

# MCRRC Intervals

January 2014

Newsletter of the *montgomery county road runners club*

## On the Horizon

**January 11**

Shooting Starr 4M (CS)  
Sligo Middle School  
Wheaton, MD

**January 18**

MCRRC Holiday Party  
Longwood Recreation Center  
Brookeville, MD  
*winterfest@mcrrc.org*

**February 2**

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

**March 1**

Seneca Creek Trail Marathon & 50K  
Greenway Trail

**March 30**

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

**April 12**

Spin in the Woods Cross Country (XC)  
Scotts Run  
Great Falls, VA

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

## Board Meetings

January 9, 7 pm  
Rockville

February 6, 7 pm  
Rockville

## Turkey Burnoff



The Fast...



Photos: Ken Trombatore

...and the Festive!

from the editor

# Intervals Turns Two



by Dan DiFonzo, Editor

**W**ith the delivery of this month's *Intervals*, we mark the two-year anniversary of our printed publication.

In a day and age where printed news is going the way of the woolly mammoth I actually look forward to seeing the latest edition of the *Intervals* in my mailbox. With the deluge of social media and digital communication, I find it refreshing to actually thumb through printed pages and—like many of you—read it cover to cover. As far as content is concerned, it's a little like Forrest Gump's proverbial box of chocolates; you never quite know what you're going to get. While many of our other channels give us the "where" and the "when," the *Intervals* newsletter focuses on the all-important "who." It's through this publication that we get a better picture of what is happening at MCRRC, but more importantly it helps us recognize the people behind the scenes.

Looking back at 2013 we have a lot to be proud of. We formally kicked off our Winter and Summer Trail Running Programs to help serve the growing demand for runners who want to head off-road for their endorphin fix. The growth and popularity of both programs has been explosive and speaks to the growing trend of trail running. In fact, this year we've added a new cross-country event to our race calendar—the Little Bennett Cross Country 10K on July 5<sup>th</sup>. Come out this year and run a cross-country race with us, or better yet, join one of the new trail running programs.

In this issue of *Intervals*, Laurie Menser takes a peek under the hood of the new Winter 5K program—the perfect solution for those who are just getting into running or who aren't yet ready for the 10K

program. Cathie Rosenfeld makes a plea for volunteers who want to contribute "a little more" than the standard race-day helper and reminds us that there's a fulfilling volunteer job for every club member. Club president Karen Kincer, shares her musings about the true joys of running and the happiness each mile brings, and we've included a handful of pictures we hope sum up some of the highs—and lows—of 2013!

New for 2014 are the expansion of our race series and the announcement of a new age category (16 to 19 year olds) to better showcase our talented high school runners.

Speaking of races, this edition of *Intervals* contains the highly coveted 2014 race calendar. This year's calendar boasts 35 races to choose from. From cross-country to road races, it's a full calendar for even the busiest of runners.

I think you'll agree that MCRRC has done a really great job of communicating the latest happenings via a variety of channels to quench your thirst for the latest club news and information. Whether you receive your updates from the *Intervals* newsletter, Twitter, Facebook, "Ins and Outs" or via one of our Yahoo! groups, we hope you find our postings and announcements newsworthy or at least topical! We'll do our best to keep you informed throughout 2014 and beyond.

Here's to a happy—and injury-free—New Year!

— Dan DiFonzo has been a proud member of MCRRC since 2004. You'll find him racing, announcing or behind the camera at a club race near you.



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.



Photo: Conroy Zien

# Finding the True Joy in Running

by Karen Ward Kincer, President

Yesterday was my favorite club meeting of the year. The ROY Committee, or Runner of the Year Committee, got together to discuss potential candidates for this year's awards. If you aren't familiar with the Runner of the Year Awards, essentially the award goes to the runner who had the best (read fastest) year in each of three categories: Open, Masters and Grandmasters. The committee meets just twice – we pick the candidates, then selected folks go off and do the research and gather specific information from each candidate and then we get back together to review all of the “running resumes” and, finally, pick a winner in each category. The “we” is everyone who has won the award in the past – if you win the award; you're automatically on the committee.

