

MCRRC Intervals

July 2019

Newsletter of the *montgomery county road runners club*

On the Horizon

July 6

Capital Crescent 5K
Race TBD

July 12

Midsummer Night's Mile
Rockville High School
Rockville

July 20

Matthew Henson Trail 5K
Silver Spring

July 28

Riley's Rumble Half Marathon & 8K
Germantown

August 2

Going Green Track Meet
Gaithersburg High School (TBA)
Gaithersburg

August 11

Groovin' Woodstock XC
Dickerson

August 17

Eastern County 8K & Fun Run
Silver Spring

September 8

Parks Half Marathon
Rockville

www.parkshalfmarathon.com

September 14

Lake Needwood XC
Derwood

September 22

Cabin John Kids Run
Bethesda

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.

Regional 5000-Meter Champion



Photo: Bob Mallet

MCRRC Competitive Race Team member Chris Shaw won the USA TF East Region championship for the 40-45 age group in the 5000 meters in May.



Photo: Bob Mallet

Chris lapped the field en route to a 16:58 finish.



Recharging and Improving

by Scott Brown, Editor

Hopefully by the time this issue hits your mailbox, you've had a chance to take a summer vacation or are about to go on one. Whether you're heading to the beach or the woods, Ocean City or overseas, my wish is that you find some time to get away, recharge, and maybe enjoy running a few miles somewhere different.

In the spirit of summertime, we're keeping it light and breezy in this issue of *Intervals*.

Club President Ken Earley kicks off this issue with an overview of some of the initiatives the Board is taking to modernize the Club and position it for continued success. These measures might not sound like the most exciting, but they're crucial to the long-term health of a large volunteer organization like MCRRC. As always, if you have ideas for how to keep improving the Club, let Ken know.

If you're looking for a novel way to recharge at the end of a speed workout, check out the article by stellar MCRRC coach Wanda Walters, who shares longtime Club member Mike Leonard's

unique and effective approach to cool down after a good track session.

Also in this issue, MCRRC Competitive Race Team co-captain presents an overview of what the team does and the requirements to join. And congratulations to team member Chris Shaw, featured on the cover of this issue crushing his competition en route to an age group title at the USATF regional championship in May! The team is searching for some talented runners of all age groups, so all you speedy runners should check it out.

On the subject of improvement, Lisa Reichmann profiles MCRRC member Rod Vieira, sharing his inspiring story of how a heart attack motivated him to improve his health, leading to his first Boston Marathon finish, hopefully with many more to come. Rod's story is uplifting, so be sure to give it a read.

Finally, if you've ever noticed the white dots that adorn the Rock Creek Trail and wondered what those were all about, this issue provides the solution to this mystery. (Hint: it'll help you run those 400-meter repeats.)

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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.



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

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/>



Improving as We Go

by Ken Earley

To begin with, I wanted to thank all of you who provided suggestions on revenue opportunities for the Club. I am distilling those and will bring them to the Board for discussion. We have an immense measure of talent and brain power in MCRRC, and that is a resource we hope to continue to tap as we move forward as an organization.

An important purpose of this column is to give you, the Club members, an idea of what the Board is working on and where we are going. In the last column I wrote about the potential need to change and redefine ourselves. And we'll talk about that as we go forward. But sometimes a good way to move forward is to shore up your present. By that I mean we have some work to do to improve the things our Club already has and does. I wanted to run down some of the things we're improving as a Club.

MCRRC puts on a wide array of low-key races (and if you aren't taking advantage of that perk of membership, you should!). We are very lucky to have had many of these courses certified in the past by John Sissala, Bill Strider, and Lyman Jordan (and anyone else I am forgetting). But races go away, new ones are added, and courses change for a variety of reasons. Bill Strider kindly took the time to train Brian Murphy, Jim Dahlem, Eric London, Joel Wakesberg, and Drew Strikwerda in course certification. This team is now working diligently

to see that our race courses are properly measured and then certified. For many runners, that exacting measurement is key to confidence in the course length and the ability to measure performance from one race to another, or for the same race from year to year. I offer a huge thank you to these guys for giving their time and skill set freely to the club, and ask you to do the same the next time you see them. (Hint: If it's at a race, do it before or after, because they are all fast.)

