

MCRRC Intervals

January 2019

Newsletter of the *montgomery county road runners club*

On the Horizon

January 1

New Year's Day 5K
Manna Food Center
Gaithersburg, MD

January 27

Country Road Run 5M
Olney Swim Center
Olney, MD

February 17

Kemp Mill C(hill) 5K/ 10K
Silver Spring, MD

March 2

Seneca Creek Greenway Trail
Marathon & 50K
Greenway Trail
www.senecacreekgreenwayrace.com

March 24

Piece of Cake 5K/10K
Seneca Creek State Park
Gaithersburg, MD

March 24

MCRRC Annual Meeting & Awards
Banquet
(following Piece of Cake)
AMP by Strathmore, Rockville, MD

March 30

Spin in the Woods XC
Silver Spring, MD

April 28

Pike's Peek 10K
Rockville, MD
www.pikespeek10k.org

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.

Parks Half Marathon

Runners slogged through plenty of mud.



Photo: Ken Trombatore



Photo: Ken Trombatore

Fantastic volunteers make for a great event.



New Year, New Opportunities

by Scott Brown, Editor

With another year upon us, it's a good time to think about new ways to help us grow as people and runners. For example, I'm hoping to brush up on a foreign language and am thinking long and hard about taking up triathlon. (Because running shoes and marathon entry fees don't consume enough of my income?)

If you're looking for a new challenge of your own, this issue of *Intervals* has plenty of inspiration, from MCRRC's race calendar to opportunities to mix up your participation in the Club.

First, MCRRC President Mike Acuña highlights some of the new offerings the Club has planned for 2019, including the return of a couple of classic events. I, for one, think nothing could be finer than reviving the tradition of beer and ice cream at the end of the Comus 5K.

In Coaches Corner, Winter Trails co-director Bruce Flanagan provides an overview of the difference between road and trail running and the mutual benefits they offer. I can attest that Bruce's

advice to alternate between running trails in the winter and roads in the summer is a great way to get the variety needed to be a stronger, mentally refreshed runner.

Next, Lisa Flanagan profiles Club member Wendy Young, who you probably know from coaching any number of MCRRC's training programs, organizing the Club's Hospital-ity Suite at the Marine Corps Marathon, or volunteering at any number of low-key races. Be sure to check out the interview for plenty of ideas for new ways you can get involved!

Finally, Dan DiFonzo features Karen Kincer, former MCRRC President and director of two of the Club's most popular races, Pike's Peek and Suds 'n' Soles. If you've ever wondered what it takes to pull off such large events, or have toyed with the idea of being a race director yourself, Karen shares her secrets for how to make it happen.

Happy running!



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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.





New Year, New Opportunities

by Mike Acuña

On behalf of the Board, I hope everyone enjoyed a safe, happy, and plentiful holiday season full of great memories and promises for the New Year.

As I write this, the Board is putting the finishing touches on the 2019 budget that will have been presented at the Club's annual business meeting after the Jingle Bell Jog at the Rockville Senior Center. Likewise, I'm happy to share that just as we're ending 2018 strong and positive, we're entering 2019 with promise and opportunity to further deliver on membership value and focus on being the best MCRRC can be.

Looking back on 2018, I would say that this has been a year full of enthusiasm and volunteerism where we saw new faces step into leadership roles as race and program directors, coaches, committee captains, and other key roles across the Club. It's with that enthusiasm that I look forward to a new year with the promise of opportunities to meet the next wave of MCRRC's leaders. On this note, I want to thank Katie Poole for jumping in to direct this year's Candy Cane City 5K just a few days before the race, and to introduce Jill Jacobs, Monika Bachmann, and Adrian Spencer, who will be new race directors in 2019. In that spirit,

while I look through the race calendar to plan my own training schedule, I'm also looking to see where I'll be volunteering in 2019. I hope you'll do the same and consider taking a leap into a Club leadership role.

