

MCRRC Intervals

March 2014

Newsletter of the *montgomery county road runners club*

On the Horizon

March 8

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 (XC)
Great Falls, VA

April 19

Rock Creek Trail Cleanup
KenGar Rec Center
Rockville, MD

April 27

Pike's Peek 10K
Rockville, MD

May 1

Firebirds Mile
Watkins Mill HS
Gaithersburg, MD

May 3

Capital for a Day 5K
Brookeville, MD

May 10

Kids on the Run
Bohrer Park
Gaithersburg, MD

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

Board Meetings

March 6, 7 pm
Rockville

April 3, 7 pm
Rockville

RRCA Club Challenge



Photo: Dan Difano



Photo: Howard County Striders



The March Issue

by Scott Brown, Editor

In the three and a half years that I've lived in Maryland, I've come to realize that Montgomery County is a terrific place to be a runner. I love the weekend mornings when I see plenty of fellow runners when I hit the Rock Creek Trail, and I equally love the days I escape to the Seneca Greenway Trail and see more turtles than people.

But one of the things that I love most about being an MCRRC member is getting to know so many talented runners and great people who are Club members. Our wonderful community of runners has challenged and inspired me to do things I never dreamed possible, from using the Winter Marathon Program as a springboard to a 10-minute PR to completing my first ultramarathon at the Stone Mill 50.

In that spirit, this issue of *Intervals*—my first as editor—highlights a few of the people (and places) that make Montgomery County a pretty great place to run.

Club President Karen Kincer previews this month's Annual Meeting and Awards Brunch with a look back at the history of the Club's awards and the many ways MCRRC recognizes the efforts of its out-

standing runners, volunteers, and other supporters.

Cathie Rosenfeld highlights the contributions to the Club of the entire Reichmann family—Lisa, Dan, Alex, Arielle, and Kira—as runners, volunteers, photographers, and contributors to *Intervals*.

Continuing with these themes, Lisa Reichmann profiles Monika Bachmann, chairwoman of the Club's Runner of the Year Committee and a former Runner of the Year honoree, to provide insight into the deliberations used to select the recipients of the Runner of the Year awards.

Also in this issue, George Tarrico provides an update on Montgomery Parks' plans to repair and improve the Rock Creek Trail and how these changes will affect runners' use of the trail.

Finally, we recognize the stellar performances several Club members delivered in representing MCRRC at last month's RRCA Club Challenge.

— Scott Brown has run MCRRC races of distances from one to 50 miles. He lives in Gaithersburg.

And the winner is...

Find out at the

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 36th 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> to RSVP by March 21st.

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



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.



Recognition and Celebration

by Karen Ward Kincer, President

This issue of *Intervals* is all about celebration and recognition. March is our birthday month here at MCRRC and it seems a fitting time to celebrate not just our club but also the people who make MCRRC what it is. Our Annual Awards Brunch following the Piece of Cake 10K on March 30 is our official celebration, but I wanted to take a moment of your time in this column to add a little bit to what happens there.

The Club was founded in 1978 but the first awards weren't presented until 1981, when John Sissala and Joanne Mallet, two names still heard in running circles today, were presented with Runner of the Year awards. Over the years, the Runner of the Year award was expanded to also recognize Masters and eventually by 2003 Grandmasters runners. Runner of the Year winners are among the very cream of the crop of racing in Montgomery County and in the Maryland and D.C. area.

But, as always, the Club recognized that without volunteers to conduct races and do other things, there wouldn't be opportunities for anyone to run and become Runner of the Year. Thus, in 1983 we began to award Volunteer of the Year awards. Today, one of the hardest things to do is to select winners for our Volunteer Service and Volunteer of the Year awards. There are so many good people out there contributing their time to this organization and choosing among them is not an easy task!

Through the years we also expanded the awards we give out to recognize other aspects of running the Club. Communicating with Club members and the community is, of course, a crucial component of our

success, so a Journalism Award was added. We are so fortunate to still have Bob DiIorio, who was editor of *The Rundown* in 1987 when it won the RRCA's Outstanding Club Newsletter, assisting with the publication you are reading now!

And, of course, where would we be without our race directors? If you haven't directed a race, you really should. Race directors are checking the box on everything from permits to equipment, publicity, volunteers, course logistics and accounting. While all of our volunteers are awesome and valued, prep for even the most basic of our low-key races takes a minimum of a month's work. Directing our premium races like Pike's Peek and the Parks Half Marathon takes a minimum of six months of prep work and one month to wrap up. Since all of our races are so well regarded, the competition in this Club for Race Director of the Year is no easy one.

