

MCRRC Intervals

November 2015

Newsletter of the *montgomery county road runners club*

On the Horizon

November 1

Rockville 10K/ 5K (\$)
 Rockville, MD

<http://www.rockville10k5k.com/>

November 8

Candy Cane City 5K
 Chevy Chase, MD

November 14

Stone Mill 50 Mile
 Montgomery Village, MD
<http://www.stone-mill-50-mile.org/>

November 21

Run Under the Lights (**SOLD OUT!**)
 Gaithersburg, MD

November 28

Turkey Burnoff
 Gaithersburg, MD

December 6

Seneca Slopes 9K
 Gaithersburg, MD

December 13

Jingle Bell Jog
 Rockville, MD

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

Board Meetings

November 5, 7 pm
 Rockville

December 3, 7 pm
 Rockville

Parks Half Marathon



Photo: Alex Reichmann

"High Five Hill" at Mile 4



Photo: Alex Reichmann

Heading for the finish line



Spotlighting Club Training Programs

by Scott Brown, Editor

The changing of the seasons always causes me a certain amount of angst as I dread having to adapt to a different set of weather conditions. On the bright side, the dawn of a new season brings the start of a new training cycle and a new MCRRC training program, which makes acclimating to the weather much more bearable for a former California boy like me.

I am looking forward to the start of the Winter Trails Program in a few short weeks for the opportunity to again spend my Saturday mornings catching up with familiar faces and making new friends as we tramp through the snowy woods and icy creeks to earn our trail cred.

This issue of *Intervals* provides a nice panorama of many of the Club's training programs and other opportunities, which are a great resource if you want to become a better runner, make new friends or even find your true love.

In this issue, George Tarrico interviews MCRRC President Don Shulman about the Club's access to high school tracks. If you've ever wondered why the Club's track workouts move from high school to high school or what MCRRC is doing to ensure access to tracks, this article is a must read!

Also in this issue, George tells us about MCRRC's neighbor, the Cherry Blossom Ten Mile Race, and the ways the Club — and many of its members — help Cherry Blossom put on one of the country's premier races.

MCRRC coach Terri Scadron has the lowdown on the Club's newest training program, Advanced Marathon Training (AMT). Whether you're looking for a good way to train through the winter or seeking to PR at a spring marathon, AMT has you covered!

This issue's profile is a love story, as Lisa Reichmann relates the courtship of Jenny and Ken Trombatore, who met through MCRRC. It just goes to prove you really never know who you'll meet when you try one of the Club's training programs!

Finally, Wanda Walters recounts the success she and her pace group in the Club's Summer Half Marathon Program found using run/walk intervals, a great technique to help you run farther or faster, no matter the distance.

— 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.



Newsletter of the montgomery county road runners club

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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.





Track Availability: An Interview with MCRRC President Don Shulman

by George Tarrico

Don, what has changed in our track availability over the past few years?

For many years our use of tracks within the County was arranged with a handshake and a phone call between people within MCRRC and school athletic directors or other officials. Over the past few years, we have seen an added level of oversight to this process within the county. The Interagency Coordinating Board (ICB) was established as an oversight and policy organization. Community Use of Public Facilities (CUPF) is the hands-on management and licensing organization that reports to ICB. We get our licenses from CUPF to centralize community use of all public facilities. As requests for the use of these areas by many groups has increased dramatically, this Agency was established to provide an efficient manner to coordinate use. Whether that coordination has been efficient is yet to be determined. MCRRC has a fairly routine pre-established calendar of races and programs. We plan a year in advance. Unfortunately, this new governing body does not. When I was a program director, I knew months in advance where my program would meet during the week.

A second blow that occurred was the unavailability of the track at Montgomery College, which we have used for many years. Some of you may recall that their track had fallen in disrepair a few years back. During that time, a runner fell on the track and received more than minor injuries. This individual was not part of an MCRRC program. An ensuing lawsuit resulted in a substantial settlement to the plaintiff. On the advice of its counsel, the College has significantly reduced the availability of its track for public use.

What has the Club been doing to procure track time?

We are fortunate to have a very strong relationship with the City of Rockville and it has been most helpful in assisting us with the permit process. In exchange for its help with permits and fees for lighting, the Club hosts and runs the summer youth track program at Rockville High School and a winter youth cross-country initiative. Additionally, we work closely with the city in providing access to Rockville residents to our Winter 5K Program. We are very fortunate to have partners such as the city in our corner and look forward to other opportunities to work together.

