

MCRRC Intervals



July 2013

Newsletter of the *montgomery county road runners club*

On the Horizon

July 12

Midsummer Night's Mile
Rockville High School
Rockville, MD

July 20

DARCARS Rockville Rotary Twilight
Runfest
Rockville, MD

July 27

10K Program Orientation
Rockville High School (1:30pm)
Rockville, MD

August 4

Riley's Rumble
South Germantown Recreational Park
Germantown, MD

August 9

Going Green Track Meet
Walt Whitman High School
Bethesda, MD

August 14

5K Running Program Orientation
5K Walking Program Orientation
Montgomery College (6:30pm)
Rockville, MD

First workout following orientation

August 17

Comus Run Cross Country
Comus, MD

August 24

Eastern County 8K and Fun Run
Martin Luther King Park
Silver Spring, MD

For complete details of MCRRC's races
and programs, visit www.mcrrc.org

Germantown 5-Miler



Photo: Dan Reichmann

Board Meetings

July 11, 7 pm
Rockville

August 8, 7 pm
Rockville



Strength in Our Size and Diversity

by Jeff Evans, Editor

We are now a club of more than 5,000 members! With that come many opportunities to lead and set ourselves as an example for other running organizations as well as the public at large. But we also have many chances to fail if we do not maintain and update the quality of events and programs we offer.

On page 3, President Karen Ward Kincer wants you to know that the Club is here to support your efforts if you want to see a new event or program come to fruition. Do you see an ideal location for a race in your area or have a great idea for a new program? Contact the Board of Directors at mcboard@mcrrc.org.

I still get excited over new races and anticipating how I will adjust to them so I don't finish feeling that I could've run them better or smarter. So I hope

you are excited to run our two new races, the Eastern County 8K and Fun Run on August 24 and the Matthew Henson Trail 5K on October 12. Read more about them on page 4.

Last but not least, in the background behind our nearly all volunteer-run organization are the paid staff members of MCRRC who work to make sure things run smoothly on a day-to-day basis for the Club. MCRRC's decision to hire them has paid dividends in the ability of the Club to grow and offer a wider range of races and programs, provide Race Management Services to local organizations, and communicate more effectively with members.

Contributing writer Cathie Rosenfeld gives us a brief profile of our staffers – Ashley Zuraf, Kathleen Clawson, and Halsey Sinclair on page 8.

Run happy and keep cool!



Photo: Ken Trombatore

Kids on the Run 2013



Newsletter of the montgomery county road runners club

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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.



MCRRC — Leader and Role Model

by Karen Ward Kincer, President

One of the really good things about being President of MCRRC is that it has enabled me to build some relationships with great people, believe it or not, outside of our club. You would think it would be all about the people inside our club – you all are the most important – but it is the people on the outside who sometimes make you stop and think even more.

This club is a big group – so much so that one individual in the running community suggested to me at one point this year that I might consider whether or not it was worth dividing into a couple of groups. He was wondering how could we possibly satisfy the needs/wants/desires of 5,000 people effectively?

Well, we can't, but kinda we can. That is we can't satisfy everyone through one race or program or workout. Not everything we do is right for every one of our members, and that is okay. We don't need to be one size fits all, and people shouldn't expect us to be.

With the variety of programs and races that we offer, I think there is something for almost everyone. But if there isn't something for you, as long as you are willing to put the elbow grease into organizing what you want, we're happy to support the creation of new offerings like we did this past year with the trail programs. If there is something that you think we're missing, chances are there is someone else who would agree – and hopefully they'll even help you organize it!

The benefits of sticking together were evident to me in some recent interactions with other community groups. We had been worried that the favorable relationship we have enjoyed would diminish due to some new governmental proposals. What we found working with these groups to discuss these proposals was that the reputation we have built through years of good citizenship in the county would enable us to maintain these relationships and the many

benefits they bring to members of our club.

I was also proud to represent MCRRC when I recently attended the Road Runners Club of America's National Convention. Because I love running and love this club, the sessions on the agenda were interesting but I can't say that I learned an overwhelming amount of new information. In fact, it became almost commonplace to hear the presenters say something to the tune of, "and the folks in Montgomery County do this, and that is how we [the RRCA] have modeled this or, and that is what we are recommending to everyone."

Members are critical of a lot of things. Some comments are really valid, and some I think are probably based on an inadequate amount of background or knowledge of an issue. But the reality is that overall this is a pretty darned im-

pressive club doing a lot of great things, thanks to the efforts of some extraordinary volunteers and a few great staff members.

