

# MCRRC Intervals

January 2015

Newsletter of the *montgomery county road runners club*

## On the Horizon

### January 1

New Year's Day 5K  
Seneca Creek State Park  
Gaithersburg, MD

### February 1

Country Road Run 5M (CS)  
Olney Swim Center  
Olney, MD

### March 7

Seneca Creek Greenway Trail  
Marathon & 50K  
Greenway Trail

### March 22

Piece of Cake 10K (CS)  
Seneca Creek State Park  
Gaithersburg, MD

### March 22

MCRRC Annual Meeting  
Seneca Creek State Park  
(following Piece of Cake)  
*More details to come*

For complete details of MCRRC's  
races and programs, visit [www.  
mcrrc.org](http://www.mcrrc.org)

## Board Meetings

January 8, 7 pm  
Rockville

February 5, 7 pm  
Rockville

## End of Season Successes

First Time  
Marathon  
Program runner  
April Henline  
(center) beams  
after finishing  
the Marine Corps  
Marathon.

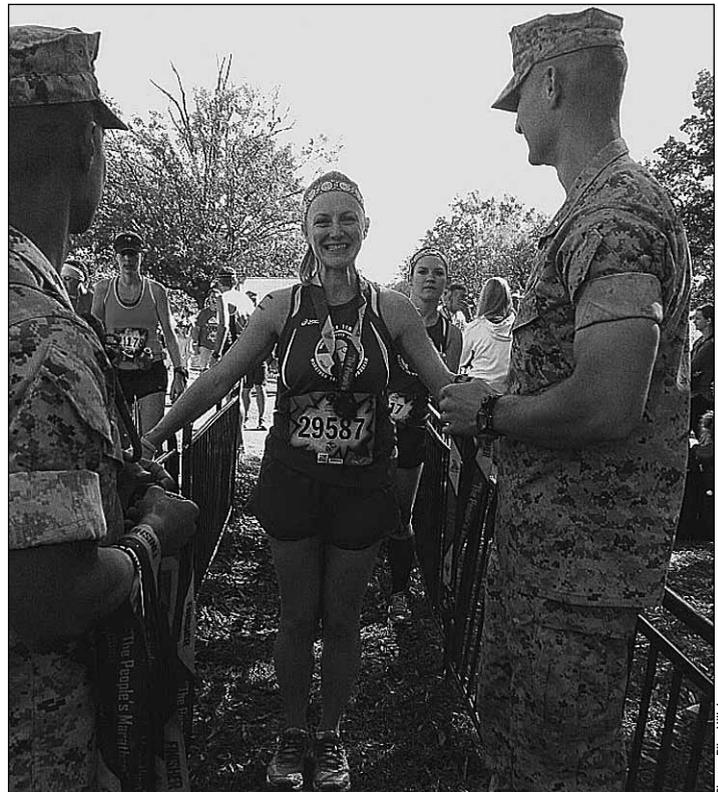


Photo: Pilar Villalva



Photo: Aki Naguchi

Summer 5K  
Program  
runners Michael  
Lautenberger (left)  
and Bryant Cabo  
(right) with coach  
Tom Offenbacher  
collect their age  
group awards at  
the Rockville 5K.



# The New Year

by Scott Brown, Editor

The New Year brings a fresh start and a chance to take on the next challenge. For many runners, that means getting fitter, running faster, or going further than ever before—or if you're like me, hoping for all of the above.

Fortunately, being a member of MCRRC means not having to go far to find a training program or race to tackle that challenge and reach my goals for the new running year. For me, it's running with the Winter Trails Program for the first time and racing the Greenway 50K in the spring. So far, I've had a blast spending my Saturday mornings exploring muddy trails and splashing through icy creeks with like-minded runners who encourage me to have big goals, like attempting my first 100-miler. I'm also looking forward this year to volunteering for more Club events as a way to give back to the running community that has done so much for me.

If you're looking for inspiration for your running this year, you'll find no shortage of it in this issue of *Intervals*.

MCRRC President Karen Kincer looks back at some of her personal achievements from the past year and encourages the Club to keep moving in new and

exciting directions.

