

# MCRRC Intervals

September 2016

Newsletter of the *montgomery county road runners club*

## On the Horizon

### September 11

Parks Half Marathon  
Rockville, MD

[www.parkshalfmarathon.com](http://www.parkshalfmarathon.com)

### September 17

Lake Needwood XC 10K  
Derwood, MD

### September 25

Cabin John Kids Run  
Bethesda, MD

### October 8

Matthew Henson Trail 5K  
Silver Spring, MD

### October 15

Black Hill 10K  
Boys, MD

### October 23

Cross Country on the Farm  
Derwood, MD

### November 6

Rockville 10K/5K  
Rockville, MD

[www.rockville10k5k.com](http://www.rockville10k5k.com)

### November 12

Stone Mill 50 Miler  
Montgomery Village, MD  
[www.stone-mill-50-mile.org](http://www.stone-mill-50-mile.org)

### November 13

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

September 1, 7 pm  
Rockville

October 4, 7 pm  
Rockville

## Riley's Rumble



Photo: John Whitridge

Susie Weisman enjoys running the country roads in the half marathon.



Photo: Jonathan Bird

Bryan Vancavage celebrates finishing the 8K.



# Running into Fall

by Scott Brown, Editor

It has been a great joy these past few weeks watching the fantastic performances from both American and non-American athletes at the Olympic Games in Rio. Hopefully you had a chance to applaud the U.S. women's 4 x 100 gold medalists or caught Usain Bolt completing his jaw-dropping triple-triple, or saw the great depth the American marathoners displayed in both the women's and men's races. Here's hoping that the Olympics inspire you to your own running greatness!

This issue of *Intervals* is loaded with both inspiration and information as we head into the fall.

In this issue, Club President Don Shulman fills us in on MCRRC's plans to honor our great volunteers, as well as some new initiatives that should help members with the logistics of this year's Marine Corps Marathon. If you're running MCM, I highly recommend checking out the Club's shuttle bus and hospitality suite.

Also in this issue, longtime Club member Dr. Betty Smith offers a

poignant recollection of her experience at the Pentagon on 9/11 and how running helped her cope with the day's terrifying uncertainty and recover from the tragedy. It's a truly poignant read.

In addition, Lisa Reichmann talks to physical therapist Rachel Miller about all the great things MCRRC's Stride Clinic has to offer. If you've never given it a try, the Stride Clinic is a great place to get personalized recommendations to help improve your running and is a fantastic bargain for Club members.

Finally, Lisa also spotlights Frederick Foot & Ankle, the Gold sponsor of this year's Parks Half Marathon. If you're running or volunteering at Parks this year, look for Frederick Foot & Ankle at the finish line festival.

— Scott Brown has run MCRRC races of distances from one to 50 miles. He lives in Gaithersburg. He can be reached at [intervals@mcrcc.org](mailto:intervals@mcrcc.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!

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

**mcrcc-info** for general news and information about club events

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

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

## MCRRC Intervals

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#### Have comments or questions? Or want to help?

Contact us at [Intervals@mcrcc.org](mailto:Intervals@mcrcc.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.





## Looking Ahead to the Fall

by Don Shulman

**H**eat, storms and lightning seem to have been a significant part of our summer running season this year, even more than in previous years. As the heat has intensified, our focus is beginning to shift to the fall season. I am pleased to share a couple of upcoming Club events of interest to you.

On Sunday, October 2, the Club will host a family fun day and volunteer recognition barbecue from noon to 5 p.m. at High Point Farm in Clarksburg, Md. Food, hay rides, moon bounce and fun things for kids are planned. There will be a formal message coming out in the next few weeks. It is important that you RSVP so we can plan accordingly and have enough food and goodies on hand for everyone. On behalf of the Board, we hope that you will all make it to the party.

With our summer distance programs starting to ramp up, for many our sights turn to fall marathons. This year could be especially challenging for those doing the Marine Corps Marathon (MCM). Changes to Metro operations, including new restrictions that the system will no longer open early for major events, will put a strain on the plans for many runners this year.

To help cope with these logistical challenges, the Club has decided to rent buses to transport Club members to MCM on race morning. The buses will leave from the Shady Grove Metro Station and drop you close to the MCRRC Hospitality Suite at the Key Bridge Marriott in Rosslyn. Registration for the buses will begin when registration for the MCRRC Hospitality Suite opens. You may sign up for both the bus ride and the MCRRC Hospitality Suite, or just one. There will be a small fee for the bus and runners should plan to take Metro or other transportation back to Shady Grove. You must have a reserved seat on the bus to ride. Look for more details in the next few weeks.

