc.org if you'd like to join in.

By now you may have heard we have added an 8K option to Riley's Rumble this year. Primarily this allows for a goal race for the 8K program, as well as another option for all our runners.

Our inaugural Suds and Soles 5K race has taken off quite well and registration is very strong. This should be a wonderful event and we hope to grow this event to match the size of a Pikes or Parks race, with many more family fun options in the future.

I want to take a minute to thank all of our volunteers who

come out to support our races and programs. While we may run in a 16- or 26-week program, there is a lot of work on the front end and back end of these that as participants we do not see.

In that spirit, I wanted to thank Audrey Fincher, who will be stepping down this year as the co-director of FTM. Audrey has provided four years of inspiration, direction and encouragement to hundreds of MCRRC runners during her time as a leader in this program. Attempting to fill her shoes was not an easy task. Conroy Zien has informed me that Yvette Ju will be joining him at the helm of this legacy program. I know he has made a great decision and they will make a great team moving forward. All off our program leaders deserve our support and thanks for all they do each year.

Lastly, I want to remind everyone of our social responsibility to our local community. As a 501(c)(3) not-for-profit association, we have an obligation to give back to our community since we do not pay taxes. Our commitment to the Rockville youth track and field series once again this summer is just one of them. While we will be continuing to look for opportunities to support youth athletics we will also look for opportunities to support other relevant and valiant initiatives within the county as this is the right thing to do.

Enjoy your spring and summer running and races ... and stay 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/>

new board and club awards

2016 MCRRC Board

President	Don Shulman
Vice President	Mike Acuna
Treasurer	Sri Rapaka
Secretary	Lori Kaleikau
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

2015 MCRRC Award Winners

Coach of the Year: Wanda Walters
Journalism Award: Scott Brown
Most Improved Runners: Miriam Mintzer (Female),
Rodney Rivera (Male)
Outstanding High School Runners: Ciciely Davy
and Megan Crilly (Female), Colin SyBing and Jack
Wavering (Male)
Presidential Citation: Jim and Patti Rich
President's Awards: Kimberly Price and Daniel Talmage
Race Directors of the Year: Mary and Paul Foster
Runners of the Year (Female): Trish Stone (Open), Lisa
Reichmann (Masters), Ellen Cooper (Grandmasters)
Runners of the Year (Male): Chris Shaw (Open), David
Storper (Masters), Bill Loomis (Grandmasters)
Runners of the Year Recognition Awards (Female):
Sarah Flynn, Robin Watkins, Miriam Mintzer, Julie
Sapper, Carol English, Lila Firouzfard
Runners of the Year Recognition Awards (Male): Miles
Aitken, Randy Smith, Argaw Kidane, Lee Firestone,
Eric Melby, Paul Peterson
Volunteer of the Year: Bill Strider
Volunteer Service Awards: Mayra Fairbairn, Audrey
Fincher, Debbie Shulman, Denis McDonald

Championship Series

Open Female: 1. Kristin Lemos, 2. Trish Stone, 3.
Miriam Mintzer
Open Male: 1. Nicolas Crouzier, 2. Chris Shaw, 3.
William Kirk
Female, 1-14: 1. Perrin Myers, 2. Elina Lee
Male, 1-14: Hunter Bergstrom, 2. Mark Rosas, 3.
Thomas Parsons
Female, 15-19: 1. Brenda Rosas, 2. Griffin Myers, 3.
Adriana Rosas
Male, 15-19: Richard Reyes
Female, 20-24: No qualifiers
Male, 20-24: 1. Matthew Sushinsky
Female, 25-29: 1. Traci Anderson, 2. Ashlyn Sinclair
Male, 25-29: 1. Diego Saenz, 2. Kevin Anderson, 3.
Mike Klamm
Female, 30-34: 1. Cynthia Landesberg, 2. Colleen
Dahlem, 3. Jennifer Murphy
Male, 30-34: 1. Alexander Paplomatas, 2. Brian
Murphy, 3. Rodney Rivera
Female, 35-39: 1. Agnese Arnold, 2. Yuko Funakoshi
Male, 35-39: 1. Yuji Funakoshi, 2. Robert Palmer, 3.
Jim Dahlem