While Anna Berdahl actually started training groups of runners for the Marine Corps Marathon in the early 1980s, it wasn't until the mid '90s that the Club established formal training programs and only in 2007 that we formally awarded Coach of the Year. MCRRC's training programs are an amazing asset to our members. Our coaches dedicate at least four to six hours each week for three to six months, helping runners meet their training goals, and they coach more than 1700 runners a year. Coaching requires amazing dedication to the Club and to the sport of running. I do not envy the committee that has to select a winner from among our coaches.

And, as always, there are the people whose contributions are so out-

standing for one reason or another but who don't fit the mold of any of these awards. Those awards are mine to give. My predecessor, Jean Arthur, told me that the President's Award is for those who do something to make the President's life easier. I think she was kind of joking and kind of serious when she said it, but I took it to heart.

In any given week, and sometimes in any single day, as President of this Club I spend my time doing staff supervision; member/volunteer management and problem solving; website, social media and other communication work; lobbying; providing assistance to race directors and RMS clients; liaising with partner and community organizations; timing races; and tending to insurance, tax and legal compliance issues—all through the lens of balancing our financial resources against our strategic plan to ensure that we continue to move ahead in the right direction. So, if anyone jumps in to take a meaningful piece of that off my plate, especially without me having to beg, it's something to celebrate.

Our Club has a lot to celebrate and to be thankful for, most importantly the people who come together to make this the vibrant, fun running community that we all enjoy. I hope that we will see many of you at the Annual Awards Brunch on March 30. While we provide the brunch, it is a long tradition that the final thing that we celebrate is our members' baking talents. It is, after all, MCRRC's birthday, so we have to have cake!

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



MCRRC Well Represented at RRCA Club Challenge

by Scott Brown

Nearly 200 runners represented MCRRC in the annual RRCA Club Challenge, a hilly 10-mile race in Columbia on February 23. MCRRC runners held their own against other clubs from Maryland and D.C., going home with several age-group honors.

MCRRC won the men's 50-59 division, led by the one-two finish of Mark Neff and David Haaga, and Club runners claimed five of the top 10 spots in the division.

MCRRC women finished third overall and second in the 40-49 division, highlighted by top-10 performances from Kellie Redmond and Teah Devan.

Other noteworthy results include Kevin Yates' second-place finish in the men's 40-49 division, and Cindy Conant, who won the women's 50-59 division and was the fifth-fastest woman overall.

Congratulations to all our runners on their outstanding performances representing the Club!



Photo: Karen Kincaid

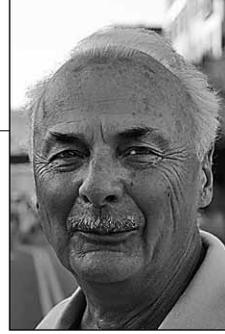
Members of MCRRC's men's 50-59 team, which won first place at the RRCA Club Challenge.



Photo: Howard County Striders



Kevin Yates powers toward the finish at the RRCA Club Challenge.



Long-Term Improvements Planned for Rock Creek Trail

by George Tarrico

Almost everyone is familiar with the Rock Creek Trail, one of our most popular running trails. Most training groups use that trail at one time or another, especially the segment south of KenGar, not to mention the Parks Half Marathon that uses an even larger part of the trail. So, it's of considerable interest when we learn of things that are happening along the trail.

This past fall, you may have seen signs posted along the trail announcing the public meeting to discuss proposed long-term improvements (Parks Facility Plan) planned for the segment of trail between Franklin Street and Connecticut Avenue. Like me, you were probably concerned about how much the upgrade would affect our access to the trail. That prompted Don Shulman and me to visit M-NCPPC Park headquarters to meet with the project manager, Lucas Bonney.

In summary, the M-NCPPC Parks Department is investigating short- and long-term strategies for repairing the segments of trail that need it most. In the long term, a few segments of the Rock Creek Trail might eventually be rerouted in order to minimize the ongoing and long-term effects of flooding along Beach Drive. In the short term, the Parks Department is working on identifying portions of the trail that could be improved with available funding. There is a lot of work that needs to be done and everyone would like to see these problems solved immediately.

The Parks Department is currently working on plans to improve the steep trail shoulder between Kensington Parkway and Old Spring Road. The work is projected to begin this spring. It will be accomplished in small pieces so, at worst, we may

have to run around some of the construction work. That means all of our training runs will continue unimpeded and the Parks Half will run without need for temporary course changes or remeasurement, at least for the next year or so.

Another important project is signage. You may have noticed that the mile markers along Rock Creek Trail are looking shabby, some are damaged, and some are missing entirely. Those mile markers were installed by MCRRC volunteers many years ago in cooperation with Montgomery Parks. Now they are going to be replaced.

