

MCRRC Intervals

September 2018

Newsletter of the *montgomery county road runners club*

On the Horizon

September 9

Parks Half Marathon

Rockville, MD

www.parkshalfmarathon.com

September 15

Lake Needwood XC

Derwood, MD

September 23

Cabin John Kids Run

Bethesda, MD

September 29

Black Hill 10K

Boys, MD

October 21

Cross Country on the Farm

Derwood, MD

November 4

Rockville 10K/5K

King Farm, Rockville, MD

<https://www.rockville10k5k.com/>

November 11

Candy Cane City 5K

Chevy Chase, MD

November 17

Stone Mill 50 Miler

Montgomery Village, MD

<https://www.stone-mill-50-mile.org/>

Run Under the Lights

Gaithersburg, MD

November 24

Turkey Burnoff

Gaithersburg, 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.

Going Green Track Meet



Waiting in a rainstorm to start

Photo: Alex Reichmann



Kevin Anderson is undeterred by the rain.

Photo: Alex Reichmann

from the editor



Running into Fall

by Scott Brown, Editor

Though I am sad to see the summer draw to a close, I am excited that the fall racing season is nearly upon us. I've been putting in lots of quality training with MCRRC's Experienced Marathon Program (like this morning's 21-miler that crossed into D.C., Virginia, and back), which always makes long runs in the heat and humidity a bit more bearable.

I'm eager to see how the past few months of training will translate on race day, and I'm especially looking forward getting a good tune-up race by running the Parks Half Marathon. Though I've been a prerace volunteer in the past, improbably, this year will be my first time running Parks. For years, I've heard nothing but raves from other runners about what a great race it is, so it feels like I'm getting a long-overdue rite of passage.

This issue of *Intervals* is full of great tips and articles to help inspire you and get you ready for your next race or run.

Club President Mike Acuña presents a positive update on MCRRC's budget for the current year, along with some insight into

all the ways the Club revenue helps make a difference not just for MCRRC members, but also for our community in Montgomery County.

In *Coaches' Corner*, longtime XMP Director Harold Rosen provides an overview of the physiological reasons for all the different paces we run in training for the marathon and other races. If you've ever wondered just why we're running those 800-meter repeats so fast or why the long runs seem like they're slow, Harold has the answers.

For this month's *Runner Profile*, Lisa Reichmann talks to Wendy Gillick, who with MCRRC's 5K, caught the running bug, and now is training to run her first 50-miler. Way to go, Wendy!

Finally, Lisa previews one of the exciting additions to this year's Parks Half Marathon, a relay option that includes plenty of special swag for relay runners, made possible by our fabulous sponsor, Adventist HealthCare. Whether you're running the relay or 13.1, volunteering or spectating, I hope to see you there on September 9!



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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.





Mid-Year Review

by Mike Acuña

Believe it or not, as I write this we've just crested the midpoint of 2018 and I'm very happy to share that our performance through the first half of the year has been positive. Where we closed 2017 with strong financial reserves but an operational budget gap and plans in place to close that gap, we are now well ahead of financial schedule and, barring unforeseen expense allocations in the second half of the year, the Club will end the year on a positive financial note both operationally and in reserves. By no means is it an accident, but rather a product of the efforts of our race directors, program directors, volunteers, and MCRRC staff.

Club financial projections may not be the most exciting news, but it they are important because sound finances are key for MCRRC to deliver membership benefits, such as no fee low-key races, permits for track use, a lot of bananas, first aid/CPR training, free and/or subsidized Club events, and a clubhouse housing \$1 million in running/race equipment, not to mention two Club vehicles. Externally, we support our community in the form of both support and monetary contributions. Each year, MCRRC donates to M-NCPPC, County Recreation, MCPS, Manna Food, and several other organizations that not only contribute to Montgomery County but also help the running community. MCRRC returns this support in the form of managing the Rockville Youth Track and Cross Country Series and, beginning this fall, we're offering timing support to the MCPS Cross

Country Championship. Our large races (i.e., Pikes Peek, Parks Half Marathon, Stone Mill, Suds & Soles, Germantown 5 Miler, and Greenway) also contribute to non-profit sponsors that help make these events happen.