Female, 40-44: 1. Lisa Parsons, 2. Aleksandra Nita-
Lazar, 3. Juliana Rosas
Male, 40-44: 1. Kevin Yates, 2. Tom Matzke, 3. Eric Manco
Female, 45-49: 1. Andrea Keane-Myers, 2. Cindy Cohen
Male, 45-49: 1. Arya Akmal, 2. Miguel Sanchez-Ruano,
3. Wayne Breslyn
Female, 50-54: 1. Katherine Schexneider, 2. Heather
Chen-Mayer, 3. Gallya Gannot
Male, 50-54: 1. Mark Neff, 2. Ted Poulos, 3. Hector
Montesinos
Female, 55-59: 1. Elizabeth Robelen, 2. Melinda
Krummerich, 3. Cynthia Wallace
Male, 55-59: 1. Dan Lawson, 2. Marty Horan, 3. William Clem
Female, 60-64: 1. Wanda Walters, 3. Jeanne Larrison,
3. Christina Caravoulas
Male, 60-64: 1. Timothy Morgan, 2. Bill Loomis, 3.
James Moreland
Female, 65-69: 1. Alice Franks, 2. Lizzie Sadoff
Male, 65-69: 1. Donald Schuirmann, 2. Greg Chaconas
Female, 70-74: 1. Dee Nelson, 2. Julie Trapp
Male, 70-74: 1. Donald Hensel, 2. Louis Shapiro, 3.
Walter Brown
Female, 75-79: 1. Patricia Rich
Male, 75-79: 1. Bill Sollers
Female, 80-99: No qualifiers
Male, 80-99: 1. Jack McMahon, 2. Robert Smith

Cross Country Series

Open Female: 1. Kristin Lemos, 2. Ashlyn Sinclair, 3.
Jane Wikman
Open Make: 1. Chris Shaw, 2. Kevin Yates, 3. Dave Haaga
Female, 1-14: Elina Lee
Male, 1-14: Ian Parsons
Female, 15-19: No qualifiers
Male, 15-19: No qualifiers
Female, 20-24: Noam Gannot
Male, 20-24: 1. Russel Arlotta, 2. Matthew Sushinsky
Female, 25-29: 1. Jordan Creed
Male, 25-29: 1. Patrick Digulian, 2. Aaron Trulock
Female, 30-34: 1. Cynthia Landesberg
Male, 30-34: 1. James Hibbs, 2. Tim Creed
Female, 35-39: 1. Agnese Arnold, 2. Mical Honigfort
Male, 35-39: 1. Christopher Lemos, 2. Salvador Cerna
Female, 40-44: 1. Lisa Parsons, 2. Heather Latino
Male, 40-44: 1. Bob Price Jr., 2. Tom Matzke
Female, 45-49: 1. Monika Bachmann, 2. Cindy Cohen
Male, 45-49: 1. Jean-Luc Bald, 2. Art Drisko
Female, 50-54: Gallya Gannot, 2. Licia Searce
Male, 50-54: 1. Jack Kammerer, 2. Leonardo Palacios
Female, 55-59: 1. Daphna Szanto
Male, 55-59: 1. Marty Horan, 2. William Clem
Female, 60-64: 1. Anne Forsha, 2. Jeanne Larrison
Male, 60-64: 1. Ken Umbarger, 2. Timothy Morgan
Female, 65-69: No qualifiers
Male, 65-69: 1. Donald Schuirmann, 2. Vincent
Opperman
Female, 70-74: 1. Dee Nelson, 2. Julie Trapp
Male, 70-74: 1. Walter Brown, 2. David Brown

Suds & Soles: The Beginning of a Great Event

by Karen Kincer

The Twilighter was the iconic nighttime race that ran around downtown Rockville for more than 30 years. It had been a cooperative effort of the City of Rockville, Rockville Rotary and MCRRC. At its peak, the race attracted 3,000 runners. But, over the past few years, we experienced a steep decline in runner participation. Last year we had only 1,200 finishers. With such low turnout and the continuing requirement for 450 volunteers, we found it increasingly difficult to support the event. We were unsuccessful in preserving the Twilighter. So, we reluctantly withdrew from the tripartite arrangement in favor of a simpler partnership with the City of Rockville, with which we have enjoyed a long, cooperative relationship.

