

MCRRC Intervals

January 2020

Newsletter of the *montgomery county road runners club*

On the Horizon

January 26

Country Road Run 5M
Olney Swim Center
Olney, MD

February 16

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

March 7

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

March 22

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

March 22

MCRRC Board Elections & Club's
Birthday Party
(following Piece of Cake)
Seneca Creek State Park – the
Woodlands Room

March 29

Spin in the Woods XC
Wheaton, MD

April 18

Capital for a Day
Olney, MD

April 26

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

We are currently working the 2020 race schedule. Thank you for your patience!

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.

New Year's Day 5K



Photo: John Whiridge

Runners raced into the New Year



Photo: John Whiridge

Keith Evans in form for 2020



Racing into the New Year

by Scott Brown, Editor

One way I can tell it's January is that I see a lot more people than usual when I'm out for a run. Every year, it seems like there are plenty of folks whose New Year's resolution involves running. I always wonder how many of them are MCRRC runners, and if not, whether they've heard of the Club or are aware of all the terrific events and training programs MCRRC offers that provide just the motivation and encouragement you need to achieve your running-related resolutions.

In the spirit of the New Year, this issue of *Intervals* highlights some of the great events the Club has put on recently and will again over the coming year. If you're looking for a great race to target this year, check out the race calendar for 2020, which includes both low-key races (free to all members) and some of the premium races that cost a little extra but deliver a premium value for a very affordable price.

On that note, in this issue we celebrate the recent announcement that this year's Stone Mill 50 Miler has been named the RRCA national

championship race. It's the first time RRCA will be holding a national championship at this distance, and to my knowledge, it's the first time MCRRC has had the honor of hosting a national championship event. But the fantastic crew led by Race Director Barry Hauptman always put on a terrific event that is one of the best bargains in town at \$50, or only \$1 per mile.

Also in this issue, Lisa Reichmann profiles Jeanne Larrison, a talented runner, singer and cake decorator who you may have seen (or heard sing the "Star-Spangled Banner") at any number of races in the area.

Finally, we have a gallery of photos from the Run Under the Lights, one of the most popular races the Club offers, typically selling out in less than an hour and providing a fun and unique way to experience the Winter Lights at Seneca Creek State Park.

Whatever your running resolution for 2020, you're sure to find an MCRRC race to suit your goals. Happy New Year!

Stone Mill 50 Named RRCA National Championship

MCRRC and Stone Mill 50 Mile Race have been named the hosts of the 2020 RRCA National Trail Ultra Championships. This is their first national championship after multiple years at both state and regional level. Race Director Barry Hauptman says, "We won't be changing much at all, as what we already do is what got us this recognition. I would love to see an even stronger participation of the MCRRC Racing Team both on course and in support."

The 11th running of Stone Mill is November 14, 2020. Registration will open in May, and volunteer positions

will open to all later in fall, only after those who have participated as a volunteer in the past are offered to return.



Photo: Samira Engstrom

Kristen Serafin admires her trophy for winning Stone Mill in 2019

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Have comments or questions? Or want to help? Contact us at Intervals@mcrrc.org.

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Intervals is published bimonthly by the Montgomery County Road Runners, P.O. Box 1703, Rockville MD 20849.

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.



MCRRC 2020 Race Calendar

New Year's Day 5K	January 1
Country Road Run (CS)	January 26
Kemp Mill (C)hills 5K and 10K (CS)	February 16
Seneca Creek Greenway Marathon and 50K	March 7
Piece of Cake (CS)	March 22
Spin in the Woods (XC)	March 29
Capital for a Day (CS)	April 18
Pike's Peek 10K	April 26
La Milla de Mayo	May 2
Run Aware (XC)	May 3
Kids on the Run	May 9
Germantown 5 Miler	May 16
Memorial Day 4 Miler (CS)	May 25
Little Bennett Cross Country (XC)	June 6
Run for Roses	June 13
Suds & Soles	June 20
Midsummer's Night Mile (CS)	July 10
Matthew Henson Trail 5K	July 18
Riley's Rumble (CS)	July 26
Going Green Track Meet (CS)	July 31
Groovin' Woodstock (XC)	August 8
Eastern County 8K (CS)	August 15
Parks Half Marathon	September 13
Lake Needwood Cross Country (XC)	September 19
Cabin John Kids Run	September 27
Black Hill 10K (XC)	October 3
Cross Country on the Farm (XC)	October 18
Rockville 10K/5K	November 1
Stone Mill 50	November 14
Run Under the Lights	November 21
Turkey Burnoff (CS)	November 28
Seneca Slopes (XC)	December 6
Jingle Bell Jog (CS)	December 13

CS–Championship Series

XC–Cross Country Series

Festive Fun at Run Under the Lights



Photo: Dan Greb



Photo: Dan Greb

Festive Fun at Run Under the Lights



Photo: Dan Greb



Photo: Dan Greb

Jeanne Larrison



by Lisa Levin Reichmann

You may not immediately recognize Jeanne Larrison's name, but you've likely seen her at the start line of one of about a dozen local races, singing the national anthem, or participating in one of the Club races as a volunteer or runner. Jeanne has sung the national anthem at every Annapolis Ten Mile Run since 2007 (that's 12 consecutive years!) and has volunteered at enough Club races to qualify for a personalized bib every year since 2005. Since she commutes in from Chesapeake Beach (Calvert County) for MCRRC races, she usually doubles up her volunteering with racing, and consistently ranks at the top of her age group in the Championship and Cross Country Series. Jeanne, a professional performer who spent 22 years in the Big Apple, is part of a talented family, including her husband, who is in the cast of the DC-based musical satire troupe, The Capitol Steps, and son of Baltimore Big Band leader, Zim Zemarel. She has a stepdaughter and three step-grandsons, as well as three rescue cats from shelters in three different local counties. She is a self-proclaimed "Great Grand Master" runner who has been a MCRRC member since 2004, and also has memberships in a number of nearby local running clubs.

