

MCRRC Intervals

July 2016

Newsletter of the *montgomery county road runners club*

On the Horizon

July 3

Little Bennett XC
Clarksburg, MD

July 8

Midsummer Night's Mile
Rockville High School
Rockville, MD

July 31

Riley's Rumble Half-Marathon & 8K
South Germantown Recreational Park
Boys, MD

August 5

Going Green Track Meet
Olney, MD

August 13

Comus Run
Comus, MD

August 20

Eastern County 8K
Silver Spring, MD

September 11

Parks Half Marathon
Rockville, MD
www.parkshalfmarathon.com

September 17

Lake Needwood XC 10K
Derwood, MD

September 25

Cabin John Kids Run
Bethesda, MD

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

Board Meetings

July 7, 7 pm
Rockville

August 4, 7 pm
Rockville

Run Aware 5K



Photo: Karin Zehvogel



Photo: Karin Zehvogel

A gaggle of runners escort Ethan Smith (no. 3090) to the finish line.



Moving Forward

by Scott Brown, Editor

One of the reasons I love running is that it never ceases to inspire me. Whether it's enjoying a morning run in an idyllic setting, or cheering a friend or loved one to a new personal best, it's hard not to feel moved by the joy that permeates our sport.

I want to call your attention to the photos adorning the cover of this issue, which capture one such inspiring moment from this year's Run Aware 5K. Ethan Smith, wearing bib no. 3090, was the last student runner to complete the race, but he didn't cross the finish line alone.

Several of Ethan's classmates stuck around after completing the race to root for Ethan and escort him across the finish line. Karin Zeitvogel's photos capture a wonderful moment, and you can't help but find it moving.

In this issue of *Intervals*, MCRRC President Don Shulman gives us a rundown on several of the Club's upcoming activities, from new programs and races, to planning next year's calendars. It's a good look at how MCRRC is continuously evolving to serve the needs of our members and keep the Club running forward for years to come.

This issue also features an overview of an exciting new Club initiative to offer a class that

will demystify what it means to be a race director and prepare aspiring race directors to take the reins of one of MCRRC's low-key races in the future. If you've ever wondered what it takes to put together a race, be sure to check out the article and the upcoming class!

And speaking of race directors ... in this issue Lisa Reichmann profiles longtime Club member Cynthia Steele, who took over this year as race director of Pike's Peek. This profile offers great insight into what it takes to manage one of MCRRC's signature events.

Finally, the list of 2016 MCRRC award winners that appeared in the May issue of *Intervals* inadvertently left off Patti Rich, who was the top female finisher age 75-79 in the cross country series, and Robert Smith, who won the male age 80-plus age group in the cross country series. I apologize for the omission, and congratulations to Patti and Robert on their achievements!

— 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.

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Have comments or questions? Or want to help?
Contact us at Intervals@mccrc.org.

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Intervals is published bimonthly by the Montgomery County Road Runners, P.O. Box 1703, Rockville MD 20849.

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.





Looking Ahead through the Summer

by Don Shulman

As we welcome the summer months of heat and humidity, we also welcome the start of many great training programs. Over the next several months we will be spread all over the county, running with friends new and old, and getting psyched for your fall goal race.

From a Board perspective, summer means a time to begin to plan for the 2017 MCRRC racing calendar. These events do not come about without the dedication of so many excellent race directors. Race directing is a great experience for a volunteer who enjoys seeing people achieve their goal, whether finishing their first 5K or their first 50K. That feeling of accomplishment is the same for each participant, regardless of distance.

Over the next few months, we will be rolling out a new race director orientation for those interested in directing one of our low-key races. You may feel that you want to try this and do not know where to start. Well, this is it! You will have great support along the way. Board members Gretchen Bolton and Andrea Keane-Myers have committed great time and effort to this project with guidance and direction from George Tarrico. Please stay tuned for more on this training opportunity.

In the coming months, the Board will begin to look at our commitment to Yahoo as the main method of communication to our runners and program groups. As technology and relevant communication innovations present themselves, I believe we need to

look at these and decide if the Yahoo platform is where we want to stay in the years ahead. I am always looking for members who possess a background or familiarity in this arena and may wish to help with initiatives such as this.

At our June Board meeting, we started the final phase of a strategic plan to look at membership growth and sustainability. While we have a vibrant membership, we need to keep our focus on the future of the Club and look at future growth demographics, membership relevance and sustainability. Stay tuned for more on this process.

