

MCRRC Intervals

September 2020

Newsletter of the *montgomery county road runners club*

Virtual Race Series

Low-Key races are back! Virtually, that is... Introducing the 2020 Virtual Race Series! There are ten races to choose from. Run as many or as few as you want for virtual bragging rights! Choose from the following or participate in the multiple-event challenges!

Piece of Cake 10K

Spin in the Woods 4 Miler

Run Aware XC 5K

Little Bennett XC 10K

Going Green 2 Mile Run

Matthew Henson Trail 5K

Midsummer Night's Mile

Eastern County 8K

Lake Needwood XC 10K

Race Where You Are 5K

5-Event Challenge: Select any five of the races above and receive a never-before-released pair of MCRRC socks!

10-Event Challenge: Sign up to complete all ten races and receive not only the socks, but your choice of MCRRC-branded merchandise from our gear shop!

The virtual series is FREE to all MCRRC Members, and membership is required for participation.

Events must be completed by October 31, 2020, and valid results must be submitted.

For more information, please visit our website and click on "Races - Club Race Series."

Board Meetings

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

Seneca Creek Greenway Trail Marathon & 50K



Photo: Michele Miller

Dustin Gibbs cruises to second place in the marathon



Photo: Dan Reichmann

Maria Iman-Santoso (front) and Siwei Luo (210) show off their FTM swag



Photo: Dan Reichmann

Steven Andrews makes quick work of a stream crossing



Still Running

by Amy Lin, Editor

In my eleven years with MCRRC, this one will undoubtedly stand out. As runners, and especially as members of a running club, we're used to running for social interaction as well as for exercise. Now, the Club's training programs and races have gone virtual, and we're limited to running with members of our own households or in small groups, masked and with six feet of separation... but we're still running! Running is what we do.

My first experience with the Club was as a volunteer; I wasn't a runner yet. My then long-distance boyfriend (now husband) was on the "Funkytown" water stop crew for Marathon in the the Parks (now Parks Half Marathon), and I was in town, so I tagged along. I saw what a blast everyone had, both runners and volunteers. After I moved to Montgomery County and started running, joining MCRRC was a no-brainer.

Since then, I've run road and trail races from 5K to 56K, loaded trucks, wrangled cones, stuffed packets, prepped bibs, worked packet pickup, served as course marshal, photographed races, coordinated volunteers for Run Under the Lights and Pike's Peek, and coached in the First Time Marathon program. Now I'm tackling a new challenge as *Intervals* editor, receiving the baton from Scott Brown, who has had an impressive six-year tenure interrupted only by a global pandemic. Thank you for your hard work and dedication, Scott!

In this issue of *Intervals*, Ken Earley provides a quick update of the Club's goings-on, Noam Neusner describes his odyssey to find the perfect cross training, and Tom Winkert reflects on his twenty-four years of running Pike's Peek 10K. Dan DiFonzo shares a tribute to the late George Tarrico, whom the Club will sorely miss in countless ways. Also, we recognize the Club's annual award winners and their accomplishments during the 2019–2020 season. Congratulations all around!

— Amy Lin, a big proponent of the Oxford comma, has been an FTM pace coach since 2013. In non-pandemic times, she can often be spotted on the Capital Crescent Trail.

Going Virtual and Beyond

by Ken Earley

So. What's been going on? Anything happening in the news?

I can certainly say that for a Club that has suspended activities, things have been remarkably busy. Unfortunately, since I am again the last person to turn in my homework to the editors, I'm limited in space this issue, so I'm hitting the highlights (a big thanks to Scott Brown, who is stepping down as *Intervals* editor, and thank you to Amy Lin for stepping in!).

Our major efforts include switching training programs from in-person to virtual (thank you, directors and coaches!); creating a virtual race series (thank you, Race Committee!); and migrating our communications platforms from Yahoo! to groups.io (thank you, Peter Haack!). A huge thank you goes to Ashley Zuraf and Halsey Sinclair for their hard work supporting all our initiatives.