Also in this issue, Lisa Reichmann follows up with April Henline and Enrique Schisterman, two First Time Marathon Program participants who both finished the Marine Corps Marathon in October. Congratulations to April and Enrique on rocking their races and catching the marathon bug!

Next, Cathie Rosenfeld presents Club member Marc Wolfson's perspectives on aging and its advantages, namely winning his (new) age group at the Across the Bay 10K.

Finally, Wanda Walters brings us another set of inspiring success stories with her chronicle of two Summer 5K Program runners, Bryant Cabo and Michael Lautenberger, who placed first and third in their age group at the Rockville 5K in November.

And if you're in search of a racing goal, this year's calendar of Club races appears on pages 4 and 5, perfect for your fridge or office.

— Scott Brown has run MCRRC races of distances from one to 50 miles. He lives in Gaithersburg. He can be reached at [intervals@mccrc.org](mailto:intervals@mccrc.org).



Newsletter of the montgomery county road runners club

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### Photo Editor

Dan DiFonzo

### Production Designer

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### Contributors

Lisa Levin Reichmann

Cathie Rosenfeld

Wanda Walters

### Have comments or questions? Or want to help?

Contact us at [Intervals@mccrc.org](mailto:Intervals@mccrc.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.



# Pushing It

by Karen Ward Kincer, President

As we go through the holiday season and into the New Year, it's a great time to reflect on the things that we are thankful for. I envy the people who are "with it" enough to post something about thankfulness every day on Facebook in the month of November, but I can't quite seem to get there myself. I have thought about it lately and decided that aside from the usual suspects like family, friends, and health, one of the things that I am truly thankful for this year is that I have pushed some boundaries and tried some new things, personally and for the Club.

I ran Ragnar for the first time this year and as most people will tell you, it was a blast. But I also trained for Ragnar, and I was thrilled that I was able to run it well. It's not your typical race and doesn't lend itself to traditional training, so for me there was no digging out the same old tried and true training plan. I put together the puzzle of how to train and then how to run, eat and sleep in a van for two days, and I was able to run and enjoy the race.

I finally pushed myself to find a diet and stick to it. I went hardcore for a bit and lost some excess weight I didn't need. I've been in maintenance mode for a bit now and the holiday season is tough, but I've learned that I can do this. My racing weight is still a ways off but I've done it once, so I know I can do it again and keep working my way there.

Somewhat related to that, I also recommitted to cooking and eating at home. We had become an eating-out family—it seemed easier to go out or get takeout than to cook, and with four kids anything to reduce stress and chaos becomes attractive. But try as we did, it just wasn't as healthy and of course it was expensive. Every meal I cook at home is not gourmet, but it isn't overloaded with salt, butter and other fats. We still go out once in a while but we are now at the point where eating such rich food makes us all feel sick.

I wrote a book review last year, which seemed like an easy thing when it was first proposed to me but turned out to be a little harder than I anticipated. I hadn't written anything in that sort of formal style since college! But it was still fun, I learned, and I was glad that I did it.

At the Club, we've encouraged new programs (Intro to Trails) and worked with new folks to direct some of our largest races (Pike's Peek and Stone Mill). As a leader, it can be hard to get new programs started and to have new folks in charge of big events. Same old, same old is easy. But new people bring great new ideas to things and one of the most satisfying things to me is to watch them grow and see them learn and push their events to be even better.

I pushed the Board to look deeper into where we are as an organization this year. We've been looking hard and deep at our structure as well as our finances, trying to figure out how we best position ourselves to ensure the Club's success going forward. It's a tough thing

to do, and it's a lot of work and a process that is far from over, but it is also exciting. This is a great community and we can do so many good things if we organize ourselves well.

I have always considered myself a work in progress and the Club most certainly is. But I think that is a good thing. If we don't step out of the box and try new things, or push ourselves harder, or go in a different direction, we won't experience new things. We won't have the wonderful feeling of accomplishment and satisfaction of reaching that goal or trying something new. For me, that feeling brings something to life that is priceless and bigger than any gift I will receive this holiday season. As we enter the New Year, I hope you will think about how you can push it this year, and I hope that MCRRC will be a part of helping you get there.