I know this track issue is at the top of your priority list. Can you tell us what you and the Board are doing moving forward?

There are several operating fronts we are working on for track procurement.

First, I would like the Club to be a business partner with the schools and not a vendor. As a business partner, each party is due a return on its investment. We want track access over the long term. Understandably, the schools will always have first access and on occasion we will have to move to accommodate their needs. Unfortunately, we are at the mercy of notification from ICB via our contact at the city whenever a school event bumps our permit, and sometimes this notification occurs at the last minute. We can deal with this as long as it is communicated to us in an appropriate time frame. Schools have booster organizations and need to support youth athletics and track initiatives. This need is more than simply financial. Last week I met with our Competitive Running Team. If

members of this team can use their expertise and experiences to mentor young athletes, that is of relevant value as well. We need to be creative and proactive in what we can offer. The Board and I are talking with booster club presidents and local athletic directors to understand and communicate our desire to partner with them. We cannot forget that we are a large and professionally driven running organization.

Second, we are also building relationships with private schools in the county. Our Going Green Track Meet was held at Our Lady of Good Counsel last summer. We are engaging this school and another one at this time. As we look to understand what's important to these schools, we can better align our resources and develop a business plan with each institution.

Third, last week I met with representatives at Montgomery College to begin working with them toward regaining use of its facilities as well. The meeting went well. Our goal is to establish two track locations beginning in the spring of 2016. We need it plain and simple. We are a victim of our own success as our programs have grown substantially over the past few years. The attorneys from the College are working on a new community use legal document. They will send it to us in mid-November. At this point I am optimistic about the College as we do not have contact sports, our programs do not involve children under 18, and we have a large insurance and liability policy. Many organizations do not meet those criteria.

Fourth, in December I have asked to present to the ICB at its public meeting. We must make inquiries

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Cherry Blossom — MCRRC Cooperation

by George Tarrico

If you have been to our offices recently, you might have noticed that we have new neighbors. Cherry Blossom 10 Miler has moved into a storage shed across from us. Everybody knows about the Cherry Blossom 10 Miler, one of the country's iconic running events where local runners have the opportunity to compete against some of the world's best distance runners. What most people don't know is the relationship Cherry Blossom and MCRRC have enjoyed over the years.

While we have no formal relationship with Cherry Blossom, the two organizations have enjoyed a close working relationship for many years. For example, many of our former officers and other Club members have served on the Cherry Blossom Race Committee. One of our early presidents, Denny Steinauer, is president. On the other side, Phil Stewart, Cherry Blossom founder and race director is a longstanding member of MCRRC. Many of our members are also regular Cherry Blossom volunteers. We even share some race equipment.

And? Our relationship, which has been very strong, looks to become even stronger. That means the benefits we have enjoyed in the past are likely to improve.

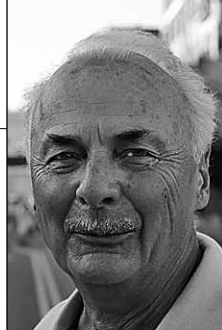
What benefits? Well, as you probably know, it's very difficult to gain entry into any Cherry

Blossom 10 Mile race. Each Cherry Blossom has a limit of 16,000 entries. Generally more than 24,000 runners sign up for the race in December and wait anxiously for the lottery. That means a lot of runners are not selected and don't get the opportunity to enter this great race.

But there is a way to guarantee your entry. How? Just volunteer to work the race and you will be guaranteed entry for the following year.

This is a work in progress. There are more developments that will benefit both organizations through cooperative efforts that will help us both operationally and financially. Stay tuned for more information.

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



from the board

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and have a presence on all levels and with all organizations and governing agencies.

Finally, we would also like to work more closely with corporate sponsors on a very high level. Montgomery County is one of the wealthiest communities in the U.S. and home to a number of large corporations. While we have made some initial outreach in this area, we could use a process owner dedicated to this specific focus. I would like to have a strategic outreach plan of communication to local companies.

In short, there is no easy answer to this complex issue. We will, however, place ourselves to focus on this issue much more proactively.

Should we build a track? Could we?

Some people think that is the answer. I do not see us building a track. We are not in that business. The associated procurement, permitting and construction expenses could exceed \$1.75 million. That includes a 10-year amortization because the life of a track is only 10 years. That figure also does not account for ongoing operating expenses, such as lights or repairs. Additionally, liability insurance is another issue. I do not want us to get in the same position that Montgomery College found itself in. I believe we have several options in front of us that we need to explore in greater detail. Our Board is not opposed to looking at other partnership opportunities to help with lights or possibly upgrades to existing tracks. We will examine every option for its own merit as it relates to our needs now and in the future.