Additionally, Yvette Murphy and Jefferson Lunsford have started an Inclusion and Equity Discussion Group, which will give the Board suggestions to improve the Club.

Because our in-person activities have been suspended, I'll be calling a special town-hall session in September, to provide members with updates on where we are as a club and our plans for moving forward. We don't envision returning to a normal as we've known it, and we appreciate the support and patience everyone has given us during these months.

Be safe, and go out and enjoy a run!

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

MCRRC Intervals

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Halsey Sinclair

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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.



One Runner's Quest for the Perfect Cross-Training

by Noam Neusner

Like every other cranky, aging, and nearly injured distance runner, I'm always looking for a shortcut to that delirious feeling of a few decades ago, when my muscles didn't ache, my Achilles weren't inflamed, and my body in the morning didn't sound like a bag of microwave popcorn after two minutes of nuking.

There are, of course, no shortcuts in life—not to speed, not to health, and certainly not to youth. As I hit fifty, I realized I had to take the scenic route, a long, arcing tour of all the options out there for cross-training and recovery and anything else that would complement my running insanity.

There's a lot to choose from. Fitness is a big-money industry, and each entrant has its own pitch. Each also has its own cult-like devotees and customs. And like any good cult, a lot of fitness options out there will suck your wallet dry. So I wanted to find a good value, not just another way to spend a lot of money on branded clothing and New Age affirmations. I'm a runner, after all. I do everything on the cheap.

My search began with some of those high-intensity interval training, booty-boosting studios where you kill yourself for fifty minutes—think Orangetheory and the like. Like any self-assured marathon-trained male, I thought these would be a cinch, and I thought everyone else would be awed by my aerobic fitness levels. And for the first ten minutes or so, maybe they were.

However, like thousands of people before me, I was humbled by these classes. By the end, I was a puddle of sweat and was barely able to keep up. What was worse—no recovery. I give these classes their due—they're great if you want to sweat and feel terrible. But they left me spent and exhausted, and the next day's run was excruciating. Talk about dead legs.

Plenty of runners swear by yoga, but there's a good reason runners don't flock to yoga studios. Hot yoga is an assault on the senses—especially common sense. What surprised me about every yoga

studio I went to was how competitive and territorial it was. People don't talk to each other, there's a lot of jockeying for floor space, and if your vinyasas are less than stellar, you better not be anywhere but in the back, where nobody has to watch you struggle. Yoga, for all its appeal to principles of elevated consciousness, is about as welcoming as a seventh-grade dance. No, thanks.

I moved on to Pilates, and I still go occasionally. Pilates is probably ideal for many runners. It's non-impact, focused on joints and flexibility, builds core muscles, and is used by professional athletes to improve resilience and to aid in injury recovery. The downside for runners is that it requires a lot of body awareness—it's not unusual to hear an instructor tell you to hold your abs in perfect balance while you lift your neck three inches, hold a weighted pulley down with your right arm, and count to three with your left toes. No, seriously. Runners—let's face it—are not very good at this kind of thing. That's why we're runners. Running is a simple motion, and you really can't screw it up too much, even if you daydream.

Pilates demands a lot of mindfulness, in a way that even yoga does not. Another downside to Pilates is that it resembles a form of medieval torture. Everyone has their thing, but they actually have a device in Pilates called the "Rack" and another thing called the "Tower." You've been warned.

Throughout my various bouts with physical therapy, I've heard a lot about the importance of the fascia—that thin layer that wraps around musculature and seems to be the secret to flexibility and pliability. Getting the fascia to cooperate ultimately comes to stretching often and, well, that's another thing distance runners don't really do. But there's a shortcut: assisted stretching. I found a studio, Stretchworkz, that will pair you up with a "stretcher"—a person, not a portable hospital bed. It works. When I go, I tend to bounce back well from runs, and everything seems to work pretty well. When I don't, I seem to get sore more

easily, my legs are heavier, and injuries always seem to be lurking around the corner.

The best part of assisted stretching is that I don't have to do anything. I don't have to hold my head at a thirty-degree angle and flex my glutes while extending my legs through a strap (Pilates), impress strangers by holding some kind of unholy trigonometric angle between my hips and my chest (yoga), or bleed out of my eyeballs (HIIT).