Another area where we are seeking improvement is in our Club communication systems. Specifically, I am referring to MCRRC Alert, MCRRC Info, and MCRRC Discuss. All three of these lists are run on the **cutting-edge** venerable and **reliable** unsupported Yahoo! Groups. Already most (all?) of our training programs have decided or have been driven to move to other platforms, such as Google Groups or groups.io. The Club-wide lists provide some greater challenges than those of programs or drop-in runs. Peter Haack has taken on the challenge of researching the best alternative for us to use as a club. In the interim, you should all be members of at least Alert and Info.

We are also revising/creating manuals for three key positions in the Club: race directors, program directors, and board members. These manuals not only help those who hold or will hold these positions learn their roles, they also

serve as a great way to capture and record our institutional knowledge. Andrea Keane-Myers is working on revising the race directors' manual and will also be setting up training for anyone interested in becoming an assistant or race director. Kristen Serafin has undertaken the task of producing a program directors' manual. And last, I am working on the long-dormant Board members' manual. This will not only be useful for Board members, but will also help Club members and the Nominating Committee understand what is expected of Board members outside the very rudimentary descriptions provided in our constitution and bylaws. It will also contain an updated list of major decisions made by the Board, so that wheels won't need to be reinvented.

That is a short list of a few improvements underway. I'll try to sprinkle a few in each column going forward.

One last thing: our Director of Operations, Ashley Zuraf, has put in a huge amount of time and effort migrating our membership to a new platform. If you haven't gone to Run Sign Up and claimed your membership, please do so right now! It is quick and easy, but not doing so is causing hassles and nightmares. Search your email for the instructions that have been sent out multiple times. Thanks!

— Ken Earley is the President of MCRRC. He can be reached at president@mccrc.org.

Mike Leonard's 30/30 Cooldown

by Wanda Walters

Mike Leonard is a very familiar MCCRC member who at 81 years young, personifies unparalleled dedication and conviction to the sport of running. Last season, I was fortunate to be introduced to his 30/30 cooldown.

Like so many runners, after a challenging track workout, I am loath to complete the cooldown. Often, I find myself shortening the one-mile distance or even ditching the cooldown altogether to head straight to the ever-inviting parking lot.

Mike's 30/30 cooldown has, for the most part, changed that.

"What is Mike's 30/30 Cooldown?" Simply put, walk one lap, then do three laps alternating 30 seconds of running with 30 seconds of walking. It's easy yet so invigorating! All the workout muscle fatigue and mental weariness seem to magically disappear! I now actually look forward to the cooldown!

Anyone who dreads track cooldowns should give Mike's 30/30 a try. You, too, will soon be all smiles!



Photo: Wanda Walters

Mike Leonard (center) with Wanda Walters and Conroy Zien.

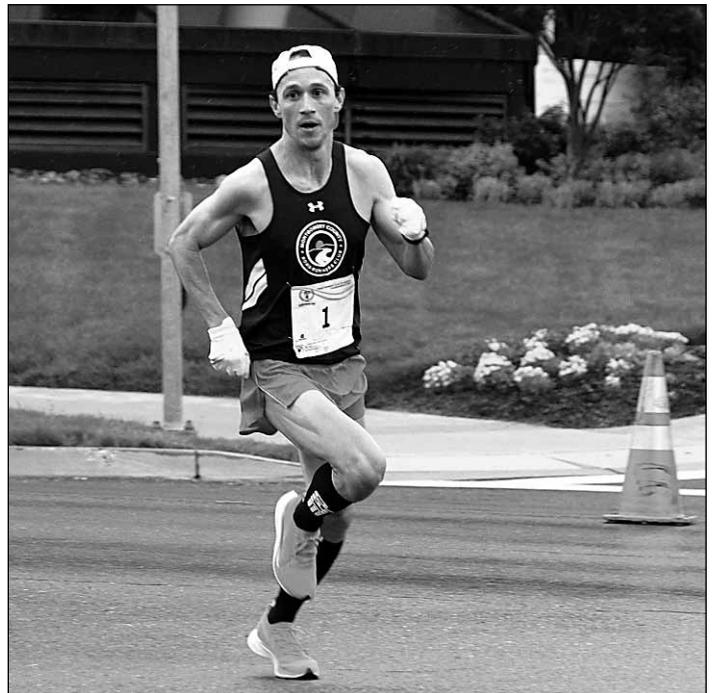


Photo: Bob Malett

Race team member Chris Sloane won this year's Pike's Peek 10K.