— Karen Ward Kincer is the President of MCRRC. She can be reached at [president@mccrrc.org](mailto:president@mccrrc.org).



## Keep up with the latest news and information about MCRRC events and happenings!

Like us on Facebook – Montgomery County Road Runners

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Subscribe to our Yahoo Groups!

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

**mccrrc-info** for general news and information about club events

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

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

# 2015 MCRRC Race Schedule

Date	Day	Race	Time	Location
1-Jan	Thur	<b>New Years Day 5K</b> 5 K	9:30 AM	Seneca Creek State Park Gaithersburg
1-Feb	Sun	<b>Country Road Run (CS)</b> 5 M (CS) 1 M Fun Run (YS)	8:00 AM 8:05 AM	Olney Swim Center Olney
7-Mar	Sat	<b>Greenway Marathon \$\$\$</b> 26.2 M or 50 K	8:00 AM	Greenway Trail
22-Mar	Sun	<b>Piece of Cake (CS)</b> 1/4 & 1/2 M (YS) 10 K (CS) 2.78 K (YS)	8:45 AM 9:00 AM 9:05 AM	Seneca Creek State Park Gaithersburg
11-Apr	Sat	<b>Spin in the Woods (Cross Country #1)</b> 8K	9:00 AM	Scotts Run Great Falls, VA
16-Apr	Thur	<b>Firebirds Mile</b> Kids Fun Run 1/4 M (YS) Firebirds Mile (YS)	6:45 PM 7:00 PM	Watkins Mill High School Gaithersburg
26-Apr	Sun	<b>Pike's Peek 10K \$\$\$</b> 10 K Kids 1 K Kids 50 M Toddler Trot	7:50 AM 9:30 AM 9:30 AM	Shady Grove Metro to White Flint Mall Area
28-Apr	Tue	Rock Creek Trail Clean Up	9:00 AM	
2-May	Sat	<b>Capital for a Day/Brookeville 5K (CS)</b> 5 K 1/4 & 1/2 M (YS)	8:00 AM	Rosa Parks Middle School Brookeville
9-May	Sat	<b>Kids On The Run</b> (For ages 18 and under) 1/2 & 1 K 2 K (YS) 100 M Toddler Trot	8:30 AM	Bohrer Park Gaithersburg
10-May	Sun	<b>Run Aware 5K (Cross Country #2)</b> 5K 1 K (YS) 5 K	8:00 AM 8:10 AM 8:15 AM	Cabin John Park Potomac
16-May	Sat	<b>Germantown 5 Miler</b> 1 K Fun Run 5 M	8:00 AM 8:30 AM	Germantown
25-May	Mon	<b>Memorial 4 Mile Run (CS)</b> 4 M 1 M Fun Run (YS)	8:00 AM 8:05 AM	Rock Creek Elementary School Rockville
20-Jun	Sat	<b>Run For Roses \$\$\$</b> 5 K Kids 1/4 M & 1/2 M Fun Runs	8:00 AM	Wheaton Regional Park Wheaton
21-Jun	Sun	<b>Fathers Day 5K</b> 5 K	8:00 AM	TBD
26-Jun	Fri	<b>Going Green Track Meet</b> 1/4 & 1/2 M (YS) 2 M (CS & YS) 1 M (YS) 4 X 400 M Relay	7:00 PM 7:15 PM 8:30 PM	Walt Whitman High School Bethesda

Please visit [www.mcrrc.org](http://www.mcrrc.org) for complete details on our races!

