

# MCRRC Intervals

May 2022

Newsletter of the *montgomery county road runners club*

## On the Horizon

**Saturday, May 14, 8:30 am**

Kids on the Run (\$)   
 Gaithersburg

**Sunday, May 15, 8:00 am**

Run Aware 5K XC   
 Bethesda

**Saturday, May 21, 8:00 am**

Germantown 5 Miler (\$)   
 Boyds

**Monday, May 30, 8:00 am**

Memorial 4 Mile   
 Rockville

**Saturday, June 4, 7:30 am**

Little Bennett 10K XC   
 Clarksburg

**Saturday, June 18, 8:00 am**

Run for Roses 5K (\$)   
 Silver Spring

**Saturday, June 18, 7:30 pm**

Suds & Soles 5K (\$)   
 Rockville

Please visit our website for updates:

[www.mcrrc.org](http://www.mcrrc.org)

## Board Meetings

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

## New Trails and Old



Photo: Bruce Lemieux

(Left to right) Scott Weinberg, Mark Siegelman, Bill Allen, Gregory Chavonas, Justin Hersh, Roman Hersh, and Rebecca Torene tackle the new course for Piece of Cake 10K/5K.



Photo: Jyoti Bishey

MCRRC runners grab a classic D.C. photo op during a fun run from Bethesda to the Tidal Basin in March. Grace Shen writes: "As we ran and chatted, I realized how diverse our group was; we spanned a large age range, and many are from different parts of the world." Runners in this photo hail from England, Hong Kong, India, Iran, Peru, Romania, Russia, Uganda, and different parts of the U.S.



# We Need You!

by Amy Lin

**W**armer weather means more races, and more races means more opportunities to volunteer! As a nonprofit organization, MCRRC relies on volunteers to serve on our board, at our races and other events, and in our training programs. The person who checks you in at an end-of-program banquet, the emcee who announces your name when you cross a finish line, the members making decisions on the Club's next moves, the pace coaches who advise you on when to hydrate, the photographers who provide our free race photos—they're all volunteers. We need you!

Our May issue starts with Brian Murphy's call to participate in the return of Suds & Soles 5K, either by running, volunteering, or both. On April 10, the Club held its annual awards brunch to recognize both runners and volunteers; page 3 lists this year's awards and recipients.

Continuing the volunteer theme, Dan DiFonzo spotlights our 2022 Lifetime Achievement Award honoree,

Danny Talmage, who also received a service award from the Cherry Blossom Ten Mile Run this year, and veteran volunteer Anny Rosenthal provides insight on one of her favorite race jobs, course marshaling.

Blast from the Past brings back a 2013 article on competitive volunteering. (Yes, MCRRC would love for you to compete in volunteering!)

Lest we forget, our Intervals contributors are also volunteers (thank you all!). For our Runner Profile, guest columnist Kenny Ames interviews speedy Shlomo Fishman, who won the Atlanta Marathon in late February. And, as we look forward to the Club's marathon training programs beginning this month (FTM) or next (XMP), Kristen Kelman writes about her marathon-free year and how it whetted her appetite for many other running experiences.

MCRRC offers countless ways to give back to your running community. Grab the chance—you'll be glad you did!

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# MCRRC Intervals

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### Contributors

Kenny Ames  
Dan DiFonzo  
Kristen Kelman  
Lisa Levin  
Brian Murphy  
Cathie Rosenfeld  
Anny Rosenthal

**Have comments or questions? Or want to help?**  
Contact us at [Intervals@mcrrc.org](mailto: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.





# A Favorite Returns

by Brian Murphy

Anyone who knows me knows that I love to race. Many times I haven't even run my goal race yet and I'm already signing up for another one. Something that's energized me, especially in the past few months, is watching the return of racing. Whether I'm lining up for one of MCRRC's low-key events like Kemp Mill (C)hills, Piece of Cake, or Spin in the Woods, or racing at the RRCA 10-Mile Club Challenge or along the streets of DC at Cherry Blossom, being out among familiar faces, training partners, and friends reminds me why I love running so much. I might be out there for a PR, racing as part of training, or just having fun—no matter what, our running community brings so much joy to me. I'm sure it does the same for you.