I love this meeting because it is so pure. It is all about the sport of running – none of the politics or policy – just pure running and racing. At our second meeting, which I might like even more than the first one, we can get pretty geeky debating whether or not running 10 seconds faster on this 10K course vs. that one is really indicative of who had the better year. But everyone in the room is so knowledgeable about the sport and has worked so hard for their spot in the room that it works and is actually fun.

I love the times when I get to focus on the purity of our sport and on spreading that message to others. While the ROY Committee focuses on speed, it's really the emphasis on personal achievement and nothing else that makes that committee experience so special. But you don't have to be speedy to have a goal you want to reach, or to enjoy and appreciate a

good run or a good race.

The joy of a good run, or a good race is not all about the order of finish. It's about setting goals for yourself, for what you are capable of accomplishing today and meeting – or beating – those goals. You don't even have to compete against what you did yesterday or last month or last year because today always presents a new opportunity to go out and do the best that you can given the conditions of the road or the trail, the sleep you did or didn't get, or whatever other conditions there may be. But getting out and taking



Finding happiness at the Shooting Starr 4 Miler. Photo by Mark Zimmerman

part in the sport and having it be a part of a healthy lifestyle is a goal that can be achieved every day, no matter how fast you are.

Some of you may have heard a comment from a listener when I was on the Koji Nnamdi show in November that was something along the lines of, “Why are all the runners I see now fat?” I am so proud that our club, our races and training programs have created such a welcoming environment that people of all shapes and sizes can come out and enjoy this sport.

I attended the First Time Marathon (FTM) Program's celebration dinner the day after Marine Corps, which was a rare treat for me. I last went to the FTM

dinner in 1996 when I completed the program and I'm thrilled to say that not much has changed. While I don't get to go to that event every year like I do the ROY Meetings, it is just as pure. The joy and pride in reaching the goals that these runners had set out to achieve radiated throughout the room. And while there were some “fast guys” there, the room was not filled with the stereotypical picture of uber-athletes.

Yet, that *is* who was there. These runners had run further than they thought they could, faster than they thought

they were able to and—based on the laughter and conversation in the room—had more fun than they had imagined. The average age of registrants for FTM this year was 42, and women outnumbered men by almost 2 to 1. They had challenged themselves and they had succeeded, just like the runners who have won the ROY award.

That is the amazing thing about this sport and our club. Fast, slow, tall,

short, skinny or heavy we are all able to challenge ourselves each and every day to be more fit human beings and better athletes. And all we have to do is commit to ourselves to try. As we head into 2014 I hope that all of you will set some goals, be it to win the ROY Award, place in the Championship Series, complete your first 5K or your first marathon. And I hope that MCRRC is able to be a resource to help you get there.

Best wishes for a happy and prosperous new year!