Certainly for this president the next few weeks will be quite busy as the

Parks Half Marathon is less than a month away. If you are not running, please sign up to volunteer. This race requires over 500 volunteers to ensure a safe and enjoyable time for the runners. You can sign up on the Club's website or at [parkshalfmarathon.com](http://parkshalfmarathon.com).

Finally, please do not forget that our race director training program kicks off on Monday, September 12, at the

MCRRC Clubhouse. If you would like to learn to be a race director for one of our low-key events, we are here to provide the training and guidance. Look for further details and registration instructions in the weeks ahead.

Run smart and run safe!

— Don Shulman is the President of MCRRC. He can be reached at [president@mcrcc.org](mailto:president@mcrcc.org).

PLEASE JOIN THE MCRRC BOARD & STAFF  
FOR A VOLUNTEER APPRECIATION  
FALL FESTIVAL!

Bring the whole family for a fun afternoon featuring  
a BBQ, hayride, moonbounce & more!  
This event is FREE for our valued volunteers, but  
PLEASE RSVP  
so we can ensure enough food & drink to go around!

Sunday, October 2nd from Noon - 5pm  
High Point Farm, 23730 N Frederick Rd, Clarksburg  
RSVP ONLINE ONLY:  
[www.imathlete.com/events/2016FALLFEST](http://www.imathlete.com/events/2016FALLFEST)

ingsisland.com

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# Running and Internal Strength

by Betty Holston Smith, Ed.D.

**T**he late, great *Runner's World* guru and philosopher of fitness George Sheehan, M.D., explained that *you gain the strength to do extraordinary running when you center your focus 100 percent on putting one foot in front of the other.*

Experts agree that a good, focused run will make the run more enjoyable and such focus when applied to life's woes can lighten the load of the kind of stress that turns life upside down. That's why many runners turn to this type of focused running to alleviate life's stresses. I find that focused running not only allows me to run six day ultra-marathon races, it also prepares me to do the extraordinary when surprised with terrifying events seemingly beyond my control.

As the Pentagon Child Development Center training consultant, on September 11, 2001, when the plane hit, I was thrown into the history-making assault on our homeland. Because I was outside on the playground when the plane came in, the ground seemed to recoil from the impact that turned my world upside down, figuratively and literally.

Come back with me to that day 15 years ago to experience how fortunate we runners are to have the capacity to apply 100 percent running-like focus that unleashes internal strength to help hold it all together in the face of the most menacing of life's bombshells.

Initially, Pentagon police officers had us move about one-eighth-mile northeast of the Pentagon, just after the plane hit.

We were just beginning to settle the children into the shade under a beautiful canopy of trees—an area just right for hide and seek games, except for the poison ivy. That's when we suddenly felt, more than we heard, the raw panic in the voices of the Pentagon police officers as they ran toward us: "You've got to move again. Move, move, move now! Move, you've got to move farther away! You're not safe here, you're still too close! Another plane is coming!

Go now!"

All 39 center adults responded as one to the urgency in the officers' gestures because we could barely hear their words above the combined sounds of the seemingly hundreds of fighter jets from Andrews Air Force Base zooming back and forth above and the assortment of piercing police, ambulance and fire engine sirens that assaulted the ears like the disjointed sound of hundreds of brass horns tuning up at full volume. Then there were the surreal screams and moans—oh, those screams and moans of thousands of victims running out the north-side doors of the building, the side facing the child development center—the clothing of some still smoldering or the screams and moans of others being attended to as the field hospital was being set up nearby.

We would be ordered by the police to move an unbelievable seven additional times that morning until we ended up on the banks of the Potomac River just across from National Airport. We would remain in place there for nearly eight hours.

Throughout those hours we adults, without discussion or apparent planning, pooled our collective resources, which allowed us to refuse to let danger to ourselves or the seriousness of the situation deter us from doing the utmost to keep the children not only physically safe but emotionally safe as well. And that meant that we needed to keep the children happily engaged as we worked like hell to keep their day as normal as possible under those impossible circumstances. To help make that happen, almost immediately several of us, unbeknownst to police officers, actually ran (I still had my running shoes on) back to the child development center several times in the middle of the danger to retrieve children's medicines, diapers, toys, bottles, blankets and the like. Those trips soon ceased out of respect for the temporary morgue officials who began setting up near the entrance

to the center.