Speaking of the 2019 race calendar, I'm excited to point out the return of two MCRRC vintage events, the Capital Crescent 5K and the Comus 5K. These events are returning to their traditional stomping grounds of Bethesda and Comus, parts of the county that are currently underserved by races and group runs. I hope you'll plan to participate in both, whether running or volunteering.

As my term as your Club President begins to close, I plan to continue to focus on areas that provide a fiduciary benefit to the Club and more importantly deliver value to you as a Club member. But most of all, to quote my predecessor, I want to "promote a spirit to serve". As I've said before, we have a diverse and talented membership and it's with this core value that 2019 will be a great year for MCRRC.

Happy New Year!

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

Winter Half Marathon Program

Registration for the Winter Half Marathon Program is currently open! This year the program targets the B&A Half Marathon in Severna Park on March 31 as the goal race. Group long runs are on Sunday mornings and there's a weekly track workout on Wednesday evenings.

Whether you're a 5K or 10K runner looking for that next challenge, or a seasoned half-marathoner or marathoner looking to improve your half-marathon time, the Winter Half Marathon Program is for you! There's a place for every pace, so come out and join the fun! Runners should be able to run seven miles without stopping before the first training run on January 6. (Informal build-up runs are occurring on Sundays now until the program starts.)

If you're undecided or just not sure if the program is right for you, come out to meet our RRCA-certified coaches and run a few miles! You'll be glad you did!

For more information, visit the "Training" section of mcrcc.org.

Roads vs. Trails

by Bruce Flanagan

What's the difference in running roads vs running trails?

First off, running is running. No matter where you are running, you are way ahead of the pack any time you pull on those running shoes and go for a run, regardless of the surface. So kudos to you! You are a runner!

Trail running can be very different from road running. Unlike asphalt or concrete, which are consistent, even surfaces that you don't need to pay a lot of attention to, the trail is always changing, and the trail runner is always looking down at the trail ahead, watching for the next obstacle. Uneven surfaces and constantly changing terrain with roots, rocks and logs to jump all add up to a far better core workout on your run than you would typically achieve on a road run. I often have new trail runners tell me that their abdominal muscles are sore after their first long trail run. Sore ankles are also common for runners who are not used to the uneven terrain, until their supporting musculature catches up to their speed!

But trail and ultrarunners have a few dirty little secrets. Most trail marathons and 50Ks do not beat up your body as much as a marathon! Most folks assume that it's because you are running on dirt and it's easier on your joints. This is part of it, but the real reason goes back to the constant variation in the terrain. In a road marathon you lock into your pace and your gait, and you stay with it, pounding away on the same muscle groups until they finally scream back at you, in the form of cramps. Every marathoner has been there at one time or another. But on the trails, with the variation in the terrain, you are constantly engaging different muscles and varying your gait, so the muscles don't fatigue as quickly.

Also, most runners are not as fast on the trails as they would be on the roads, so the cardiovascular intensity is lower and, again, you can go a lot longer than you could when running roads.

This leads to the next big difference: fueling.

Because of the intensity of the faster paces of a road race, most road runners are limited to fueling with liquids or gels. Aid stations rarely offer anything other than water or Gatorade. In an ultramarathon when you are going to be on your feet for as much as 13 hours for a 50 miler or 36 hours for a 100 miler, runners need a whole different fueling strategy, which often includes solid food. Aid stations in ultramarathons often offer potato chips, boiled potatoes dipped in salt, soda, fruit, sandwiches, or soups and ramen noodles in cold weather! Solid food can be tolerated and digested due to the lower intensity of the longer races. Ultrarunners can even be found enjoying an adult beverage in the middle of a long trail race!

In any race, whether it's a marathon or a longer race like a 50 or 100 miler, when your body runs out of fuel, it will simply shut down. In a trail race, when you might be miles from the nearest road or aid station, that could be very dangerous, so trail runners are careful to carry enough fuel with them to get to the next aid station.