I just lie there, like a slab of beef on a table, and my stretcher manipulates my arms, legs, neck, back and so on, getting that fascia stretched and, I hope, softer. It's not a massage; there are moments when I don't think my leg can go any farther, and yet it does. It's not chiropractor-y; they don't want stuff popping and cracking.

But for a fifty-year-old runner, with many thousands of miles on the odometer, it's like having your body pushed back into place a little, and maybe, just maybe, being pushed back a few years. As recoveries go, it's a pretty good one, and best of all, I don't have to do a thing.



Photo: Norm Neusner

Noam Neusner (left) and Dan DiFonzo at Marine Corps Marathon 2018

A Pike's Peek Retrospective

by Tom Winkert

Closing six miles of traffic on Rockville Pike for a point-to-point road race is a tough task most race organizers would not undertake. That's exactly what John Sissala, Lyman Jordan, Irv Newman, and other Club pioneers set out to do when Fritzbe's 10K ended in the early 1990s. Fritzbe's was known for having good post-race food and festivities as well as for its course. To keep that race concept alive, Fritzbe's was combined with the White Flint 8K to create a new 10: Pike's Peek 10K. The race name is clever because it's close to Pike's *Peak*, a race that goes up and down the 14,111-foot mountain in Colorado. My older brother talked me into running the first Pike's Peek 10K because he had liked Fritzbe's. I thought it would be fun because we had run Pike's Peak a couple years before—I could wear my shirt from the Colorado race. Little did I know that I'd end up a streak racer.

There have been many incredible performances over the years. Women have run in the 32-minute range. In 2011, fourteen men broke 30 minutes. It's a fast course, but I never ran a PR on it. All my PRs are from my teens and early 20s when I ran in school. I felt old when I started running the race in my 30s. It falls during my birthday week, and depending on the race date, sometimes I'm the same age for consecutive races and sometimes not. I might run in the same five-year age group six times!

To me, race day seems like a reunion. Along with hundreds of familiar MCRRC runners, I'd see people I ran with in college. One of them, Denise Knickman, would always place high, and I remember how cool it was when she was awarded one of those oversized checks. Although I don't win awards, I always like seeing so many fast runners out there; kudos to the race for bringing them out with prize money and excellent organization. I volunteered for packet pickup and realized how much it takes to put on a race of that size: hundreds of volunteers for one race, thousands over the years. Of course, someone must step up to be the director: John Sissala, Jean Arthur, Paula Knutson, Cynthia Steele, and now Karen

Kincer. Thanks to all who volunteer!

When I run the race now it feels like a lifetime has gone by. In the early days my kids ran the toddler trot, then moved up to the 1K family run, along with my brothers' kids. They'd get a custom-made balloon in the parking lot and a turn in a moon bounce in the White Flint parking lot as their reward. My son, Thomas, wasn't born when I started, and if he does the 10K race now he patiently waits for me to catch up. My daughters, Jenny and Becca, would come out to cheer when they got older. Becca ran the 10K after we were in the Speed Development Program, whose goal race is Pike's Peek.

There have been cool and warm race days, headwinds and tailwinds, dry and wet days. In 2002, the constant heavy rain forced the organizers to move the festivities under cover in the parking garage by Lord & Taylor, another example



Photo: Tom Winkert

Tom Winkert runs the Pike's Peek course on its scheduled 2020 race date, April 26

of good planning to have that as a backup. That store now stands alone at White Flint next to fields and fences, old mall signs, and a perimeter road, an abandoned look and a reminder of what once was. The demolition of the mall forced the race to change locations. For a few years it finished on Marinelli Road, and for the last couple years at the new Pike & Rose development. The course is a little less downhill now, with a few more turns, but it can still produce a quick time.

