

MCRRC Intervals

July 2017

Newsletter of the *montgomery county road runners club*

On the Horizon

July 1

Little Bennett XC
Little Bennett Park
Clarksburg, MD

July 7

Midsummer Night's Mile
Gaithersburg, MD

July 30

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

August 4

Going Green Track Meet
Gaitherburg High School

August 13 *NEW RACE*

Groovin' Woodstock XC
The Woodstock Equestrian Center
Dickerson, MD

August 19

Eastern County 8K
Silver Spring, MD

September 10

Parks Half Marathon
Rockville, MD
www.parkshalfmarathon.com

September 16

Lake Needwood XC
Derwood, MD

September 24

Cabin John Kids Run
Bethesda, MD

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

Board Meetings

Board Meetings are held on the second Thursday of each month.

Suds & Soles 5K



Photo: Dan Reichmann

Gino Martens-Salard nears the finish line.



Photo: Dan Reichmann

Enjoying the post-race party.



In With the New

by Scott Brown, Editor

It's a brutally humid Saturday as I sit down to write this column. I finished my second long run of the season with the Club's Experienced Marathon Program (XMP), which featured oppressive humidity and not one but two loops of the Mormon Temple hill. I am feeling tired and a little beat up, trying to rehydrate with a third cup of coffee. I always seem to have one or two miserable long runs like this at the beginning of each XMP season, but I take solace in knowing that soon enough I will adapt to the heat and that suffering a little now will make me a better runner come the fall.

Just as we runners need to vary our training with new stimuli, so, too, does the Club continue to change to meet shifting needs.

In that spirit, this issue of Intervals brings news of several changes to MCRRC to help the Club continue evolving to better serve our membership.

This issue marks the debut column for new Club President Mike Acuña. In it, Mike outlines his goals to keep MCRRC a dynamic organization that remains relevant for all its members. Welcome aboard, Mike!

Next, George Tarrico outlines some significant changes to one of the Club's marquee races, the Parks Half Marathon, including

a new course. Be sure to check it out!

Also in this issue, George talks about the exciting changes afoot at the freshly rebranded Run Performance Lab (formerly the Stride Clinic). I thought the hands-on evaluation and coaching I received from the Stride Clinic years ago was a fantastic bargain, and it sounds like the new Run Performance Lab is making a great program even better.

In this month's Runner profile, Lisa Reichmann interviews Karen DiCamillo, who talks about her journey recovering from a cancer diagnosis to run the Boston Marathon earlier this year. It's an inspiring story worth a read. Keep fighting, Karen!

Finally, if you've ever been on the fence about trying one of MCRRC's outstanding training programs, check out Kelyn Soong's article on how his experience with the Club's First Time Marathon and Speed Development programs have led him to big achievements. Way to go, Kelyn!

— *Scott Brown has run MCRRC races of distances from one to 50 miles. He lives in Gaithersburg. He can be reached at intervals@mcrrc.org.*

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Have comments or questions? Or want to help?

Contact us at Intervals@mcrrc.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.



MCRRC Intervals



Relevancy

by Mike Acuña

A simple word with obvious meaning and one of the bedrock pillars of the previous Board, it resonates strong with this Board as relevancy is an overarching influence on most if not all Board discussions.

As the Club has aged (like any service, product, or organization) and markets and technologies evolve, the need to evaluate and proceed with change must be steady and measured; much like a race it takes planning and patience to go the distance. As I touched on this theme last month, I'm pleased to report that in hearing your voices, the voices of program directors, and others generously offering their passion and willingness to step up that both some new initiatives and upgrades to stalwart programs are in the works. As you'll read through these pages, you'll see that amongst those is the Stride Clinic where the leadership of this long held MCRRC gem has put forth a plan and will be launching an overhaul to deliver more certified coaches to the sessions, digital gate analysis, bi-weekly training and injury prevention videos via MCRRC social media, and a rebranding to the Run Performance Lab. The Stride Clinic, now the Run Performance Lab, has long been a great value to MCRRC and will now deliver more value at the same low price.

We're also very pleased to share an emerging partnership with

Shady Grove Adventist Hospital where Don Shulman and Andy Steinfeld will be leading a new Cancer to 5K program later this summer. In addition, all MCRRC First Aid/CPR training is now supported by Shady Grove Adventist Hospital, and they are sponsoring several of our races. Without a doubt we're very happy to work in partnership with Shady Grove Adventist Hospital as health, fitness, and recovery are both shared missions and beneficial to our community.

Finally, in furthering this theme, a new Marketing and Communications Task Force has been established to both bolster MCRRC's brand awareness and more importantly focus Club

efforts in communicating and delivering to the needs of you, the membership, whether that be fulfillment speaking to new member benefits, adding runs to better serve all parts of the County, increasing opportunities for weekly workouts around Metro stops, and simply being creative and trying new ideas such as rotating pub runs or later morning workouts.

