

MCRRC Intervals

January 2017

Newsletter of the *montgomery county road runners club*

On the Horizon

January 1

New Year's Day 5K
Manna Food Center
Gaithersburg, MD

January 29

Country Road Run 5M
Olney Swim Center
Olney, MD

March 4

Seneca Creek Greenway Trail Marathon
& 50K
Greenway Trail
www.senecacreekgreenwayrace.com

March 26

Piece of Cake 5K/10K
Seneca Creek State Park
Gaithersburg, MD

March 26

MCRRC Annual Meeting
(following Piece of Cake)
The Golden Bull, Gaithersburg, MD

April 9

Spin in the Woods XC
New Location TBD

April 23

Pike's Peek 10K
Rockville, MD
www.pikespeek10k.org

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

Board Meetings

January 5, 7 pm
Rockville

February 2, 7 pm
Rockville

Winter Trails Program



Photo: Phil Epstein

Running off road in
Rock Creek Park.

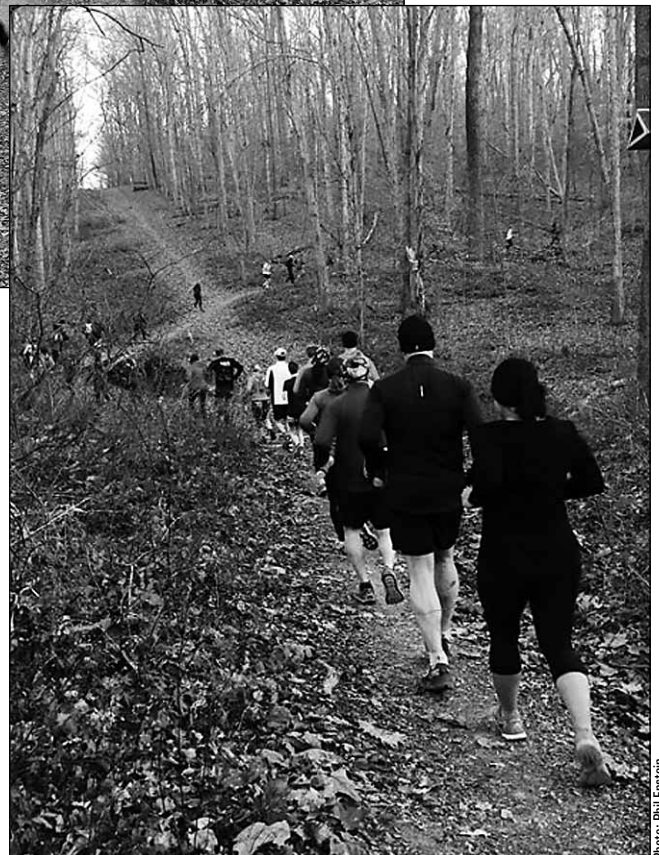


Photo: Phil Epstein

Starting the first group
run in Black Hills
Regional Park.



Welcoming the New Year

by Scott Brown, Editor

As we turn the calendar to 2017, it's natural to think about our goals for the coming year. Many of us will, no doubt, set our gaze on running-related goals, be it tackling a new race distance, achieving a new PR, or simply running more consistently. (For inspiration, take a look at the Club's race calendar on pages 4 and 5 of this issue.)

But as you think about what you'd like to accomplish in your running this year, I'd urge you to consider what you can accomplish in running by volunteering your time and talent for others.

In that spirit, this issue of *Intervals* is all about service.

Club President Don Shulman outlines some of MCRRC's planned initiatives to keep growing our Club

and our sport, enriching our lives and the communities in which we live and run.

Also in this issue, George Tarrico tells us the story of Joe Coblenz and StanWay, MCRRC members who are courageously battling Parkinson's disease, and some of the running-related efforts to treat this disease.

Finally in this issue, Lisa Reichmann profiles Eva Rodenzo, an active volunteer with the Club and member of the MCRRC racing team.

— 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.

MCRRC Intervals

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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.



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/>



Serving for the Future

by Don Shulman

As I write my message today, I am surrounded by the warmth of the holiday season that is upon us. Regardless of which holiday you may celebrate, on behalf of our Board of Directors, we wish you great joy, peace and good health in the year ahead.

MCRRC has enjoyed a vibrant year in 2016. We saw a tremendous increase in all of our race participation, both low-key and large races. This is a good indicator that our Club is remaining relevant to our members and the local running community.

Having recently approved the 2017 race calendar, I was pleased to see some new events added. I am also pleased to see many new faces in the race director (RD) and assistant RD roles. Twenty-six members attended our RD training classes this past fall and we are busily pairing these individuals with current race directors. This is a very healthy experience for our Club as it helps preserve our future in community racing events as well as stimulates opportunities for the creation of new races.

