

MCRRC Intervals

May 2018

Newsletter of the *montgomery county road runners club*

On the Horizon

May 5

Kids on the Run
Bohrer Park
Gaithersburg, MD

May 5

La Milla de Mayo
Gaithersburg, MD

May 12

Run Aware 5K
Cabin John Regional Park
Bethesda, MD

May 19

Germantown 5 Miler
Germantown, MD
www.germantown5miler.com

May 28

Memorial 4 Miler
Rockville, MD

June 16

Run for Roses (*Ladies ONLY!*)
Wheaton Regional Park
Wheaton, MD
www.mcrrcrunforroses.org

June 23

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

June 30

Little Bennett XC
Little Bennett Park
Clarksburg, MD

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

Board Meetings

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

Kemp Mill (C)hills



John Whitridge and Lisa Ievers tackle the 10K

Alex Reichmann



Photo: John Whitridge

Racing on the chilly hills



Springtime Running

by Scott Brown, Editor

My calendar tells me we are well into spring, though my need to wear gloves on my run this morning (and this hardly a week after donning a singlet for the first time this year) says otherwise. Nonetheless, I am grateful to (mostly) be past the cold of the spring, and to begin plotting summer running and fall goal races.

This issue of *Intervals* reflects this season of transition. We commemorate the achievements of the past and ponder new directions going forward. Whether it's reading the list of Club award winners and recalling major spring races, or thinking about where MCRRC is moving forward and how we might make ourselves healthier runners, there's a little something for everyone.

Kicking off this issue, Club President Mike Acuña highlights the priorities for MCRRC's new Board going forward, as previewed at the Club's annual awards banquet. Give it a read, and be sure to let Mike and the Board know how you think MCRRC can best serve you and other Club members.

In this issue, Lisa Reichmann profiles MCRRC Competitive Racing Team runner Jeff Duyn, who clocked a truly impressive performance in winning his age group at the Boston Marathon. It is well worth a read to hear Jeff's (tongue-in-cheek) secrets to his Boston success. Thanks, and kudos on your accomplishment, Jeff!

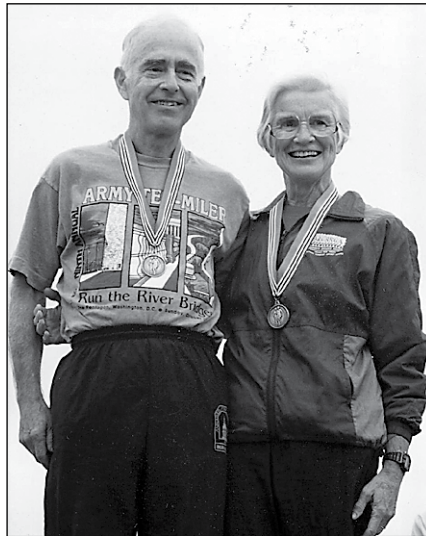
Also in this issue, Dr. Adam Spector provides us with a word of caution about the risks of self-diagnosing our running injuries and niggles, pointing out the many ways that Dr. Google is no substitute for seeing a medical professional. And be sure to heed Adam's advice to visit MCRRC's Run Performance Lab to get personalized evaluations from a range of professionals. Trust him, he's a doctor!

If you ran the Cherry Blossom Ten Miler, you may have noticed a lot of logistical changes in this year's race. In

this issue, George Tarrico gives us some of the scoop on how race organizers managed to pull off another running of one of the best races in the country, overcoming several obstacles beyond their control.

Finally, I share two follow-up items from the March issue. First, below is a photo of Bill and Kay Morrison that we received via their daughter Beth after the issue went to the printer.

Second, the caption for the photo of Gail Edwards and Jaime Recht misstated Jamie's last name in the print edition. The corrected caption can be found in the digital version on MCRRC.org.



Bill and Kay Morrison



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Have comments or questions? Or want to help?

Contact us at 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.





Happy Birthday!

by Mike Acuña

MCRRRC has entered a new age group, so once again, happy 40th not to just a great organization but to you, the contributors that have made and continue to make MCRRC the leader in running in the Mid-Atlantic.