We are a leader and an example for other clubs throughout the United States and for community groups in Montgomery County. I hope that even as we strive to be better we can remember and appreciate the great resource that we have in this club.

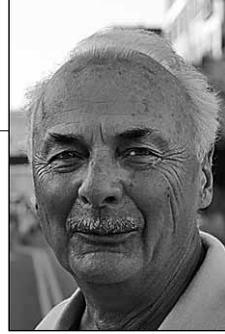
My thanks go out to all of those who contribute to MCRRC in such large ways day in and day out. Your efforts are what make us so strong and we all benefit from your generous contribution of time, energy, and spirit.

— Karen Ward Kincer is the volunteer President of MCRRC. She lives in Rockville with her four children and a great husband who thankfully understands her need to run.



Photo: Dan DiFranco

Lake Needwood



New Races for 2013 and Beyond

by George Tarrico

Same old races, same old places. No, that's not what happens. We try to maintain a stable race schedule that includes those races that have survived the test of time. But we are on the look out for new races that meet the evolving needs of our members.

For years our races have been concentrated in the Rockville/Gaithersburg area mainly because that is the epicenter of most club activities. While most of our members live in this area, there are many who live and work in the District of Columbia, other parts of Montgomery County, and Virginia. We want to serve all of our members with a schedule that offers a variety of locations and types of races. This year is no exception. We added two new races that offer completely new venues and were created by two new race directors.

The first race is Tom Young's Eastern County 8k and Fun Run located at Martin Luther King Jr. Recreational Park, near White Oak. This is one of the most beautiful locations you can ever imagine. I don't know why no one thought of it as a great site for a race until now. Fortunately, Tom knows the area well and has mapped out a fast course on a broad, paved trail that follows Paint Branch Creek. I can't say enough about this race.

The other race is Yukun Fung's Henson Trail 5k. This race is on the segment of the Matthew Henson Trail located between Georgia Avenue and Layhill Road. This is another trail with beauty beyond description. Unless you are familiar with the Henson Trail, you have probably passed by without knowing it is there. The course is wide

and mainly paved with a boardwalk segment that gives the race a unique character without compromising speed.

You should not miss these races. They offer everything you expect in MCRRC races.

By the way, these races did not invent themselves nor were they mandated by any top-down decision. Each is the creation of a member who saw a spot that needed to be added to our repertoire of races. Like most of our races, each started with an idea that was formed by the prospective race director. Once that person put his thoughts on paper, it was presented to the race committee, who worked out the details and then sent the proposal to the Board for approval.

Do you have a great idea? Let's hear it. We are always on the look-out for another good idea from someone who wants to create his or



her dream race.

— George Tarrico is MCRRC's Club Race Series Coordinator. You can find him at most MCRRC races doing just about everything!

MCRRC Intervals

2013

DARCARS Rockville Rotary Twilight Runfest

8K road race and 1K fun run in
Downtown Rockville

Saturday, July 20, 2013

8:45 pm start

Festival!

following the race with live music, refreshments, beer and more!

28th Running to benefit youth programs in our community

Sponsored by the City of Rockville Recreation and Parks and the Rockville Rotary Club

Early Entry Fee: \$29 by May 19 on line
 Registration Fee: \$34 May 20 through June 30 on line
 Late Registration Fee: \$39 July 1 to July 19 on line or at packet pick-up

(On line registration will be open through July 19 however packet pick-up for registrations received on line on July 19 will not be available until Saturday, July 20)

Register on line at <http://rockilletwilghter.org>

On-site registration and packet pick-up
Potomac River Running in Rockville Town Square:

Friday, July 19	5-8 pm	\$39 Reg Fee
Saturday, July 20	10 am – 8 pm	\$45 Reg Fee

My RRCA Convention Experience: Learning and Leading

by Karen Ward Kincer, President

In May, I was privileged to represent MCRRC at the RRCA's National Convention in Albuquerque. It was my first RRCA Convention, and I had little idea what to expect, so I am happy to report that it turned out to be a great experience. I definitely came home with some good information on our club and where we fit, not just in Montgomery County, but within the national running community.

While MCRRC is one of the largest running clubs in the nation, it was still inspiring to hear about how other clubs work in the areas of administration, governance, race management, training programs, and other activities. Some of the smaller clubs are impressive because they have to be creative to accomplish things with fewer resources – good tidbits and ideas were in abundance.