MCRRC's New Advanced Marathon Training Program

by Terri Scadron

It's late fall, and you're winding down from a fun but challenging training season with MCRRC's First Time Marathon program (FTM) or Experienced Marathon Program (XMP). You've survived your marathon, or pushed hard for a PR, and part of you just wants to melt into the couch with a remote and a plate of holiday cookies, or regain the goodwill of your significant other who had to put up with your early morning disappearances for 20-mile odysseys in and around Montgomery County. But part of you already misses your program, and you find yourself peeking at webpages for spring marathons. Well, it doesn't have to end! This year, the Club is adding a new winter training program for marathons and other distance events, Advanced Marathon Training (AMT), which will start on December 5.

In August, Club President Don Shulman approached Keith Evans and I about heading up a new road distance training program with a somewhat different focus from either FTM or XMP. Unlike FTM, AMT won't be geared toward beginner marathoners, who need more time to safely build up to the marathon distance. We expect that most participants will be getting ready for the Rock 'n' Roll D.C. or Shamrock marathons in March, and four months isn't enough time to build a base for a first marathon. On the other hand, the program isn't meant to be a carbon copy of XMP. While we're happy to accommodate runners who want to train hard for a PR, we expect that some runners will sign up simply because they want to keep their "distance legs" over the winter, and check out

a spring marathon. Finally, Keith, who has three 100-milers under his belt, can make schedule adjustments for any runners targeting distances beyond the marathon. The Winter Half Marathon program will continue under the able direction of Head Coach/Director Beth Serepca. By separating marathoners and half-marathoners, the Club will better serve both groups.

Keith and I are excited about developing this new program, and have lined up some stellar coaches, from three-hour marathoner Argaw Kidane, who will cover the blazing fast groups, through coaches who can pace 12-minute milers and beyond. We're working with Program Manager Lauren Wedlake, a veteran of the Half Marathon and 10K programs, who's keeping us on track with everything that has to happen to get AMT off the ground. Our group workouts will consist of Tuesday night track or tempo runs, and long runs on Saturdays at 8 a.m. — a time that will obviate the

need for headlamps and leave us all plenty of time to warm up our cars.

If you generally retreat to a treadmill in the winter, you'll be pleasantly surprised at how refreshing winter running can be. I personally prefer training in the winter, although I put up with what I like to call D.C. Bikram running in June and July because I would hate to miss the fall marathon season. Yes, there will be days when you feel something hard bobbing on your neck, and you realize it's your frozen ponytail. On the other hand, by the end of the first mile or two, you'll work up a comfortable body heat. And even the most familiar stretches of Beach Drive can look enchanting when the creek is frozen over and the trees are dusted with snow.

With AMT, your options for winter training with MCRRC just got broader. We hope that you'll join us for AMT's inaugural year, after you've had your fill of those holiday cookies.

Keep up with the latest news and information about MCRRC events and happenings!

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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/>

Jenny and Ken Trombatore



by Lisa Levin Reichmann

Jenny and Ken Trombatore are active Club members and volunteers who met in 2005 through Jenny's First Time Marathon program pace coach, Lori Kaleikau, and began dating when they both participated in the 2006 Speed Development program. Jenny, an instructional technology specialist for Montgomery County Public Schools, and Ken, a technology consultant for Hewlett-Packard, live in Brookeville with their two daughters, Kara and Kaitlyn. Jenny and Ken are both currently training for fall marathons: Marine Corps for Jenny and Richmond for Ken. Below, Jenny shares more about how running brought her and Ken together, and the benefits and challenges of being married to a fellow runner:

How (and when) did you meet?

Just prior to the start of the 2005 Bethesda YMCA Turkey Chase, I was hanging out with my First Time Marathon (FTM) program coach, Lori Kaleikau. She and Ken knew each other from working at Hewlett-Packard, and the two of them were talking about Ken's recent stress fracture, which had caused him to drop out of the FTM program. Lori introduced us as a courteous gesture, without any intentions of setting us up. Ken says that he recognized me from the few FTM workouts he had attended before his injury, but for me, it was truly my first time ever seeing him, as he was in a faster pace group than I was.

How long after meeting did you start dating?