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



# 2013: Year in Review



Photo: Ken Trombatore

**Boston marathon finishers watch news of the finish line bombings**



**First Time Marathon Program runners during the Marine Corps Marathon**



**Trail Training Program Coaches**



Photo: Ken Trombatore

**Kids on the Run: Cuteness Personified**



Photo: Jim Rich

**A few members of the Inaugural MCRRC Elite Racing Team**



Photo: Ken Trombatore

**Happiness is running with the June Bugs**

# 2014 MCRRC Race Schedule

Date	Day	Race	Time	Location
1-Jan	Wed	<u>New Years Day 5K</u> 5 K	9:30 AM	Seneca Creek State Park Gaithersburg
11-Jan	Sat	<u>Shooting Starr (CS)</u> 4 M	8:00 AM	Sligo Middle School Wheaton
2-Feb	Sun	<u>Country Road Run (CS)</u> 5 M (CS) 1 M Fun Run (YS)	8:00 AM 8:05 AM	Olney Swim Center Olney
1-Mar	Sat	<u>Greenway Marathon \$\$\$</u> 26.2 M or 50 K	8:00 AM	Greenway Trail
30-Mar	Sun	<u>Piece of Cake</u> 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
12-Apr	Sat	<u>Spin in the Woods Cross Country #1</u> 8K	9:00 AM	Scotts Run Great Falls
27-Apr	Sun	<u>Pike's Peek 10k \$\$\$</u> 10K Kids Fun Run	7:50 AM	Shady Grove Metro to White Flint Mall
29-Apr	Tue	<u>Rock Creek Trail Clean Up</u>	9:00 AM	
1-May	Thur	<u>Firebirds Mile</u> Kids Fun Run 1/4 M (YS) Firebirds Mile (YS)	6:45 PM 7:00 PM	Watkins Mill High School Gaithersburg
3-May	Sat	<u>Capitol for A Day - Brookeville 5K (CS)</u> 5 K 1/4 & 1/2 M (YS)	8:00 AM	Rosa Parks Middle School Brookeville
10-May	Sat	<u>Kids On The Run</u>  For ages 18 and under 1/2 & 1 K 2 K (YS) 100 m Toddler Trot	8:30 AM	Bohrer Park Gaithersburg
11-May	Sun	<u>Run Aware 5k Cross Country #2</u> 1 K (YS) 5 K	8:00 AM 8:10 AM 8:15 AM	Cabin John Park Potomac
17-May	Sat	<u>Germantown 5 Miler</u>	8:00 AM	Germantown
26-May	Mon	<u>Memorial 4 Mile Run</u> 4 M 1 M Fun Run (YS)	8:00 AM 8:05 AM	Rock Creek Valley Elementary School Rockville
13-Jun	Fri	<u>Run with the June Bugs Cross Country #3</u> 5 K	7:00 PM	Agricultural Historic Farm Park Derwood
14-Jun	Sat	<u>Run For Roses \$\$\$</u> 5 K Kids 1/4 M & 1/2 M Fun Runs	8:00 AM 7:45 AM	Wheaton Regional Park Wheaton

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

# 2014 MCRRC Race Schedule

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

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# MCRRC's Newest Addition: The Winter 5K Program

by Laurie Menser

**A**re you settling into the holidays by spending more time on your nice warm couch than out on the cold icy trails? Are you wondering how you are going to get yourself motivated to hit the road during the short, cold days of winter? If so, the new Winter 5K Program might be for you!

## Why 5K?

The 5K consistently ranks as the most popular race distance in America. In 2012, the 5K distance accounted for 40% of all race finishers and 57% of all road-racing events according to Running USA. The plethora of events combined with its shorter distance makes the 5K America's favorite race distance. It's also the most accessible event for new runners and walkers.

## The New Winter 5K Program

For many years MCRRC has offered two 5K programs—the Fall 5K program (aka Coed 5K) and the Beginning Women Runners program—as cornerstones of its robust catalog of training programs. Following the completion of this year's Fall 5K program, coaches asked participants about what they wanted to run next. "We were hearing concerns from some runners that they didn't feel ready to move on to the Speed Development program (the winter program best suited for people graduating from the 5K program)," said Debbie Spagnola, Pace Coach for the Fall 5K and now Program Director for the new Winter 5K program. "With a base run of 4 miles, the distance was intimidating for some of our newer runners. Several coaches started talking about whether we could put together a 5K program for the winter. This would be an opportunity for the recent 5K participants to keep running and walking at distances they were more familiar with. It also accommodated new and returning runners and walkers looking to run shorter distances through the winter," added Spagnola. "Also, our

walking participant population was more community based and we wanted to offer a second program for them."

Keith Ord, the other Program Director for the Winter 5K program, noted that the walking and running programs have gradually grown closer together, which makes sense. "Some walkers declare they will never try running, but bit by bit they try it, at least on the downhill sections," said Ord. "Conversely, some runners enjoy walking after a tough workout or injury. Finally, some of us walk and—in the words of Bob Costas about race walking—"See who can whisper the loudest."

The Winter 5K Walk/Run program will have a very familiar structure for those who have run or walked the Fall 5K program in the past. Participants will meet on Tuesday nights for track workouts and on Saturday mornings for long runs. Long runs will include run/walk intervals, with a gradual increase in the amount of time spent running. Walkers follow a similar format with walking intervals at both a brisk and slower pace for the time designated. Runners in the Fall 5K were pleased to find that even the slowest pace groups were able to do run/walk intervals up to 5 miles by the end of the program. Each group run is scheduled by time, not distance, so that everyone finishes together no matter what pace they are doing.