All this said, the key ingredient to relevancy is you; your voice, your ideas, your effort, your MCRRC.

— Mike Acuña is the President of MCRRC. He can be reached at president@mcrcc.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!

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

mcrcc-info for general news and information about club events

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

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

A Big Change for this Year's Parks Half Marathon

by George Tarrico

There will be one big change in the 2017 MCRRC Parks Half Marathon: the course. What is the new course, and why did it change?

First, the new course. This year the MCRRC Parks Half Marathon will start on Redland Road, near the start of the 2017 Pike's Peek. Instead of a big hill at the start, we will have a flat start heading east down Redland Road until we reach Needwood Road. We'll follow it all the way to Lake Needwood, where we enter Rock Creek Park. There, we join the Rock Creek Trail and continue to a point just below Grosvenor Metro, where we finish on Beach Drive.

You might remember this being similar to the first half of the old Marathon in the Parks. To make the mileage accurate, there is a slight deviation, with a bit

of a hill, just inside Rock Creek Park, but from there we follow the same idyllic, mostly downhill course along Rock Creek. (Yes, the steep hill at Parklawn is still there. We wouldn't want to miss that.) From there it is clear sailing all the way to the finish.

Pretty simple, right? Not for the race director, Don Shulman, who worked diligently with Montgomery Parks, Montgomery County Police and Traffic Management to fashion the new route. Through his efforts, we now have an approved traffic plan, the detailed permitting document for our race. Nice going, Don.

But why did we abandon our old course, which served us well for the past eight years, and go to one that doesn't offer the spectacular finish settings that we once enjoyed? Easy. The Purple

Line.

As you probably know, the final miles were along the future Purple Line right of way. After years of planning, the Purple Line is upon us. Yes, we know, the Purple Line is still not fully approved. At this time the funding is suspended and we are not sure what will happen or when. Obviously, we can't plan something as complex as the Parks Half Marathon without a firm permit from County authorities. That takes time and a detailed work effort. Now that that's done and we have our permit, we can have our race.

Please join us.

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

Run Performance Lab

The Run Performance Lab (formerly known as The Stride Clinic) is looking for volunteers to join our amazing professional staff. Since 1999, hundreds of runners have been evaluated by various professional volunteers who interact with fellow MCRRC members, collaborate with one another to enhance their running knowledge, and have a fun time in the process!

Currently we have openings for:

1. Clinic Manager: checks runners in and out and ensures a smooth flow of the clinic (we will provide training).
2. Massage Therapist: spends about 5-10 minutes with each runner.
3. Registered Dietitian: provides advice and answers questions from each runner.
4. Experienced Running Coach.

We hold 11 Saturday morning (9:45 a.m.-12:30 p.m.) clinics a year (off in August). We rotate staff, so you do not have to commit to every clinic.

Please submit your resume/relevant experience and additional questions to the co-directors, Adam Spector (aspector@footandankle-usa.com) or Rachel Miller (rachelmed4@gmail.com) if interested to learn details.

Introducing the Run Performance Lab

by George Tarrico

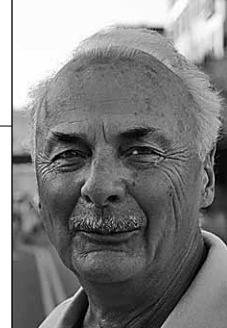
If we do not move forward, we will fall behind. For 17 years, hundreds of MCRRC members have been screened in an always sold-out, monthly, Saturday morning Stride Clinic that evaluates their running form and gives a tip or two on how to run better and stay injury free. Under the direction of original founders, Adam Spector and Rachel Miller, it has recently been rebranded the Run Performance Lab, expanded its staff and been reorganized to make the runner experience even better.

The Run Performance Lab is staffed by podiatrists, coaches, physical therapists, massage therapists, nutritionists and shoe evaluators. They combine their talents to put runners on the road to better, pain-free running. You'd be surprised how often a coach detects a minor defect in a runner's form that could result in an injury during a long run, or the shoe evaluator sees a shoe problem that affects a runner's running efficiency. For instance, if a coach suspects a limb length issue, they will confer on the spot with the doctor or physical therapist to determine the cause. This is what makes the clinic special and unique: it allows the rare opportunity for individual specialists to all come together in one room, interacting and collaborating at the same time to share ideas that ultimately provide a cohesive evaluation of each runner.

Here's how it works. Everything is accomplished during a comprehensive, one-time visit. Upon arrival, the manager checks you in and the staff will review your completed runner questionnaire to determine the focus of your visit and how best to address it. You take a brief run on the treadmill while run coaches as well as the other experts study your footfall, stride, cadence and body motion. The coaches offer suggestions on how to overcome imperfections that impact your overall performance.