Trail running and road running, while very different, are not mutually exclusive! In fact, they are highly complementary! After a long hot summer season on the roads, a season of slowing down and building your core and leg strength on the trails can help runners come back to the roads stronger, with fresh legs for the start of the spring season.

On the other side of the coin, it's hard for trail runners to get in the speedwork necessary to increase your V02 max, so trail runners benefit greatly from working in some track workouts and tempo runs on roads. When training for a 100 miler a few years ago, MCRRC runners regularly did long runs with the XMP program on Saturdays and long slow recovery runs on trails on Sundays and crushed their races by combining the

best of both worlds!

The biggest difference between road running and trail running is going places that you can't reach by car. Spots on the trail that would take hours to hike to are a playground for trail runners! The scenery you run through on the trails with streams, meadows, forests and waterfalls, or spectacular mountains, is hard to equal on the roads. We are extremely lucky in Montgomery County to have some amazing scenic trails, where you can run and see wildlife like bald eagles, fox, and beavers, all within a short drive of our nation's capital. Trail running gets you off that beaten asphalt path and out to have an adventure in the woods!

— Coach Bruce has been an MCRRC member since 2007 and has helped coach the 8K program, XMP, and has been the co-director of the Winter Trail Running program since the 2015-16 season.



Bruce Flanagan

2019 MCRRC Race Schedule

New Year's Day 5K	1/1/2019	Gaithersburg, MD
Country Road Run (CS)	1/27/2019	Olney, MD
Kemp Mill C(hill) 5K/10K	2/17/2019	Silver Spring, MD
Seneca Creek Trail Marathon & 50K (\$)	3/2/2019	Gaithersburg, MD
Piece of Cake 5K/10K (CS)	3/24/2019	Gaithersburg, MD
Spin in the Woods (XC)	3/30/2019	Silver Spring, MD
Capital for a Day 5K (CS)	4/13/2019	Olney, MD
Pike's Peek 10K (\$)	4/28/2019	Rockville, MD
La Milla de Mayo (\$)	5/4/2019	Gaithersburg, MD
Kids on the Run (\$)	5/11/2019	Gaithersburg, MD
Run Aware (XC)	5/12/2019	Bethesda, MD
Germantown 5 Miler (\$)	5/18/2019	Germantown, MD
Memorial Day 4 Miler (CS)	5/27/2019	Rockville, MD
Run for Roses (\$)	6/15/2019	Silver Spring, MD
Comus 5K	6/9/2019	Comus, MD
Suds & Soles (\$)	6/22/2019	Rockville, MD
Little Bennett (XC)	6/29/2019	Clarksburg, MD
Capital Crescent 5K ** NEW	7/6/2019	Bethesda, MD
Midsummer Night's Mile (CS)	7/12/2019	Gaithersburg, MD
Matthew Henson 5K (CS)	7/20/2019	Silver Spring, MD
Riley's Rumble (CS)	7/28/2019	Germantown, MD
Going Green Track Meet (CS)	8/2/2019	Gaithersburg, MD
Groovin' Woodstock (XC)	8/11/2019	Dickerson, MD
Eastern County 8K (CS)	8/17/2019	Silver Spring, MD
Parks Half Marathon (\$)	9/8/2019	Rockville, MD
Lake Needwood (XC)	9/14/2019	Derwood, MD
Cabin John Kids Run	9/22/2019	Bethesda, MD
Black Hill 10K (XC)	10/5/2019	Germantown, MD
Cross Country on the Farm (XC)	10/20/2019	Derwood, MD
Rockville 10K/5K (\$)	11/3/2019	Rockville, MD
Stone Mill 50 Mile (\$)	11/9/2019	Montgomery Village, MD
Candy Cane City 5K	11/10/2019	Chevy Chase, MD
Run Under the Lights (\$)	11/23/2019	Gaithersburg, MD
Turkey Burnoff (CS)	11/30/2019	Gaithersburg, MD
Jingle Bell Jog (CS)	12/8/2019	Rockville, MD
Seneca Slopes (XC)	12/15/2019	Gaithersburg, MD

Please visit www.mcrrc.org for complete details on our races!