# 2015 MCRRC Race Schedule

Date	Day	Race	Time	Location
5-Jul	Sun	<b>Little Bennett 10K (Cross Country #3)</b> 10 K	9:00 AM	Little Bennett Park Clarksburg
10-Jul	Fri	<b>Midsummer Night's Mile</b> 1 M (CS & YS)	7:00 PM	Rockville High School Rockville
18-Jul	Sat	<b>Rockville Rotary Twilight Runfest \$\$\$</b> 8 K	8:45 PM	Rockville
2-Aug	Sun	<b>Riley's Rumble (CS)</b> 13.1 M	7:00 AM	Soccerplex South Germantown Park
22-Aug	Sat	<b>Eastern County 8K (CS)</b> 8 K	7:30 AM	Martin Luther King Park
13-Sep	Sun	<b>Parks Half Marathon \$\$\$</b> 13.1 M	7:00 AM	Rockville to Bethesda
19-Sep	Sat	<b>Lake Needwood XC (Cross Country #4)</b> 1/4 & 1/2 M Young Run	8:30 AM	Lake Needwood Derwood
27-Sep	Sun	<b>Cabin John Kids Runs</b> 1/4 M and 1/2 M Young Run 1 M Fun Run (YS)	9:00 AM	Cabin John Park at The Tennis Center
10-Oct	Sat	<b>Black Hill 10K (Cross Country #5)</b> 10 K	9:00 AM	Black Hill Regional Park Boyds
24-Oct	Sat	<b>Matthew Henson 5K (CS)</b> 5K	8:00 AM	Silver Spring
25-Oct	Sun	<b>Cross Country on the Farm (Cross Country #6)</b> 5 K	8:30 AM	Agricultural History Farm Park Derwood
1-Nov	Sun	<b>Rockville 10K/5K</b> 5 K & 10 K	8:30 AM	King Farm Village Center Rockville
8-Nov	Sun	<b>Candy Cane City 5K</b> 5 K	8:00 AM	Candy Cane City Chevy Chase
14-Nov	Sat	<b>Stone Mill 50 Miler \$\$\$</b> 50 M	6:00 AM	Greenway Trail
21-Nov	Sat	<b>Run Under The Lights 5K \$\$\$</b>	6:15 PM	Seneca Creek State Park Gaithersburg
28-Nov	Sat	<b>Turkey Burnoff</b> 5 & 10 M (10 M CS) 2 K Fun Run (YS)	9:00 AM 9:05 AM	Seneca Creek State Park Gaithersburg
6-Dec	Sun	<b>Seneca Slopes (Cross Country # 7)</b> 8 K	9:00 AM	Seneca Creek State Park Gaithersburg
13-Dec	Sun	<b>Jingle Bell Jog (CS)</b> 8 K	9:00 AM	Rockville Senior Center Rockville

Please visit [www.mcrrc.org](http://www.mcrrc.org) for complete details on our races!

# April Henline & Enrique Schisterman



by Lisa Levin Reichmann

In earlier issues of *Intervals*, we profiled two First Time Marathon (FTM) participants, April Henline and Enrique Schisterman. We caught up with them after they completed the Marine Corps Marathon in October.

## What was the most memorable moment from the marathon?

**April Henline:** One moment? There were so many! Seeing FTMers and my family along the course, the little grandma that let me cut the line at the porta potties, having my son pick me up and sling me across his shoulders after the finish because he knew I was tired.

**Enrique Schisterman:** Crossing the finish line! That was an exhilarating moment!

## What piece of race preparation advice came in most handy on race day?

**AH:** Trust your training. Walk the water stops. Take the GU even if you don't feel like it.

**ES:** Everyone always says, "Trust your training!" It is very true. It seems like an impossible task to run a marathon, but if you've been working hard and training consistently, then you will be able to do it.

## Did anything surprise you on race day?

**AH:** The amount of pain I felt the last five miles and the gambit of emotions I felt along the course, from elation, to perseverance, sadness (because in Crystal City I couldn't smile for the fans), anger (when the fans kept telling me less than two miles for AT LEAST a mile!) and then relief.

**ES:** The energy that everyone brought with them on race day was incredible. I had run in groups before, but nothing compares to the feeling of running alongside tens of thousands of other people.

## What did you like most about the Marine Corps Marathon course?

**AH:** Running Washington, D.C. The fans and the Marines were awesome, and the race organization superb!

**ES:** I loved running past all the monuments. The course is in such a beautiful location, and it was awesome to see so many people running on that scenic route together.