Additional budget details can be found at www.mcrrc.org if you want to see more, but more importantly (and due to the publication schedule of Intervals it's often a challenge to recognize individuals within these pages in a timely manner), I'd like to call out Karen Kincer who served as race director of two large MCRRC events. In April, she helped Pikes Peek attract increased participation on a new course, then followed up in June with a record number of runners at the Suds and Soles 5K. Furthering Karen's contributions, success in MCRRC's marquee races has a direct impact on new membership, an area where we're

seeing growth over the past quarter. Membership growth is critical to MCRRC not only financially, but also for cultivating MCRRC's next generation of program directors, race directors, board members, and volunteers of all stripes (i.e., the people who make things happen).

As a final note, the Board is looking through the current slate of weekday drop-in runs and working to align them to current demographic needs within the County. That said, please reach out to us if you have a run or wish to lead a weekly drop-in run.

Tomorrow's MCRRC depends on today's growth and volunteers, and we are optimistic about both.

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

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Instagram account - @MCRRC

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/>

Training for the Marathon: Training Pace

by Harold Rosen

Training for the marathon using a variety of training paces not only makes for more enjoyable training, but it also serves very important physiological purposes. The basic training phases are base building, endurance building, sharpening and speed. Most marathon runners and training programs, except maybe true first-timers, train a variety of physiological “systems” that progress through these training phases.

The “systems” include the fuel burn system, the lactate system and our oxygen delivery system. Training the fuel burn system stretches the use of most “efficient” fuels first. Less efficient fuels require greater oxygen intake to provide complete fuel benefit. The more oxygen required, the more likely to move from aerobic to anaerobic metabolism, resulting in even less energy release as we run.

We also train our lactate “system” to reduce lactate production and to increase lactate removal so that we can stretch both the run distance and the run pace before surpassing our “lactate threshold.” That threshold is where lactate production and removal are in equilibrium, with the body removing as much lactate byproduct of fuel burn as the body is producing.

To complement the fuel burn and lactate systems, we also train our oxygen system to increase oxygen delivered to the muscles and at the same time to economically maximize oxygen usage. Oxygen is critical to fuel burn and thus to muscle power production.

Think of these physiological

“systems” in terms of your fireplace. For an efficient fire, we want to use the best burning wood (efficient fuel, i.e. glycogen); we want to limit the ash (lactate accumulation) that can restrict and squelch the fire burn; and we want good oxygen delivery to keep the fire roaring, just as we want the oxygen delivered to our muscles to max out our fuel burn metabolism while running.



Photo: Terri Scafron

Now, how do we do all that to maximize marathon training? In XMP, we train by running a variety of paces for varying distances. Normally, the slower the pace, the longer the distance; conversely; the faster the pace, the shorter the distance. As to distances, we do our long runs at distances starting at 14 miles and topping out at 22 miles. These long runs are run fully aerobically at “long slow distance pace.” In XMP, this invariably raises the question from some about “how will I ever run a faster marathon training at such a slow

pace?” One answer is that we get our speed from other training runs. The better answer is that we also get speed in the form of an overall faster marathon time by training our fuel burn system to extend our running distance without a dropoff in pace; the less dropoff, the faster the marathon.

Aside from these long slow-paced runs, we run five other faster training paces during our weekday runs. We run an “easy” pace that we hold to no more than 15 seconds per mile faster than the LSD pace, but still “easy.” The use of this slightly faster pace is at the discretion of each runner on specific runs. Next up in pace speed is our marathon pace training. This is not a predictive pace for the actual marathon but is a training pace intended as a “stepping stone” pace. Ideally, our runners will outrun this pace in their actual marathons once they are trained and primed.

