

MCRRC Intervals

May 2013

Newsletter of the *montgomery county road runners club*

On the Horizon

May 11

Kids on the Run
Bohrer Park (Gaithersburg High School)
Gaithersburg, MD

May 12

Run Aware 5K
Potomac, MD

May 18

Germantown 5 Miler
Germantown, MD

May 18

Summer Half Marathon Program
Orientation
Lake Needwood (7:30am)
First workout following orientation

May 27

Memorial 4 Mile
Rockville, MD

June 7

Run With the June Bugs 5K (XC)
Gaithersburg, MD

June 15

Run for Roses 5K
Wheaton, MD

July 12

Midsummer Night's Mile
Rockville, MD

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

Board Meetings

June 13, 7 pm
Rockville

July 11, 7 pm
Rockville

Most Improved Runners



Most Improved Runner award winners, Joe Sangillo and Kathryn Holden (see story on page 6)



Keeping Our Resolve

by Jeff Evans, Editor

Happy racing season! I am happy to say that that I'm the new editor of *Intervals*. I've been an MCCRC member for quite some time (close to ten years I believe), but have always been low-key, taking part here and there each year in races and volunteering. I hope to be a good torch-bearer in place of Karen Ward Kincer, who does so many things for our club. In my day job, I'm an editor for medical newspapers and websites, but I spend a good part of my time outside of that running with my wife, Kim, and 2-year-old daughter, Caroline. I'm a generalist, running everything so far from one-mile to 50-kilometer races.

I think that the awards handed out at the Annual Meeting and Awards Brunch in March for our Most Improved Runners of the Year — Joe

Sangillo and Kathryn Holden (page 6) — as well as our Volunteer of the Year, Heather Hanson (page 4), paint examples of how much support that family, friends, and club members provide to make running enjoyable. We need that support now more than ever to keep our resolve after the Boston Marathon bombings to make sure that no one can undo the enjoyment and freedom of running. You can read about how club members and their families came together in descriptions of our local reactions to the events on pages 3 and 5. Back at home, you can learn on page 7 how much MCCRC's Race Management Services staff supports and contributes to local community organizations and runners. We hope that their services will grow, not decline, in the wake of Boston.

2012 MCRRC Awards

- Outstanding High School Runner Male**
Nicholas Simpson
Benjamin Withbroe
- Outstanding High School Runner Female**
Isabelle Latour
Laura Nakasaka
- Most Improved Runner Male**
Joe Sangillo
- Most Improved Runner Female**
Kathryn Holden
- Coach of the Year**
Harold Rosen
- Journalism Award**
Laura Evans
- Volunteer Service Award**
Stephanie Bates
Jim Farkas
- Volunteer of the Year**
Heather Hanson
- Runner of the Year Open Men**
Sam Luff
- Runner of the Year Open Women**
Allison Lawruk
- Runner of the Year Masters Men**
Kevin Yates
- Runner of the Year Masters Women**
Cindy Conant

- Runner of the Year Grandmasters Men**
Ken Umbarger
- Runner of the Year Grandmasters Women**
Anne Forsha
- Race Director of the Year**
Doug Sullivan
- President's Award**
Dinos Papoulias
Leonard Lee
Steve Solbeck
Don Shulman
Barry Hauptman
- Runner of the Year Recognition Award**
Andrew Sovonick
Susan Joy
Julie Sapper
Doug Woods
Frank Perna
Kellie Redmond
Patricia Eason
Marc Wolfson
Bob Yarchoan
Dee Nelson
Giovanna Tosato
- Outstanding Running Achievement**
Dee Nelson



Newsletter of the montgomery county road runners club

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MCCRC 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.



The Joy and Support of Our Running Community Keeps Us Strong

by Karen Ward Kincer, President

Sometimes you just need a good cry. It's Wednesday, April 17th, and I wrote my first column for this issue of *Intervals* while I was watching the live stream of the Boston Marathon on my computer. It started like this....

So it is Marathon Monday and I am settled in "working," but surrounding me I have my regular laptop streaming the Boston Marathon; my timing and scoring laptop so I can make some corrections to race results from the weekend and write this article; my iPad to check e-mail; and my phone so that I can receive text updates on all my friends running in Boston. I grew up in Boston, and thankfully that whole city shuts down, granted to celebrate Patriot's Day, but really after the re-enactments are over in the early morning, the rest of the day is about the marathon. Why so few other places fail to recognize this as the national holiday I think it should be is bewildering.