One of the Club's premier races returns this year after a two-year hiatus! Suds & Soles 5K registration is open, and we're thrilled to bring the celebratory atmosphere of a neighborhood 5K and post-race party back to our running community. Based on how popular our weekly pub runs have been, it's pretty clear how much runners love a post-run beer or two. This year, we've got a new course that highlights the post-race party—the start and finish on Washington Street ensure plenty of room for breweries, food, a band, and, of course, hanging out with all your running friends.

We hope to see you out celebrating with us on June 18 in downtown Rockville. It's great to say that racing is back, and it's even better to say that post-race parties are back! Head on over to our website and sign up to run or volunteer today: [www.mcrrcsudsandsoles.org](http://www.mcrrcsudsandsoles.org)

Cheers!

—Brian Murphy is the vice president of MCRRC and a member of the Competitive Racing Team.

## 2021 MCRRC Awards

### Lifetime Achievement Award

Daniel Talmage

### President's Awards

Leonard Lee

Dan Reichmann

Kelly Scherf

### Runners of the Year

*Grandmasters*

Amy Subar

Jeff Duyn

*Masters*

Michelle Miller

Jim Dahlem

*Open*

Kristen Galligan

Adrian Spencer

### Runner of the Year Recognition

Tim Greszler

Hasan Hobbs

Marty Horan

Marshall Lieder

Ted Lutterman

Meg Ryan

Monika Schneider

Armand Silva

Pete Wergin

### Mountain/Ultra/Trail Runners of the Year

Rachael Gibson

Joseph Nah

### Most Improved Runner

Jason Greenspan

### Outstanding High School Runners

Anna Avila

Ian Fagan

Samuel Young

Ella Zeigler

### Journalism Award

Amy Lin

### Race Directors of the Year

Karen Craney

Barry Hauptman

### Coach of the Year

Chris Sloane

### Volunteers of the Year

Bonnie and Jeff Gitlin

### Volunteer Service Awards

Stephanie Ciosek

Roman Gurule



Photo: Dan Reichmann

Rachael Gibson and Joe Nah received MCRRC's inaugural Mountain/Ultra/Trail Runner of the Year Awards.

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# Honors for Danny Talmage

by Dan DiFonzo

**H**ere's a riddle for you: Which MCRRC member starts and finishes nearly every Club race, routinely gets passed by everyone at the finish line, yet always manages to record the fastest official time?

The answer is... Danny Talmage, of course.

For those who may not know him, he's the one working his magic to record your chip time as you cross the finish-line timing mats at most of our races. He's the first person to show up and the last one to leave. His job often lasts well into the evening after a race, when he posts the results on the MCRRC website. But that's not the only hat he wears. Danny is also the logistical maestro behind all the equipment that goes into—or comes out of—the storage facility housing everything related to our races. To MCRRC volunteers, that place is simply known as “the shed.”

“Race management and volunteerism just work for my skill set,” said Danny. “A part of me has always been about giving back to the community. I still remember volunteering for my first race as a course marshal at the Hillandale 5 Miler in 2000.”

When he's not on duty at an MCRRC race or organizing the shed, he can be found volunteering around the region at any number of races. In fact, for the past ten years, Danny has been an integral part of the race committee for the Credit Union Cherry Blossom Ten Mile Run. He holds the unique title of “Drayage Coordinator”—to the layman, that's the logistics coordinator, who, for months, weeks, and days before the race, makes sure everything is in place and will get to where it needs to be on race morning. From safety pins and bibs, to water cups and signage, to sound systems and timing equipment, it all filters through Danny.

As if that isn't enough, on race day his responsibilities shift to include managing the final water stop as runners leave Hains Point and head to the finish near the Washington Monument. Immediately after the race, he's back at it, overseeing and accounting for everything as it makes its way back to the storage facility.

April was quite a month for Danny, as his years of hard work were acknowledged by both the Cherry Blossom 10M organizers and MCRRC. On the eve of this year's Cherry Blossom, Danny took a few hours away from his duties to be honored before a crowd of more than two hundred race organizers, sponsors, key volunteers, and invited elite athletes, with the Les Kinion Outstanding Service Award in recognition of his many years of service to the race. Just one week later, MCRRC honored Danny with the Lifetime Achievement Award for all he has done—and continues to do—for the Club.

“Danny's award recognizes his ability to do more every single year than most people can accomplish in their lifetime,” said MCRRC president Brad Stewart. “His willingness to *not* say no is so incredibly valuable to MCRRC. We are fortunate to have not only his leadership but also his stewardship and his willingness to give back while simultaneously helping others learn how they can contribute.”

