

MCRRC Intervals

May 2017

Newsletter of the *montgomery county road runners club*

On the Horizon

May 6

La Milla de Mayo
Gaithersburg, MD

May 13

Kids on the Run
Bohrer Park
Gaithersburg, MD

May 14

Run Aware 5K
Cabin John Regional Park
Bethesda, MD

May 20

Germantown 5 Miler
Germantown, MD
www.germantown5miler.com

May 29

Memorial 4 Miler
Rockville, MD

June 18

Run for Roses (*Ladies ONLY!*)
Wheaton Regional Park
Wheaton, MD
www.mcrrcrunforroses.org

June 24

Suds & Soles 5K
Rockville Town Square
Rockville, MD
www.mcrrcsudsandsoles.org

July 1

Little Bennett XC
Little Bennett Park
Clarksburg, MD

July 7

Midsummer Night's Mile
Location TBD

July 30

Riley's Rumble Half Marathon & 8K

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

Board Meetings

May 4, 7 pm
Rockville

June 1, 7 pm
Rockville

Pike's Peek 10K



Photo: Brian Butters

Barry Hauptman glides through the race.



Photo: Brian Butters

Great volunteers set up a water stop for the thirsty runners.



The Recognition Issue

by Scott Brown, Editor

Who doesn't enjoy a little recognition? As runners, many of us relish the occasional recognition, whether it's for setting a new PR, claiming a spot on a Strava leader board, or receiving a small fist bump from a companion or competitor at the end of a run.

It's always nice to be recognized, and this issue of *Intervals* is all about recognizing some of the outstanding runners and especially the terrific volunteers who keep MCRRC running strong.

In this issue, new MCRRC President Mike Acuña introduces the priorities of the incoming Board. Check out the full slate of new Board members, plus a list of all the Club award winners.

Also in this issue, Lisa Chilcote spotlights the MCRRC Competitive Racing Team, which represents the Club at a variety of high-profile races in our area and beyond. Just last month, MCRRC took home second place in the

master's women division at the Boston Marathon, and in March, Racing Team member Nico Crouzier won the B&A Trail Marathon in Severna Park, Md., in 2:31:43, averaging a blistering 5:48 per mile pace! Way to go, Racing Team!

Did you know MCRRC has a close partnership with the Cherry Blossom Ten Miler? In this issue, Dan DiFonzo highlights the Club's role in providing several volunteers and leaders, including many of the race's pacers, who do a stellar job each year of helping racers achieve their goals.

Finally, in this issue, Lisa Reichmann profiles MCRRC super volunteer Kelly Scherf, who shoulders extensive volunteer duties at the Pike's Peek 10K and the Rockville youth track meets the Club helps stage.

— *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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Board of Directors

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Mike Acuña

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Contributors

Lisa Chilcote

Dan DiFonzo

Lisa Levin Reichmann

Have comments or questions? Or want to help?

Contact us at Intervals@mcrrc.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.



Stride Clinic on June 3 Geared Toward Beginner Runners

The MCRRC Stride Clinic has been a member benefit for the last 17 years and is presently undergoing some major upgrades. It is comprised of a volunteer staff of running coaches, podiatrists, physical therapists, massage therapists, shoe experts, and dietitians. Each participant runs on a treadmill and is evaluated by each of the experts, who transcribe their thoughts and dispense information (as well as a free, high-quality t-shirt) to everyone. We are adding

some technological data and videos to provide a valuable screen for a nominal fee. We strive to make this clinic high quality and something that will advance the Club and make its members proud, so we are dedicating our **June 3 clinic for beginner runners**. The clinic begins at 10 a.m. and we will have a brief discussion from all the experts beforehand at 9:15 a.m. Register at <http://www.imathlete.com/events/EventOverview.aspx?FEID=39712&fQuery=&z=1491847442198>

Help Wanted

“Help Wanted” for a Stride Clinic volunteer nutritionist, experienced run coach and receptionist. If you are interested, please contact Adam Spector (aspector@footandankle-usa.com) and Rachel Miller (rachelmed4@gmail.com).



The Times They Are A-Changing

by Mike Acuña

Dear Fellow Members, As we embark with a new Board and new roles within the Board, we look back with gratitude to Nancy Keller, Lori Kaleikau and, of course, our now former president, Don Shulman, for their gracious generosity in serving on the Board, and their guidance in setting the course as MCRRC continues to move into ever-changing territory.