While I'm at it, if you happened to join us at the birthday party and awards banquet in March, you witnessed both recognition of the best of the best of MCRRC and the tireless efforts of MCRRC Director of Operations Ashley Zuraf who worked endlessly to make our day at AMP. So, once again, congratulations to all of our award recipients and thank you, Ashley, for a great event. But there's yet one more, Race Director and Volunteer of the Year Mayra Fairbain who kicked off the day's celebration with another successful Piece of Cake 10K. Thank you, all!

As this Board starts a new year, I'm excited for what lies ahead. Our objectives are set to place a focus on communications, marketing, and most importantly to delivering membership value.

Marketing is key as members relocate and move on from running, so we always need to attract and nurture MCRRC's next generation of leaders.

Membership is more so important in that the point of being a part of MCRRC is delivery from the Club, whether for training programs or simple

access to information on when and where the next run or race is scheduled.

Finally, there's communications, and we've heard your (valued and precious) feedback, that this is an area that needs an upgrade.

When you look at the three key objectives set by the Board, they are of equal importance but the one pivotal tie is communications. So as I said in closing at the banquet, where you need to hear from us, we also need to hear from you. Your Board can take on many objectives, goals, and directions, but without your input it means little if our efforts don't match the needs of the membership. So don't hesitate. My email address is below.

When I was leaving I had the pleasure of running into longtime Club member, volunteer, and friend Marty Horan, who shared the following African proverb that he felt embodied the spirit of this group: "If you want to run fast, run alone. If you want to run far, run together."

I couldn't agree more. We can all run fast, but to continue to be the best MCRRC we can be, let's run far.

Together we make one MCRRC!

Cheers,
Mike

— Mike Acuña 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/>

2018 MCRRC Award Winners

Lifetime Achievement Award: Bob and Kimberly Price

Coach of the Year: Larry Feidelseit

Journalism Award: George Tarrico

Humanitarian Award: Andy Steinfeld

Race Director of the Year: Don Shulman

Volunteer of the Year: Mayra Fairbairn

Most Improved Runners: Mark Adams and Kristen Serafin

Outstanding High School Runners: Yasmine Kass, Abigail Green, Nathan Phillips, Adam Nakasaka

President's Awards: Karen Kincer, Gail Edwards, Brian Murphy, M-NCPPC

Runner of the Year: Robert Judson, Angela Cason, Jeff Duyn, Emily Pierce, Ning Rui, Kristen Serafin, Sara Wassner Flynn

Runner of the Year Recognition: Kirk Gordon, Stuart Gordon, Eric Melby, Yuji Funakoshi, John Whitridge, Jennifer Sample, Julie Sapper, Shlomo Fishman, Ashlyn Sinclair

Volunteer Service Award: Lisa Chilcote, Alex Reichmann, Eva Rodezno, Krista Zanetti

Participation Series: Mark Adams, Kevin Anderson, Walter Brown, Christina Caravoulas, Mayra Fairbairn, Yukun Fung, Eric Johnston, Bernard Kelly, Leonard Lee, Don Libes, Brian Murphy, Jennifer Murphy, Rob Palmer, Francis Parks, Catherine Poole, Dan Reichmann, Jayna Resman, Patti Rich, Donald Schuirmann, Robert Smith, Julie Trapp, John Way, Angelo Witten, Kam Yee, Tom Young, Wendy Young