The next pace for XMP is what we call “lactate threshold” training pace. Some training programs base this on a half-marathon race pace. In XMP, we base it on a 10-mile race pace. “Lactate threshold” pace suggests that this pace is the sole training for the lactate threshold system, but more on that later. We also train at 10K race pace and 5K race pace (sometimes called VO2 max pace). Elite marathoners often use a 3K race pace as their fastest training pace. These paces are only run on the track and the maximum distance for our 5K pace runs is 800 meters (with repeats). This works best for marathon training. More of these faster-paced runs done at somewhat longer distances, such as in the Club’s Speed Development

Program, work great for training for racing shorter distances.

How many times do we hear “every training run has its own purpose?” We tend to think of a particular training run by the three physiological systems addressed above. The only problem with that is that each “system” we train operates on every run. But we do focus on training certain systems by certain run paces and distances. A major focus of XMP is lactate system training.

Why focus on the lactate system? As we run faster, the body produces more lactate. The accumulation of lactate slows performance. This is a top physiological factor in long distance running success. The goal of lactate threshold training then is to train the body to run faster and over a longer distance before the threshold kicks in. Ideally, we could all run our marathons full distance at or slightly under our lactate threshold.

At the same time, we need oxygen delivery for maximal fuel burn. In the “older” days, the focus was more on oxygen system training. It was believed that the oxygen system, specifically VO₂ max (which measures oxygen delivery from heart to muscle, with the “2” being the measure of the oxygen actually used by the muscles for fuel burn) was the best physiological determiner of running performance. Later, it was realized that while VO₂ max may be high with an athlete, lactate threshold was a true limiter. Actually, the two go hand in hand. Today, science confirms that the limit to running performance is correctly measured by oxygen consumption at lactate

threshold (so-called LTVO₂). In other words, both the oxygen system and the lactate system control performance. It’s simple—our running deteriorates with insufficient oxygen delivery and use, and it also deteriorates as we pass our lactate threshold.

Three of the XMP training paces are geared most directly to lactate threshold training. These include marathon pace running, lactate threshold pace training and “10K” pace training. The 5K pace is directed more at the oxygen delivery system. This variety of paces gives our runners what Coach Greg McMillan calls “full spectrum lactate threshold training.” It includes “low end” lactate training which falls just around and slightly below marathon pace training runs; “middle zone” training, which Coach McMillan would run at roughly half-marathon race pace (in XMP, we run it a slight bit faster); and “high end” lactate training at roughly 10K race pace.

To bolster this training, in XMP, we include a third focused “quality” run in the weekly schedule in addition to the weekend long runs and weeknight speed/track runs. Following a recovery day after track workouts, we add a marathon pace running day to the training schedule. In this sense, XMP approaches a Hansons philosophy of three “hard” runs a week. This extends our lactate threshold training. However, unlike Hansons, we take our mileage on the long runs up to 20-22 miles. As a Club program open to anyone with marathoning experience, slow or fast, we believe the longer long run philosophy works well for getting

the runners better prepared for the 26.2-mile distance as long as the slow pace runs remain “slow” and aerobic (although we also provide for a closing mile or two at faster pace at the end of the long distance runs for the faster and more experienced marathoners to further train for the fatigue of the 26.2-mile distance). This conditions the runners mentally to tolerate sustained periods of running at a constant pace and simulates during training the fatigue that occurs in the marathon as muscle carbohydrates deplete.

These training philosophies have worked well for XMP. XMP produces close to 40 personal bests and 50 Boston qualifiers per season, not a record to be ignored. I have not mentioned how we deal with heat and humidity and sunshine, things we have to cope with as a summer training program, but that too gets factored into our various training paces—perhaps a subject for another day.



Wendy Gillick



by Lisa Levin Reichmann

Wendy Gillick joined MCRRC in 2013 when she signed up for the 5K Program that fall. A former field hockey player who had no interest in running off the hockey field, Wendy signed up for the 5K training only to keep a friend company. Over the past five years, Wendy has progressed through the 5K, Speed Development, Summer Half, Winter Half, and First Time Marathon (FTM) programs, and now has her sights set on the 50-mile distance. A transplant from Bristol, England, Wendy, 49, is a first-grade teacher and lives in Silver Spring with her husband, two kids, three cats and new (hopefully soon-to-be running buddy) rescue dog.