After Turkey Chase, we both began the Speed Development Program in the winter. After one of the first long runs, we both went to Cosi to eat afterwards with friends. We ended up sitting together, and I recognized Ken

from Lori's introduction at the Turkey Chase. We ended up sitting across from each other, which gave us a chance to talk. Ken teases me that I remembered his name wrong and said, "You're



Photo: Brightroom

Jenny and Ken Trombatore

Kevin, right?" Oops!

After that conversation at Cosi, I became intrigued and all my friends told me they noticed he was definitely interested in me. I had a boyfriend at the time but was sort of already "checked out" of the relationship and knew it was just a matter of time before I'd end it, regardless of having met Ken or not. At each of the remaining Speed Development Program workouts, I'd always look for Ken to say "Hi" and noticed he seemed to be doing the same. The "Hi"s turned into short conversations with each other, and eventually longer ones. I noticed he would wait on the side of the track for

me to finish after finishing his own workout, claiming to be "stretching." As an aside, I've never seen Ken stretch a day in his life after that period of time!

One day I was cleaning out the contacts in my Yahoo email account and came across an email address for a "Ken." I eventually figured out, through some Google detective work, that it was Ken from Speed Development, and I did something completely uncharacteristic: I sent him an email to invite him to join me and some of my friends at a bar in Clarendon. He was helping a friend move across the country that weekend, but that email initiated an exchange that eventually led to Ken working up the guts to ask me on a running date, thinking that if we didn't connect, it could just be chalked up to a way to get in a good workout and some mileage. That first running date was mid-April 2006, and by the beginning of FTM later that year, we were officially dating.

When did you get engaged?

We dated for almost two years and then got engaged, appropriately, at the end of the Shamrock Half Marathon in March 2008. I was running the last quarter of a mile when he and two other friends jumped back onto the course wearing T-shirts that read, in order, "Jenny Boyd," "Will you," "marry me?" Ken held a ring between his fingers and I raced behind him to cross the finish line. He had planned everything with the race directors, so the announcer at the finish line knew what was happening and asked me for my answer so the he could announce it to the spectators watching the proposal. The race directors arranged to have photographers and a journalist from the local paper, the *Virginia Pilot*, so an article about our

engagement story was printed in the paper the next day.

Was there a running theme at the wedding?

We had tons of running friends at our wedding, and our table numbers were laminated race bibs we had worn at some of our favorite races. When we were announced at the reception as husband and wife, we ran into the room and broke through a customized race tape that the Club had made for us and read “May 9, 2009—the end of one journey and the beginning of another.”

Before having children, did you do your training runs and/or races together?

Before having kids, we trained in the same programs and ran at the same times; almost never physically with each other because Ken’s pace is so much faster than mine. But we really enjoyed hanging out with our mutual running friends after group runs and traveling to and participating in all the same races together. We reflect on those good old days a lot. We had so much fun.

How do you coordinate your training runs now that you have two young children?

In training, we never run together anymore, or even at the same time because of the logistics of watching the kids. I do most of my running in mornings on weekdays. Ken runs primarily at night, on his own. Ken always has Saturday mornings for long runs with our friends and I run Sunday mornings for my long runs. We are definitely looking forward to the time, still many more years from now, when our kids are old enough that they can be left alone for an hour or so, to enable us both to go out to run together.

Do you still get to run any of the same races?

We run big races together, like the Parks

Half Marathon and some marathon or half-marathon races outside of our area like the Shamrock Half or Full Marathon, Portland Marathon, and most recently the Napa to Sonoma Wine Country Half Marathon this past July. The girls stay with either my parents, who live locally in Rockville, or Ken’s mom and her husband, who live in Florida but have driven up to watch the kids while we travel for a race.

What do you see as the benefits of having a spouse who is also a runner?

The biggest benefit is understanding each other’s desire to want to run regularly and the commitment of time required to get in all of the miles necessary for marathon training. It would be easy to feel guilty about spending so much time away from your spouse, kids, and other responsibilities, but we don’t worry about that as much because we know we each understand and support the effort. We are both happier people and are better able to conquer the “crazy” of our everyday lives when we’re regularly running. Another big benefit I see is we’ve easily been able to develop shared friendships with the same people. We both really cherish this, and our “running friends” are now not just our running buddies but good friends that will stand the test of time, long after we’ve decided to hang up our running shoes.

What are the challenges you face as a dual-running household?

Time! It’s really hard fitting in work, raising kids and marathon training for two people. We both can’t be gone running and training at the same time because of the childcare issue, so we’re constantly sharing available time and juggling a schedule of who is out of the house running.