MCRRC's Competitive Racing Team Seeks a Few Good Runners

by Lisa Chilcote

In the spring of 2013, the MCRRC Competitive Race Team was established to support the notion of the place for every pace. The MCRRC Competitive Race Team is a co-ed racing team that has runners at both the Open and Masters level. This group is led by co-captains Brian Murphy (Open male) and Lisa Chilcote (Masters female). The team was established to recognize highly talented runners within MCRRC, promote competitive racing among Club members and increase the visibility of MCRRC at races. The team competes in track, cross-country, road, and trail races, with most competition being road related. Our members are post-collegiate parents and professionals united by a love of running fast and competing hard.

Members of MCRRC racing teams are expected to compete or volunteer in at least eight races in the 2019 calendar year; volunteering for club events is strongly encouraged. The most popular events to volunteer at have been Run for the Roses 5K and the summer City of Rockville Youth Track Meets. Many of our team members have earned or been nominated for the club's coveted Runner of the Year (ROY) distinction, award

recipients in the Club race series and volunteer recognition. In fact, 2018 saw Runner of the Year award handed out to current team members Silvia Baage, Julie Sapper, Chris Sloane, and Tom DiChara.

We review applications on a rolling basis. To that end, we are always seeking talent and encourage interested individuals to contact one of the team captains at racingteam@mcrrc.org. The criteria for selection has recently changed over the winter of 2019 from set qualifying race times per team category to an age-graded requirement of 70 percent. If you have race times that may qualify, you are encouraged to use the USATF calculator to see if you meet the age-graded qualifying standard

<http://www.usatf.org/Resources-for---/Masters/LDR/Age-Grading.aspx>.

We would love to meet interested individuals and have them join us for a group run or social outing. We will be hosting a recruitment event for interested runners on Thursday, August 8, at 6 p.m. at Silver Branch Brewery in Silver Spring.

The team members who are leading us toward success are listed on the team page at <https://mcrrc.org/teams/competitive-racing-team/>. Hats off to the team for their efforts representing MCRRC! We are looking forward to PRs and healthy running in 2019. To learn more about our race results, go to <http://raceteam.mcrrc.org/>. Go MCRRC!



Photo: Lisa Chilcote

The MCRRC Competitive Race Team at the Memorial 4-Mile.

Rod Vieira



by Lisa Levin Reichmann

Rod Vieira, 51, joined MCRRC in the spring of 2010, just months after a sudden heart attack served as an impetus to get fit and improve his health. With the desire to live as his motivation, Rod took up running with a passion, starting with a small 5K hosted by the fitness center in his office building, working up to the marathon just one year later. Less than 10 years after his heart attack, Rod now has more than 30 half-marathons and seven full marathons under his belt, including his first Boston Marathon finish this April. Originally from Fall River, Massachusetts, about one hour south of Boston, Rod now lives in Chevy Chase with his wife, Trish, daughters Eleanor (12) and Charlotte (10), and their two cats and guinea pig. Rod is an attorney for the National Oceanic and Atmospheric Administration (NOAA), where he likes to say his clients are endangered species and marine mammals.

Did you run or play sports when you were younger?

Does being a human punching bag count as playing a sport?! I was an overweight book nerd for most of my adolescence. As an adult I absolutely hated to exercise and dreaded going to the gym. Due to lack of exercise and very poor eating habits, I remained overweight throughout adulthood. I was more than 40 pounds overweight when I started running in late 2009. Long story short, not an athletic bone in my body that I knew of until after I turned 41.

What motivated you to start running?

On November 7, 2009, after returning home from a standard lunch of greasy pizza and chicken wings with Eleanor, I went into my backyard to rake leaves. While raking, I started to have trouble breathing, followed soon thereafter by excruciating chest pains and tingling sensations running down both arms

into my hands. I'm very fortunate that I didn't go into cardiac arrest. I made it into the house and yelled for Trish to call 911. Luckily my daughters were napping and didn't witness any of this. In the emergency room at Suburban Hospital, doctors confirmed what I already knew: I was having a heart attack. I always knew I needed to lose weight and get more exercise, but I thought I still had plenty of time. I had a young family and we were busy. I didn't think I had time for exercise or to plan healthy meals. And I mistakenly thought that heart attacks don't happen to 41-year-olds. As I lay in the ER, a lot

angioplasty and had three stents placed into my heart arteries. I was discharged several days later to begin my new life.

