

MCRRC Intervals

March 2013

Newsletter of the *montgomery county road runners club*

On the Horizon

March 19

Beginning Women Runners
Program Orientation
Montgomery College, Rockville

March 24

Piece of Cake 10K
Followed by
Awards Brunch and Board Election
Seneca Creek State Park,
Gaithersburg

April 13

Spin in the Woods 8K (XC)
Great Falls, VA

April 13

FTM Orientation
Location: TBD

April 21

Pike's Peek
Rockville

April 24

8K Program Orientation
Montgomery College
Rockville

April 27

Capital For a Day – Brookeville 5K
Olney

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

Board Meetings

March 7, 7 pm
Rockville

April 4, 7 pm
Rockville

Country Road Run



Photo: Ken Trombatore

Bob Elmore hits his stride at the Country Road Run



Club Business

by Karen Ward Kincer, Editor

Happy Almost Spring! It is getting to be the time of year that running in Maryland is at it's best and MCRRC has plenty of opportunity for everyone. In this edition of Intervals you will find listings for all of our spring programs, including a new spring/summer trail running program! You'll also find exciting news about the development of MCRRC's new racing team featured on page 4. MCRRC boasts some pretty fast runners and this program will aim to showcase their talent and hopefully provide a little support to these promising athletes.

It's also that time of year when MCRRC conducts our board elections and you will find an article by outgoing board member Brian Kim reflecting on his experience as a board member (page 3). We will miss Brian's contributions to the board.

The Annual Meeting and Awards Brunch will be held on March 24th following the Piece of Cake 10K. We hope you will come on out and

participate in the elections for the 2013 Board as well as celebrate the achievements of your fellow club members. Awards for Runner of the Year, Volunteer Service, Coach of the Year along with others will be presented. We will also have our traditional cake contest (it is our birthday!!!!) and will be raffling off some great prizes!

As you may have heard, MCRRC has recently expanded its facilities on Southlawn Lane in Rockville. We do however need some help decorating so for our younger members, the Annual Meeting and Awards Brunch will also feature a poster contest. Posters should be 18"x24" in size and we will select up to ten to frame and hang in the new office and conference space. Running related and MCRRC themes would be fantastic! You can see more about the brunch and RSVP details on page 7.

Where ever your running takes you this spring be safe and healthy!

MCRRC Intervals

Newsletter of the montgomery county road runners club

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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.



What's your running goal???

This spring, MCRRC will offer more training programs than ever!



- Beginning Women's Running • targets Run for the Roses
- 8K Training Program • targets Rockville Twilight Runfest
- Summer Half Marathon Program • targets Parks Half Marathon
- Experienced Half Marathon Program • targets Park Half Marathon
- First Time Marathon Program • targets Marine Corp Marathon
- Experienced Marathon Program • targets fall Marathons
- New Summer Trails Program** • no specific goal race but applicable to many fall trail races

More information and registration details on www.mcrrc.org.
Come out and join us!!!



My Year of Service on the MCRRC Board

by Brian Kim

I've had the privilege of serving on the MCRRC Board this past year, and now that my term is coming to an end, the *Intervals* editors have asked me to contribute some thoughts on my year of Board service, as well as on service to the Club generally. I had to think a moment, but, ultimately, agreed to write this piece, in part, to encourage others to step up to contribute their time, resources, and talents to a Club that is run by some of the best people I know. I also wanted to share some thoughts — the good and, maybe, the not-so-good (don't worry, it's not that bad — on service to the Club.

A little background on how I got involved in the Club in the first place might be helpful. Sometime in the summer of 1998, a work colleague told me her husband was a runner. She also said that he had, at one time, belonged to a running club, but that he withdrew from the club because "all that those folks did was eat, sleep and run." Running was everything. Crazy, I thought. How could anyone let their lives be run by running? Well...

I had just begun running regularly that year, training for my first marathon. That same colleague told me that there was a group who ran at the Richard Montgomery High School track on Wednesdays. So, I decided to see what was going on at the track and showed up. Sure enough, there were runners going in circles. I, of course, ran as hard as I could to show my stuff, and quickly used up all my glycogen stores and left exhausted. But I returned the next week, and the week after. On one of those weeks, I heard someone speaking through a microphone at the track, saying something about Club membership and there being a meeting for newcomers to the track. While I wasn't a true newcomer, I was new to the running community. So it began.