Wendy Young



by Lisa Levin Reichmann

If you've participated in any Club races or training programs, or taken advantage of the MCRRC Hospitality Suite at the Marine Corps Marathon, chances are you've met Wendy Young. Wendy's volunteer commitment to the Club is as prolific as her participation in Club races, and includes coaching positions with FTM, Winter Trails, and Speed Development, as well as race director for the Memorial 4-Mile race and coordinator for the Marine Corps Marathon Hospitality Suite. Wendy's dedication to the Club was recognized with an Outstanding Participation Award in 2017 and the President's Award in 2016, and her involvement in the running community extends beyond MCRRC. Since 2014, she has run more than 15 races with Athletes Serving Athletes (ASA), ranging from 5Ks to half-marathons, and recently accepted an offer to be an ASA captain for the 2019 race season. Wendy, 38, lives in Greenbelt with her husband, Nick (not a runner, but a fantastic cook, according to Wendy), and dog, Roscoe. When she's not running, she can be found researching chemical contaminants in foods as a chemist at the US Food and Drug Administration.

What sparked your desire to volunteer for the Club?

I started volunteering when I was in the First Time Marathon (FTM) program, with the Memorial 4-Mile. One of my goals in 2013 was to participate in as many of the Club's low-key races as possible, as it is also a great way to conquer that start-line anxiety! When you are running a race nearly every weekend, you meet lots of folks (and see lots of the same faces). Participating in so many races

also gave me a greater appreciation for the number of volunteers it takes to pull off a successful race and inspired me to volunteer more. These races don't run themselves! I remember seeing someone course marshaling with their dog during one of the races, so when I started filling out the volunteer forms, I asked if I could bring my dog, Roscoe (after all, the worst they could say is no!). Jim Farkas gave Roscoe his first shot as #coursemarshalRoscoe and the rest is history! As it turns out, he is a natural!



Photo: Paul Foster

Wendy Young

When and how did you pick up the race director role for the Memorial 4-Mile?

I started directing the Memorial 4-Mile in 2017. I took the Club's RD course in 2016 and remembered that the Memorial 4-Mile was without an RD that year, so I knew it would be up for grabs. In the past, I had heard

there was a contest about counting flags and I was excited to bring that back to the race. What I didn't expect was to cultivate a partnership with Wear Blue: Run to Remember, which happened by chance. I was coaching Kristen Altamar, who is the organizer for the Bethesda chapter of Wear Blue, in FTM, and she mentioned that she was looking for a race on Memorial Day to organize a Circle of Remembrance where the names of fallen service members are spoken aloud. I told her I had the perfect race for this special event and our partnership was born.

What do you find to be the most challenging aspect of being a race director?

It seems something will always go wrong on race day, and you just have to roll with the punches. I consider it a victory if the race participants don't notice and I am the only one stressing! I have an incredible co-director, Brad Stewart, who handles a lot of the pre-race hands-on tasks since he lives closer to the clubhouse and race site. I take care of e-mails, communications, and lists (lots and lots of lists).

How did you start organizing the MCM Hospitality Suite?

I started in 2013. I was training with FTM and at the time I thought I'd NEVER run MCM again (it was my first marathon in 2005 and I didn't run another marathon until 2013—enough said). Conroy Zien, the FTM Director, asked if anyone wanted to be the volunteer coordinator for the suite. When I raised my hand, I thought, how hard can this be? I just need to coordinate the volunteers and be

done. Best of all, I get to cheer all of my friends who I had trained with without actually running MCM. Spoiler alert, it is a lot of work and some years I think it may be easier to run the marathon! That being said, it is a lot fun, even if it is a very long day.