Some years I wanted to run fast; some years I wasn't a hundred percent healthy and just tried to get through it. After running in 2011, I took an afternoon flight to run the Boston Marathon the next day (take that, Mike Wardian!). Okay, I'm no Wardian, or even fifty-year Boston stalker Ben Beech. When I ran a spring marathon, I'd run Pike's Peek as a workout. I'd park at the finish to make transportation easier and run up the Pike as a warmup while fellow runners drove by and offered me a ride.

The race has certainly changed through the years. In the beginning, the race only cost twenty dollars, and registrations were done on paper. Entering all those registrations into a database took a team of people with good typing skills. Results would be posted on the side of a building, boards, or trucks. If you didn't see your name, you'd still get a result card mailed to you a week later. Now, if the results aren't instantly available, we message the race organizers. Originally there were no wave starts or timing chips, just the gun time, which made it important to get a good start position! It was also before GPS watches; we had to keep a close eye on those mile clocks and be good at math to figure out paces. I still have a result card with "Tim" on it instead of "Tom." I wonder if my streak is invalid because of that, but it really was me!

Although I've thrown out ninety-nine percent of my race swag from decades of racing, I still have a shirt, bag, or towel from every Pike's Peek, and probably all of my bibs. The last few years I've bugged Jim Whitnah to assign me the number to match the number of years the race has been run. This year would have been bib number 25. I haven't done a virtual race, but I decided to go out early on the morning of April 26 and run the original course at the exact start and finish spots. I put in big letters *PP* on my shirt so I'd have a race shirt (not thinking how silly *PP* sounds or would look on me). I ran as hard as I could down the Pike, making all the lights and finishing under fifty minutes. I don't know if the streak is still alive, but I'll be back next year.

2019 Awards

Lifetime Achievement Award:

Monika Bachmann

President's Awards: Michele Potter,

Sri Rapaka, Brian Murphy, Drew Strikwarda, Joel Wakesberg, Eric London, Jim Dahlem

Coach of the Year: Keith Ord**Journalism Award:** Lisa Levin

Humanitarian Award: Don Shulman

Race Directors of the Year: Krista

Zanetti and Daniel Rubin

Most Improved Runner, Female:

Royanna Herbert

Most Improved Runner, Male:

Bobby Molson

Outstanding Running

Achievement: Harold Rosen

Outstanding High School

Runners: Leah Kannan, Cecelia Dworak, Garrett Suhr, Eric Fagan

Runner of the Year, Grandmaster,

Female: Erica Rubenstein

Runner of the Year, Grandmaster,

Male: Tom Offenbacher

Runner of the Year, Master,

Female: Anna Falcone

Runner of the Year, Master, Male:

Ryan Hadley

Runner of the Year, Open, Female:

Liz Ozeki

Runner of the Year, Open, Male:

Shlomo Fishman

Runner of the Year (ROY)**Recognition, Grandmaster,**

Female: Amy Subar

ROY Recognition, Master, Female:

Kaari Liisi Linask and Karyn Ryan

ROY Recognition, Master, Male:

Jim Dahlem and Hasan Hobbs

ROY Recognition, Open, Female:

Monika Schneider

ROY Recognition, Open, Male:

Dan Jacobs, Marshall Lieder, Adrian Spencer

Volunteer of the Year: Kelly Scherf**Volunteer Service Award:**

Catherine Poole

Participation Series: Mark Adams,

Omar Ali, Kevin Anderson, Melanie Barzik, Alex Booth, Walter Brown,

Kathy Cea, Kim Conway, Ryan Cox,

Nicolas Crouzier, Colleen Dahlem,

Jim Dahlem, Yukun Fung, Clare

Imholtz, Martin Kiebert, Leonard

Lee, Michelle Miller, Jennifer

Murphy, Robert Palmer, Francis

Parks, Catherine Poole, Daniel

Reichmann, Jayna Resman, Daniel

Rubin, Daniel Talmage, John Way,

Pete Wergin, Kam Yee, Thomas

Young, Wendy Young

The club would also like to recognize our outgoing board members: Amie Breslow, Andrea Keane-Myers, Sri Rapaka, and Terri Scadron. Thank you for your service!

Championship Series**Open Female:** 1. Michelle Miller, 2.