I went to the meeting, and to this day, I remember meeting George Tarrico who ran the meeting with other long-time Club members. They explained that the Club was a volunteer organization with not that much money, and that the whole point of the club was to allow folks to enjoy this sport and provide a good support network for everyone's mutual enjoyment. And membership only cost \$20 for an entire year, which included free entry to

the Club races! What a deal, I thought. I joined. And since then, I've been a steadfast member of MCRRC.

At first, I didn't volunteer for any Club events. That was for the real Club members to do. It wasn't for me. But soon thereafter, I started to see the same people at every Club race, doing the same things — water stops, bagels, set up, clean up, timing. And I thought maybe I should do a little of my part, since I was taking more than I was giving to this volunteer organization. So I did. I started out just showing up to help with clean up at the races. That was easy. I ran the race, stayed a little afterward, helped clean up, and left.

Of course, I then started to get to know people, and somehow I got lucky and met all the "right people" in the Club. They gave me tidbits of information about the Club, its programs, and ways to help that made it easier for me to consider doing more.

After the 2004 marathon season, Mike Broderick asked me to join the XMP coaching staff beginning in the 2005 training season. Of course, I said yes. And I've been an XMP coach since, with no regrets and have had the unbeatable satisfaction of watching runners progress and meet their marathon goals, including PRs, BQs, and other personal goals they had set for themselves. But the best part of it was that I had made real friends along the way, and the volunteer efforts were paying back in ways I couldn't begin to quantify.

Then, I was asked whether I'd be interested in running to serve on the MCRRC Board. I had friends who were Board members, and I knew it was a lot of work. I also knew that, at times, the Board meetings presented many challenges about difficult questions, with varying views. Ultimately, I agreed to run and I was elected to serve on the Board. I'm glad I did. My year of service gave me an eye-opening experience to how hard our volunteer members work, especially the Board officers and committees who do the behind-the-scenes work of the Board. I also got to see the not-so-good part of Board service. I'm referring to the unfair criticism the Board receives.

The MCRRC listserv — MCRRC Discuss on Yahoo! — provides a forum for Club members to generate legitimate

discussion about Club issues and to get answers from the Board. What I saw this year, however, was something I hadn't expected. In the past, when I saw a posting on the listserv that didn't interest me, all I did was to hit the "delete" button and I didn't have to think about it thereafter. As a Board member, I had to wade through all of it, and in some instances, couldn't publicly respond, because my obligation was to the Club and to the Board, and to await a formal response from the Board as a whole.

I was surprised and disappointed that a small group of members used the listserv as a place to post uncivil and unwarranted criticism of the Board. While as a Board member, I welcomed helpful, constructive criticism that serves to make the Club a better organization, comments insinuating nonfeasance or malfeasance on the part of the Board are neither helpful nor constructive.

With nearly 5,000 members, a budget many companies would envy, and a pool of volunteers with talents from every walk of life, MCRRC is a model organization. But when only a handful of folks, even when they think they are acting in the Club's interest, unfairly attack the hard-working, dedicated people who volunteer their time and energy to the Club, it causes people like me to withdraw from the Board. I've decided that I want to go back to being a worker bee for the Club. I rather enjoy the day-to-day volunteering at the races, for XMP, for FTM, and doing whatever else I can to improve the Club as a whole.

Would I do it again? Sure. But that's because I've had the real privilege to serve on the Board with really smart people who know what they're doing. I just happened to be lucky enough to be a part of the Board during their time.

So, if you get an e-mail from someone in the Club asking whether you'd like to volunteer for something — anything — *just do it*. You won't regret it. I didn't.

— Brian Kim is a pace coach with XMP and a team captain for Parks Half Marathon. He has done numerous other volunteer jobs for the club and is completing a year of service on the MCRRC Board.



New Racing Team to Help Put MCRRC's Fastest Feet Forward

by Dan DiFonzo

Do you think you're fast enough to represent MCRRC as a member of our inaugural Elite MCRRC Racing Team? If so, we're looking for you! The Racing Team will showcase and celebrate our highly talented, competitive runners and increase the Club's visibility within the broader running community.