Change has been a constant in the 15 years that my family have been MCRRC members, from an organization that had a few training programs, a handful of RRCA-certified coaches, and equipment stored in various small storage facilities and basements across the county to one that now boasts 13 training programs (each directed and coached by RRCA-certified coaches), a multilevel storage facility holding more than \$1 million in Club-owned assets, multiple large-scale races of distances from one to 50 miles, and an annual operating budget of nearly \$800,000.

Most of these changes have been gradual, growing over time with resources identified and allocated as needed. However, some newer challenges have come along. Though change was gradual in the past, these new challenges are not so subtle and hold the potential to be disruptive, or at least need creativity and collaboration from you. Over the past couple of years we have seen access to high school tracks diminish as corporate sponsorships, monetization of public resources, and liability concerns rise. We are fortunate that our previous president worked endlessly with the leadership of Montgomery

College to re-establish a relationship where we as a Club hold permits for use of their track on Tuesday and Wednesday evenings. However, those permits come with set time frames, a \$1 million liability rider, and a requirement that all users must be MCRRC members and no younger than 18.

Gone are the days of handshake deals and sending throngs of runners onto a track without permits and liability coverage. Like it or not, we need to recognize as a Club that track access is now a commodity in demand and that, as a large membership organization, requires our respect and flexibility to maintain a positive relationship where we do have access. As a Board, we will continue to seek new ways to gain access to these scarce commodities as there's no question

that use of tracks is a key feature for a running organization.

This is only one of several challenges facing this new Board as competition in training programs and other options for fitness rapidly expand. The upside to all these hurdles is that MCRRC's biggest asset is a diverse and talented membership, which we as a Board will draw upon to drive new and creative solutions to the perplexing questions of the day. With a team effort, MCRRC will set the pace of the changing landscape!

Best Regards,
Mike

— Mike Acuña 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/>

The MCRRC Competitive Race Team

by Lisa Chilcote

Supporting the notion of a place for every pace, the MCRRC Competitive Race Team was established in spring 2013. The MCRRC Competitive Race Team is a co-ed racing team that has runners at both the Open and Masters level. This group is led by Co-Captains Yukun Fung (Open Male) and Lisa Chilcote (Masters Female). The team was established to recognize highly talented runners within MCRRC, promote competitive racing among Club members and increase the visibility of MCRRC at races. The team competes in track, cross-country, road, and trail races with a majority of the competition being road related. Our members are post-collegiate parents and professionals united by a love of running fast and competing hard.

Members of MCRRC racing teams are expected to compete in at least eight races in the 2017 calendar year. Additionally, volunteering for Club events is strongly encouraged. The most popular events to volunteer at have been the Run for the Roses 5K and the summer City of Rockville Youth Track Meets. In the philanthropic arena, the team recently donated its winnings from the 2016 Veteran's Day 10K to a food drive for the

Manna Food Bank. The team donated 150 pounds of food and non-perishables.

The most recent claim to fame was clinching 1st Place Male Grandmasters and 1st Female Masters at the February 26, 2017, RRCA 10-Mile Challenge. As anyone who has run this course can attest, it is a brutal undertaking at best. Going back in our accomplishment archive, in 2015, MCRRC won the Masters Female competition at the Boston Marathon in part thanks to the blazing times of Cindy Conant and Lisa Reichmann.

We are thrilled to have Nico Cruzier as our men's MVP! He recently made the front cover of *Run Washington* donning his MCRRC singlet. Many of our team members have earned or been nominated for the Club's coveted Runner of the Year (ROY) distinction. To learn more about our race results, go to <http://raceteam.mcrrc.org>.

We have an annual formal application process that typically commences in the late fall. To that end, we are always seeking talent for the following year and encourage interested individuals to contact one of the team captains at racingteam@mcrrc.org. For 2017 we are in the process of establishing a recruitment

committee that will be actively recruiting throughout the year for a January start date. We would love to have interested individuals join us for a group run or social outing.

The team members that are leading us toward success are noted below. Hats off to the team for the efforts that they have put forth to date by positively representing MCRRC! Looking forward to PRs and healthy running in 2017. Go MCRRC!



Photo: Lisa Chilcote

Racing Team members purchased groceries to donate to charity.