After nearly eight hours, help finally arrived in the form of the US Coast Guard patrolling the Potomac. The Coast Guard officers rushed over in their speed boats as soon as they saw children, staff and infant evacuation cribs "camped" out on the banks of the Potomac River in the middle of intense rescue and recovery activities all around. With expressions of total bafflement, they simply asked: "What in the world are you doing here?" And finally: "How can we help?" They responded almost immediately to our requests for water and food and ordered transportation to move us out of the immediate area. We would remain in place for five more hours before transportation arrived.

The teachers had automatically gathered their groups of children closely as they proceeded to keep them engaged just as if we were not in the middle of the aftermath of a deadly assault on our homeland. Now and again throughout the day one of the teachers or another would need an extra hug to keep it all together. As you would expect, there was much hugging going on all day. Or when a child needed special attention, I was likely dispatched to do what I do best after more than 25 years of training parents and teachers in the child development field.

There was, however, one little toddler who could not be consoled even though I held her in my arms very closely all day. She continuously cried: "I want Mommy. I want Mommy." Sadly we learned later that her mommy was at Ground Zero and was one of the two center parents we lost that day.

The routine loving atmosphere that was part of the center's overall environment played a major role in our success in keeping it all together for and with the children. From most of the children's perspectives, it was like a routine day but more exciting because we were outside—we all played with toys, sang

songs, danced, read story books, had a fun picnic “lunch” and most of the children were able to rest or nap for a period.

Finally, the police-escorted bus sent by the Coast Guard arrived. The plane had hit at 9:43 a.m. and it was after 6 p.m. when we left the Potomac River.

Although parents could call a pre-arranged off-site number for information about our whereabouts and status throughout the day, nothing could take the place of them finally seeing, touching, smelling, hearing, hugging and kissing their children for themselves. It

was a prayerful, tearful, thankful happy scene that I still remember as if it happened only yesterday.

We did the extraordinary that day. One four-year-old let me know just how extraordinary as we rode along on the evacuation vehicle. He said with a big smile: “Dr. Betty, this was the ‘bestest’ fun I’ve ever had at school. Can we do this again tomorrow?”

The very next day with my running friends, we completed a run that allowed me to talk about and cry about the experience. I’m sure during that run I began to replenish my stores of inter-

nal strength, which surely were totally depleted the day before.

— *Betty Smith, the long-term, long-distance, healthy runner has been an MCRRC member since 1989 and a running coach at the Stride Clinic since 2007. She has run more than 100,000 miles over 44 years, on all seven continents. She has completed 80 marathons and 24 ultramarathons ... and counting. She established the USATF 48-hour ultramarathon 70-74 age group record. She is a member of England’s VivoBarefoot team and the creator and lead coach of the Ageless Running/Walking Program.*



Photo: Tawanna

The Pentagon children’s center has since been relocated.

# MCRRC Intervals

# Rachel Miller



by Lisa Levin Reichmann

Rachel Miller, physical therapist and certified orthopedic clinical specialist (OCS), is the owner of ProAction Physical Therapy (<http://www.proactionpt.com/>) and one of the founders of the Club's Stride Clinic, which began in 1999. Rachel has been an active volunteer within the Club, serving as medical coordinator of the Parks Half Marathon, as well as its predecessor Marathon in the Parks. She has also served as the Medical Coordinator for the Cherry Blossom 10-Mile Run and the 2009 USATF Cross Country Championships as part of the MCRRC contingent that assisted with that event. In 2014, she was named the area's best physical therapist for runners by Run Washington magazine. She lives in Gaithersburg with her husband, Howard, and two children, Emily (14) and Justin (11).

The MCRRC Stride Clinic is just \$30 for current MCRRC members age 12 and up. The Clinic is held one Saturday per month, except in August. There are 12 45-minute slots at each clinic, with times available at 10, 10:45, and 11:30 a.m. For more information or to register, visit <https://www.mcrrc.org/training-programs/stride-clinic/>.

### When did you first start running?

I was always very active. I played travel team soccer since I was a little kid, and participated in other sports. I began running with the track team in middle school and continued through high school. We didn't have cross-country, probably because our schools were very small, unlike in Montgomery County! We had only 182 people in my graduating class at Plainview-Old Bethpage High School! Because our track team was so small, I usually would have to run the 800-, 1600-, 3200-, and 4 x 800-meter events in every meet.