As one of the country's largest running clubs, MCRRC has historically organized and conducted scores of competitive running events throughout Montgomery County, attracting many of the region's fastest runners. Each year the Club organizes more than a dozen RRCA coached training programs serving the varying interests and fitness levels of our many members. Many of these programs are developing and cultivating some very quick and talented runners in all age groups.

"The Montgomery County Road Runners Club has always proudly boasted 'a place for every pace' but recently we haven't been doing that much to support to our faster runners looking to break into the elite levels of our sport," said Karen Kincer, President of the Montgomery County Road Runners Club. "With the formation of the MCRRC Elite Racing Team, we can now say we're committed to recognizing and assembling a cadre of the fastest runners that MCRRC has to offer."

In May, MCRRC will introduce members of our new elite racing team. Here's how it works. The team will consist of four smaller teams comprising 6 to 12 runners each. One male and one female team for competitors under the age of 40 and one male and one female team for Masters runners—those over the age of 40. Runners will need to meet the qualifying standard at one distance or more. Standards correspond to a 70% age-graded time for 30 year olds (Open) or 40 year olds (Masters), as computed by the World Masters Athletics orga-

nization. A committee will review the qualified applicants and select team members mainly based on performance across a range of distances, but consideration may be given to club participation either as a runner or volunteer when deciding between applicants with similar racing times.

Army 10 Miler, Veterans Day 10K and the Baltimore Marathon (4-person relay). The Club will take care of entry fees for MCRRC-sponsored races and each team member will receive a team singlet, or racing sports bra top and a jacket. Future races may involve limited travel, such as to the RRCA Cross-

Qualifying Standards for MCRRC Elite Racing Team*

Distance	Women		Men	
	Open	Masters	Open	Masters
5K	21:00	21:45	18:30	19:30
10K	43:00	44:30	38:30	40:30
10M	1:11:00	1:13:30	1:03:30	1:06:30
13.1M	1:34:00	1:37:00	1:25:00	1:28:00
Marathon	3:15:00	3:25:00	2:59:00	3:04:00

*Applicants must meet standard at one or more distances.

"For years, our ad hoc race teams have not capitalized on the home-grown talent within our club," explained Nicole Deziel, Elite Racing Team Coordinator for MCRRC. "That's now changing with the introduction of a more formalized squad of our own."

"MCRRC will launch our new team later this spring and participation on the team will run through December, 2014," explained Deziel. "In subsequent years, the team membership will span the calendar year. Each year, runners will have to reapply for team membership in November for inclusion the following year."

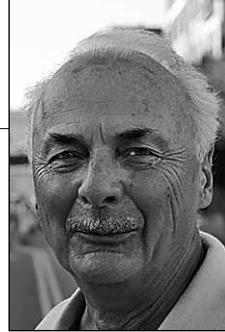
Elite team members will need to commit to competing on an MCRRC team in approximately five of the ten target races. For 2013, the race requirements will be less stringent because it is only a partial year. Team members will also be required to fulfill a volunteer commitment for the club as well. Race distances will vary from 8k to 10 miles. Planned races will focus on select local premiere events including: St. Patrick's 8K, Cherry Blossom 10 miler,

Country Club Challenge, and benefits may be expanded to include discounted running shoes and other apparel or services such as sports massage.

"I am excited about the opportunity to better engage and support the Club's speedier runners. Historically, some of our elite and sub-elite members have looked to other organizations and teams, which were better serving their needs. I hope that by supporting them with this initiative, we will have more of our highly talented runners wearing MCRRC singlets on the starting lines," added Nicole Deziel.

If you are interested in applying to be a member of the Elite Racing team, you can access an application on our web site. Or, e-mail Nicole Deziel, our Elite Team Coordinator at runnergirl6129@gmail.com. Applications are due by April 15th.

— Dan DiFonzo is a pace coach for the Winter Marathon Program and regularly trains with XMP in the summer. He has also frequently represented MCRRC in team competitions at local races.



Spring Running

by George Tarrico

We sadly said goodbye to some of our longtime race directors, Bonnie and Jeff Gitlin, who directed New Years Day 5K, and Cathie Rosenfeld, who directed the Country Road Run. We will miss them from the race schedule but not in Club activities. We thank them for their dedication and hard work.

As in past years, the Club race schedule offers an abundance of events. They are mostly the same races as in previous years but with some notable changes.