The Winter 5K program hopes to build on the success of the Fall 5K program. There were many success stories! New runners John Vowels and his wife, Kristine, signed up for the program at the encouragement of longtime club member, Judy Monshau Smith—who is actually Kristine's sister. After recently moving to the area, John and Kristine decided that joining the program would be a good way for them to make new friends, while doing something as a couple. Marjorie Perloff, another first-time runner recruited by Smith, joined thinking that a team sport would be a good way to get some exercise and

meet new people. John, Kristine and Marjorie all completed their first 5K in November and are returning to train with the Winter 5K program.

Not only is the 5K program a great introduction to running for new runners and walkers, but it is also a fantastic program for people returning to running after a hiatus or injury. Trish Koch is a longtime runner and marathoner and used the 5K program to get back into running after taking a break for several years. Her hard work in last year's program helped to increase her speed and even led her to a 2<sup>nd</sup> place age-group finish!

— Laurie Menser has been a club member since 2012. She is a triathlete who loves swimming and biking and is trying really hard to learn to love running.

## Save the Date!

# MCRRC Annual Meeting and Awards Brunch

March 30, 2014 • 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 birthday with  
lots of cake*

## Let's Get Specific

by Cathie Rosenfeld

**M**embers of the Montgomery County Road Runners Club understand the importance of exercise and training to help runners reach their goals. Equally important to ensure runners achieve those goals is an all-volunteer army of capable and enthusiastic volunteers to perform a variety of race-day duties. Without them, race day is pure chaos.

Volunteering doesn't just mean you have to stand and offer a water cup to the runners as they pass by, or wave a flag at a street corner. While these jobs are important and necessary to make a race successful, they may not inspire you to volunteer very often.

As our club has grown, so too has our need for members who can attend to other mission-critical tasks. Maybe you are looking for a volunteer job that will exercise your mind and your technical expertise. If that sounds like you, we are eager to hear from you! So, what does this "higher level" of volunteerism entail?

We have a need for people who want to learn and fully understand the basics involved with race management including registration, logistics and all the accounting that goes along with conducting the race. You may have ideas that can simplify and expedite the process or you may just want to learn how to do it as efficiently as possible. You don't need to commit to every race, but if you could devote your

time to a minimum number of races per year, it would definitely improve the event for everyone and take some of the burden off of the race directors and treasurer. In most situations, you can perform your pre-and post-race



Cathie Rosenfeld prepares for the winner of the Parks Half Marathon. Photo by Alex Reichmann.

duties and still run the race, and with any luck achieve your PR while doing it! We don't expect you to know all of the answers. In fact, we'll train you until you're comfortable enough to take over on your own. We invite you to contact George Tarrico, low-key race coordinator, or Ashley Zuraf, Operations Manager, if you are interested in training for a new volunteer position. We can definitely use several club members and it would fulfill your minimum volunteer job requirement for an award at the end of the year.

Though the specific needs are differ-

ent, there is also a need for administrative support for our programs. In this case, we are talking about financial matters like scholarships, or sponsors, and setting up and maintaining Yahoo! groups or other on line support. We

know that we have capable, adept club members who excel at these types of jobs and may prefer it to stuffing packets or cutting bagels. If this would inspire you to volunteer your talents, please contact: Ashley Zuraf at [office@mcrrc.org](mailto:office@mcrrc.org).

If you're digitally creative we are also looking for volunteers to help with our social media and web site tasks. This includes writing interesting copy for our Facebook page, creating content for the MCRRC home page or designing brochures for our programs and races.

Remember the club motto: **A place for every pace.** And my new addition: **A job for any volunteer.**

Please consider your interests, your avocations and your expertise and help us to improve our club even more through your specific volunteer talents. We are all grateful for your assistance in any endeavor you provide to MCRRC!

— 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.