Over the past few weeks I have had some very good discussions with our leadership in the Stride Clinic. Rachel Miller, Dr. Adam Spector and Carol Lavrich have been the mainstays of this great program over many years. We are blessed to have these fine people volunteering their time and leading

this class every month. In the same spirit of member relevance and needs, I have invited them to a Board meeting to brainstorm about future program content. It is my desire to see this legacy program continue for a long time and offer value to its participants.

In closing, I hope many of you ran in our new 5K race, Suds and Soles, in June. This new partnership with the City of Rockville helps support youth running and our funds will help promote running opportunities for young people who may not have the fiscal resources to become active and pursue avenues of physical fitness.

Enjoy the summer and run safe!

— Don Shulman is the President of MCRRC. He 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/>

Low-Key Race Director Training

by Andrea Keane-Myers, Gretchen Bolton, George Tarrico and Ashley Zuraf

Have you ever wondered who those people were who organize each of our low-key races? Have you ever wanted to have the fun and excitement associated with being a race director (RD)? Before this year, the Club has not had a formal training program for our RDs. Most RDs gained on-the-job training as volunteers in low-key races. Periodically, we have held training sessions to introduce prospective RDs to race management. This system has worked for a long time.

With low-key races like Riley's Rumble growing into major races, we find the need to provide broader training to new RDs. Whereas low-key RDs once just needed to know the fundamentals of race planning and operations to be successful, now we need

to train them in subjects such as race organization, financial management, sponsorship, awards and similar functions.

Therefore, we are planning on holding two Low-Key Race Director 101 (RD101) sessions. These sessions will cover everything from how to plan a race and pick a course to cheering everyone on as they cross the finish line! We are planning on having these RD101 sessions on Monday, September 12, (hosted by George Tarrico and Don Shulman), and Monday, September 26 (hosted by Jim Farkas). We will also have a number of other experienced RDs in the audience to answer questions and share their experiences. Sessions should be no more than two hours long.

Both sessions will be the same and will provide an overview

of directing a low-key race. The assumption would be that following attendance at a session, the potential RD will work with a board member to choose a race, shadow a current RD and become an assistant RD with the goal of taking over a low-key race. At the end of the session, you should have a good overview of what goes into this important volunteer position and leave with your very own copy of our race directing manual.

Even if you are on the fence, come join us on September 12 or 26 and learn about taking the next step in being a leader in MCRRC. Best of all, you'll learn how you can take part in one of the most important volunteer positions at MCRRC and earn the respect and adulation of all of your running colleagues!



La Milla de Mayo



Photo: Ann McDermott

Enjoying the kids run!

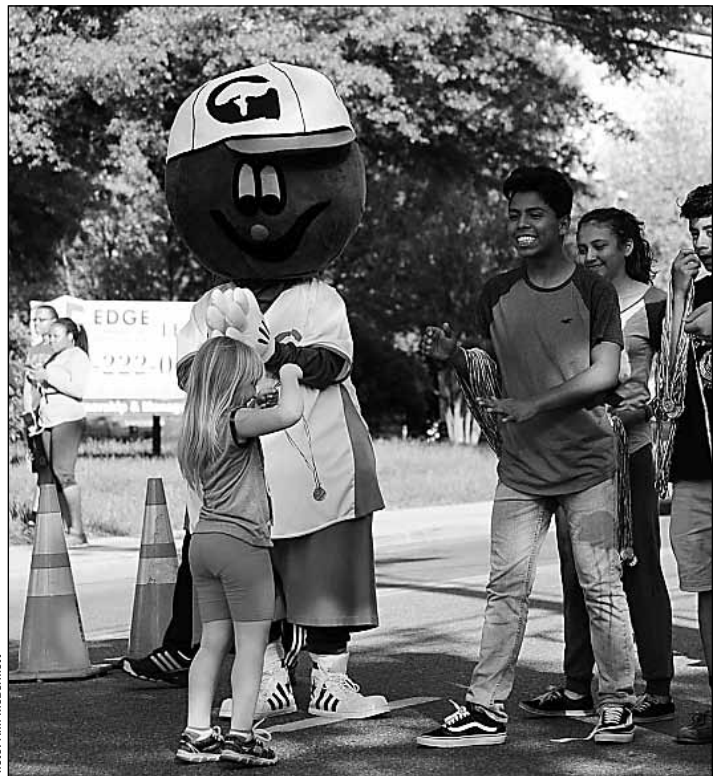


Photo: Ann McDermott

Medals and a mascot at the finish line!