This year, Montgomery Parks is projecting to install mileage markers every half-mile starting at the District Line all the way to Lake Needwood. The new mile marker signs will have a green background with

white letters and will replace the old rustic wooden signposts. Not only will the mileage markers be more consistent and visible, they may enable the Montgomery County Police and Fire and Rescue to respond more accurately to incidents on the trail. There will also be general signage upgrades along the Rock Creek Trail that include distances to destinations, general wayfinding, safety, and etiquette, to name a few. This project should be completed this year.

That's about it for now. There are other improvements being planned for other locations. We'll keep you informed as they near fruition.

— 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!

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

mcrrc-info for general news and information about club events

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

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

Monica Bachmann



by Lisa Levin Reichmann

The Club presents the annual Runner of the Year Award to members who have demonstrated the greatest achievements in competitive running during the year. The award is presented to one male and one female in the Open (any age), Masters (age 40+ as of January 1), and Grandmasters (age 60+ as of January 1) categories. The task of selecting these recipients falls to the Runner of the Year (ROY) Committee. Since 2010, Monika Bachmann has chaired this committee. Monika, the Open female ROY in 1992, has been a member of the Club since she was 16—her mother had to sign the membership waiver! Monika, a geography professor at Prince George's Community College, lives in Upper Marlboro. In addition to serving as chairwoman of the ROY Committee, Monika is a former board member and current race director for the Comus 5K.

What are your duties as chairwoman?

The duties are very seasonal. Most of the year I act as a passive talent scout for potential nominees. Come December, I call and chair the first meeting of the ROY committee, which is composed of all the former winners. After we select a slate of nominees (typically three candidates in six categories), I drum together the committee a second time in February to vote for the winners.

Describe the deliberation process that takes place each year in selecting the ROY for each category.

During the first meeting, we brainstorm candidates. Although I may begin by offering a few names in the various categories, I rely heavily upon the committee members for suggestions. It's important to have as many and as wide a range of former ROY winners as possible at this first meeting because we tend to know runners in our own age/gender category best. I, for instance, might be more familiar

with the Masters women, but know less about the Open men. This initial nomination process can be quite lengthy. Not only do we have to identify the speediest runners, but we also need to make sure they have been Club members all year. That's sometimes harder than it sounds.

Once we have identified our slate of nominees in the six categories—Open, Masters, and Grandmasters men and women—a committee member (whenever possible the previous year's winner



Photo: Ken Trombatore

Monika Bachmann

in that category) becomes responsible for the nominees in their group. That member informs the candidates of their nomination and, if they accept, gathers a running resume from them.

During the second meeting, with those resumes in hand, we look over, compare, and finally vote on the candidates in each of the categories. Sometimes the winning candidate stands out and can be determined very quickly; other times that winner comes only

after (marathon-) long and arduous deliberation. Resumes in which we see lots of head-to-head competition makes comparisons much easier than, say, those in which one candidate specializes in road 5Ks, while another is trail-ultraheavy.

Has the ROY selection and deliberation process changed over the years?

The ROY awards have been a fixture of MCRRC since 1981, so much has changed in 30-something years. For instance, initially there were only two categories: men and women. Masters categories were not added until 1987 and Grandmasters not until 2003. Eligibility criteria have also waxed and waned over the years. Successful candidates have always had to be fast runners and Club members for the entire year in which they were nominated, but in the past they also had to volunteer at Club races/events, and race on Club teams. In the past, more emphasis was placed on how active and visible a Club member a candidate was; since we eliminated the volunteer criteria, it's really about who's the fastest.

Is there anything you find particularly intriguing about the deliberation process?

The issue of age grading springs to mind. Until a few years ago, we would age-grade those who varied widely in age but were in the same category. In the Masters, for instance, you might have to compare 40-year-olds to 58-year-olds, or in the Grandmasters, 60-year-olds to 83-year-olds. We no longer age-grade, but only after much debate and deliberation.

What do you enjoy most about being a part of the selection committee for the ROY candidates?

These days, I'm with our president (and ROY Committee member) Karen

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Monika Bachmann

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Kincer, who stated in the January *Intervals* that the ROY process is “all about the sport of running—just pure running and racing.” I have to admit that it’s kind of fun deconstructing those running resumes, and having those “geeky” debates. In the old days, when Joan Mallet was chair, what I enjoyed most was her chocolate chip cookies.

Is there any commonality—aside from being fast!—that you’ve seen among past ROY winners?