What do you remember most about your first few runs?

My first few runs were on a treadmill inside Suburban Hospital as a patient in their cardiac rehabilitation program. I remember being very afraid of having another heart attack, but was also feeling really good about starting on the path to change. And I was very comforted by the fact that the ER was only about 150 feet from the treadmill!

How has your involvement with MCRRC evolved as your running career has progressed?

Until last year, the majority of my involvement with MCRRC had been participating in Club races and a little socializing post-race. I am admittedly a bit of an introvert to begin with, so combined with the schedule demands of having young children, it was very difficult to match my schedule with MCRRC group training runs. I also really cherish weekend mornings with my girls and like to be done with my training runs by 7:30 so as not to miss weekend morning TV cuddle time (don't judge!). But in the last year or so, I joined a few of Brian Murphy's Monday pub runs, and last year, on a tip from Club President Ken Earley, I learned about and joined the Broderick to Boston (B2B) training group for Saturday long runs. I had a really fantastic time with the B2B group and it has definitely fueled my desire to spend more time in Club activities. Now that my girls are getting older and a little more independent, I'm envisioning a lot more group participation and volunteering in the very near future.

What made you decide to set your sights on the Boston Marathon?

I'm a Massachusetts native, having grown up about 50 miles south of



Photo: Rod Vieira

Rod Vieira with daughters Charlotte (left) and Eleanor.

of thoughts raced through my head. One thought was that if I died, my little girls (then 2 and a half and 9 months old) were too young to remember me as they grew up. I envisioned Trish showing them pictures of me holding them as babies/toddlers but me not being there. The realization that I had just come extremely close to missing seeing my little girls grow up and leaving them without a dad was soul crushing. I vowed right then and there, laying in that hospital bed, to turn my life around and become so fit and healthy that friends and coworkers would no longer recognize me. I underwent a procedure called balloon

Boston and I lived in Boston for five years, through and after undergrad at Northeastern University. I was also a member of the Massachusetts Air National Guard (ANG) for eight years and we were activated every April to provide security and crowd control at the marathon. I wasn't a runner then and the Boston Marathon meant nothing to me. Flash forward about 15 years. While still laying in my hospital bed, the very first thought that popped into my head as something momentous that I could do to prove to my family and myself that I had kept my promise to turn my life around was to run the Boston Marathon. I picked Boston as a goal because I love the city of Boston and because Boston has special meaning as "home" to me, but I had no idea when I vowed to run it that the Boston Marathon was the holy grail of marathons for runners or that I would need to run a fast time to qualify.

Where did you get your Boston Qualifying time?

My first BQT was in October 2017 at the Baystate Marathon in Lowell, MA. I ran a seven-minute PR and a BQT of just over 3:26 (at the time BQ was 3:30 for males 50-54). But, as you know, beating the BQT is no longer a guarantee of admission to Boston and I had a strong suspicion that I would need to be faster to get to Boston 2019. So, after a recovery month, I went right back into another training cycle. In March 2018, I ran the Newport News, VA, One City Marathon and PR'd by another three minutes, running just over 3:23. As I now know, my suspicion proved correct and my Baystate BQT was not enough for 2019, so had I not tried to improve my time, I would not have gotten into this year's Boston Marathon.

In 2017-18, you set PRs at every distance from the 5K through the marathon. What do you think was key to your impressive improvement in your race times, specifically in your ability to cut almost 10 minutes off of your marathon time to qualify for Boston?