Championship Series

Female (open): 1. Michelle Miller, 2. Cindy Conant, 3. Trish Stone

Male (open): 1. Nicolas Crouzier, 2. Chris Shaw, 3. Calvin Bannister

Female (1-14): 1. Anna Arnold, 2. Elina Lee, 3. Mia Arnold

Male (1-14): 1. Mark Rosas, 2. Brandon Kim, 3. Steven Aldo Rosas

Female (15-19): 1. Brenda Rosas

Male (15-19): 1. William Reyes

Female (20-24): No qualifiers

Male (20-24): No qualifiers

Female (25-29): 1. Ashlyn Sinclair, 2. Jayna Resman

Male (25-29): 1. Kevin Anderson, 2. Lokesh Meena, 3. Matthew Sushinsky

Female (30-34): No qualifiers

Male (30-34): 1. Brian Murphy, 2. Aaron Trulock, 3. Joel Wakesberg

Female (35-39): 1. Rachel Smith, 2. Ida-Lina Diak, 3. Colleen Dahlem

Male (35-39): 1. James Fogg, 2. Alexander Paplomatas, 3. Yukun Fung

Female (40-44): 1. Jennifer Sample, 2. Mical Honigfort, 3. Melanie Mollica

Male (40-44): 1. Yuji Funakoshi, 2. Jim Dahlem, 3. Robert Palmer

Female (45-49): 1. Andrea Keane-Myers, 2. Cindy Cohen, 3. Kimberly Taylor

Male (45-49): 1. Wayne Breslyn, 2. Mark Mather, 3. Eric Manco

Female (50-54): 1. Margaret Kuhn, 2. Sharlene Deskins, 3. Pattie Friedman

Male (50-54): 1. Steven Cotter, 2. Pete Wergin, 3. Hector Montesinos

Female (55-59): 1. Beverly Black, 2. Heather Chen-Mayer, 3. Clarissa Evans Brown

Male (55-59): 1. Marty Horan, 2. Ted Poulos, 3. Mark Adams

2018 MCRRC Award Winners

Female (60-64): 1. Janet Bergman, 2. Jeanne Larrison
Male (60-64): 1. Dan Lawson, 2. Bill Loomis, 3. Kirk Gordon
Female (65-69): 1. Lizzie Sadoff, 2. Wanda Walters
Male (65-69): 1. Vincent Opperman, 2. Donald Schuirmann, 3. Roy Michael
Female (70-74): 1. Judith Sitkin-Porzal, 2. Julie Trapp
Male (70-74): 1. Richard Jefferson, 2. Donald Hensel, 3. Greg Chaconas
Female (75-79): 1. Patricia Rich
Male (75-79): 1. Lou Shaprio, 2. Bill Sollers
Female (80-99): No qualifiers
Male (80-99): 1. Jack McMahan, 2. Robert Smith

Cross Country Series

Female (open): 1. Michelle Miller, 2. Jordan Creed, 3. Lisa Parsons
Male (open): 1. Nicolas Crouzier, 2. Chris Shaw, 3. James Fogg
Female (1-14): 1. Elizabeth Fogg, 2. Elina Lee
Male (1-14): 1. Ian Parsons
Female (15-19): 1. Sophie McLeod
Male (15-19): 1. Richard Reyes
Female (20-24): No qualifiers
Male (20-24): No qualifiers
Female (25-29): No qualifiers
Male (25-29): 1. Alex Booth, 2. Lokesh Meena
Female (30-34): No qualifiers
Male (30-34): 1. Terry Shin
Female (35-39): 1. Agnese Arnold
Male (35-39): 1. Yukun Fung, 2. Patrick Benko
Female (40-44): 1. Melanie Mollica, 2. Heather Sisan
Male (40-44): 1. Omar Guevara, 2. Tedd Fenn
Female (45-49): 1. Cindy Cohen
Male (45-49): 1. Art Drisko, 2. Jean-Luc Bald
Female (50-54): 1. Monika Bachmann, 2. Julie Pavlin
Male (50-54): 1. John Romano, 2. Hector Montesinos
Female (55-59): 1. Beverly Black, 2. Michele McLeod
Male (55-59): 1. Marty Horan, 2. Mark Adams
Female (60-64): 1. Jeanne Larrison
Male (60-64): 1. Ronald Black, 2. Kirk Gordon
Female (65-69): No qualifiers
Male (65-69): 1. Ken Umbarger, 2. Vincent Opperman
Female (70-74): 1. Julie Trapp
Male (70-74): 1. Greg Chaconas, 2. Walter Brown
Female (75-79): 1. Patricia Rich
Male (75-79): No qualifiers
Female (80-99): No qualifiers
Male (80-99): Robert Smith

Jeff Duyn



by Lisa Levin Reichmann

By now, we've all heard the war stories from this year's Boston Marathon, where runners from the top elites to the last corral all struggled to survive the cold, wet, windy conditions. Much of the media hype has focused on how the overall winners took advantage of the less-than-ideal conditions to surge to victory. At home, the hype was focused on Jeff Duyn, 58, a member of the MCRRC Competitive Racing Team, who took first place in his age group with an impressive finish (at any age, in any conditions) of 2:53:17. Jeff grew up in Holland, and after stints in Italy, California, and Hawaii, now lives in Garrett Park. Clearly, Jeff's secret to success is that he doesn't take himself too seriously:

When, and why, did you start running?

I started running in 2011 because I became too old and slow to satisfy my teammates and partners in soccer and tennis.