“Everyone should come out and volunteer,” says Danny. “Not only do you get to help, but you gain new skills and new friends in the volunteer community.”

—Dan DiFonzo is a frequent contributor to *Intervals*. He is also a coach with the *Experienced Marathon Program (XMP)*.

# So You Want to Be a Course Marshal

by Anny Rosenthal

**I**t's early Sunday morning, but my alarm still goes off. As usual, I hit snooze, but soon I'm up and checking the weather. I need to dress for being outside, but with more layers than I'd need for running. That's because today I'm a course marshal for an MCRRC race.

I love course marshaling. First, it's probably the easiest volunteer job ever. Second, you get to see your running friends and cheer them on. Finally, you get that warm feeling that comes from doing something useful.

What does it take to be a course marshal? Basically, the ability to stand in one area and point. You don't even have to be human, as anyone who's encountered #coursemarshalroscoe can attest. Still, being human has its benefits. The purpose of course marshals is to make sure that runners stay where they should be so they run the certified course and distance. It's easier *not* to do this than you might think. I have a very fast friend who was leading a marathon when he reached a turn, didn't notice a road marking, and ran straight—adding significant distance to the course and finishing after several other runners. At MCRRC, we try not to let this happen. If there had been a course marshal at that turn, she could have called out to my friend and kept him on course.

Being a course marshal is also fun. First, as with all race-day volunteer jobs, when you get to the sign-in table, you'll find coffee and doughnuts (and hot cocoa in the winter). You get a neon vest, a flag, and a map showing where your station is, and if there are enough volunteers, you meet your partner and then go find your spot together. This is a great way to get to know people who aren't in your pace group.

Once the race starts, you're on! You spend a lot of time pointing, and yelling, “Turn right after the stop sign!”

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*continued on page 5*

# Competitive Volunteering?

by Cathie Rosenfeld

*This article was originally printed in our May 2013 issue.*

**H**eather Hanson was our 2012 Volunteer of the Year after only joining the Club in January 2009! That was some serious effort on her part.

“I recall Brian Kim standing up at one of our Speed Development track workouts and asking us to volunteer. I don’t remember the race, but I remember thinking ‘Huh? So all those people out on the course are volunteers?’”

Listening to her inner voice, Heather did her duty at a couple of races and Club events, but raced more than volunteered, until an injury and a stressful job sidelined her from running in 2011. After a period of feeling sorry for herself and missing the camaraderie of the Club and her running friends, Heather found comfort in working Parks Half Marathon, Black Hills 10K, a very scary midnight post at Ragnar, and Stone Mill 50-Mile Run. She also helped coordinate Montgomery County’s spring and fall 5Ks for Girls On the Run, a cause very dear to her heart. “That organization saved my life when I lived in Michigan, but that’s another story.”

“Volunteering gave me the opportunity to see all these fantastic people I was missing so dearly. Watching a struggling runner at Mile 40 of a 50-mile race is inspiring, but so is watching a new runner finish their first 5K.”

After meeting John Way and learning about the MCRRC Participation Series, Heather got a crazy idea. “Why not try to volunteer at every club race in 2012? As a runner, I tend to be goal-oriented. I train to race, so why not do the same thing with volunteering?” Not yet ready for racing, the Competitive Volunteer emerged! She did not quite make her goal of volunteering at all thirty-three MCRRC events, but she did work at twenty-five, and she has some wisdom to share with other potential competitive (or non-competitive) volunteers:

1. Don’t dress like a runner. Wear at least twelve more layers, especially if

- the race is between November and March.
2. Timeliness is imperative, unless you have the race director’s cell phone number.
3. Always set two alarms, particularly on the weekends when the clocks change.
4. Yelling is what you call it inside the house; outside it is cheering.
5. If you bring a stereo, bring extra batteries.
6. The volunteer coffee and donuts make everything okay.
7. Don’t work out the day before working on the cone truck.
8. People will be upset that Rockville Pike is closed, especially if they can’t get to the Original Pancake House.
9. The neon vest will never command a motorist’s respect like a police officer will.
10. The neon vest *will* command a runner’s respect (and maybe a question).
11. It isn’t always fun, but it is always rewarding.
12. It isn’t always funny, but you will see wacky things.