How many people use the MCM Hospitality Suite, and how many volunteers are needed to make sure it runs smoothly?

We average about 250 people a year; some years, registration has climbed over 300. We typically have 11-15 volunteers across three different shifts (a before race shift and two shifts after the race). We need more volunteers if I decide to run MCM that year (yes, I went back!).

What do you enjoy most about volunteering for the Club?

For me, there are three things that really make volunteering fun: cheering for my friends, watching others work toward achieving their goals, and giving back to our Club.

What is your favorite MCRRC race (other than Memorial 4-Mile)?

Turkey Burnoff 10 miler! Anyone who has trained with me knows I have a thing for hills and that race has some great hills. Riley's Rumble is a close second!

Do you have any memorable race moments of your own?

During the 2014 MCM I was running for Brandon Meyers with 22tooMany. Before the Key Bridge, on the GW Parkway, another runner put his hand on my back and said "excuse me." His name was Joe, and he served with Brandon on his second tour in Afghanistan. He thanked me for honoring him, and we continued on our way. It was incredibly touching to meet someone who personally knew

Brandon. I ran into Joe again at the end of the race. Then, in 2015 running MCM again, I ran into Joe on the same part of the course! I was a little sad that I wasn't running MCM in 2016, so I paced a first timer I coached over the summer for the last 14 miles. Imagine my shock when someone called my name in the Pentagon parking lot loop and I turned to see Joe again! It was just surreal to me that in a race that big I would keep running into the same person.

How did you get involved with Athletes Serving Athletes (ASA)?

When I ran the Baltimore 10-Miler in 2013, I noticed that there were wheelchair push teams running the same challenging course as me, but having a blast (unlike me, mentally struggling)! Both spectators and other runners alike cheered and encouraged the teams for the entire race. I quickly realized that although this race is hard, it would be a lot better with that team. After doing a bit of research, I found out the teams were running with ASA. The mission of ASA is to give the race experience to athletes with disabilities. The following year, I decided to run the Baltimore 10-Miler again, but this time with ASA. As it turned out, my team went so crazy fast I got a course PR, I met some amazing people, got my butt kicked, and **loved every minute**. I now refuse to run the Baltimore 10 miler as a solo run, there is just no comparison. Running with ASA is challenging (to say the least), but they're always some of my best races. I've met a bunch of great people through the wingman program and bonded with incredible athletes. I am excited about the opportunity to be a captain for the 2019 race season, knowing my experience as a MCRRC coach will be useful in keeping my wingman teams on pace as well as ensuring the needs of our athletes are met during each race.

What is your proudest running-related accomplishment?

Achieving my "A" goal for the Stone Mill 50 miler last year, finishing while it was still light out.

Do you have one or two pieces of MUST-HAVE running gear?

Amphipod AirFlow Lite waist pack—it holds my phone, doesn't bounce, and the contents are easy to access with the zipper. In the winter, I can't live without convertible mittens, where the mitten tops fold back to expose your fingers in finger-less gloves. My hands start cold, then overheat, then get cold, then overheat—the convertible mittens are a fantastic way to regulate my temperature without constantly battling with gloves on or off.

What do you enjoy doing when you are not running?

Spending time with my husband, family dog walks, cooking, yoga, and reading fiction.

Tell us about your goals for 2019.

After spending a lot of time on the trails going long and longer, my 2018 goal was to have fun. But, I'm ready to put my nose (and legs!) back to the grindstone! I'm very excited to see what I can accomplish with Speed Development this winter/spring. I'm also looking forward to training for fall marathons again with XMP.

— 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.

Karen Kincer: Race Director Extraordinaire

By Dan DiFonzo

If you've participated in any of MCRRC's signature races recently, like the Pike's Peek 10K, or one of our newest summer mainstays, Suds & Soles, you experienced an event that ran with military precision. The general behind these events is Karen Kincer.