When did you join MCRRC, and how has your involvement helped you develop as a competitive runner?

I joined MCRRC around 2012 because the exorbitant race entry fees for non-members (\$10) became budget-busting. After I joined, I sometimes (when injured) volunteered in order to have access to the free bagels and peanut butter. I collected the leftover bagels to sell downtown to the homeless. The money I made I then used to bribe my way onto MCRRC's Competitive Racing Team, whose qualifying criteria were obviously well above my abilities. Being a member of the Club and Racing Team enabled me to steal the training secrets of our star masters runners, Cindy Conant and Alan Pemberton.

What is your favorite race distance and favorite race?

Being too slow for shorter distances, I pretend to most like half and full marathons. The Parks Half Marathon is my favorite race because the many trees, twists and turns allow many opportunities to take shortcuts.

You've had a lot of success at the marathon distance. What is your secret?

Two years after my first marathon in 2014 in New Jersey, I switched shoes to Skecher Heelys and achieved my PR in the downhill marathon of Steamtown in 2:45. As these shoes were too preppy and banned in Boston, my runs there in 2015, 2016, and 2018 were much slower in times of 2:50, 2:51, and 2:53.

Did you do anything different with respect to training this year for Boston?

This winter I was mostly glued to the treadmill because it was too chilly



Jeff Duyn

outside for my canine training partner, and my fellow runners in the Ken-Gar and B2B training groups didn't like my unwillingness to do work in the front of the pack.

What are your favorite running routes?

When not on the treadmill I run on the Capital Crescent and Rock Creek Park trails because I do not want to trip over the branches next to them.

Do you have any must-have running gear?

Other than Skechers, I have heard (from Adrian Spencer) that Altras are must-have running gear.

All runners need a support crew. Who's on yours?

My wonderful support team that sometimes (when not sleeping) assists me includes a Peruvian culinary expert, my spouse Milagros, who works at the Garret Park Elementary School. My canine training partner Alani never fails to wake me (too) early for a run, in case my two college-aged daughters, Suma and Chiara, fail to do that coming home from a late night out.

What, if any, changes did you make to your race strategy once it was clear that the weather would be a factor?

Seriously? I am not going to divulge all my secrets here. Well, since I already reached my goal of winning my Division, I will tell you that after watching the weather forecast I put on an extra jacket! Then I counted on my competitors not to do that and freeze up in the second half of the race. Which they did! Can you believe it?

What one or two memories stand out in your mind from this year's Boston experience?

What stands out from the experience, apart from it being chilly, is that Boston has many more runners and spectators than MCRRC races. The runners are cooler because they have to qualify (they need a BQ = Be Qool), and the spectators are so enthusiastic with lots of screaming college kids!

What are your plans for the rest of 2018? Will you return to run Boston in 2019?

I am still licking my wounds but will try my Skechers again in Steamtown later this year. Of course I will go back to Boston; being properly raised in Holland, I do not want to waste the free ticket they gave me this year!

— 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.

Doctor's Soapbox

by Adam Spector

The smartphone has not only irreparably altered our social interactions, but also how we view and access healthcare. Dr. Google is instantly available to anyone at any time to diagnose and offer treatment advice for every ache and pain. Our frenetic schedules, along with high patient co-pays and astronomical insurance deductibles, encourage many to seek cheaper self-help options via the internet. Although the internet can be a valuable resource, it is important to understand what you can treat yourself and what requires a visit to your doctor.

A doctor who regularly sees athletes has the experience and firsthand knowledge to diagnose injuries more accurately, ensure speedy healing and, most importantly, prevent recurrence. They are more likely, for example, to treat a non-fractured ankle with a brace and physical therapy referral rather than to immobilize it in a cast with crutches. A resourceful sports medicine doctor will not order you to stop running when modifications such as lowering miles or adding cross training will suffice.

These doctors can prescribe an array of diagnostic tests, such as x-rays, ultrasounds, MRI's, and bloodwork to discover underlying problems. Pain and swelling in the lower leg can be tendonitis caused by overuse, poor biomechanics, or ill-fitting shoes. It can also be caused by cholesterol-lowering meds, homeopathic compounds, peripheral venous insufficiency, tendon tears, or blood clots. An undetected blood clot or deep vein thrombosis (DVT) in the leg can migrate into the lungs and brain and be fatal if left

untreated. Runners are susceptible to DVT's post-race due to dehydration, trauma to the legs, and inactivity (driving or flying after a race). Rather than spending time reading WebMD, runners with leg pain and swelling need prompt medical intervention with a venogram or doppler to quickly identify it and begin lifesaving prescription blood thinners.