At this point, Shalane Flanagan and Kara Goucher are holding onto the lead women's pack, and I'm hoping and praying that they hold on. This morning, I watched YouTube videos of them with my girls and I'm hoping there will be a good story to tell them and some good highlights to watch after school. It's Monday of course and that means we also have track practice – my girls are part of the City of Rockville's Youth Track Program which I help coach – and it would be so much fun to share an inspiring story with all the kids there.

Well, when I wrote that I didn't

understand why others didn't see Marathon Monday as the national holiday I thought it should be, I was not thinking of the bad guys.

But then they showed up. And try as we might, it's not the same. At least not yet. I've had several reporters ask me how the running community is responding and if things are different. It's been hard to answer those questions so immediately without much time to process, but I do think that the tragic turn of events at the Boston finish line has shown how strong this community is and how much we care for each other.

The outpouring of concern and support has been amazing to see. Despite the scenes of panic, the rational response demonstrated by so many in locating friends and family and supporting one another during this difficult time has shown the strength of character in our community. I don't know how unique that is, but I know that more than ever, I value it tremendously.

I just left a spin class taught by my favorite instructor, right in the middle of the workout. I don't do that — but today I felt so isolated in there. It was a pick your own workout so long as you stayed in or moved into the prescribed heart rate zones at the prescribed time. But you had a choice to ride a hill or a flat or a transition. I love the music this teacher plays and usually I don't mind the lack of talking, but today it all just didn't work for me. Of course, I will spin again, but for now, I couldn't help but think about how when I go out and run with my running partners — even if we do hills or something we're talking to each other. And we're encouraging each other the whole time. In races



it is rare that you pass or even tag along with another runner without a word to them. A friendly, "you can do it," "come with me," or "come on, let's get up this hill" are so common we barely notice it.

One reporter asked me if I planned to run this week. I was a bit astounded by the question. Now more than ever, I know I need to run. And I suspect that is true for many of us. And I want to be around people who understand this sadness, which is so great on so many levels. I think the running community needs to come together and do what we have always done: support each other without fail.

We will come back to run Boston and other races. I saw someone say on Facebook "to those that stole a moment and human life from Boston, that is all you will get, that moment and no more." Our Pike's Peek 10k is this weekend, and I am looking forward to this great spring tradition. We'll have some increased security, but I don't want to let anyone take away the joy that is training and running and racing and supporting one another. It is what makes this sport and this club so amazing, and if we let them take that away, they will have won.

I wound up with a different story to tell the kids when they got home. One that was far from happy. But I've also been trying to tell them the other side about how people have been helping each other, and I hope that is the story that is sinking in.

— Karen Ward Kincer is the President of MCRRC. She can be reached at president@mcrrc.org. She is looking for a marathon to enter to try to qualify for Boston again.

Keeping Pace with the News

by Patricia Maloney

April 15 started out like a typical Patriots Day. Throughout the morning, my Facebook feed was populated with status updates from friends excited about their performance at the Boston Marathon. It was a perfect day for the race. MCRRC had several teams competing, and a number of club members ran individually or entered the 5K Sunday. As a former Bostonian and runner, I know what a special day this is.

I generally work from home, and was reading online and listening to NPR's "Tell Me More" on WAMU shortly before 3 p.m. when their local news staff broke in to announce the bombings. The initial shock of disbelief lasted a few moments, and I called some friends to give them the bad news.

Then I sat back down in front of the

computer and went to the club's Facebook page, which I manage, and where I spent much of the next 48 hours. I posted a status update asking club members in Boston to check in. This update got more views than anything ever posted on our Facebook page, and served as the start of the bulletin board that our page became for the next few days. I also tweeted for folks to connect with us on the club feed.

My MCRRC e-mail filled with inquiries from reporters and producers on deadline. "Did we have members in Boston?" they all asked. "Who could they reach?" Dan DiFonzo, a Boston veteran with a radio background, was a natural choice. He finished his run well before the blast, but he was available to talk. Other media wanted runners

from specific areas—and did not know how to search the race database. Karen Kincer, Ashley Zuraf, and I had to balance the need to keep the media informed with our concern about friends and running companions.

By the time our folks made it home unharmed, we had club members featured in the *Washington Post*, the three major TV stations, and several online publications. Our runners did us proud in Boston—and even prouder as they shared their experiences. Social media kept our connection strong during and after the attack.

— Patricia Maloney is Chair of the MCRRC Communications Committee.

The Benefits of Sports Massage

by Terrel Hale

Sports massage can be an aid to any runner at any level in preventing injury and helping recovery. In tandem with an intelligent training plan, massage gives a psychological boost to runners in training and preparing for races; it can be performed both before and after running.