## What was the first thing you did after finishing the marathon?

**AH:** Took a selfie, of course, with two of my coaches!

**ES:** Eat!! But seriously, the first thing I did was hug my cheering family and congratulate all my fellow FTMers. It had been a long, arduous six months of training and those were the people that supported me the whole way through. It was great to see them right after we finished this major



Photo: Gustavo Schujman

**Enrique Schisterman (far left) after finishing the Marine Corps Marathon.**

accomplishment. And then we ate!

## Any advice you'd give a new marathoner preparing for his/her first race at this distance?

**AH:** Don't skimp on the training. Every training run makes a difference and prepares you in different ways, mentally, emotionally and physically. Commit to an organized training program. Something happens out there on those long runs that bonds you, hopefully for life, with a bunch of people who start out as strangers but finish friends. Listen to everyone's advice but take only what makes sense to you.

**ES:** Give yourself enough time to train. Don't cram your training into a few weeks

or months, especially if it's in the middle of winter. You'll feel a lot more prepared going into race day if you have spread your running out over the course of several months. I would also highly suggest training with a group, as it can be difficult to self-motivate for such a long period of time. The team aspect is incredibly motivating and rewarding when you all complete the race together.

## Is there anyone in particular you'd like to thank?

**AH:** To name a few, my work running buddies who introduced me to FTM, Jim Snee and Christina Papoulis. My coaches, Erica, Aki, and Sara. All the members of my pace group and the FTMers along the course (Glenda Garcia was particularly adorable in her raccoon costume!). Dave Powers for staying with me when I got injured on a long training run, Raj Mohan for letting me borrow his sunglasses when the sun was glaring in my eyes, Nicke Keeling for giving me a GU at the bridge, and, of course, my family who came to cheer me on.

**ES:** I would like to especially thank my coaches Elliot, Sunny, Serey, and Emma for being awesome. I am also grateful for the support of my friend Gustavo, who endured the 26.2 miles right next to me with amazing conversations throughout the training. Also, I would like to thank my friend Neil Perkins. And to all of the awesome 10:20 FTMers—you are the best!

## Do you have any plans to do another marathon one day?

**AH:** At Mile 24, I told Sara that I didn't ever want to do this again, she turned to me and said, "I said that same thing during my first marathon." So yes, I'll do it again. I still have a goal time to meet!

**ES:** Definitely. This has been a life-changing experience, and I am already thinking about the next race. I can't wait to do it again!

— Lisa Levin Reichmann is a mom of three who spends her spare time competing in triathlons and road races as well as volunteering for MCRRC.

## Sixty-Five or 6.5? It's really 6.2 miles

by Cathie Rosenfeld

**S**ome people celebrate “big” birthdays with feats of der-ring-do, blowout parties or going into seclusion. But MCRRC’s Marc Wolfson, like many avid runners, uses actual milestones. When Marc turned 50, he ran the JFK 50, a race he had never done before. This year he turned 65 and registered to run the Across the Bay 10K. It was his first race as a 65-year-old, in his new age group (65-69), and he is loving it. (On his birthday, two days before, he ran seven miles because his birthday was on the 7<sup>th</sup>).

There used to be a run and bridge walk every May across the Bay Bridge but it ended about 10 years ago. A new group got it going again and it just took off, but not without a great deal of planning. There were 15,000 registered runners. There was no parking at the starting line area, so they had a fleet of school buses to take runners from five parking areas, near the Naval Academy Stadium, to the starting line.

Marc was really concerned about the weather. “The last time I tried to do this race, years ago, it was cancelled at the last minute due to high winds on the bridge,” he related. The week prior to this year’s race was exceptionally gusty but improved considerably by Sunday. At his start time, it was in the mid-40s with little or no wind at all! Two porta potties and police every quarter-mile on

the bridge added to the runners’ comfort.