How did the 5K program influence your running trajectory?

When I started that first Fall 5K program, I was teaching with a marathon runner and the one tip she gave me that stuck the most was to stop while you're still having fun so you want to go back out again. The 5K program did that: Keith Evans was an incredible coach and mentor, and really taught me to run. I left each session feeling successful, so I wanted to go back again.

What do you remember most about your first race?

My first race was the inaugural Race for Every Child at Freedom Plaza. I was all alone, had no idea what I was doing, and didn't even own a watch so I took off with the crowd. I passed the first mile clock at something crazy like 9:10 and

thought I should slow down but didn't know how to pace myself yet! I remember thinking in the third mile, "I can't do this," then I thought of the children in the hospital and reminded myself that they can't give up, so I couldn't either. I finished and it was the most exhilarating thing I'd ever done. I believe it's still my 5K PR, too!



Photo: Wendy Gillick

Wendy Gillick (left) with friend Ruby Chang

How have the MCRRC training programs helped you continue to progress in your running accomplishments?

Without a doubt, I would not be doing what I am now without MCRRC. The training programs are well planned to get you to your goal distance. More than that, though, is the camaraderie. I am still running now with people I met at the beginning of my running career in

my first FTM 10:40 pace group. They are my glue. The camaraderie I found is truly what has kept me running. Those days when it's freezing, boiling, rainy or humid—it's my running family that makes me get out of bed and go.

What was your motivation to continue increasing your training and race distance?

Why not? Ruby Chang, a friend and fellow Club member, suggested we run a marathon before we got any older. I agreed, so here we are, three seasons of FTM later and marathon number six right around the corner. My children would laugh at me and tease me for doubling my distance each time. They are convinced I'll follow in Keith Evans' footsteps and run a 100-miler one day, but I think I'll leave that to Keith.

How do you balance training for longer races with other commitments?

That's tough. There are days I hate my alarm clock as it goes off at 4:30 a.m., but my friends are waiting, so up I get. I am lucky having come to running late because my children are older, but the guilt is still there. When I was training for the JFK 50-Miler, I'd hardly see my family but they know I love what I'm doing and are so supportive.

When did you make the decision to tackle the ultra distance?

That is the fault of Andy (Steinfeld) and Rachel Dinkin and Josh Dinerman! They put the bug in my

ear, and the next thing you know I'm signing up for the JFK 50-Miler. To have someone believe in you and feel that you are the type of runner to tackle an ultra-distance race is remarkable. I am not fast, but I'm a little Energizer bunny: I just keep going, so the ultra distance seemed suited for me.

What have you learned along the way to training for a 50-miler?

Unfortunately, I got hurt during training for that first 50-miler. I ignored the pain for a while, but then had to pull up halfway through the Marine Corps Marathon because of my IT band. I felt so strong, so fit, and had so much stamina from training but my body said no. I learned that you have to listen to your body, and to your friends when they notice that your stride is off. I turn 50 at the end of this year, so I figure I have all of next year to accomplish my 50-miler goal!

What are your favorite training routes?

I am very lucky to live right off the Rock Creek Trail, so that's my go-to route. I used to love running from my house to Bethesda, but can't do that now because the Georgetown Branch Trail is closed for construction of the Purple Line. I enjoy point-to-point or loop courses; I'm not the biggest fan of the out-and-back.

Do you have a go-to pre- or post-race meal?

I'm a "no meat athlete," so I follow a vegan diet. I eat pasta and sauce for a couple of days before a big run, and I love a can of Diet Coke when I'm done. I can thank the Wineglass Marathon for that as that's what

they had at the finish line!

Are there any races you haven't yet done that are on your bucket list?