OPEN MALE	OPEN FEMALE	MASTERS MALE	MASTERS FEMALE
Nico Cruzier	Dagmar Salazar	Argaw Kidane	Cindy Conant
Ning Rui	Laura Ramos	Chris Shaw	Elizabeth Thomas
Randy Smith	Sarah Flynn	David Storper	Julie Sapper
Shlomo Fishman	Michelle Miller	Jeff Duyn	Lisa Chilcote
Exavier Watson	Eva Rodezno	Lee Firestone	Lisa Reichmann
Yukun Fung	Silvia Baage	Mark Neff	Emily Pierce
Adrian Spencer	Jennifer van der Sloot	Paul Jacobson	Miriam Mintzer
Matthew Howe		Robert Palmer	Jennifer Sample
Brian Murphy		Scott Koonce	Mary Bowman
Taylor Williamson		John Whitridge	
Miles Aitken			

MCRRC Lends More Than a Few Helping Hands to the Cherry Blossom Ten Miler

by Dan DiFonzo

One of the engines that truly drives the Montgomery County Road Runners is our strong culture of volunteerism. It's well known that we couldn't provide our lengthy calendar of competitive road races were it not for the thousands of volunteer hours our members give to make our races successful.

Most people are aware that each and every race has to be staffed with an army of specialized volunteers to ensure that the races go off without a hitch. Each of the course marshals, water stop volunteers, post-race food workers, bag-check personnel, cone placers, sign hangers, timers, packet pickup personnel, race announcers, race directors and behind-the-scenes workers no one ever sees is a volunteer who is working for little more than their love of the sport and the occasional free t-shirt.

What is little known, however, is that this spirit of volunteerism by MCRRC members extends outside of our Club's races and into the more prestigious races put on in our own backyard.

Take the world renowned Cherry Blossom Ten Miler, held on the first Sunday of April every year. The annual rite of spring

showcases some of the world's top running talent and has been the site for several American and world records. For years, Club members have quietly stepped up to fill important roles to make the race happen.

"We've had a very close relationship with MCRRC over the years," said Cherry Blossom Ten Miler Race Director Phil Stewart. "In fact, we have several Club members who are currently on our race committee."

Club member Jean Arthur has been in charge of the enormous task of organizing the logistics to provide water and sports drinks at six different points along the course for the nearly 18,000 runners who traverse the Cherry Blossom course, spanning from the National Mall to Arlington to Rock Creek Park to Haines Point and back to the Washington Monument.

Longtime Club member George Tarrico has been active with race staging as the head of logistics, and Rachel Miller serves as one of the race's co-medical directors. Other Club members who volunteer on the Cherry Blossom race committee include Eve Mills, Steve and Arlene Solbeck, and past Club presidents Denny Steinauer and



Irv Newman.

MCRRC's involvement in the Cherry Blossom Ten Miler doesn't end there. In 2012, MCRRC began working with sponsor Gold's Gym to help provide pacers for the Gold's Gym Pace Team. Since that time members of MCRRC's Experienced Marathon Program (XMP) have provided pace team leaders for paces ranging from seven to 12 minutes per mile.

Danny George has been pacing the fastest pace group for the past three years. "Cherry Blossom is really awesome because it's a world-class race in a beautiful location on an awesome course. I love that community members are pitching in to make it happen," George said. "It's really satisfying to use your ability to help someone else reach their goal. Just to be a small part of that, it's an opportunity that you don't get all of the time in running and it's really satisfying."

Asked what he especially loves about being a pacer, George said, "At the end, people are just so thankful and appreciative whether they met their goal time or not, and providing that service is just gratifying more than anything."

Kelly Scherf



by Lisa Levin Reichmann

Kelly Scherf has been a member of MCRRC for more than 15 years, and if you recognize her it's probably because you've seen her at RNJ Sports, where she is apparel buyer; at the finish line of Pike's Peek, where she oversees setup; or as Director of the Rockville Youth Track & Field meets. A three-time marathon finisher, Kelly has participated in the Club's First Time Marathon (FTM) and Speed Development training programs. A native of Kensington, Kelly now lives in Olney with her husband, Blake; their two children, Everett (almost 3) and Helen (18 months); and their two dogs, George and Indy.

What is your favorite distance to race, and why?

Probably the half-marathon distance because it's challenging, yet still manageable in terms of training time. I think sometimes having long-term goals can keep a person grounded.