For most MCRRC race directors, it's a labor of love. For Kincer, a longtime Club member, it's that and more. You could say it's a bit of an obsession.

Kincer has been an MCRRC member for more than 20 years with a lifelong love of running. She joined the Club through the First Time Marathoners (FTM) program in 1996 after running successfully in high school and in college.

Since then, she's increased her involvement each year, directing not one but two of MCRRC's biggest races: Pike's Peek in April, and Suds & Soles in June. She's also the volunteer coordinator for the Club's largest race, the Parks Half Marathon. As if this weren't enough, Karen has served on the MCRRC Board of Directors as Club President and for the second season can be found on the running trails co-coaching the Winter Half Marathon Program. Whew!

Kincer's involvement started as it did with most other Club members. "I started volunteering at smaller low-key races working as a course marshal and handing out water," said Kincer. It wasn't long after that she was pulled into Pike's Peek to help work on some higher-profile responsibilities. "We were offering prize money back then," explained Kincer, "so I helped with sponsorship opportunities." She also served as packet pick-up captain for the Rockville Twilighter in those early years. From there, you might say, she was hooked.

"I really get a lot of joy from helping give people a great race experience, and that doesn't happen without people stepping up and being involved" said Kincer. "They train with their friends to run a goal race and then they do it, and it's a good experience. I love that."

Kincer confesses that she wouldn't be able to do it without the backing of her family. "My husband is very supportive, but he's a businessman and wonders sometimes why I don't get paid," joked Kincer. "I had a professional career that I left to have kids. I was involved in politics. I worked on campaigns and I ran a PAC for the Credit Union National Association." Kincer says that her involvement with MCRRC allows her three daughters to "see me do professional things, and that's something my husband and I have been adamant about."

So how exactly does a young mom raising three school-age daughters find the time to manage two high-profile Club races with

such apparent ease and efficiency? "I love technology, which means the grocery store line is not wasted time. I'll answer e-mails. I run early in the morning and that helps me set my head for the day," explained Kincer. "I'm big on timelines. I build in deadlines on everything so I know what I'm going to do month by month."

Expecting the unexpected and surrounding herself with good people is the secret sauce, according to Kincer. "If you are good at juggling multiple things, can delegate and count on other people to help you put out the fires—and not panic, it all works out. You need to be flexible."

Kincer says she's become especially good at listening to the suggestions of others. "For better or worse, I'm not afraid to try new things. I think that's valuable."

Kincer credits some of her success as race director to longtime Club member and mentor George Tarrico, who is known in the running community as the "race director's race director."

"George is really good about mentoring and building people up, grooming them as race directors," said Kincer. "I owned Jingle Bell Jog as my very first race director job back in 2010 when George Tarrico asked me to do it. One of the things that George felt very strongly about was that race directors should always train up. I have a great assistant race director for Suds & Soles and the hope is that one day he will continue on," explained Kincer.

So what advice does she have for others who want to get more involved? "People are afraid that it's all on them and they get enough of that in their day jobs," she said. "You don't realize how much of a team effort it is. You're going to have a team leader who is going to help you and tell you what to do and give you support. You're not going to be the only one out there. It's a big group of people each doing a little thing to come together to make it happen. It's not something to be afraid of. The more you do, the more fun you'll have and the more you'll get out of it. You don't have to start with something huge," said Kincer.

"It's definitely rewarding to see a race come together. To stand at the finish line and watch the runners come in, and they are just so excited. To know you gave them that experience, that's really cool. Running makes them happy and everyone needs to be happy!"

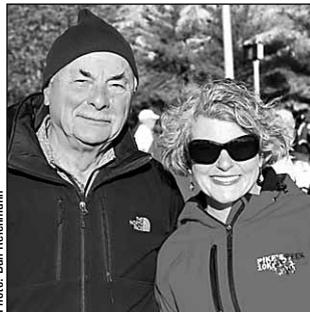


Photo: Dan Reichmann

Karen Kincer and George Tarrico