

MCRRC Intervals



March 2015

Newsletter of the *montgomery county road runners club*

On the Horizon

March 7

Seneca Creek Greenway Trail Marathon
& 50K (\$)

Greenway Trail

<http://www.senecacreekgreenwayrace.com/>

March 22

Piece of Cake 10K (CS)

Seneca Creek State Park
Gaithersburg, MD

March 22

MCRRC Annual Meeting & Awards
Brunch

The Golden Bull Restaurant
Gaithersburg, MD

April 11

Spin in the Woods (XC)
Scott's Run Nature Preserve
McLean, VA

April 26

Pike's Peek 10K (\$)
Rockville, MD

<http://www.pikespeek10k.org/>

April 29

Firebirds Mile
Location TBD

May 2

Capital for a Day 5K (CS)
Olney, MD

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

Board Meetings

March 5, 7 pm
Rockville

April 2, 7 pm
Rockville

New Year's Day 5K



Photo: Ken Trombatore



Photo: Ken Trombatore



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.



Newsletter of the montgomery county road runners club

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Have comments or questions? Or want to help?

Contact us at 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.





Srving our Mission

by Karen Ward Kincer, President

As I sit down to write my last column as President of MCRRC, I can't help but find that the most frequent thing I think when I consider what to say is "thank you."

It has been an honor to serve MCRRC, its members, and the running community. I've had the opportunity to meet so many great people and I've had an excuse to focus myself on doing something that I love. That is a treat and a blessing.

The people who make up MCRRC are its greatest asset but what I've really come to appreciate is how much more MCRRC is than just a Club where folks get together to run. It's what happens when we all get together that makes this Club so special.

There are friendships that last a lifetime. And there are health benefits that help ensure that those lifetimes will be long. But there is something in the adrenaline that we all share on our runs that also breeds a desire to spread those good feelings and out of that, amazing things happen. Races are born, training programs are created and we find incredible ways to support runners in our community.

I am not that old (despite the grey hair), but I've been running since the mid-'80s and I remember the days when there were not four races to choose from every weekend. If there was a race in your town, or one nearby, you marked your calendar because it was the only one that year. And training programs hadn't been invented yet. You learned what you could from your high school and college coach and then you were pretty much on your own.

I consider myself lucky that I have been a Club member long

enough to remember and have known some of our early members. People like Irv Newman, Don Carter, Phil Quinn, Kurt West, Paul Friedman, Kari Keaton, Janet Newburgh, Denny Steinauer and John Sissala are the reason that races and training programs have become commonplace in Montgomery County. They designed this Club to be a vehicle to create and spread opportunities for running in Montgomery County and I am proud to have contributed to that legacy.

We've been able to create new training programs, we're maintaining a strong race calendar and we're working to serve our community through advocacy and support of community races. I am thankful to have had the opportunity to advance our sport.

There is a great responsibility that comes with leadership of a club like MCRRC. I hope that my

stewardship has left the Club in a position to continue to fulfill its mission successfully. Thanks to the efforts of Phil, Kurt, Irv and others, the running boom had a lasting impact in Montgomery County. The sport has continued to grow and MCRRC has grown to support it. We are filling a vital need in our community. I hope that I have contributed positively to that effort and that those who come after me will work to ensure that the legacy of our founders continues so that our youth and those who are new to our area or our sport will find that running opportunities abound in Montgomery County.

Thank you for entrusting me with your Club. I hope to see you out running soon!

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

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/>

Why Don't You Volunteer? Redux

by Cathie Rosenfeld

It is always the same people and I feel like I don't know anyone.

We are lucky to have a dedicated corps of experienced volunteers but you can only gain experience by volunteering. Many of our volunteers only see each other at races or Club events. They share the commonality of wanting the best for the Club and its members. There are jobs for volunteers at every race or activity and soon those familiar faces will have names attached, too.

I have never worked at a race before and I won't know what to do.

Most crucial volunteer positions are simple and straightforward. Even if you have never raced, much of what needs to be done is common sense: keep people safe, hydrated and going in the right direction. If you have raced, your insight in knowing how to support another runner is invaluable as a volunteer. Race directors and other experienced members will help in any way to make you comfortable in your assignment. We are all grateful for any service you can provide since this is a volunteer organization dependent on participation by its members.

What kinds of jobs are there? Can I bring a friend to keep me company?

There are so many opportunities to volunteer and your friends are always welcome. Naturally, races need course marshals to keep the runners safe and going in the right direction. We need people to set up and work at water stops, and at the refreshment table. We have people at the start and finish lines, cleanup duty, setup, timing, volunteer check-in, packet pickup, and bag check. Obviously, the low-key Club races need the basic services and the bigger, flashier races (Pike's Peek, Parks Half Marathon, etc.) have

more requirements. The race director always acknowledges all volunteers, whether they are Club members or not, and, of course, we would welcome additions to the Club.

Why do you need me? There always seem to be plenty of people helping.

We need everyone. If you are benefitting from your membership, and we certainly hope you are, then it is because of the contributions of your fellow Club members. No one is paid to direct a race, coach a running group, or organize a party. Volunteers fuel the organization and if no one else steps up, then the same people run out of gas. New blood, new ideas, new energy and new faces are not only welcome but necessary.

I think volunteers are asked to be there too early, just to sit around and drink coffee and eat donuts.