Cindy Conant, 3. Monika Schneider

Open Male: 1. Nicolas Crouzier, 2.

Christopher Shaw, 3. Ryan Hadley

Female, 1-14: 1. Anna Arnold, 2.

Elina Lee, 3. Mia Arnold

Male, 1-14: 1. Brandon Kim, 2.

Albert Lee, 3. Gabriel Yee

Female, 15-19: No qualifiers**Male, 15-19:** 1. Sam Young**Female, 20-24:** 1. Carly Mills**Male, 20-24:** Luke Schoppert**Female, 25-29:** No qualifiers**Male, 25-29:** 1. Francisco Reyes, 2.

Matthew Sushinsky, 3. Bryant Cabo

Female, 30-34: 1. Kim Conway,

2. Jayna Resman, 3. Lyudmyla

Panashchenko

Male, 30-34: 1. Alex Booth, 2.

Aaron Trulock, 3. Andrew Jerome

Female, 35-39: 1. Colleen Dahlem,

2. Jennifer Murphy

Male, 35-39: 1. Alexander

Paplomatas, 2. Stephen Varney, 3.

Brian Murphy

Female, 40-44: 1. Kaari Liisi

Linask, 2. Agnese Arnold, 3. Mical

Honigfort

Male, 40-44: 1. Jim Dahlem, 2. Yuji

Funakoshi, 3. Robert Palmer

Female, 45-49: 1. Margaret

Campbell, 2. Melanie Barzik, 3.

Karyn Ryan

Male, 45-49: 1. Matthew Mullally, 2.

Eric Manco, 3. Michael Collyer

Female, 50-54: 1. Cindy Cohen, 2.

Sharlene Deskins, 3. Mary Niland

Male, 50-54: 1. Pete Wergin, 2. John

Way, 3. Adam Kiely

Female, 55-59: 1. Kathy Cea, 2.

Heather Chen-Mayer, 3. Beverly

Black

Male, 55-59: 1. David Haaga, 2.

Marty Horan, 3. Ted Poulos

Female, 60-64: 1. Catherine Baker,

2. Janet Bergman, 3. Jeanne Larrison

Male, 60-64: 1. Kirk Gordon, 2. Koji

Takeuchi, 3. Ronald Black

Female, 65-69: 1. Lizzie Sadoff, 2.

Wanda Walters

Male, 65-69: 1. Bill Loomis, 2. Dave

Senft, 3. James Moorland

Female, 70-74: 1. Alice Franks, 2.

Clare Imholtz, 3. Jeanette Novak

Male, 70-74: 1. Richard Jefferson, 2.

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A “George” of All Trades

by Dan DiFonzo

It’s safe to say that MCRRC member George Tarrico is one of the most influential members of the DC running community you may never have heard of. His claim to fame isn’t his speed but his unwavering dedication to volunteerism throughout the running community. That will be his legacy.

His fingerprints are indelibly etched in scores of the area’s most well known road races, including the Cherry Blossom Ten Mile Run, Parks Half Marathon, Pike’s Peek 10K, and the Rockville Twiligher.

Sadly, Tarrico passed away in early June after a short battle with spinal cancer. He was eighty-four.

A member of MCRRC for nearly thirty years, Tarrico joined the Club in 1991 to train for the Marine Corps Marathon. He was a 3:40ish marathoner and a mainstay at the Club’s low-key races.

Physically, he’s best remembered for his trademark mustache, his jolly laugh, and his well modulated, deep bass voice and crystal-clear enunciation, perfected during his two tours of duty as a Navy helicopter pilot in Vietnam.

Longtime MCRRC member Lyman Jordan remembers Tarrico’s nearly immediate impact on the Club: “It was not long after he volunteered for his third consecutive race. George said to me with a laugh, ‘I joined this club to run more!’”

It was about this time that Tarrico went on to do a little less running and a lot more volunteering.

Tarrico didn’t just volunteer for the sake of volunteering. He did it at the highest level and was best known for troubleshooting and solving the unexpected problems that invariably

arise at every event. Yet, this uncanny ability was only secondary to his humble persona and sweet demeanor.