13. If you are the sag wagon, bring trash bags, towels, and air freshener.
14. Going out on the town the night before volunteering is slightly better than going out before running. Only slightly.
15. Volunteering is an excellent way to make new friends and to have a good time!

The Club is grateful for and dependent on all of its volunteers. Without the level of dedication our members provide, we could not exist. If you have not yet experienced the reward of volunteering, we have a job for you! There is a place for every pace and a place for every face. Be our next Volunteer of the Year!

## Course Marshal

*continued from page 4*

or whatever instruction is appropriate. After a while there are enough runners following each other that they don’t need oral instructions. This is a great time to call encouragement to the runners. (Just don’t tell them they’re “almost done” unless you’re in the final tenth of a mile!) Some of the runners will be your friends, and they’ll appreciate personalized cheering. When the runners start to thin out, you may need to give instructions again. But eventually, the final runner and the sweep will go by, and you’re done. If you want, you can head for the finish and mingle with the runners and other volunteers. Or you can go home. Either way, you’ll have the satisfaction of knowing you contributed to another successful MCRRC race. Thank you!

—Anny Rosenthal is a long-time MCRRC member who has done most race-related volunteer jobs at one time or another. Her self-image is still that of a relatively fast runner who loves marathons, but nowadays you are most likely to see her finishing a 5K near the back of the pack.



Photo: Dan Reichmann

MCRRC’s 2022 Volunteers of the Year, Jeff and Bonnie Gitlin (center), pose with their award presenters, Danny Talmage (left) and Karen Kincer (right).

# Shlomo Fishman



by Kenny Ames

Shlomo Fishman has been a member of MCRRC since 2014 and a member of the Club's Competitive Racing Team since 2015. He picked up running in high school, when it was part of the requirements of his crew team, and hasn't looked back since. At the end of February, Shlomo won the Publix Atlanta Marathon, finishing with a PR of 2:37:32, four minutes faster than his closest competitor. Shlomo, 30, who is trained as a certified recreational therapist, currently works as the Director of Operations for a local interior design company. He lives with his wife, Melanie, whom he describes as his biggest supporter and better half, in Silver Spring. When he isn't out training or racing, Shlomo can be found volunteering at local races, "nerding out" over Jeopardy and world history, and exploring local parks and trails.

## How did you train for this marathon?

In many ways I trained for this race like all other races. In other aspects I changed a lot. The things that I did focus on were things that I was able to control and take into my own hands. Thus, my theme for this cycle was all about controlling the controllable. I stayed focused on making sure I completed my long runs, on proper rest and recovery, and on truly having fun. In the past I would try to hedge my bet by completing one or two long runs past 20 or 22 miles. This time I think I completed six or seven long runs at 20+ miles. Next, I homed in on the controllable. I focused diligently on making sure I got enough rest, proper nutrition, and worked on my positive mindset. Finally, I tried to incorporate something fun into every day. Sometimes I get caught up in the process and forget my *why*. This time around, I celebrated along the way

with amazing friends both in and out of running.

## Do you have any preferred workouts?

I really enjoy going to the track and running fast. I find it quite satisfying to measure myself and my workouts from week to week and from season to season. I enjoy and prefer either 8x800 meters or 10x1000 at threshold. The feeling of slicing through the air and propelling myself around the track is what makes me feel most alive. Even better when done before dawn!



Photo: MarathonFoto

Shlomo Fishman breaks the finish tape at this year's Atlanta Marathon on February 27.

## Conversely, are there any workouts you dread but make yourself do?

In all honesty, I really try to find enjoyment in each run. If there's one I do dread, it is the long tempo run. There is much to be gained when done correctly and at the right interval. So, when the going gets tough, I need to remember I can!

## Do you have a go-to running or racing shoe?

After much trial and error, I have come to find that New Balance running shoes suit me best. I do like their new RCV elite shoes with the carbon plate. Yes, it took me two years and way too much money to purchase a shoe with a carbon plate.