Do you have any favorite races in particular?

I love the Parks Half Marathon, but I also think the Rockville 5K/10K has a good feel to it.

Where are your favorite training routes?

Any place in Bethesda is nice to run and safe. I'm getting to know Olney, and my husband and I now really enjoy running there as well.

What is your proudest running-related accomplishment?

Finishing the New York City

Marathon, as it was a tough course and long day.

When you're not running, how do you enjoy spending your free time?

I love yoga. It keeps me centered. I also enjoy taking High Intensity Interval Training (HIIT) classes. I love spending time with my family.

How did you get into the sports retail business?

My family started the store in 1976, so we always worked there growing up. When I was out of college, I worked as a manager at Starbucks. I didn't love it, so my dad suggested giving this a try. I found out that I really enjoyed the atmosphere. Our customers are really passionate about their sports, which is inspiring.

What do you enjoy most about your job?

I really like talking to and helping customers. I find it to be extremely rewarding to help them problem-solve issues with shoes and gear.

How do you balance family life, the demands of the business, volunteer commitments and running/training?

It's difficult sometimes. Right now, my running is taking a back seat because Pike's Peek and Rockville track season are both coming up, and I'm busy with my volunteer duties. I also don't want to take for granted the time I have with my family. I remind myself it's only a short period of time, and I'll be back at training soon enough. When I have a free 20 minutes, I take it, and

run two miles. You have to go with the flow sometimes, and take what free time you have.

When it comes to running shoes, what do you think is most important for runners to know?

It's a process to be fit for running shoes, and keep an open mind. I find that the biggest challenge for us as staff is explaining shoe sizing. Most customers are resistant to getting the correct size, which is usually larger than they expect. I also think it's a challenge for runners to understand how injuries can be related to the correct shoe, and for us to explain that to them in a way they understand.

What is the one piece of running gear, outside of shoes, that you think every runner should have?

BodyGlide: don't go running without it!

Is there one piece of advice you would give to a new runner?

You can do anything you put your mind to. I started from run/walk, and now I've run three marathons. Give yourself a chance. I think most people underestimate their capabilities!

— 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.

2016 Awards

2017 Board Members

President: Mike Acuña
Vice President: Ken Earley
Treasurer: Sri Rapaka
Secretary: Andrea Keane-Myers
Member at Large: David Haaga
Member at Large: Brad Stewart
Member at Large: Gretchen Bolton
Member at Large: Jim Farkas
Member at Large: Cortney Sloan

2016 MCCRC Award Winners

Lifetime Achievement Award: Craig Roodenburg
President's Awards: Trish Gill, Denis McDonald, Sri Rapaka, Kelly Scherf, John Way, Wendy Young
Coaches of the Year: Travisha Gunter, Kellie Redmond
Journalism Award: Dan Reichmann
Most Improved Runners: Mical Honigfort, Will Etti
Outstanding High School Runners: Julia Reicin, Maya Jacobson, Jason Scott
Race Director of the Year: Christina Caravoulias
Volunteer of the Year: Karen Craney
Volunteer Service: Keith Evans, Bill Lee, Cee-Cee Swalling
Runners of the Year: Dan Lawson, Dee Nelson, Chris Shaw, Trish Stone, Chris Pruitt, Robin Watkins
Runners of the Year Recognition Awards: Dagmar Salazar Guzman, Sarah Flynn, Randy Smith, Julie Sapper, Emily Pierce, Miriam Mintzer, Jeff Duyn, Scott Koonce, Lila Firouzfar, Jeanne Larrison, Paul Peterson, Kirk Gordon
Participation Series: Walter Brown, Christina Caravoulias, Yukun Fung, Eric Johnston, Bernard Kelly, Leonard Lee, Don Libes, Patricia Rich, Rodney Rivera, Donald Schuirmann, Robert Smith, Bill Strider, Julie Trapp, John Way, Kam Yee, Tom Young