Regular massage can help to increase

awareness of the body's adaptation to training and help a runner use the full range of muscle movement and range of motion. By investing time not only in training but also in sports massage for injury prevention and recovery, runners are more apt to get to the start of their races without being sidelined with injury.

— Terrel Hale has been working as a licensed sports massage therapist for the last ten years and is certified in full-body Active Release Techniques (ART). His favorite races have been run with his son, Luc: the Marine Corps Marathon, the JFK 50 miler, and the Rock Hall sprint triathlon on the Eastern Shore.

Hit your Stride at the Stride Clinic!

Having trouble with your running? Want a professional opinion on your stride? Wondering what little things you could do to improve? A visit to MCRRC's Stride Clinic may be just the thing you are looking for!

Once a month MCRRC brings together a team of dedicated professionals to help members improve their running. Staffed by certified running coaches, physical therapists, shoe experts, massage therapists and podiatrists the stride clinic provides runners with individual tips on running form, injury prevention strengthening and more.

Don't miss out on this valuable opportunity! Sessions are about an hour long and cost only \$30. Spots for the Stride Clinic are limited and must be reserved in advance. For complete details and to sign up visit www.mcrrc.org/stride-clinic.



MCRRC members at this year's Boston Marathon

MCRRC  Intervals

2013

**DARCARS Rockville Rotary
Twilight Runfest**

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://rockvilletwilghter.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

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



Most Improved Runners



by Lisa Levin Reichmann

Joe Sangillo ran his first 5K in college in 2001 but didn't catch the "running bug" until ten years later, at which point he had put on significant weight and tipped the scales at 250 pounds. After joining MCRRC in 2012, Joe progressed quickly to the half-marathon and then marathon distance, training with the First Time Marathon (FTM) program and finishing the Marine Corps Marathon in an impressive 3:40.

Joe turns 34 on May 12th and lives in Rockville with his husband, Seth, and their dog, Murphy. He is the Social Studies Department Chair at Sherwood High School.

How did your participation in the FTM Program help you improve as a runner?

I joined FTM because I knew I needed the appointments and accountability. FTM was such an incredible experience. My pace group and coaches were fantastic, supportive, great people. It conditioned me to a level I never ever imagined for myself. I met my goal of 3:40 at Marine Corps exactly. I can't describe the emotions of going from running in 5 minute intervals at 250+ pounds to a 3:40 marathon at 145 pounds in 18 months. I really just can't wrap my mind around it, and I know it wouldn't have been remotely possible without FTM.

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

By far, finishing Marine Corps, my first marathon, in 3:40. I teared up at the finish line (my mind and body were quite disconnected at that point). I held it together when the Marine put the medal around my neck, but then he saluted me, and

I lost it, then I saw my sister and my husband. My sister was hysterical. I lost it again.

Any favorite local running routes?

I moved from Germantown to Rockville in December. I now live off the Rock Creek trail, by the "green bridge." I love being able to run from my house to Dewey, Ken Gar, Needwood, etc.—all the FTM spots. I lived in Georgetown last summer as part of a fellowship program for teachers, and I'd run in the morning along the Potomac in DC. It was stunningly beautiful.

What are your running-related goals for 2013?

I am looking forward to running Marine Corps again. My goal is to PR, beat my 3:40. 3:30 would be fantastic.

Kathryn Holden started running in 2010. A busy wife, mom and Senior Report Writer at BioReliance, Kathryn found running to be a respite from the demands of life. She also found that the stress relief that comes along with running helped keep her in remission from Crohn's disease, with which she was diagnosed in 2001. Kathryn joined MCRRC at the end of 2011 and ran as many of the Club's races as she could in 2012.

Kathryn, age 39 (and proud of it!), lives with her husband, Greg, and son, Ryan (age 5), in Rockville.

What do you enjoy most about running?

In the beginning, it was about being out by myself and just being away from it all. Now, I've found I enjoy the excitement around a race, seeing that official time and how it compares to my past times. In addition, I've found that running with a group (the Speed

Development Program [SDP]) has been so enjoyable. I'm looking forward to participating in the Club's summer half-marathon program.

Do you train with a group or on your own?

Until recently, most of my training was on my own. Being part of SDP, I've come to really enjoy the camaraderie of having a group while doing countless laps around the track or miles on the trails. I'm also training with Team Challenge on Saturday mornings (when I can) to train for my first half-marathon (the Virginia Wine Country Half Marathon) in support of the Crohn's and Colitis Foundation.

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

Definitely the 10K XTerra Trail Race at Kapalua in Maui, Hawaii. It was a mid-morning run under the hot sun through mud and jungle with long uphill and switchbacks. I finished in less than 75 minutes, well under my goal of 86 minutes.

What do you enjoy most about running and racing?