Forefoot pain may be from a local nerve irritation or neuroma, but it may also be tendonitis, or a metatarsal stress fracture that can be picked up by x-ray. Many runners are



Photo: Adam Spector

Adam Spector

more susceptible to stress fractures due to suboptimal nutrition that can be seen in bloodwork or underlying osteopenia or osteoporosis, which is diagnosed with a dexascan test. Female distance runners are more at risk after age 35, especially if they overtrain and do not rest sufficiently between races. Nerve pain in the foot may also resemble neuropathy and an early sign of diabetes.

Everyone assumes that heel pain is due to plantar fasciitis; however, the

pain could be due to nerve irritation, or possibly a stress fracture or bone cyst that can be seen on an x-ray, MRI, or bone scan. Often it is the adjacent posterior tibial tendon that is the culprit and requires a different treatment approach. Arthritic diseases such as gout commonly cause heel pain as well.

Lower extremity injuries are often improved with more supportive, properly fitting shoes. Purchasing shoes online is tempting but does not compare to an in-store evaluation by a shoe specialist. Internet diagrams and videos demonstrating stretching and strengthening cannot replace the individual assessment and guidance of a physical therapist. A massage therapist is so important in recovery and performance. Additionally, a certified running coach who can calculate cadence, video a runner to provide feedback, and develop a personalized running program is crucial to improve performance with less risk of injury. For over 17 years, the MCRRC Run Performance Lab has been providing a monthly screening of runners and walkers by podiatric physicians, physical therapists, massage therapists, shoe experts, and running coaches.

As Einstein once famously noted, "information is not knowledge!"

Use your computer or smartphone to make an appointment at runperformancelab@mcrrc.org for one of the Run Performance Lab Saturday morning or Monday evening dates. Then turn your smartphone off (the web says they may cause cancer anyway), look your friends in the eye and engage in live communication. You will feel better, guaranteed.

Cherry Blossom 2018

by George Tarrico

Producing an event called “The Runner’s Rite of Spring” carries a pretty hefty responsibility on the shoulders of the organizers. This year, the organizers of the Credit Union Cherry Blossom 10 Miler had some major challenges thrust upon them that were largely beyond their control and prompted appeals for a bit of patience on the part of the runners.

Some things were the same as in the past; the start and finish were on 15th Street in the shadow of the Washington Monument and, of course, those magnificent cherry blossoms, which were the best ever, in full bloom.

But, there were many changes. The course was different. The Memorial Bridge segment was eliminated from both the Ten Miler and the 5K race. This was due to a major, long-term bridge repair project that had been planned for years but was dropped on us just a few weeks before the race. We had to redo both races to compensate for this one-mile loss. The 5K start/finish had to be adjusted. Fortunately, the event director, Phil Stewart, had foreseen this change so he reached into his bag of tricks and pulled out the revised courses. It seemed effortless, but it wasn’t.

The big difference this year was a long-planned Washington Monument Grounds re-turfing project that rendered the central portion of the WMG unusable. That meant separating the Ten Miler support facilities; packet pickup, porta-potties, and post-race food, and entertainment from the start/

finish, now a quarter-mile walk in the dark along narrow paths complicated by the closure of two of the usual access routes due to ongoing construction projects. Late arrivers faced a sea of early arrivers trying to get to their corrals before the race. Most succeeded in getting there.

We had asked that everyone should arrive early. That wasn’t entirely possible because Metro had raised their rates to the point where we could no longer afford to pay for early Metro service. That meant difficult parking and long, cold walks to the race site. At least the sun was shining, when it rose.

The single greatest thing that brought us success was our loyal, hardworking volunteer force. Nothing would have been possible if it had not been for them. We love you and need you. Please come back next year.

Some of the problems will return next year. Some will go away if we are able to return to our former race site. Some will never return.

In short, there were a lot of challenges, but we hope we brought you the same high quality race you have grown to expect.

Just like the coming of spring, we’ll be back next year.

— *George Tarrico is MCRRC’s Club Race Series Co-ordinator. You can find him at most MCRRC races doing just about everything!*