The sessions were on topics we deal with every day: insurance, governance, coaching, security and risk management, for-profit versus non-profit race and event management, nutrition and coaching, club communications, and some marketing and “what runners want” sessions, among others. If nothing else, the presenters really made me think about whether MCRRC had its bases covered or if we needed to re-examine our approach to each of these issues.

But it was also clear that MCRRC is in fact a leader in the industry. I heard numerous times about how the RRCA itself had modeled something it had done on what its friends at MCRRC had done.

I also found that just as not every program or race that is offered by MCRRC works for all of our members, we ourselves have outgrown some of the RRCA's offerings because MCRRC is so much larger than the average RRCA member club. While that was a bit of a frustrating realization, it also made me proud that we have come so far.

To be paving the way for others is hard. We don't have a manual or a road

map to tell us what to do or where to go. There aren't examples to follow because we are the ones blazing the trail. And as such, we get a lot of questions and scrutiny to see if we are doing it right. Honestly, without a crystal ball, sometimes I have no idea if we are going in the right direction and certainly time will tell, but at least we are doing things and aren't afraid to keep moving ahead.

The convention had its share of celebrities and fun as well. Meb Keflezighi and Brian Boyle both gave great talks, and the RRCA National 10K Championship Race was held in conjunction with the meeting. It was a good race, and they did some very nice things with it, but honestly, I think for a first-class experience, I'd still rather run a race put on by MCRRC.

— Karen Ward Kincer is the President of MCRRC. She can be reached at president@mccrrc.org.



Photo: Ken Trumbatore

Run with the June Bugs 5K (XC)

**Sunday
September 29, 2013
Rockville, MD**

The Home Run 

**A run and walk for everyone.
10K, 5K, Fun Run**

Benefiting



**HEBREW HOME
OF GREATER WASHINGTON**
SMITH-KOGOD & WASSERMAN RESIDENCES
A Charles E. Smith Life Community

Sponsored by:



EAGLEBANK
Relationships F+R+T

Manchester United jerseys are back...check the website for details.

www.hebrew-home.org/homerun



MCRRC Racing Team Coordinators

by Lisa Levin Reichmann

Nicole Cardello Deziel and Yukun Frank Fung are the coordinators of the new MCRRC Racing Team. Comprised of 16 men and 10 women in both Open and Masters age groups, the team was created with the goals of recognizing top runners in the County and raising the visibility of our Club in the local running community. The team's first race was the Germantown 5-Miler on May 18th, where the Masters Team took first place in the team competition and the Open Team came in a close second, just 27 seconds behind. For more information about the racing team, contact racingteam@mcrrc.org.

Nicole has been a member of MCRRC since 2004, and has participated in most of the Club's training programs, both as a participant and now as a pace coach for the Summer Half Marathon Program. An active and visible volunteer within the Club, Nicole has been on the Board of Directors and spearheaded the Green Team, MCRRC's initiative to reduce the waste and carbon footprint generated by Club events.

What do you see as the role of the MCRRC Racing Team?

I think the role of the racing team is to harness and showcase the talent within the Club and to raise the visibility of the Club in the local running community. I hope our teams will generate some pride and buzz throughout the Club. I became motivated to help create this racing team after repeatedly going to the RRCA Ten-Mile Challenge and noticing that our members were in mix-matched singlets, and many of our faster runners weren't even there to represent MCRRC. Next year, my goal is for our racing team to come to the starting line in our matching uniforms and really represent our Club well in the competition.

So far, what have you enjoyed most about being a member of the MCRRC Racing Team?

It's still really in its inception, so I haven't even met all our team members in person. I am most looking forward to that sense of team unity and competing with other club members. I really appreciate the positive feedback from our racing team members and other Club members.

How would you like to see the MCRRC Racing Team develop over the next 3-5 years?

I think it would be great if the Racing Team could train together as well as race together. I would like to see us recruit more post-collegiate athletes to get some younger runners involved with the Club.

If you had to pick one, what is your proudest running-related accomplishment?

I am most proud that, after 21 years of running, I achieved some big PRs this year, like breaking 20 min in the 5K. It is really exciting to know that my 36-year-old self can beat my 16-year-old self.

Any favorite local running routes?

I live practically on the C&O canal, so I love running on the towpath. This morning I saw a turtle, some ducks, and a couple of blue heron.