My favorite part of racing is turning a corner or coming down a stretch and seeing Greg and Ryan standing there with my "Go Mommy" sign and getting a high five from Ryan.

Advice for runners looking to improve their performance?

Sometimes you have to switch up your goals to find what you want. For me, 2012 was about doing as many races as I could — at least one a month. 2013 is all about the half-marathon. Pick a goal and go for it.

MCRRC's Race Management Services

by Dan DiFonzo

Race day comes dozens of times each year for the staff of Race Management Services (RMS), part of the Montgomery County Road Runners Club. Little known by those outside of the club, RMS crews are the first to come and the last to leave every running event. They are the eager few who set up the timing equipment, input racer information, collect chips after the race, record and post results, and troubleshoot any problems that invariably arise on race day.

What most people don't know is the extent to which RMS contributes to the community. Nearly 20,000 runners, walkers, and fun-runners participate in an RMS event each year, and that number continues to grow. In turn, millions of dollars are raised that directly benefit the community, thanks in large part to these services.

RMS provides very reasonably priced race-management services to the running community, giving nearly any organization or non-profit the means to host a high-quality, full-service road race that attracts runners and raises money for a worthy cause. These events rival—and in most instances, surpass—even the largest running events in terms of quality of the race experience.

One of the biggest benefits to MCRRC members is access to the newest and latest technology when it comes to timing and race management. As anyone who has run a club race over the last few years has noticed, MCRRC uses electronic timing complete with chip readers and dual redundancy to ensure race results are accurate and posted in a timely manner. This equipment is paid for largely from the revenues generated by RMS races. (Look for continued improvements to the stable of equipment and timing services that will include

finish-line video in the near future.)

"RMS provides, what I believe, is an underappreciated benefit to our membership in terms of our community impact and outreach," said Karen Kincer, MCRRC President. "I'm proud of the role we play in providing race-management services to the community, and am even prouder of the significant economic impact these races have. The amount of money that is generated through these events and that directly benefit such a diverse group of community groups and civic associations is astounding!"

"Our long-term relationships with local government, community groups, and civic organizations like the City of Rockville, the Maryland Park and Planning Commission, the Poolesville Chamber of Commerce, and the Rockville Rotary, just to mention a few, have never been stronger," she said.

Kathy Mihm with the Poolesville Chamber of Commerce heads the annual Poolesville Day 5k. "The race is run each year and raises thousands of dollars for local charities including the Lions Club, the Chamber of Commerce, and a major contribution to a scholarship fund for a deserving Poolesville High School student," Mihm said. "We've been doing this race for 20 years and having RMS involved alleviates the worries of the race director."

In Rockville, the Hebrew Home of Greater Washington works with RMS to put on their signature event, The Home Run 5k/10k and Fun Run. "The race is one of the biggest events of the year for us and in doing this race year after year, I love knowing that I'm working with a team of people who are familiar with the race, the course, and what we need to make our event a huge success," said Robin Lerner, Director of Special Events for the



Hebrew Home of Greater Washington. "Since 2007 our races have raised more than \$400,000 for our residents. That's important to me, our organization, and our residents."

RMS races are staffed by MCRRC members. Club members who would like to work on future RMS events are encouraged to volunteer at our low-key races to learn the key job functions necessary to service these races. No experience is necessary to volunteer. Free training is provided.

— 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 competition at local races.



Volunteer of the Year — Heather Hanson (see story on back page)

Competitive Volunteering?

by Cathie Rosenfeld

Heather Hanson was our 2012 Volunteer of the Year after only joining the club in January 2009! That was some serious effort on her part. The cold weather in Michigan inspired Heather to find another job and move home. Her mom, who was already a club member, and the Speed Development program, inspired her membership.

“I recall very distinctly Brian Kim standing up at one of our 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 at the Parks Half Marathon, the Black Hills 10K, a very scary midnight post at Ragnar, and then helping at the Stone Mill 50 Mile Run. She also helped coordinate the spring and fall Girls On the Run 5K for Montgomery County, which was 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 who 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 then 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 33 club race events, but she did work at 25, and with that she has some wisdom to share with other potential competitive volunteers or just volunteers.

1. Don’t dress like a runner. (Wear at least 12 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. Do not 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 (Editor’s Note: it doesn’t matter where. They get upset. Period.)

9. The green vest will never command a motorist’s respect like a police officer will.
10. The green 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, aka fun.

Heather brings her own unique sense of fun and commitment to the club. 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!

— Cathie Rosenfeld has been a club member since 2000 and even though she lives in DE, her heart remains in Montgomery County. She still volunteers for the club but not competitively.