Were you involved in sports as a child? When did you start running?

I was involved in sports reluctantly, only when forced to in school, except that I always loved playing tag. I had a fear of projectiles flying at me through the air or slammed

at me with sticks, so I would duck. No surprise, kids did not want me on their teams. I jogged off and on throughout my adulthood, whenever I wanted to lose weight. I started running regularly after moving from Manhattan (where most everyone walks everywhere) to Maryland (land of the automobile).



Photo: Enduro Photo

Jeanne Larrison

I received a flyer for a Sierra Club 5K at Quiet Waters park in the mail. At that first race I saw runners wearing running club logos and race t-shirts, so I went home and did an Internet search which came up with so many local running clubs. Prior to that, I had never even known about the existence of running clubs or races, except for the New York City Marathon.

Do you have a favorite MCRRC

race? What about non-Club races?

My favorite Club race was the old Riley's Rumble course, when it was held at Riley's Lock. Now my favorite MCRRC race is probably Run for Roses 5K. I get to sing the national anthem at beautiful Wheaton Regional Park, and I love the spirit of the all-women's event. Seeing so many men support us is energizing, the refreshments are great, and who wouldn't love those finisher roses and awards? "Other" favorites would be the Solstice races in Baltimore's Druid Hill Park, the winter Celtic Solstice 5-miler and the summer Dreaded Druid Hills 10K. I'm a pagan at heart, I suppose.

You're often at the top of your age group for the Championship Series (CS) and Cross Country Series (XC) each year. Do you have a preference for road or cross-country races?

Cross-country is usually more fun for me. There isn't a great deal of competition for either series in the "Women of a Certain Age" age groups, so I do pretty well!

Have you had any injuries that have sidetracked your training, and if so, how did you handle the injury and recovery?

Oh, yes! I ran myself into probable stress fractures in 2007, and had to stop running altogether for months. I never regained my PR speeds after that—not that my PRs were ever particularly impressive, since I didn't begin racing until I was 48. I'm almost always nursing one or another joint or muscle, although that's not always due to

running injuries.

Do you have any secrets to staying healthy while running so many races, especially as you get older?

I have gotten better at **not** running when I realize I'm injured, instead of forcing myself to complete everything I begin. Drop out of a race, drop out of a series, or simply stay home and recuperate. And I rarely "race" at all anymore. I participate. I run toward the back of the pack, Galloway-inspired run-walking.

You are also a talented singer, and many runners have heard your voice at the start of local races. How did you start singing the national anthem at races, and at which races have you had this honor? Do you also run the races for which you sing the national anthem?

I was a professional performer based out of New York—struggling, of course, as most performers do—and after marrying and moving to Maryland, I fell away from pursuing acting professionally for a variety of reasons. But it was always a sorrow for me, a loss of an important part of what made me who I was. As a runner, I heard many national anthems at various start lines, and it became sort of a bucket list thing for me. Then, in 2007 when my sister went into hospice care for terminal cancer, I realized life can suddenly be so much shorter than one expects. I walked up to a runner at a race who I knew was race director (RD) of the Annapolis Ten Mile Run (Christina Caravoulis had pointed her out to me), and I told her I felt it was odd that such

a major event did not begin with the national anthem, and asked if they would give me an audition. The co-RD (whom I didn't recognize) was also standing right there, and he said, "Go ahead!" So, I sang the first phrase of the song right then and there and he said, "You're hired!" I followed up by email and it happened. After I sang that first year (that was the year I had probable stress fractures, so I did not run the race), he asked if I would put my rendition on a CD so they could play it next year. I offered, "Next year I'll come back and sing it again." I've sung at every Annapolis Ten Mile Run since (that's 12 so far), and now I sing, then run the race. The A10 is high profile. Other race directors started to ask me to sing for their races after that. Now I sing at about a dozen races a year, and at most of them I do run after singing, although not the marathons or ultras. I'm just not up for that kind of consistent hard training right now.

In addition to running and singing, rumor has it you are also a talented baker, having won the Piece of Cake contest on many occasions.

Have you always enjoyed baking, and how do you find time to fit in all of your hobbies?

I came from a household of girls. My mom, two sisters, and I always baked Christmas cookies, and cakes for birthdays. The POC contest generally swallows up an entire weekend just for baking and assembling. I enjoy making "multimedia" creations: whimsical cakes, cookies, rice crispy treats, Jello, pudding, gingerbread, icing,

and/or décor amalgamations on whatever theme I select, whether running-related or not. I believe I have won because of my sense of humor and attention to detail in my creations more than for my prowess as a baker—that credit goes to Betty Crocker and Duncan Hines! As for finding the time, as Jim Crose sang, "There never seems to be enough time to do the things you want to do once you find them." I do what I can, and say no to other things. Life, you know.

You have put a lot into participating with the Club. What do you feel you've gained from your participation over the years?

I'm now a runner. Maybe not a fast runner, or a competitive runner. But I have a terrific group of enthusiasts who've inspired me, befriended me, and encouraged me. I have a terrific resting pulse rate, and I am still fairly slim, although I LOVE LOVE LOVE sweets. The Club has kept me interested and motivated to maintain an active lifestyle that I would probably be lackadaisical about if left solely to my own devices.

What are your running-related goals for 2020?

Staying out there! Staying fit! Having fun! And maybe I'll be up to train for a marathon again? Or not. It's all good.

— 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.

Hittin' the (Seneca) Slopes



Photo: Dan Reichmann

A tasty spread awaits the runners at the finish.



Photo: Dan Reichmann

Eligio Gonzalez is enjoying a nice morning in the woods.