What do you enjoy doing outside of running?

Playing with our kids. That is easily

number one. After that, I’d say together we enjoy almost any activity outside that involves some physical or athletic component. And we enjoy socializing with our running friends, doing non-running things. Personally, I enjoy cooking, though I don’t do it as often or even with as much complexity, as I used to before having the kids. Ken enjoys analyzing the amount of kilowatt-hours we’ve generated from the solar panels on our house and talking to anyone interested in listening to why you should get solar panels on your house. Kidding...kinda not. Ken enjoys photography and honestly, truly enjoys doing tasks to help out his friends with projects they are working on. He is probably the most helpful and generous person with his own time to others that I’ve ever known.

Do your kids participate in any youth running events?

We try to engage the kids in as many of the Club youth events as we’re available to take them. Additionally, there’s a Healthy Kids Running series in Olney and Rockville that Kara has participated in for a few seasons and for which Kaitlyn has just become eligible to participate.

Any advice for other running couples trying to balance competing training schedules, juggle work, kids, activities, volunteer commitments, etc.?

We have found that the expression, “the couple that runs together, stays together” to be true. Communicate to figure out how you can arrange a schedule that enables both partners to run and support each other’s running efforts. It creates a healthy outlook and with that in place, everything in life seems more manageable and enjoyable.

— 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.

Intervals — Not Just for Ultras

by Wanda Walters

As a member of MCRRC for about 15 years and a year-round program director and coach for programs ranging from 5K to the half-marathon for at least 13 years, I have always embraced traditional training methods.

However, with advancing age (I celebrated my 65th birthday in July), Mother Nature and Father Time began to indicate that it was now time to adapt my running style if I am to continue. In September 2014, I registered for the Rock ‘N’ Roll Half Marathon in March 2015. However during the winter, I was plagued with sciatica and IT band issues. To further complicate matters, like everyone else, harsh weather and scheduling conflicts interfered with training. The only consistent running I did was coaching with the Winter 5K Run/Walk Program. I decided my race strategy would be run/walk intervals. I was so surprised how easily I got through the race! While I didn’t finish in my best time, it wasn’t my worst either.

When it was again time to begin coaching the 12-minute-plus group (Red Team) for the Summer Half Marathon Program, I asked the Program Director, Barry Hauptman, about having the Red Team use run/walk intervals. He noted that ultrarunners train this way and said that if the Red Team was happy, he was happy.

From the start of the season, the other Red Team coaches and I noted that by running intervals, participants were generally a lot happier, healthier, and very excited and committed to the HM program.

Judith Sitkin-Porzal, a first-time half-marathoner, said: “Intervals—either 4/1 or 3/1—give long distance a structure and shorter goals to work toward. Most people can do anything for three to four minutes. Having the one-minute brisk walk helps one feel replenished to push harder, and/or faster and/or tackle those hills or enjoy the ride of the downhill.

“For me personally, I truly believe doing

intervals for my first half-marathon made the difference in enjoying the race and not just getting it done,” Sitkin-Porzal added

First-time half-marathoner Lynne Yao remarked: “For me, and for several other first-time half-marathoners, the intervals were the difference between staying in the program or dropping out. Not only did the interval strategy allow us to get used to the long runs safely, but I really believe that it decreased the number of injuries during the program.

“Also, I think the interval strategy actually helps not just with endurance, but it also helps to build in speed. My last mile was the fastest mile that I ran the whole race. Maybe those in the front of the pack would never run intervals, but for those of us in the back

of the pack, it was a great strategy to help us succeed,” Yao said.

Half-Marathon Co-Director Larry Feidelseit summed up the interval option this way: “The run-walk-run method can be very positive for people who are new to running or taking on a new challenge with an increased distance. The regular, scheduled walks allow individuals to run farther than they thought possible by placing the focus on each segment (‘only three or four minutes and then there’s another walk break!’).”

This summer I completed Riley’s and Parks half-marathons with ease. I don’t “race” long distances anymore—I now so enjoy savoring the all the race trappings.

Intervals indeed are not just for ultras!



Photo: Wanda Walters

Some members of the Summer Half Marathon Program Red Team. Front row (left to right): Sarah Gallagher, Judith Sitkin-Porzal, Susan Palmer. Middle row: Lyn Mackay-Atha, Sophia McLeod, Wanda Walters, Lulu Muze, Anne Marill. Back row: Sheila Patel, Roberta Albert.