Harvey Sugar took over the Greenway Trail Marathon from Ed Schultze, the founder of the event. Based upon some important permitting requirements, Harvey reversed the course so it now starts at Riley's Lock and finishes at Damascus. The race is now a net uphill course but, as you know, trail runners love more challenges.

Jean Arthur, our past president, will be stepping down as race director of Pike's Peek. I'm not sure how many years Jean directed this race. It has been just one perfect race after another. We'll really miss you, Jean.

Don and Debbie Shulman will turn over the Capitol for a Day 5K after this year's event. Don will move up to Parks Half Marathon in a couple of years.

Why this fixation of race director changes? It's because we have a regular turnover of race directors. Race directing is a demanding task but is a very satisfying, rewarding experience. We have been fortunate to have such high caliber people in charge of our races. Where do they come from? They stepped forward and took on the task. The older directors trained themselves, learned by doing, and sometimes made a few mistakes.

With increasing demands, we

found it necessary to provide some formal preparation for the task. We started with the Race Director Manual, then a race director training program where we teach the elements of race management to those who want to become race directors. Don Shulman, Mister Everything, handles new race director training.

If you would be interested in becoming a race director you can begin by volunteering for a few races. You can do that now. Then, you will want to become an assistant race director, which is as easy as telling Don or me. We will match you with a race director and we'll arrange for a training session.

From there, your future is in your hands.

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

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!

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

mccrc-info for general news and information about club events

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

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



Photo: Yvette Ju

Members of Team MCRRC relax after the RRCA Ten Mile Club Challenge.

Dee Nelson



by Lisa Levin Reichmann

Dee Nelson joined MCRRC in June, 1983 after she had been racing competitively for five years. Over the next eight years, Dee raced an average of 16 races a year, an impressive number itself. Her outstanding performances earned her the title of Masters Runner of the Year in 1991, but she didn't rest on her laurels. Instead, Dee continued on to average over 60 races a year from 1992 through 2013, regularly placing in her age group and often overall. Still going strong in 2012, Dee won her age group (65-69) in both the MCRRC Championship and Cross-Country Series and has been nominated for 2012 Grandmaster Runner of the Year.

Dee is a dental hygienist (University of Pennsylvania '63) and lives in Gaithersburg. She is the proud mother of two daughters and grandmother of two grandsons. Her daughter, Susie, passed away suddenly in 2011 after suffering a stroke while out running.

Dee, 69, has been the subject of many articles over the years. Most focus on Dee's impressive list of accomplishments in light of her age and cite her as an example of the old adage "age is only a number." It is true that Dee, who will mark 35 year of racing this spring and approach 1500 lifetime races, certainly challenges the notion that we have to get slower as we age. However, even apart from her age and Grandmaster status, Dee's experience and outlook on life should serve as an example for everyone.

What motivates you and how do you avoid burnout after so many years of racing?

I like to set goals with certain races, such as the Cherry Blossom and Charlottesville 10-milers. And, even though I run a lot of races, my training philosophy is that more is not necessarily better. Gone are the days when I would run 360 days a year.

In 2012, I ran three miles through my neighborhood of Sharon Woods in Gaithersburg on 94 days. The races are my speed work. I prefer the 5K distance.

What is your philosophy on health?

I credit my fitness and healthy outlook on life to my mentor, Dr. Kenneth Cooper, the father of aerobics. I have made periodic visits to the Cooper Clinic in Dallas for physicals since the



Photo: Bob Marlett

Dee smiling through another age group win at the 2011 TLC King of the Road 5K.

early 1970s. In 2009 I broke the 65-69 age group record on the treadmill in 23:11 [time reflects performance under the Modified Balke Protocol, which estimates cardiovascular condition and endurance (VO₂max) and involves increasing grade and speed over time until exhaustion]. Since I will hit 70 this September, I hope to return this fall to break the next age-group record. That's another goal.

Also, I work in a health-related profession as a dental hygienist. I encourage my patients to be active and to

value good health. Your good health is not to be taken for granted.

What do you enjoy doing when you are not running or working?

I love to travel and expect to tour Italy in April and the Canadian Rockies and western states in August. I really love being with my daughter, Lynn, and her family in Reston. Her son, Bradley, who is four and Susie's son, Jake, who is nine and lives in Bethesda, both seem to enjoy racing. I just wonder how many more years I'll be able to stay ahead of them.