Ask people what they remember most about George and the refrain is the same.

Cherry Blossom Ten Mile Run race director Phil Stewart said it best: “He was loved by everybody because he was so hard-working and so good-natured.



George Tarrico

Always had a sparkle in his eye and a great sense of humor.”

Club member and close friend Steve Solbeck said, “He was somebody who just got along with everyone, and he wanted to see the Club get better.”

“As a volunteer, he came up through the ranks quicker than most. George loved to handle ‘stuff,’ and equipment,” Jordan said. “He was very good at it. He made a lot of friends, and everyone loved him.”

Arguably Tarrico’s biggest contribution outside of MCRRC was his work with the prestigious Cherry Blossom Ten Mile Run held each April

in Washington. Tarrico handled race logistics, which encompassed overseeing the entire construction and tear-down of the race site on the Washington Monument grounds.

“If there’s a [volunteer] position that represents the organizational backbone of the event on race day, he was it,” Stewart said. “He directed the show. Tents, Port-a-Johns, you name it. To a lot of people it sounds pretty simple, but there’s a lot of sequencing that needs to be done. He was perfectly suited for the position, loved by everybody, and so well organized. He could respond to any situation.”

While soft-spoken and gentle to most, he also had a side that he held in reserve.

“He could strike the fear of God in those contractors if they didn’t perform the way he wanted. He had the rare ability to be tough when he needed to be tough, but be sociable and easy going when that was appropriate,” Stewart said.

Christina Caravoulis is the race director for MCRRC’s Run for the Roses 5K race held each June. She was equally impressed with Tarrico’s people skills.

“He was really someone who could bridge the generations. He was comfortable with the older members, but he was just as comfortable and encouraging with the younger members. He could speak with anyone, about anything, but could also mediate when things weren’t going exactly right.”

“He was everywhere, but quietly everywhere. He left a big imprint on the Club itself,” Caravoulis said.

There was no role Tarrico hadn’t mastered in his years as a volunteer. It was exactly because of this vast

experience that he had a remarkable talent for figuring things out. There was no situation he faced where he couldn't find a solution.

"He never let you know how smart he was," fellow MCRRC member, friend, and race director Pat Maloney said. "He could do any job, at any race, at any time."

The last Club race that Tarrico worked was the Country Road Run in February, just as the COVID-19 pandemic hit the U.S.

Maloney recalls Tarrico phoning her shortly after the COVID lockdown began, complaining that he was bored. "He had to keep moving mentally and physically since he was so geared up to work the [upcoming] Cherry Blossom Ten Miler." That race never took place.

He was the recipient of two of the highest honors in area running circles: MCRRC's Lifetime Achievement Award and the Les Kinion Outstanding Credit Union Cherry Blossom Volunteer Award in 2016.

Tarrico's penchant for volunteering wasn't his only strong suit. He was also known as a bit of a salesman and was quite skilled at promoting an able volunteer to bigger and broader roles at future club events. George is responsible for turning more than a few content course marshals into full-fledged race directors over the years.

Don Shulman is one of Tarrico's pupils. "George was the 'Godfather' of races. When he asked you to help, you'd get one pass, but you could not say 'no' twice."

As a direct result of Tarrico's guidance, Shulman climbed the volunteer ranks and is now the race director for the Half Marathon.

"He managed to recruit, welcome, and cultivate all kinds of people to

become active in our club. He was a living example of how to embody equity and diversity. He did it by doing it. He was a consummate gentleman," Pat Maloney said.

Outside of the running community, Tarrico was an unpublished novelist and author. He was also a regular contributor to *Intervals* and is well known within the Club for literally writing the book on how to be a race director. That manual is used today to train race directors who conduct all of MCRRC's events.

Rachel Miller is the medical director for the Cherry Blossom Ten Mile Run and worked closely with George over the years. She recalls a race a few years ago where, due to an all-night rain, the Washington Monument grounds were saturated with mud that was ankle-

needed something for people to walk on because injured runners might have difficulty in the mud. She recalls that within minutes George had procured planks that were promptly placed in the mud. Problem solved.