## You've organized a Tuesday morning track workout at Northwood. How did that come to be?

The concept and idea of "Northwood b4 Dawn" was created quite organically. In the fall of 2018, I and few other regulars would go to the Northwood track informally and do our own thing. After doing this for a few months, I decided, why not do this together and build community? I started a group chat and just like that, Northwood b4 Dawn was born. It's been three years of meeting on Tuesday mornings, and we have grown and had many experiences in the heat, cold, rain, snow, and deep darkness. Our name might be Northwood b4 Dawn, but the sun is always shining bright when we get together to cheer, support, and lean on one another. C'mon, show up, and have a good time!

## What are your favorite local running routes?

I enjoy Sligo and Wheaton Regional Park trails. I also enjoy linking various arteries to create big loops and routes for long-run fun!

## What about your favorite local races?

My two favorite local races are the Cherry Blossom Ten Mile Run and Pike's Peek 10K. Seeing the community come together and support one another is a beautiful sight. When I'm not running in those

races, you can find me volunteering and cheering!

***Tell us how the Atlanta Marathon played out for you.***

With the steady rain, cool temps, and abundance of hills on course, I wasn't sure what to expect on race day. I felt prepared and ready to run, but with many variables out of my control I was nervous prior to the start. Once the running got under way, those nerves washed away, and I was able to find my five (get into the zone) quite frequently throughout. Apart from almost being directed off course two times, I found myself battling negative thoughts from about mile nine through thirteen. I was very close to quitting and pulling off course. In the end I decided to stomp negativity in the face. Instead of battling negativity, I chose to alter negativity and reshape my outlook. I took control into my own hands by focusing on the present and forgetting about everything else. I reworked my mindset, and I must say that in the end I had a great race. For me, the moral is anything is possible and don't give up just because it's hard or challenging in a specific moment. If I wouldn't have tried, I would have never known what was possible.

***What did it feel like when you knew you were going to win?***

I went into this race looking for a new personal best and focused on my own time splits. To look up with about half a mile to go and realize I was in first place by a wide margin filled me with pride and joy. Placing first in addition to setting a new personal best is like the joy of a double scoop of ice cream on a hot summer day. I was able take the moment to truly feel present and enjoy the final few steps to the finish line.

***Do you have any mantras that you recite?***

Oh, so many! For this particular run some of my mantras were *Steady and control, Stay calm, it's okay, Yes I can, yes I will, Slice and dice, Eyes up heads up, and Finish strong.* I find mantras work best when you can say them with conviction even if you aren't feeling 100% confident. I'll be the first to say that they work!

***What is your marathon morning routine?***

Morning of the race is like any other long-run morning. I'll wake 2.5 hours prior to the run, have a banana, a slice of bread with almond butter, coffee, and water. Then I'll just hang out, watch some TV, and do anything but have my mind on running. About 45 minutes prior to the start, I'll get myself into a warm-up routine, which includes a morning prayer, stretching, and active warm-up. Then it's go time!

***You mentioned a morning prayer. Does Judaism motivate your running? How does it affect your training and racing?***

I believe that there are many overlaps between faith and running. I don't think my faith motivates my running; I think running motivates my faith. Through running I can become more grounded, connected, and more spiritually in tune with myself and others. Isn't that what life is all about?

***How did you celebrate your win?***

Wait, wait, I'm still celebrating! For me, sharing in the journey is the best celebration. Sharing with my immediate family, running family, and my community is the best way to celebrate!

***What's next?***

As much as I enjoy having a goal and being focused, I am really looking

forward to easing off and just enjoying being out on the local roads and trails. I look forward to getting a new mountain bike and trying out some new places with my amazing spouse. Don't worry, I'll be back for some shorter distance races over the warmer months and into the fall.

***What advice do you have for other runners?***

Whether you run for five minutes or five hours, you have just started to run or have been running for many years, enjoy the ability to put one foot in front of the other. When you can't run, walk, and if you can't walk, find something you *can* do, and have fun!

—Kenny Ames is a certified running coach who joined MCRRC in 2021. He is originally from Boston and has completed his hometown marathon seven times. Lisa Levin contributed to this Runner Profile.



Photo: Paul Shenk

**Shlomo Fishman (right) shares a post-race celebratory smile with his wife, Melanie Kugler.**

# A Year of No Marathons

by Kristen Kelman

**H**ow long has it been since your last marathon? One month? Six? How do you feel when you think about how long it's been?