Together with the City of Rockville, we developed a new night race that would be easier to manage and would require fewer police and volunteers. The concept would be a more popular 5K with fewer hills and a postrace festival featuring the products of local breweries in downtown Rockville. Suds & Soles was the result.

Twilighter had called for the City of Rockville to provide the venue and logistical support. Rockville Rotary provided

financial backing, sponsorship, entertainment, and refreshments. MCRRC provided race management, equipment, and most of the volunteers. Under the new, bilateral relationship for Suds & Soles, MCRRC and the City of Rockville will split most of the functions that Rotary provided for the Twilighter.

Suds & Soles will start at Rockville Town Center on Maryland Avenue and finish at Courthouse Square on West Montgomery Ave. The 5K course retains segments of the former

Twilighter course. It is almost as demanding as Twilighter, but many of the long, steep hills that were part of the Twilighter course have been eliminated. The long downhill to the finish line will be a welcome sight.

Afterward, the runners will be treated to the festival with those special beers served by our local breweries.

— Karen Kincer, who was race director for the final runnings of the Twilighter, is the creator and race director of Suds & Soles.



Photo: Dan Reichmann

A cake promoting the Suds & Soles 5K at the Club's annual brunch

Julie Sapper



by Lisa Levin Reichmann

Julie Sapper has been a member of MCRRC since 2008, when she joined Mike Broderick's Boston-bound training program. Since then, Julie has completed the Boston Marathon eight times and is consistently a top-ranked runner in the Washington, D.C. area. A member of the MCRRC Racing Team, Julie can often be found volunteering at races, serving on MCRRC committees, and coaching the College Gardens Elementary School Run Club, which she founded. Julie is an attorney in the Department of Justice's Criminal Division and is the co-founder of Run Farther & Faster (www.runfartherandfaster.com), which provides coaching for runners of all levels of experience and abilities. Julie lives with her husband, Darren, and children Noah (12) and Ella (9) in Rockville. Last year Julie found herself facing a potentially serious injury and the difficult decision to sit out Boston to focus on recovery and the long term.

What were the first signs of a possible injury prior to your diagnosis?

I had a pain on a spot on the interior of my right foot that felt like a small bruise during the December before Boston 2015. It did not hurt unless I pushed on it, and it certainly did not hurt when I ran on it, so like any running addict gearing up for a race, I completely ignored it and kept on running. I ran a half-marathon in February 2015, and while my half-marathon went well, my foot felt heavy by the finish, so I made an appointment with Dr. Lee Firestone. Lee ordered an MRI, which revealed two partial insertional tears on my right Achilles, a tough place for an injury because the Achilles lacks blood flow and is therefore very slow to heal. I was shocked by the diagnosis because I had likely been running on a partially torn Achilles for a number of months without any significant pain,

and I had never been diagnosed with anything Achilles-related in all of my years of running.

How did you make the decision to sit out the Boston Marathon last year?

Once Lee gave me the diagnosis, I knew that I needed to shut down all running to fully heal. While it broke my heart to skip Boston, particularly because I was not in tremendous pain and could have gutted it out on the course, I knew, based on Lee's sage advice, that I would sacrifice the longevity of my running career by running a marathon on a compromised Achilles. Also, as a coach

and a mom, I need to practice what I preach, and certainly if a runner approached Lisa and me with this diagnosis, we would recommend that he/she shut down and heal, and similarly, if either of my children were injured, I would make sure that they did the same.

What was the hardest part about being sidelined with an injury?

While it was hard to be sidelined, I truly recognized that this was small potatoes in the scheme of life. That

continued on page 7



Photo: Noah Sapper

Julie Sapper running this year's Boston Marathon

runner profile

continued from page 6

being said, I felt isolated, as I missed my running partners tremendously, and I was anxious that I would never return to the level that I was running pre-injury.

What was the most important thing you did to make sure you could get back to healthy running?

I set a goal to PR in rehabilitation. To achieve that, I completely stopped running, attended regular physical therapy sessions with Rachel Miller, and increased my strength training to strengthen my glutes and core, likely one of the causes of my injury, so I would not re-injure myself when I returned to running.

What lessons did you learn throughout your recovery and rehabilitation experience?