### What is your favorite way to spend time when you are not running or training?

I enjoy cheering on the New York Jets and traveling up for a game every year. I enjoy spending time with my kids, and I love to bake (probably because I love to eat what I bake).

### What are your running/racing plans for 2016?

I ran the Frederick Half Marathon in May, and plan to run the Rock N Roll Brooklyn Half Marathon in October. I find that I can fit in training for half marathons these days, with work and family obligations. I also plan to run the Rockville 10K and a couple of other 5K and 10K races in the fall.

### What is the Stride Clinic?

The Stride Clinic's mission statement says it all: The Stride Clinic is a monthly screening of runners conducted by a volunteer staff of experts in various disciplines (running coaches, physical therapists, podiatrists, massage therapists, shoe experts) who collaborate to educate, strategize, and



Rachel Miller

identify areas of concern in each runner to improve his/her performance. The Stride Clinic isn't necessarily able to correct problems, but it helps to identify areas that need improvement and provide suggestions on how to do that.

### Who can most benefit from participation in the Stride Clinic?

The beginner and the seasoned runner, the speedy and the back of the packer. We even have walkers participate. There is something for everyone because of all the different types of experts present. Often people come

because they are experiencing pain, but we also have runners who aren't having any issues and just want to learn how to improve their running performance, prevent injury, or get advice on what sneakers they should use.

### When did the Stride Clinic begin, and who is involved?

The Stride Clinic began in 1999, when Club member Carol Lavrich sent out an email on the MCRRC list serve suggesting the Club have a running clinic where people could get advice from experts to improve running form and training, address any pain they are having, and help prevent injury. I responded right away saying "I'm in." So did Adam Spector, running coach Gary Resnick, who has since moved away, and a few other people. There also have been experts who joined later but have been working alongside me in the clinic for years, such as running coach Betty Smith, massage therapist Terrel Hale, and Kelly Scherf of RnJ. Most of the current staff have been volunteering at the Stride Clinic for several years.

### How long is each session and what typically happens during a typical Stride Clinic session?

Each runner is at the Stride Clinic for about 45 minutes. We ask that the runner fill out a questionnaire so we can learn about his/her running history, and any particular areas of focus or concern. The Stride Clinic manager, Matt von Hendy, checks the runners in and ensures that the runners have seen all the experts. Each runner begins with one of the experts, then moves to the different stations until they have consulted with everyone. The experts write their suggestions on a form, and the runner takes that form home so that they can review the feedback they received during their session. All of the experts' contact information is on that form, and we encourage people to follow up with us if they have questions. Sometimes we make suggestions to follow up with a physician. Everyone also receives a nice technical running shirt!

### What can runners expect to take away from a Stride Clinic session?

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Nuggets of information. The Stride Clinic is a screening process: a way to identify some of your strengths, as well as some things that you should improve upon. Participants should walk (or run) away with a couple of pointers from each expert to improve their running and help prevent injury. Sometimes there is a difference of opinion among the experts, but I look at this as a positive. Giving the runner multiple opinions on how to improve running form, or on different exercises to do, arms them with options. If one approach doesn't seem to work, they can try something else that was suggested. Every runner is different, and we certainly don't give out cookie cutter advice. We tailor our advice to each individual runner.

***What, if any, changes do you hope to see in the Stride Clinic moving forward?***

We have had a registered dietician in the past and we are considering searching for someone to fill this post again. We receive questions from runners about nutrition, and it would be helpful to have an expert in this area. Also, I hope we can improve on spreading the word about all the benefits of attending the Stride Clinic, including through the Club's coaches and training

programs. My hope is for every runner in the Club to pass through the Stride Clinic at least once. We often have people return after a few months or even years to get a re-check of how they are doing and to see if they were able to improve their form.

***What do you find most rewarding about participating in the Stride Clinic?***

My husband makes fun of me because when I tell him I have to go to work on a Saturday, he says "it isn't work—you actually like doing it!" And he is absolutely right! I love being a physical therapist, and I really enjoy volunteering at the Stride Clinic. It is a gathering of friends, always a lot of fun, and a wonderful learning experience for me every time! I am able to work alongside great people who know so much about running. I learn from everyone around me—not just the experts, but the runners as well.