All ROY winners are goal-oriented, high-achieving, dedicated runners. The more meaningful distinction for me lies with those who are still actively involved in the ROY continuance. This award has a long history, and those ROY alums who participate in the yearly meetings are perpetuating that tradition and giving back to the organization that honored their achievements.

What did it mean to you, personally, to receive the ROY award?

This award was about perseverance. I was nominated twice (in 1981 and 1991) until I finally won the following year. It was also a real honor to be inducted into a group of runners who I looked up to and trained and raced (behind, sometimes far behind) for many years.

What has your running career been like post-ROY award?

I’m a very different runner now than I was 20+ years ago. I’m much less competitive (read: slower), and I also run (train and race) longer distances. About eight years ago, I shifted permanently from the roads to the trails, and from 5Ks to 50Ks and beyond. More significantly, however, is that running matters much more, and racing much less.

— 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.

The Running Family

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increase Club participation beyond the 16 team races currently scheduled for 2014. Says Dan, “I find that team running is just another exemplification of the community which is MCRRC, and my volunteering as team coordinator is a way to give back to that community.”

The Club is made stronger by the support of families like the Reichmann’s and all they contribute. There is nothing better than having family

members share your sport, your Club, and your passion. It is even better when they make it their own and benefit from it as well. We hope to see you and your family at our next Club event.

— 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.



Photo: Dan Reichmann

The Reichmann Family (left to right): Alex, Kira, Lisa, Ari and Dan.

The Running Family

by Cathie Rosenfeld

We runners often have more than one group that we define as or consider “family.” There are the folks we run or race with regularly and the ones we work alongside at races and Club events. The members of MCRRC often feel like family, especially when we spend hours training or working together for one of our Club events or races. When the tragedy at the 2013 Boston Marathon occurred, suddenly all runners were our family and we united in grief and concern for our fellow racers. Family that supports and encourages running is precious and appreciated even more when it is family as defined by Webster and not Rosenfeld. Lisa Levin Reichmann and Dan Reichmann are one such family.

Lisa grew up in Montgomery County but did not start running until 1996, when she found it to be great for stress relief while in law school. Running came easy for her, even though she had not considered herself an athlete before. She began racing local 5Ks and then longer distances, including a marathon. The family moved from Arlington back to Montgomery County and Lisa joined MCRRC in 2000. After completing her first marathon, she volunteered for packet pickup at the Marathon in the Parks. “It was so exciting to me to be able to support other runners about to tackle the marathon distance,” said Lisa.

Dan was not a runner until he met Lisa. He supported her when she started doing the short distance races, waiting for her at the finish, occasionally partaking of the post-race festivities. He was especially wowed by the Pike’s Peek post-race party. But once Lisa was going longer distances, he notes that “my waits got correspondingly longer (albeit not **that** long — she is quite speedy after all). Still, there I was one race morning waiting for Lisa to come in when it struck me — if I run the same race, then I won’t be waiting at all. In fact, she’ll be waiting for me at the finish! So I began racing.” Dan soon realized that was not as simple as it sounded. He has now successfully finished over sixty races, including marathons, and happily and healthily admits he, too, is a runner.

A few years ago, at the Club New Year’s 5K, Dan was there to take pictures of Lisa and she introduced him to Ken Trombatore, one of our stellar Club photographers. Ken was taking pictures before the race and then again when he finished running. Having really cool cameras, running and photography in common, they met at a subsequent race to both contribute photos for the Club. “From then on, I have tried to get to a fair number of races each year to provide runners with photographic evidence of their race participation,” said Dan. “As a natural

extension, our three children [twins Alex and Arielle, 8, and Kira, 6] have become involved as well,” said Lisa. “Alex now asks to wake up at the crack of dawn, even on the coldest of days, to go with Dan to take pictures at Club races.”

Dan brought a second camera and tripod with a remote trigger. “This year Alex and I team up, each with our own camera, to shoot races,” said Dan. “His lower [to the ground] perspective has resulted in a number of terrific shots.” Several of Alex’s pictures have been published in *Intervals*. Notes Lisa, “Our girls enjoy handing out water and cheering on the runners at the races, and Arielle even did her first Club 5K at Candy Cane City in November. We love seeing them share our enthusiasm for the MCRRC community and experiencing the rewards of volunteering.”

Lisa has taken on more volunteering duties for the Club, including volunteer coordinator for the Halloween Young Run, sponsorship coordinator for Pike’s Peek and as a writer for *Intervals*. “I have loved meeting and working with so many dedicated, hardworking Club members and runners,” she said.

Dan was interested in the Club’s team running and took over from Gwynne Roth as MCRRC’s team coordinator last summer. He is hoping to

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