In 2014, five years after my heart attack, I made my first really serious attempt to run a BQT and targeted the Marine Corps Marathon. I increased my mileage significantly that summer and started training using the Hansons Marathon

Method. I ended up cutting 25 minutes off my then PR, but still fell short of a BQT by more than eight minutes. I ran two more marathons in 2015-16, but for a variety of reasons wasn't able to put in the kind mileage needed for a BQT. In 2017, I decided I was ready for another serious attempt at a BQT. I knew from experience that high mileage alone was not enough. So, I returned to high mileage (50s to low 60s per week), but also hired a virtual coach. In addition, I devoted myself to learning more about nutrition for athletic performance and proper pre-race and in-race fueling (my race nutrition bible is Matt Fitzgerald's "New Rules of Marathon and Half Marathon Nutrition for Runners: A Cutting Edge Plan to Fuel Your Body Beyond the 'Wall'"). After I got my BQT I continued training with high mileage for shorter distance races. Combining the coach with consistent weekly high mileage and better nutrition strategies totally transformed my running across every distance.

You have experienced a few injuries over the course of your training. What have you learned from those injuries and the return to running post-injury?

I had been pretty lucky with only minor injuries requiring short periods of rest or reduced mileage during my first eight years of running. Then last September I snapped my second metatarsal while racing an 8K and landed in a boot for eight weeks. Not too long after I got out of the boot and starting training for Boston, I developed a bad case of patella tendinitis ("runner's knee") that is still lingering. If I've learned anything from these recent injuries, it is that I did not do nearly enough strength training to go along with my running program. I also learned that I really, really hate staring at the bottom of a swimming pool! Now I'm doing 30 minutes of weights at the gym at least twice a week complemented with lots of bodyweight "exercise snacks" (squats, lunges, etc.) in my office throughout the week.

How do you prioritize training alongside work, family obligations, etc.?

You have to have a supportive spouse or partner. I couldn't do this without Trish's understanding of how important my running is to me and making space for

me to get it done. And when I'm putting in the big mileage weeks, really the only way to get it done during the work week is to be out running at O'dark-thirty while everyone else is still sleeping.

Any important lessons learned that you'd like to pass along from your marathon training experiences?

If you're falling short of your goal times, whether a BQT or a PR, change what you're doing. It seems obvious, but don't keep doing the same thing (eating the same way, training the same way, etc.) and expecting different results. I really feel like getting a BQ or improving your PR for most folks is just a question of how bad you want it. Do you want it bad enough to get up at 4:30 a.m. in order to put in a 60-mile week, or to skip those pints on Saturday night, or to force yourself to practice trying to take in more carbs on your long runs even though you risk a little stomach upset? As runners, we naturally like routines, but to improve you have to move out of your comfort zone.

Other than improved heart health, what changes has running brought to your life, and what are your goals moving forward?

One of the more important changes is just an improved sense of wellbeing. I used to be tired all the time and lacking energy, and now I have more of a spring in my step, so to speak. Running has also introduced me to so many amazing people, many of whom I now call friends, whom I otherwise never would have had the opportunity to meet. As to future goals, one trip to Boston was definitely not enough. A return trip is high on the list as is the "Boston to Big Sur" combo. In general, I aspire to stay fit and healthy and to keep running well into my later years. If I'm posting up race results in my 60s and 70s, that will mean that my running habit has helped me to stick around long enough to see my daughters grow up, get married and start their own families. That would be the ultimate PR.

— 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.

Follow the Dots!

by Dan DiFonzo

Ever wonder what those white dots painted on the Rock Creek Hiker-Biker Trail between Lake Needwood and Randolph Road are used for? The five-inch white dots are painted every half-mile along the trail's edge between the existing green M-NCPPC mile and half mile-marker signs.

These white quarter-mile dots are useful landmarks for runners or walkers participating in many of the Club's training programs. The trail is conveniently located less than a quarter-mile from Rockville High School, home of the Club's weekly workouts for programs like the 5K Run/Walk Program, Experienced Marathon Program (XMP) and the Speed Development Program. It's also easily accessed from Aspen Hill Park, Lake Needwood and Winding Creek Park.

"Many of our training programs utilize this section of the Rock Creek Trail for interval workouts," said Dan DiFonzo, pace coach with XMP. "The quarter-mile marks

allow runners to run a variety of measured workouts along the rolling terrain between Lake Needwood and Randolph Road—including the legendary 'silencer' hills—for occasions when local high school tracks aren't available or for those who just prefer to do their

speed work on the trails."

So the next time you're passing those curious painted dots, you'll know why they're there!

There are plans to add additional quarter-mile dots to the rest of the Maryland portion of the trail by the end of the year.



Photo: Dan DiFonzo

Can you spot the dot on the Rock Creek Trail?