Our marathon routines were rudely shattered by the pandemic. For a while, marathons were hard to come by, so if you were like me, you just didn't do any. My last marathon was in December 2020, thrown by the Dojo of Pain. It consisted of running U's around Hains Point, twenty people racing against a three-hour cutoff. I loved it because I love the marathon. So, when marathons started returning, I knew I'd go back to the cycle. But I didn't, and I haven't. Why? What else is there to do?

When you're so used to routine and not having to make any training decisions—beyond ignoring your suggested MP (marathon pace) and deciding where to travel for the next marathon—it's uncomfortable to think about something different. In 2020, with races gone, it was easy to lose willpower to train. On top of that, it was impossible to plan anything. For a while, some of us were still grinding through track workouts and strings of MPs, vainly hoping something would change. But when it became clear that this was a long-term thing, my attention turned to what we could do with an endless amount of time, nowhere to be, and no marathons.

My now-husband Erin and I explored ways we could do speedwork and long runs through outdoor adventures and games. We came up with some really fun ones, including "Steal a Strava Segment" Tuesday (the only way we'll ever beat John Kelly at anything), the "Socially Distanced Weekly Runners" challenges (check out SDWR's Strava segments around Rockville), and a very dicey game called "Where Can We Run To," which, in its penultimate days, resulted in a run from our house to the top of Sugarloaf Mountain and back. We drove to Shenandoah for day hikes, and planned a duathlon where we ran from my house to Erin's and biked back. I was so

busy having fun trying new things that when races came back I started looking for other fun challenges instead of putting my marathon training block together. And I just so happened to run my PR marathon with a training block consisting of games.

When marathons came back in 2021, what did I do instead? A 50K relay with Liz Ozeki, then Seneca Greenway 50K. I pace-coached in the Summer Half program. I tried a six-hour challenge made up of 1.5-mile loops. Ryan Johnson and I became proud members of the 100-miler club at Bighorn Trail. Erin and I bookended that race with several weeks exploring the Midwest, because why not? Then came Catocin 50K with a few MCRRC teammates (who all finished in front of me). When many people were slogging through MP runs and 20-mile long runs in August, I did... maintenance mileage. It was amazing. I paced Dan Christenson to a PR at Parks Half. I returned to MCRRC's Stone Mill 50M to



Photo: Exavier Watson

**Kristen Kelman, Ryan Johnson, Erin Kelman, Exavier Watson, and Aaron Anderson leap to celebrate their double summit of Sugarloaf Mountain in Dickerson, Maryland.**

enjoy some local trails. I attempted and DNF'd the Hellgate 100K. And before I knew it, *bam*, the entire year was gone. No marathons. And weirdly, I didn't miss them.

Why not? For one, I barely set foot on a track. I'd been burned out with track workouts, and my anxiety had been building with each one. This was the cooling-off period I didn't

know I needed. It also didn't hurt that every new distance was an automatic PR! I had the chance to experiment with fueling, which has haunted me in many a race, and I took the time to fully recover from a sprained ankle.

Absence actually does make the heart grow fonder, and this year I signed up for Speed Development to run shorter races, targeting Cherry Blossom. Focusing on a ten-mile race was new, and I found myself in a good headspace and with a healthy body to do so. I didn't have to worry about the season being a base for anything or tacking on extra miles in the cold dark. I just focused on running fast and having fun. The one thing I missed was mid-run bacon and hash browns, so I decided to forego the marathon again this fall and try to PR in the 50- and 100-mile distances at JFK and Grindstone, respectively.

Just to be clear, I'm not done with the marathon yet. When I'm ready to tackle it again, I'll undoubtedly use one of MCRRC's fine marathon training programs. But for now, I'm having fun. Perhaps it's no coincidence that I'm also running better than I ever have been. If you feel stuck in the marathon rut, look at other distances and challenges. Our programs are still there as *great* tools to keep your mileage up and to see your friends, even if you don't have a goal race. You can adjust mileage as needed. In our Club, you'll always find friends who want more miles.

Why do we feel that as soon as we finish a marathon, we need to sign up for another? Now that this endless cycle of spring, fall, spring, fall, has been broken, do we really need to restart it, or is it time for something different? In the words of Ellie in the movie *Up*: "Adventure is out there!"

*—Kristen Kelman joined MCRRC in 2017 and has trained with Speed Development and XMP, coached in the Summer Half Marathon program, and volunteered with Cancer to 5K. These days, you can usually find her in Black Hills or at Sugarloaf, training for an ultra with friends.*