The shoe evaluator watches you walk both in your shoes and barefoot, examining your shoes for proper fit and wear patterns. The physical therapist will uncover what areas need strengthening and/or stretching and how to avoid that next injury. You will also see the massage therapist, who will show you how to work the pain out of those sore muscles. If you want to know how food and diet affects your running, the dietitian will offer suggestions. The podiatrist looks at lower extremity biomechanics, structure and alignment and how these relate to all the other specialties. A summary sheet as well as follow-up specialist information are provided. Lastly, a high-quality shirt is a bonus gift to every participant.

Improvements and changes in the form of additional expert personnel and technology are on the way. The purchase of video



and computer technology to capture runners on the treadmill will give immediate feedback to runners and allow them to improve performance on-site. Certain dates this year will be dedicated to beginner runners, coaches and even triathletes, and pre-clinic educational discussions will be added.

With these expanded services comes a new identity. The Stride Clinic will now be known as the Run Performance Lab. It's more than a new name. It reflects the broader scope and greater services provided in an effort to move forward and improve the experience for all runners (and walkers). Yes, the address is the same.

— We thank Rachel Miller and Dr. Adam Spector for their major contributions to this article.



Karen DiCamillo



by Lisa Levin Reichmann

Karen DiCamillo has been a member of MCRRC for 20 years but wasn't actively involved in the Club until she signed up to train with the First Time Marathon (FTM) program in 2013 after the birth of her third child and leading up to her third Marine Corps Marathon. Karen qualified for Boston at that marathon and subsequently ran Boston in 2015. She qualified for Boston again in 2016, but missed the cutoff for registration. Karen requalified yet again, and finally made the registration cut for Boston 2017, only to face a diagnosis of breast cancer in September 2016, with treatment (chemo, lumpectomy and radiation) spanning almost the entire duration of the fall and winter of 2016, exactly when she should have been training for Boston. After successful treatment, Karen followed an abbreviated training schedule so she could toe the starting line in Hopkinton in April of this year. Karen is now a two-time Boston Marathon finisher and is currently cancer free, with a 90 percent chance of the cancer not recurring. She lives in Germantown with her husband, Vinnie, and three children Samantha (11), Jana (9) and Aaron (5).

When did you start running?

I have run since elementary school. I played soccer for fun. I ran track and cross-country in high school and also played volleyball. I ran on my college

team until I tore my ACL while playing rugby.

I have always loved running. I always considered myself a lazy runner because I couldn't get myself to do it unless I had a partner or had a race to train for. I ran my first marathon in 2004 with my husband as I wanted to run one before we had children. We did a run/walk program to train for Marine Corps Marathon.

What do you enjoy most about running?

Running gives me a chance to think. I tend to worry about things



Kelly Scherf

and it allows me the opportunity to go through all my thoughts and concerns.

When and how were you diagnosed with breast cancer?

I was diagnosed with breast cancer in September 2016. I had my annual

mammogram and it found a lump. I went for a biopsy and they found that it was Stage 2, Triple Negative.

What were some of the first thoughts and emotions you had upon learning of your diagnosis?

My first thought was shock. Why me? Am I going to die? Then I started feeling sad. I wanted to run the Boston Marathon. I had run Boston in 2015 and was focused on returning. I had qualified for 2016 but missed the registration cutoff by just 46 seconds. I had worked really hard to qualify again and make the registration cut for 2017. I wasn't going to let breast cancer take away my dream of running Boston. I was going to do it, even if I was going to have to walk it.

What was your treatment timeline and protocol?

I first had to wait for the results of genetic testing to see if I was BRCA-positive. I was going crazy waiting, and feeling I wasn't doing anything to stop the cancer, so my doctor agreed I could start chemotherapy before the results came back. I had 12 weeks of chemo, six times every two weeks. I then had lumpectomy surgery in January. In March, I started radiation for 19 sessions in four weeks. When the results came back, I was found not to have BRCA genes.

What were some of the most significant challenges during your treatment?

I was really fatigued two days after each chemo treatment. I tried to do things with my kids, but then all of the sudden I would be drained and need to take a nap. That lasted for about two days and then it got better until the next round of chemo.

To what extent were you able to continue running and training or exercising during treatment?

I tried to run as much as I could, but I was also dealing with tendonitis of my hamstring and hip issues. I ran the New Jersey Marathon in May 2016 and hurt my hamstring at mile 20. After the marathon, I wasn't able to run more than three miles without pain. I started physical therapy to address the hamstring issue as well as my hip in July, and continued through December. I did a lot of yoga, stretching, and walking.