To avoid overloading the bridge with runners, a wave start system with about 1,000 runners per wave was used. Marc was in the first wave, which took off at 7:15 a.m. There was a 15-minute pause before each wave started. The race course began a half-mile from the eastbound span of the bridge and then up onto



Photo: Ken Trambatore

Marc Wolfson nears the finish at the Rockville 5K in November.

the structure, climbing steadily uphill to the middle of the Bay and then a two-mile downhill to Kent Island. They looped off the bridge, went down a side road and over Route 50 to a park and the finish line. Marc said, “The views from the bridge were

spectacular. I think they will be burned in my brain forever.”

After the race, he got on the school bus back to the Naval Academy, where a huge line of runners was waiting to board buses to the start. As he pulled into his driveway in Olney at 9:30, the final group was just starting their race.

Not knowing the course, the conditions or what kind of pace he would be able to run, Marc set a goal of finishing in less than 50 minutes. He did just turn Medicare eligible, but secretly wanted to finish in 45. He came across the finish in 45:13, crediting the last two downhill miles with helping him reach his goal. Officially he was 342/14,921 and first in his new age group, finishing a minute ahead of the second-place male.

So how was it really? Marc said, “What a difference a birthday can make! I checked and if I had still been 64 I would have been 4<sup>th</sup> in my age group. But I am 65 and a WINNER! What a wonderful way to celebrate my birthday!” Age is only a number and some numbers are pretty special.

— Cathie Rosenfeld was this year’s Finish Line Team Captain for the Parks Half Marathon. A stellar volunteer herself, Cathie sometimes make the commute from Lewes, DE, just to help out at MCRRC events.

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## Because of their Abilities

by Wanda Walters

**T**he Summer/Fall 5K Program serves participants of all abilities, from walkers to beginning runners as well as experienced runners looking to improve their speed. For more than a decade, the 5K Program has also had a very successful partnership with Potomac Community Resources (PCR), an organization that supports individuals with developmental disabilities. Some of PCR's members are among the 5K Program's most talented runners.

PCR member Bryant Cabo began with MCRRC in 2010. During his first workout, it quickly became evident that he was the fastest person in the program and could chat easily while everyone else was gasping for air! Bryant needed special accommodation because of his ability, which has been provided by the program's coaches.

Since 2010, Bryant has done the 5K Program each year before transitioning to the Speed Development Program in the winter and the 8K Program in the spring. After running 5:46 at the Club's Midsummer's Night Mile in 2013,

it became clear the time was right to provide a more challenging experience for Bryant. He was paired with the MCRRC Racing Team's Tom Offenbacher.

With his knees not up to competitive running for the season, Tom was glad to have an alternative focus for his running. Tom notes that Bryant "was fun to run with because he embraced each workout with enthusiasm and a wonderful positive attitude, and he had the work ethic to run all the workouts I prescribed. I was nothing but charmed when he pointed out to me without any hint of hauteur on one of our last and hardest workouts that I was breathing a bit harder than he was."

Bryant's mom, Pat Cabo, praises running with the 5K Program for "giving him a place where he feels he belongs" and a "second family." Tom credits coaching in the 5K Program with helping "adapt my 'run to win' attitude to one of 'run to participate and stay fit.'"

This season, a new PCR participant, Michael Lautenberger, joined the 5K Program with his mom, Diana. After finishing the Club's

Cross Country on the Farm 5K, Michael joined the faster coaches and headed back on the course to accompany Diana and other 5K Program runners to the finish. Diana says the 5K Program "proved to be a very fulfilling time" for her and Michael, giving them "just the thing we both needed: fresh air, exercise and a goal."

At the Program's goal race, the Rockville 5K, Bryant finished first and Michael placed third in the male 20-24 division, joining 15 other 5K Program runners who placed in their age groups.

With the recent addition of the Winter 5K program, there is now a 5K training opportunity each season. As the 5K programs demonstrate, MCRRC lives up to its motto: A Place for Every Pace!

*—Wanda Walters is the Program Director for MCRRC's Summer/Fall 5K Program and a pace coach for the Winter 5K, Spring 8K and Summer Half Marathon programs. She lives and runs in Bethesda with her husband, Ed. Her two grown children are also runners.*