Looking back to last year and the time before my injury, I was burning the candle at both ends, and I was starting to perceive my training as a chore on my long “to-do” list, rather than an opportunity to take a break from that list. Once I stopped running, I was forced to do some introspection and take inventory, which led me appreciate the gift of running significantly more than I had pre-injury. I also learned that while I had always implemented strength training into my running routine, I was not focused and simply went through the motions because, frankly, I hated it. I learned to embrace strength training and, with the help of my friends at Prime Fitness, developed some routines that I could do anywhere that really focused on glute and core strength, and I am happy to report that because my strength training is more runner specific, I am spending less time on strength training, while reaping the benefits of a stronger core. Lastly, I was reminded that I am extremely fortunate to be surrounded by compassionate and knowledgeable people, including Rachel Miller, my coaching partner, Lisa, and Lee Firestone, all of whom helped me set a PR in rehabilitation.

Are you doing anything differently now to prevent injury?

I’m taking the less-is-more approach by doing less running (no more than four days per week) and more cross-training (cycling), strength training, and resting.

Tell us about your return to Boston this year.

After missing Boston in 2015, I lost the opportunity to re-qualify at Boston 2015 for Boston 2016. As a result, I set a far-reaching goal to try and re-qualify by September 13, the last possible date that would allow me to run Boston 2016. While sidelined from running, I did a lot of indoor cycling to keep up my cardio, which helped me easily transition in July from walking to running, and by early August, I was adding in mileage while cycling to continue building endurance. By late August, I was up to 16 miles without any pain, and I decided to disclose my secret goal to Rachel and Lee—to run a “Hail Mary” marathon called the “Last Chance to BQ.2” in the Chicago area on September 12 to get their approval or disapproval. They both said that as long as I promised to get off the course if I felt any discomfort, I could attempt it. The marathon course was ridiculous—eight loops of a 5K course around a community park in a small town outside of Chicago. Luckily, my little sister was there to mock me at each loop and ensure that I finished or quit, if necessary. The stars aligned for me that day, and I finished with just enough room to qualify for Boston 2016. I received my invitation to Boston 2016, and the goal from that point forward was to stay healthy, which I am proud to say I accomplished, along with crossing the Boston finish line last month with another Boston Qualifier for 2017.

What are your goals for the rest of this year?

Generally, I just want to have fun this year and run without pressure. More specifically, I would like to continue developing more strength and working

on my form, which can always use improvement. I also look forward to running some local shorter distance races over the summer.

What is your proudest running-related accomplishment?

As the legendary Dave McGillivray (director of the Boston Marathon) has said, my proudest running-related accomplishment is the one that hasn’t happened yet. For me, every running event is an accomplishment for different reasons—my first post-baby race, my first post-baby Boston, my first post-injury race, my first (and only) race passing the speedy guy always dressed in the pink tutu, my first marathon (and hopefully last) in a Nor’easter...you get the idea. Running provides endless opportunities for accomplishment, and for me, every accomplishment is sweet for a different reason.

What advice would you give someone facing an injury that may sideline them from running?

Avoid running through pain. Sometimes, just stopping for a few days is enough to avoid a complete breakdown. If, however, you do need to shut down for a longer period of time, give yourself a little time to wallow in self-pity and then stop, create a plan of action and surround yourself with supportive and knowledgeable people to help further your recovery efforts. Most importantly, remember that every runner sustains an injury at some point, and while you cannot control how your body responds, you can control how your mind responds by having appreciation, perspective and perseverance.

— 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
Silver Spring, MD



Saturday, June 25 from 7-9 p.m.

The flat, fast 5K course on neighborhood roads begins and ends in Town Center with a post-race party featuring a commemorative mug, music and the opportunity to sample some great beverages. This race is open to all ages.

5K Registration Fees

- Adult \$35/\$40* Late (June 1-25)
- Youth (10-20) \$20/\$25* Late (June 1-25)
- Child (Under 10) \$15/\$20* Late (June 1-25)

KidZone Registration Fees
(Includes Kids Fun Run, children's activities and light refreshments)

- Under 10 - \$10
- Under 5 - Free, registration requested

Register at www.rockvillemd.gov/sudsandsoles

Suds & Soles benefits the Rockville Recreation Fund, through the Rockville Recreation and Parks Foundation, Inc., and MCRRC's youth and beginning running programs.

*Additional late fees may apply after 6 p.m. on race day.

Presented by

 