Absolutely: London, Chicago and Detroit.

Why is volunteering an important part of your participation in MCRRC?

I love to volunteer as often as I can. I really like packet pickup because I enjoy interacting with the runners and cheering them on even before they get to the start line. I also like to be on course as a marshal and handing out water. I remember helping at the Parks Half Marathon during my first 5K training program and being so inspired as I handed out water to the runners. I decided right then that I was going to run that race one day. I still think Parks is one of, if not THE, best half-marathon in the area.

By far my most humbling volunteer experience is coaching runners. I have coached the Running Beyond Cancer Program and I'm also coaching FTM for the first time this year. I recall how much fun my first season of FTM was and try to inject that into my coaching. You're out there a long time, so it has to be fun. We sing, tell jokes, mix up the runners so everyone gets to run in the front, middle and back, but most of all I try to get to know the folks I'm running with. I coach with three other fabulous coaches and we have definitely become a tight team with our runners and we frequently finish our runs as a unit. It's highly rewarding.

What do you like doing when you aren't running?

I'm a huge animal lover, so I

volunteer at an animal sanctuary in Poolesville where I get to take care of rescued farm animals. They are amazing creatures who taught me that with love and patience, you can overcome anything.

What advice do you have for runners thinking about taking that next leap to a new, bigger goal?

Do it with friends. I am a social runner and without my 10:40 (FTM pace group) family, I would never have reached my goals. They encourage me, push me, and tell me when I'm being ridiculous!

— 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.



Parks Half Marathon Wants You!

By Lisa Levin Reichmann

Want to run the Parks Half Marathon on Sept. 9 but aren't quite ready to cover 13.1 miles, or think it would be fun to run the race with a friend or family member? This is your year! The Parks Half Marathon has become one of the area's preeminent half-marathons, winning a host of accolades for the beautiful course, popular long-sleeved shirts, and post-race festivities. In the past, taking part in Parks has required runners to cover 13.1 miles, but new this year is the Parks Relay option.

Thanks to our Relay sponsor, Adventist HealthCare, each relay runner will receive a race shirt, finisher's premium, and special medal for relay finishers. Adventist HealthCare has enthusiastically supported Parks as a sponsor over the past several years, and this year stepped up to help Race Director Don Shulman make the relay option a reality. Tina Sheesley, Director of Public Relations & Marketing for Adventist HealthCare, explains, "We see the relay as a metaphor for Adventist HealthCare's relationship with the people of our region. We truly partner with our patients. You'll find this throughout our system, from our primary care offices, where doctors are coaching patients daily on wellness, to facilities like Adventist Rehabilitation, where therapists help injured patients reach miraculous goals. At our acute-care hospitals, Shady Grove Medical Center and Washington Adventist Hospital, doctors and nurses are racing to save heart attack and stroke patients. Caregivers are right beside new moms and cancer patients, giving them crucial support. Our whole network is focused on compassionate healthcare close to home, and we're committed to keeping pace with the needs of our community. Our involvement in Parks is symbolic of this commitment, and we are delighted to once again be a part of this great race."

"Adventist HealthCare's mission since 1907 has been whole-person wellness," said Terry Forde, Adventist HealthCare CEO and President. "Sponsoring the relay, which combines social wellbeing with the physical challenge of a half-marathon, is truly fitting for our organization."

Relay legs are 6 and 7.1 miles, with the relay transition point at the intersection of Baltimore Road and the Rock Creek Hiker Biker Trail, which makes up the majority of the Parks Half course. Instructions for relay partners are listed on the Parks website and will be sent to all relay participants after Sept. 1. First leg runners will be transported by bus to just before the finish line so that both runners can cross the finish line together. Second leg participants will be transported to the exchange point, promptly leaving the start point at 6:45 a.m.

Grab a partner and come join us for the 13th year of running a cumulative 13.1 miles through our area's scenic parks system!



Photo: Don Shulman

Finishers medals for this year's Parks Half Marathon and Relay.