One of Tarrico's lasting legacies is a tangible one seen at each and every MCRRC race. Thanks to him, the Club owns about 2,500 orange traffic cones that were bought in 1995. Tarrico's day job before his retirement was that of importer-exporter. Making use of his professional connections, he facilitated the purchase of these cones from a factory in Mexico, at a price that was one-sixth the cost of domestically made cones. These cones are still in use by the Club today, and they generate income for MCRRC when they are rented out for other area events.

Lyman Jordan saluted his friend, "He was always Mr. Factual and a wealth of knowledge... I think he probably learned how the Club operates, how to make stuff work, how to fit in, how to attract volunteers, and how to do everything that it takes to make a great person in the Club, as quick as anybody I've ever seen."

"His shoes are going to be impossible to fill by even a thousand people in the Club. He was so far above what everyone gave. He was the essential puzzle piece that completed the puzzle for the Club," Christina Carvoulias said. "It's going to take a whole village to fill his role."

George was a one-of-a-kind volunteer. He will certainly be missed.

Tarrico is survived by his wife, Marina, his two daughters, Laura and Catherine, and his four grandchildren.

— Lisa Levin contributed to this story.



Photo: Phil Stewart

Finish site of the Cherry Blossom Ten Mile Run
deep around the medical tent. George asked her if she needed anything in the way of help. Miller explained that she

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2019 Awards

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Igor Lvovskyi, 3. Gregory Chaconas

Female, 75-79: 1. Patricia Rich

Male, 75-79: 1. Jerry Frankenheim,
2. Walter Brown, 3. Louis Shapiro

Female, 80-99: No qualifiers

Male, 80-99: 1. Ronald Chiariello, 2.
Michael Leonard

Cross Country Series

Open Female: 1. Kristen Lemos,
2. Michelle Miller, 3. Monika
Schneider

Open Male: 1. Nicolas Crouzier, 2.
Christopher Shaw, 3. Christopher
Pruitt

Female, 1-14: 1. Anna Arnold, 2.
Elina Lee

Male, 1-14: 1. Albert Lee

Female, 15-19: No qualifiers

Male, 15-19: 1. Sam Young

Female, 20-24: No qualifiers

Male, 20-24: 1. Luke Schoppert

Female, 25-29: No qualifiers

Male, 25-29: 1. Matthew Sushinsky

Female, 30-34: 1. Heather Fisher-
Clarke, 2. Kim Conway

Male, 30-34: 1. Daniel George, 2.
Alex Booth

Female, 35-39: 1. Colleen Dahlem,
2. Jennifer Murphy

Male, 35-39: 1. Brian Murphy, 2.

Robert Ochs

Female, 40-44: 1. Agnese Arnold, 2.
Melanie Mollica

Male, 40-44: 1. Jim Dahlem, 2.

Robert Palmer

Female, 45-49: 1. Margaret
Campbell, 2. Melanie Barzik

Male, 45-49: 1. Matthew Mullally, 2.
Cameron Smith

Female, 50-54: 1. Monika
Bachmann, 2. Cindy Cohen

Male, 50-54: 1. Art Drisko, 2. John
Way

Female, 55-59: 1. Beverly Black, 2.
Asuncion Musumeci

Male, 55-59: 1. Mark Adams, 2.
William Clem

Female, 60-64: 1. Michele McLeod,

2. Jeanne Larrison

Male, 60-64: 1. Gregory Mayden, 2.
Koji Takeuchi

Female, 65-69: No qualifiers

Male, 65-69: 1. Ken Umbarger, 2.
Mark Zimmerman

Female, 70-74: 1. Gretchen Bolton,
2. Clare Imholtz

Male, 70-74: 1. Igor Lvovskyi, 2.

Gregory Chaconas

Female, 75-79: Jeanette Novak

Male, 75-79: 1. Walter Brown

Female, 80-99: No qualifiers

Male, 80-99: 1. Michael Leonard