Cake Contest: Jeanne Larrison

Championship Series

Open Female: 1. Cindy Conant, 2. Trish Stone, 3. Jennifer Sample
Open Male: 1. Nicolas Crouzier, 2. Chris Shaw, 3. William Kirk
Female, 1-14: 1. Perrin Myers, 2. Elina Lee
Male, 1-14: 1. James Yates, 2. Mark Rosas, 3. Brandon Kim
Female, 15-19: 1. Adriana Rosas, 2. Brenda Rosas
Male, 15-19: No qualifiers
Female, 20-24: No qualifiers
Male, 20-24: No qualifiers
Female, 25-29: 1. Ashlyn Sinclair, 2. Abigail Klaus, 3. Jayna Resman
Male, 25-29: 1. Matthew Sushinsky, 2. Kevin Anderson
Female, 30-34: 1. Colleen Dahlem, 2. Jennifer Murphy, 3. Erica Sawyer
Male, 30-34: 1. Alexander Paplomatas, 2. Brian Murphy
Female, 35-39: 1. Mical Honigfort, 2. Yuko Funakoshi, 3. Heather Sisan
Male, 35-39: 1. Yuji Fukanoshi, 2. Jim Dahlem, 3. Robert Palmer
Female, 40-44: 1. Lisa Parsons, 2. Juliana Rosas
Male, 40-44: 1. Bernard Kelly, 2. Marco Rosas Galicia, 3. Kelly Dunston
Female, 45-49: 1. Andrea Keane-Myers, 2. Cindy Cohen
Male, 45-49: 1. Wayne Breslyn, 2. Mark Mather, 3. Eric Manco
Female, 50-54: 1. Heather Chen-Mayer, 2. Licia Scarce, 3. Sharlene Deskins
Male, 50-54: 1. Mark Neff, 2. Will Jacobi, 3. Ted Poulos
Female, 55-59: 1. Suzanne Picard, 2. Daphna Szanto

continued on page 8

Awards

continued from page 7

Male, 55-59: 1. Marty Horan, 2. William Clem, 3. Bill Stahr

Female, 60-64: 1. Jeanne Larrison, 2. Christina Caravoulas

Male, 60-64: 1. Dan Lawson, 2. Bill Loomis, 3. Kirk Gordon

Female, 65-69: 1. Alice Franks, 2. Wanda Walters

Male, 65-69: 1. Vincent Opperman, 2. Donald Schuirmann, 3. Kenneth Swab

Female, 70-74: Julie Trapp

Male, 70-74: 1. Donald Hensel, 2. Igor Lvovskyi, 3. Walter Brown

Female, 75-79: 1. Patricia Rich

Male, 75-79: 1. Bill Sollers

Female, 80-99: No qualifiers

Male, 80-99: 1. Jack McMahan, 2. Robert Smith

Cross-Country Series

Open Female: 1. Jane Wikman, 2. Ashlyn Sinclair, 3. Lisa Parsons

Open Male: 1. Nicolas Crouzier, 2. Chris Shaw, 3. Jeff Duyn

Female, 1-14: 1. Elina Lee

Male, 1-14: 1. James Yates, 2. Mark Rosas

Female, 15-19: 1. Adriana Rosas

Male, 15-19: No qualifiers

Female, 20-24: No qualifiers

Male, 20-24: No qualifiers

Female, 25-29: No qualifiers

Male, 25-29: 1. Matthew Sushinsky

Female, 30-34: No qualifiers

Male, 30-34: 1. Mike Winston, 2. Aaron Trulock

Female, 35-39: 1. Heather Sisan

Male, 35-39: 1. Omar Guevara, 2. Rodney Rivera

Female, 40-44: 1. Juliana Rosas

Male, 40-44: 1. Scott Koonce, 2. Marco Rosas

Galicia

Female, 45-49: 1. Cindy Cohen

Male, 45-49: 1. Art Drisko, 2. Adam Kiely

Female, 50-54: 1. Monika Bachmann, 2. Julie Pavlin

Male, 50-54: 1. John Romano, 2. Hector Montesinos

Female, 55-59: 1. Peggy Dickison, 2. Michele McLeod

Male, 55-59: 1. Marty Horan, 2. William Clem

Female, 60-64: 1. Jeanne Larrison, 2. Anne Hoover

Male, 60-64: 1. Ken Umbarger, 2. Kirk Gordon

Female, 65-69: 1. Anne Forsha

Male, 65-69: 1. Timothy Morgan, 2. Vincent Opperman

Female, 70-74: 1. Julie Trapp

Male, 70-74: 1. Igor Lvovskyi, 2. Walter Brown

Female, 75-79: 1. Patricia Rich

Male, 75-79: 1. Allan Degen

Female, 80-99: No qualifiers

Male, 80-99: 1. Robert Smith