Cynthia Steele



by Lisa Levin Reichmann

If you ran or volunteered for Pike's Peek 10K this year, you may have noticed a new face in race leadership. Cynthia Steele stepped up to learn the ropes of the race director (RD) role after former RD Paula Pericozzi moved out of the area. A member of MCRRC for almost a decade, Cynthia began running 12 years ago in an effort to lose weight and get in shape. Since then, she's lost 50 pounds, run three marathons, and picked up triathlon, as well. In addition to serving as incoming RD of Pike's Peek, Cynthia can often be found volunteering at Club races and was a coach with the Winter Half Marathon Training Program this past year. When she is not running, Cynthia is the Orchestra Manager for the National Symphony Orchestra at the John F. Kennedy Center for the Performing Arts and mother to three children, Sabrina (10), Kiernan (6), and Finnegan (4). She also blogs about fitness, running and triathlon at <http://yousignedupforwhat.com/>.

How did the opportunity to serve as race director of Pike's Peek arise?

I saw the emails and posts about needing an RD and thought it would be a neat opportunity, but was hesitant to take on another commitment since I work a lot and travel internationally for work. When President Don Shulman and I talked about it, it sounded like it suited my skill set and would be a fun project.

Why did you decide to step up as race director?

I love this race! I plan events, concerts, and symphony tours around the world for a living and I was excited to transfer my logistics and leadership skills from the music world to my *other* passion: running. I learned about the great team that puts together the various aspects of the race, and was eager to be a part of it.

How do you juggle full-time work (with a demanding travel schedule), family, and race director responsibilities?

Lots of caffeine! But seriously, I spend my evenings after the kids are in bed on my laptop writing articles for my blog and running/fitness-related websites, and now working on Pike's Peek tasks!

What is/are the most important lesson(s) learned from your experience as director in training this past year?

I learned a lot in the past year, most notably how great the team is that puts the race together. Everyone is so hard working and very passionate about making race day a huge success!



Photo: Challenge Family Americas

Cynthia Steele

What is the most challenging aspect of directing a major race like Pike's Peek?

Keeping things moving months in advance of race day, before everyone is focused on the race yet, since it seems so far into the future. But that's when a lot of work needs to be done.

What did you find most rewarding about serving as race director?

Witnessing the teamwork that made it happen combined with the athletes'

positive experiences on race day. I loved seeing the runners excited before the race, and the smiles at the finish line.

Were there any unexpected, last minute issues that arose for this year's race?

There are always things that come up on the day of any event, but the team captains were all cool, calm, and collected. I was training and learning and taking notes for next year.

Which multisport activities/events do you participate in?

I started doing duathlons and triathlons a few years ago when I turned 40—it was a bucket list thing. Now I am fairly obsessed and have done a lot of du and tri, including three half Ironmans, with two more on the schedule this year!

What is your favorite way to spend time when you are not running or training?

Spending time with my kids or enjoying live music.

What is your proudest running-related accomplishment?

I tried for a long time to break the two-hour half-marathon, and finally did it a year and a half ago at Rock n Roll DC in the pouring rain. I had been running faster through consistent speed work and since then I'm thrilled that I break two hours regularly in half-marathons! I never thought I'd get to this point.

What advice would you give someone contemplating directing one of the Club's races?

Don't be afraid to ask questions. Everyone at the Club is so nice, and people who direct other races have been a huge source of information and encouragement for me.

— Lisa Levin Reichmann is a member of the MCRRC racing team, sponsorship coordinator for the Parks Half Marathon and Pike's Peek 10K, and an RRCA-certified running coach and co-founder of Run Farther & Faster.

MCRRC Marks the Rock Creek Trail

The Montgomery County Road Runners Club, in cooperation with the Maryland National Parks and Planning Commission (M-NCPPC), has added new quarter-mile marks to the Rock Creek Hiker-Biker Trail between Randolph Road and Lake Needwood. Look for the white five-inch dots painted on the trail between the existing green M-NCPPC mile and half-mile signs recently added to the trail system.

The new quarter-mile “dots” are useful landmarks for runners participating in many of the Club’s training programs. The trail is conveniently located less than a quarter-mile from Rockville High School, home of the Club’s weekly workouts for the 5K Run/Walk Program, the Experienced Marathon Program (XMP) and the Speed Development Program.

“Many of our training programs utilize this section of

the Rock Creek Trail for interval workouts,” said Dan DiFonzo, a pace coach with XMP. “The new quarter-mile marks allow runners to run a variety of different workouts on the rolling terrain for occasions when the high school track isn’t available or for those who just prefer to do their speedwork on the trails.”

There are plans to add the new quarter-mile dots to the entire Maryland portion of the trail by the end of the year.



Photo: Dan DiFonzo

Members of the MCRRC XMP Program point out the new quarter mile “dots” recently painted on the Rock Creek Trail between Randolph Road and Lake Needwood.

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