In January, I stopped running for a month to recover from the lumpectomy. After radiation was completed in March, I felt well enough to start running longer distances and wasn't experiencing any of the hamstring or hip pain. At that point, I had about a month to train for Boston. I made it up to eight miles of continuous running, but then had a recurrence of plantar fasciitis. I saw Dr. Lee Firestone, who helped a lot.

Were your doctors supportive of your desire to run Boston?

My surgeon was supportive and said that she couldn't guarantee that I would be able to run the marathon,

but agreed it was a good goal to have.

Why was it important to you to run Boston after completing your treatment?

I didn't want to lose out on my dream. I didn't want to let cancer win. I had the desire and I had earned that spot at the start line in Hopkinton. Cancer was not going to take that away.

What was the most helpful support that you received during your treatment?

The most helpful support was that so many people reached out to help me. I loved the fact that people I didn't even know wanted to help. My family, my friends, my children's school, my running buddies, and a group called Sharsheret (<http://sharsheret.org/>). They provided me with a busy box of activities for the kids, a peer support I could call, and lots of resources that were all free. When I ran Boston, I supported the organization as a show of gratitude for all of the help they provided me.

How did you modify your race strategy to account for your abbreviated training schedule?

I knew I couldn't run the entire distance because I didn't get very far in training. I decided I would alternate run and walk intervals. I had no time goal, except to finish under the six hours to be counted in the official race results. I ran a lot slower than I had run before my treatment, but I was happy just to be there.

What are some of the memories that stick out in your mind from your experience at Boston this year?

I loved the crowd. The spectators

at Boston are always supportive and out there to cheer you on. I loved all the support I got from my friends in MCRRC. I loved just being a runner. I got my bib and felt so lucky I to be there. I enjoyed the experience of being in a wave of people that all wanted to finish Boston. I was grateful for the volunteers that provided me water, directed me where to go, and helped me feel special.

What are your training and racing plans for the coming year?

I deferred Marine Corps from last year. I plan on signing up for XMP and training, even if at a slower pace than last year.

When you aren't running, what are some of your interests and hobbies?

I enjoy reading, drawing and coffee. I am a social worker, currently home with my kids and volunteer as an outreach coordinator for Fire Up Your Feet and as co-leader of a Girl Scout troop.

Do you have any advice for runners facing health challenges that may require modification or reassessment of their running-related goals?

My advice would be that it is okay to slow down. Yoga is actually not a bad thing. It helps you become a better runner by stretching and strengthening other parts of your body for running. Meditation is a great way to relax and sleep.

— 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.

Running With MCRRC

by Kelyn Soong

I'm the type of person who needs to follow a schedule in order to get things done, especially when it comes to running. Without one, I would often be able to find an excuse not to put in the miles: *I'm too tired; I need to catch up on work; It's too early/late in the day; I'll just run tomorrow.* For me, getting started has truly been the hardest part. So when I signed up for my first marathon in 2014, I knew I would need to find a training group to keep myself accountable.

Two of my good friends, Danny George and Alex Booth, were members of the Montgomery County Road Runners competitive racing team and suggested I register for the First Time Marathon training program.

I initially balked at the six-month training period and (very) early Sunday morning runs, but I was drawn to the structured nature of running with a group of people with similar goals, week after week for several months. The 2014 Marine Corps Marathon was going to be my first race over 13.1 miles, and I wanted to put myself in the best position to succeed.

In the three years I've trained with FTM, I've completed four marathons and achieved a personal record in nearly every distance. On top of that, I have met friends that I consider some of my biggest supporters. FTM program director Conroy Zien has guided through all aspects of my marathon journey, responding right away to my many questions and even drawing up a personalized training program for the B&A Trail Marathon I ran

this past March.

I also trained with Speed Development last winter and dropped my 10K time by more than three minutes from spring 2015, finishing in 42:21 — a pace of 6:49 per mile that I would not have thought was possible when I first started distance running in 2010.

And the more I run, the more I enjoy doing it. It was not that long ago that I wanted nothing to do with the sport. The workouts felt like a chore. I had little clue how to train. Even signing up for races would not be enough to motivate me to run regularly.

I knew something had to change if I was going to reach my goals.

There are runners who are able to wake up at 5 every morning and pound the pavement on their own, but I cannot imagine that I could've achieved my personal bests of 4:01:03 in the marathon, 1:39:02 in the half-marathon and 19:36 in the three-miler if it wasn't for these training groups.

Running 20 miles in 90-degree humidity on a blistering summer morning may not sound like fun, but it's sure a lot easier when you get to share that feeling of accomplishment at the end with friends who were there with you every step of the way.

— Kelyn Soong covers running and tennis for *The Washington Post* and is currently training to finally break 5:30 in the mile.