Over so many years of impressive achievements, what is your proudest running-related accomplishment?

My proudest accomplishment is having a daughter who loved running. Susie ran every day; her favorite race distance was the half-marathon. In July of 2011 she suffered a massive stroke when she and a friend were running while we were vacationing in Cape May. She passed away the next day, at the age of 41.

Susie and I ran ten races together since the mid-1990s. She would always say "I'm going to beat you, Mom." Finally, in 2008 she beat me at the Hills of Cabin John Cross Country 5K by 40 seconds. I'd say that was my most memorable and proudest moment out of all the races I have run.

Susie gifted her organs and I have met the man from New Jersey who has her pancreas and kidney. We talk frequently. Evidently he has not had the urge to buy a pair of running shoes or run a half-marathon -- at least not yet.

— Lisa Levin Reichmann was MCRRC's Open Female Runner of the Year in 2010. She is an RRCA Certified Coach and Spin Instructor. She also does triathlons and helps organize sporting events for kids.

And the winner is... Find out at the

MCRRC Annual Meeting and Awards Brunch

March 24, 2013 • Seneca Creek State Park

Celebrate the achievements of your fellow club members
Runner of the Year, Volunteer Service, Coach of the Year and many others

Elect the Board of Directors for the coming year
Celebrate the club's 35th birthday with lots of cake



Brunch will be held in the big white tent near the race site
Coffee service begins at 10:00 AM
Brunch will be served beginning at 10:15 AM
Program begins at 10:30 AM

High Point Catering will be serving brunch but as is our tradition, club members are encouraged to bake their best cakes to help celebrate the club's birthday.

Tickets are free but we need your RSVP so that we can plan appropriately. Visit <http://www.imathlete.com/events/AwardsBrunch> to RSVP by March 18th.

If you have questions, or to let us know you will be bringing a cake, please email, info@mcrrc.org.

MCRRC  *Intervals*



Photo: Ken Trombatore



Photo: Ken Trombatore

Race Director Rules of the Road (Race)

by Cathie Rosenfeld

Regardless of whether it is a low-key club race or a big race with invited runners and prize money, all MCRRC races need planning (start earlier than you think), organization, and volunteers. Our Race Director Manual is a valuable resource, but nothing beats “on the job” experience, so here are a few additional “Rules of the Road Race” that some of our RDs have found useful:

Put together a great race committee and then get out of their way.

Find a great Assistant Race Director.

Use the Team Captain concept even in a low-key race and take advantage of your volunteers’ experience and expertise. (See above)

Even a skeleton crew can be fleshed out at the race. Many volunteers show up race day.

Be generous with Thank Yous. Thank the volunteers (especially) but also the runners, the community, the venue and your family. Don’t forget the photographer(s).

Be organized and maintain all info from one year to the next in a binder, creating a history.

If taking over a race, read the history. Talk to people who have experience with it and then decide what traditions you want to keep and which ones don’t work for you. It is your race now.

As soon as you get a volunteer submission, record it.

Think of yourself as a runner when coordinating or putting together your event. What do you like, want or dislike at a road race and proceed from that point.

Pretend you’re a runner going to your race. Visualize everything they will do: pre-race day, directions, arrival, parking, registration, last minute pit stop, running, getting water, finishing, post-race munchies, getting home, looking for results and pictures. Make a timeline of everything you need to do to have everything the runner needs for their experience in the right place at the right time.

Do something fun and unusual that people will remember. Rubber chicken key chains, count the flag in the course games and so forth.

Run the route. Know the race. (See above and below)

Inform and respect the community. You may get new members, volunteers, and runners.

Never sacrifice quality. We want all of our races to be the best possible.

Have a Plan B and then a Plan C. Remember everybody wants this to go off and wants to help you be successful. Your success is their success.

And if you have a question, ask. Please.

#1 At the end of the day, the most valuable thing to a runner is having a story to tell.

#2 It’s all about the little people.

#3 We are all little people.

My thanks to Eric Bernhardt, Jerome Brown, Michele Potter, Mike Acuna, Karen Kincer, George Tarrico, Nancy Betress, and Thomas Young for their thoughts and contributions.

— Cathie Rosenfeld just directed her last Country Road Run for MCRRC but she will still be volunteering for some of our major races and of course writing for Intervals.