***If you had to choose one, what is the aspect of stride to which runners should pay the most attention?*** I am a big believer in the idea that if you increase your cadence, your form just falls into place. Cadence is the number of times your feet hit the ground

in one minute, basically the "turnover" of your legs. Running Coach Mike Broderick, who I sorely miss, was my mentor in this approach, and I have seen this work beautifully. There are articles out there that have looked at elite runners and determined that the ideal cadence is 180 steps per minute. Personally, I don't believe everyone should be running at this cadence. I believe each runner has his/her ideal cadence. However, I have found through the years of working with runners that someone with a cadence of less than 170 steps per minute usually has inefficient form—striking the heel first (essentially putting the brakes on every step you take), landing with little spring in the legs, not leaning forward, among other things. I see magic happen when I cue someone to increase their leg turnover, even if it is only by four steps per minute! From head to toe, running becomes more efficient.

— Lisa Levin Reichmann is a member of the MCRRC racing team, sponsorship coordinator for the Parks Half Marathon and Pike's Peak 10K, and an RRCA-certified running coach and co-founder of Run Farther & Faster.

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## Registration Is Open For MCRRC's MCM Hospitality Suite!

### IMPORTANT CHANGES FOR 2016!

- **LOCATION:** The Hospitality Suite will be located at the **Key Bridge Marriott**, 1401 Lee Highway, Arlington, from 6 a.m. to 4 p.m. We have a fantastic menu planned
- **MASSAGES:** There will be no massages available this year.
- **COST:** The cost for the hospitality suite is \$35 for MCRRC members, \$40 for non-members and \$10 for children ages 2-12. Children under the age of 2 are free. **Everyone entering the suite must pay.**
- **PARKING:** Parking is limited at the Marriott and will cost \$25.

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**\*\*\* NEW THIS YEAR!** For \$10 per rider, MCRRC will supply school bus transportation from the Shady Grove Metro to the Marriott, departing at 5 a.m. SHARP. **THERE WILL BE NO RETURN BUS RIDE**, so please bring a Metro fare card for your trip back to Shady Grove. Parking is not guaranteed at the Marriott, so take advantage of this convenient opportunity! **Please note that everyone who will be sitting in a seat must pay the fee.** Advanced registration only – no event day bus tickets will be sold!

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For More Details and to Register for The Hospitality Suite and/or The Bus Ride, Please Visit Our Website [www.mcrrc.org](http://www.mcrrc.org) under "News & Updates" or Contact [office@mcrrc.org](mailto:office@mcrrc.org) with Questions.

## Spotlight on: Parks Half Marathon Gold Sponsor, Frederick Foot & Ankle

by Lisa Levin Reichmann

The success of all MCRRC races depends on tireless race directors, dedicated volunteers and enthusiastic runners, but community sponsors play a particularly important role in larger races, including Pike's Peek and Parks Half Marathon. Sponsorship relationships are a win-win, providing larger races with financial support, which keeps registration rates down for runners while giving businesses and organizations dedicated to healthy lifestyles the opportunity to interact with a demographic receptive to their mission.

Often, sponsors get involved in races because leaders in the company or organization are passionate about running and have an understanding of the running community. This year's Gold sponsor for Parks Half Marathon—Frederick Foot & Ankle—is no exception. The practice, which has offices in Frederick and Urbana, is no stranger to running, with doctors and employees who are avid, dedicated runners. Two of the practice's doctors and five of the staff members will be running Parks, and to recognize the practice's support for the race, Dr. Brenna Steinberg, founding partner, will be giving the "GO" command at the start of the race. The post-race party will also be dubbed the

"Frederick Foot & Ankle Finish Line Festival" in recognition of their support.

"Participating in half marathons makes me feel like I am part of something bigger than just running a race," says employee Megan Keuhner. "Seeing everyone come together for one cause is an awesome feeling." In addition to Parks, members of the office have participated as a team in the Frederick Running Festival, as well as many other races throughout the year. Clearly, they've discovered that the office that trains and races together stays together!

Frederick Foot & Ankle has more

than 60 staff members dedicated to comprehensive foot and ankle care. They treat all conditions, including heel pain, ingrown toenails, callouses, warts and ankle sprains. They even have an in-house shoe store at both locations. Saturday hours at the Frederick office and acceptance of all insurance make the office accessible for everyone. Find more information at <http://www.mynewfeet.com/>, and be sure to give a big shout-out and "thank you" to Frederick Foot & Ankle team members out on the course and at the finish line festival!



Photo: Frederick Foot and Ankle

Frederick Foot and Ankle employees at the Frederick Running Festival.