Every race needs to be set up and ready to go by start time, regardless of size. Most low-key races are on public roads that cannot be closed to traffic, so everything must be done (cones, markings, water stops) that morning. Race directors and team captains do their best to ask people to be there in a timely manner, but people are late, some need instruction, and there are always other variables that make it an inexact science. Large races require trucks, lots of equipment, staggered road closures and getting people to their assignments in time. The bottom line is that we would rather be ready early than start a race late and inconvenience the neighborhood, the police and the runners. If people have to wait a few minutes for assignments or for others to arrive, think of it as an opportunity to enjoy some refreshments and meet your fellow volunteers.

I work most weekends. I have little kids. I go to services on the weekends.

Not every volunteer opportunity involves a race and not every race requires work on the weekend. We have jobs that can be done at home, on weekdays, or for just part of the race. Sometimes volunteers come for setup and then leave, or for cleanup after the event. Volunteer coordinators, race directors and team captains try to accommodate the volunteers' schedules and preferences. Fill out the volunteer form on the MCRRC website indicating how you can contribute to the Club. We will do our best to use your help while accommodating your needs. In addition, many of the low-key races and even some of the larger ones have fun runs for the little ones in your family. Check out our Kids Series on the MCRRC website when you are filling out the volunteer form.

What do I get out of it besides giving back?

The Club rewards volunteers who work five or more races, or 20 hours a year, or donate \$100 to the Club with their own personalized race bib for the following calendar year. Volunteers in bigger Club races often receive premiums. Low-key races try to make sure volunteers get refreshments and plenty of thanks when they arrive. We also try to ensure that all are publicly thanked online afterward. Teens can also earn Student Service Learning Hours for volunteering for Club events.

— 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.

What Volunteering Means to You

by Cathie Rosenfeld

Last fall we asked how being a volunteer for our Club has affected you personally. Here is what Club member Susan Mapes said:

One of the interesting aspects about our Club is volunteering. I've been in many organizations, but volunteering for MCRRC is, by far, the most fun and rewarding volunteer work in the D.C. area. Whether it be a local race, Parks Half, or perhaps the Rockville 5K/10K, it is worth getting up early to see friends you haven't seen in a while.

Everyone has a different style to complete the various and sundry tasks but working with the zany and quirky motley crew is worth the effort. No doubt the camaraderie is what draws us to the sport of running. Giving back is necessary for the Club to thrive. So thanks everyone and volunteer.

We would love to hear from you as well. If you have an anecdote, an inspirational memory or story about how a volunteer helped you, send it to us at intervals@mcrrc.org. Along those lines, here is an update to an article I wrote in 2011 to answer some of the reservations Club members may have about volunteering.



And the winner is...



Find out at the

MCRRC Annual Meeting and Awards Brunch

**March 22, 2015 * Golden Bull Restaurant,
Gaithersburg**

*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 37th birthday with lots of cake!*

**Coffee service begins at 10:15AM
Brunch will be served beginning at 10:30AM
Program begins at 10:45AM**

As is our tradition, Club members are encouraged to bake their best cakes to help celebrate the Club's birthday. If you are planning to bring a cake, please email office@mcrrc.org.

Tickets are free but we need your RSVP so that we can plan appropriately. Visit <http://www.imathlete.com/events/MCRRC2015Awards> to RSVP by March 20 at 11:00AM.

If you have questions, please email, office@mcrrc.org.

We hope to see you there!

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 Papoulias. 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.

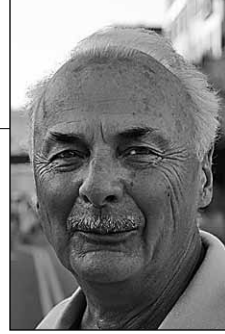
ES: I would like to especially thank my coaches Elliot, Sunny, Serey, and Emma for being awesome. I am also grateful for the support of my friend Gustavo, who endured the 26.2 miles right next to me with amazing conversations throughout the training. Also, I would like to thank my friend Neil Perkins. 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.



Montgomery County Facilities

by George Tarrico

We strive to continually improve the quality and variety of our races. That's pretty easy to do here in Montgomery County, where we have an abundance of outstanding facilities. Our parks are among the best in the nation and we are fortunate to live in a community that supports our running needs with excellent infrastructure that includes first-rate police and medical services.

Some years ago, we ran almost exclusively along our roads. Hence the name, "Road Runners." Clever, huh? Anyway, the desire for better safety and a variety of distances and venues caused us to turn to our parks and the excellent system of paved trails. We were already using the Rock Creek Park trails for our weekly training runs. So it was natural to look to parks for our low-key races. We also saw the schools as places that offered better parking, warm spaces in the winter, and convenience in support of our races.

Holding races on public roads and in our state and county parks is a little more involved than for our workouts, but not much. Road permits are required because of our impact on road traffic and safety. All Montgomery County running facilities require one or more permits, most of which involve fees, which are generally nominal. Well-maintained state and county parks with protective shelters and clean restrooms are available at relatively small cost.

We are fortunate to have excellent working relationships with Montgomery County and local police, who provide guidance on complex tasks such as road closures.

Anyone who has run our major races—Pike's Peek, Twilighter, or Parks Half Marathon—should know that local government entities like these are essential to the success of our events. Sometimes this is a bit complicated.

Parks Half Marathon, for example, requests permits from Montgomery County Traffic Management and county police, which allow us to use Viers Mill Road, close sections of Randolph Road, and a major section of Connecticut Avenue. The start and the first mile of the race are under the jurisdiction of the City of Rockville. Montgomery Parks' permit covers the trails and Elm Street Park, which is where the finish line and race festivities are located. In addition, Maryland State Highway Authority issues a permit allowing occupancy of state roads.

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

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