A native of Canton, China, Yukun Frank Fung played football ("the sport where you kick a ball with your feet ... Americans call it "soccer") and basketball as a child. After coming to the United States, he picked up body building and was, at one time, able to bench press 198 pounds and curl 152 pounds. When he started to get bored with body building, he tried out a 5K and progressed quickly to the marathon distance just seven months later. Yukun joined MCRRC in 2007 and tries to volunteer at every Club race that he runs. He has also been a pace

coach for the Summer Half Marathon program for the past two years.

How would you like to see the MCRRC Racing Team develop over the next 3-5 years?

Ideally, if the budget allows, I'd like to see the MCRRC Racing Team send a team to the USATF Club Cross-Country National Championships within the next three years. Within five years, I hope that the Team becomes one of the major players in DMV running.

Describe a typical training week.

My college running coach taught me to train by time on weekday run and by distance on weekend long runs. I still stick to that approach. On Mondays, I run anywhere from 40-50 minutes; Tuesdays 45-55 minutes; Wednesdays are track workouts that add up to 60-75 minutes; Thursdays are an easy 50-60 minutes. Fridays are a cross-training day, and sometimes that can be dancing or yard work! Saturdays are my long runs, and Sundays I run 30-45 minutes on grass or another soft surface.

If you had to pick one, what is your proudest running-related accomplishment?

Being able to run since 2002 without any serious injury.

Any favorite local running routes?

A hilly neighborhood route near my home in Aspen Hill.

What are your running-related goals for 2013?

I want to set more personal records before I can't. My lifetime goal is to run a marathon in all 50 states: this year I want to run the Carmel Marathon in Indiana (12th state) and Marine Corps Marathon, which will be my 13th state and 20th marathon.



Photo: Ken Trombatore

Nicole Cardello Deziel



Photo: Dan Reichmann

Yukun Frank Fung

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

Subscribe to our Yahoo Groups!

mcrcc-alert for breaking news alerts (track closed due to thunderstorms)

mcrcc-info for general news and information about club events

mcrcc-discuss for discussion with other club members about anything running or club related

<http://sports.groups.yahoo.com/group/mcrcc-info/>

Meet the Staff

by Cathie Rosenfeld

There is no question that when you are a member of the Montgomery County Road Runners Club you expect professional quality in the programs you join, the races you run, and the communication you receive. Professional quality from a predominantly volunteer organization is fairly amazing and pretty unusual. But this club has been putting on top quality events for years and because of that we have grown and prospered. We have continued to enlarge our storage and clubhouse facilities as we improved our equipment and expanded our services. Our web site has become more interactive and user friendly making communication easier and faster. Naturally, we needed to expand our staff as well.

The running community seems to attract hard working, generous and talented volunteers. We were able to function very competently for years with just one or two paid workers who handled the technical stuff, so to speak. But, it has become evident that we needed to have a people on the payroll supporting all the hard work of the volunteers. We found our new employees in our ranks, hiring club members Ashley Zuraf as Operations Manager, Kathleen

Clawson as Bookkeeper, and Halsey Sinclair as the Race Operations Assistant.

Ashley joined the club in 2003 to join the First Time Marathon group and completed the Dublin Marathon. Besides doing lots of volunteering, she has coached for two club programs, served as a Race Director, and was a board member for two years. Her job now, as Operations Manager, is to manage the day-to-day club needs. This includes areas of finance, human resources, information technology, communications, member services, and facilities and equipment. She coordinates Race Management Services events with both clients and staff. (We don't just time our own club races. We can be hired to help outside organizations put on a race, too!)

If club members have an issue or problem, such as with club races, email, or the website, Ashley is their "go-to" person. In addition, she and Halsey Sinclair support Race Directors, Program Directors, and Volunteer Coordinators in the administrative aspects of race registrations, website updates, and recruitment. They also help with planning orientations, meetings, and other events.

Kathleen Clawson also joined the club to run a race and stayed to volunteer. As our Bookkeeper she manages all bills and expense vouchers. She handles all the monies from our races and makes sure that everything adds up. The new personnel work in offices recently set up in our enlarged clubhouse space. If you have not seen them, drop by.

Even though our club has grown in every regard, our mission has remained the same. We are still a top quality running club with a place for every pace. We still rely on our members who volunteer in so many capacities, giving so unselfishly of their time and sharing their love of running with others. Without them, we could not have the club races, programs, and events that make our club special. That is why it was important to support our volunteers by hiring Ashley, Kathleen, and Halsey to keep our club growing and thriving in the professional atmosphere we expect of MCRRC.

— Cathie Rosenfeld has been a club member since 2000 and even though she lives in Delaware, her heart remains in Montgomery County.