In 2017, the Club will embark upon a similar process as we begin to develop a training program for new program directors. Tom Brennan, our leader of the Speed Development Program, and Lori Kaleikau, current Board member and former co-director of the First Time Marathon Program, will lead this initiative. Again, seeing this assures me that the future of MCRRC is in good hands.

What both of these actions tell us is that the spirit of volunteerism is alive and well within MCRRC. We are all busy people with our “day jobs,” and while we may not always have the time to volunteer, we certainly seem to have the heart to volunteer. That says something about our membership. In 2017, volunteer—teach your kids to volunteer and give back in whatever they do. That is a value that no one can take away from you and no

other person can do better than you.

In the last few months of my term as your Club President, I hope to focus on many actions that will continue to help benefit MCRRC and its members. Few of these will be more important than to promote an overall spirit to serve.

Run strong, run safe.

— Don Shulman is the President of MCRRC. He can be reached at president@mcrrc.org.

And the winner is...

Find out at the

MCRRC Annual Meeting and Awards Brunch

**March 26, 2017 * 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 birthday with lots of breakfast food & cake!

Coffee service begins at 10 a.m.

Brunch will be served beginning at 10:15 a.m.

Program begins at 10:45 a.m.

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/2016MCRRC Awards> to RSVP by March 20.*

Questions? Contact office@mcrrc.org

We hope to see you there!

2017 MCRRC Race Schedule

Date	Race	Location
01/01/17	<u>New Years Day 5K</u>	Manna Food Center
	5K	Gaithersburg
01/29/17	<u>Country Road Run</u>	Olney Swim Center
	5M	Olney
	1M Fun Run	
03/04/17	<u>Greenway Marathon (\$)</u>	Greenway Trail
	26.2M or 50K	
03/26/17	<u>Piece of Cake</u>	Seneca Creek State Park
	1/4 & 1/2M	Gaithersburg
	10K	
	2.78K	
04/10/17	<u>Spin in the Woods</u>	TBD
	8K	
04/23/17	<u>Pikes Peak 10K (\$)</u>	Shady Grove Metro to
	10K	White Flint Mall Area
	Kids 1K	
	Kids 50m Toddler Trot	
04/29/17	<u>Capital for a Day/Brookeville 5K</u>	Rosa Parks Middle School
	5K	Brookeville
	1/4 & 1/2M	
05/06/17	<u>La Milla de Mayo (\$)</u>	Girard Business Center
	1M	Gaithersburg
	1/4 & 1/2M	
05/13/17	<u>Kids On The Run (\$)</u>	Bohrer Park
	(For ages 18 and under)	Gaithersburg
	1/2 & 1K	
	2K	
	100m Toddler Trot	
05/14/17	<u>Run Aware 5K</u>	Cabin John Park
	5K	Potomac
	1K	
05/20/17	<u>Germantown 5 Miler</u>	Germantown
	1K Fun Run	
	5M	
05/29/17	<u>Memorial 4 Mile Run</u>	Rock Creek Elementary School
	4M	Rockville
	1M Fun Run	
06/17/17	<u>Run For Roses (\$)</u>	Wheaton Regional Park
	5K	Wheaton
	Kids 1/4 & 1/2M Fun Runs	
06/24/17	<u>Suds & Soles</u>	Rockville Town Square
	5K	Rockville

Please visit www.mcrrc.org for complete details on our races!

2017 MCRRC Race Schedule

Date	Race	Location
07/01/17	Little Bennett 10K	Little Bennett Park
	10K	Clarksburg
07/07/17	Midsummer Night's Mile	Rockville High School
	1M	Rockville
07/30/17	Riley's Rumble	Soccerplex
	13.1M	South Germantown Park
08/04/17	Going Green Track Meet	Our Lady of Good Counsel HS
	1/4 & 1/2M	Olney
	2M	
	1M	
	4 X 400m Relay	
08/19/17	Eastern County 8K	Martin Luther King Park
	8K	Silver Spring
	1M Fun Run	
09/10/17	Parks Half Marathon (\$)	Rockville to Bethesda
	13.1M	
09/16/17	Lake Needwood XC	Lake Needwood
	1/4 & 1/2M Young Run	Derwood
	10K	
	1M Fun Run	
09/24/17	Cabin John Kids Runs	
	1/4 & 1/2M Young Run	Cabin John Park
	1 M Fun Run	at The Tennis Center
10/07/17	Black Hill 10K	Black Hill Regional Park
	10K	Boys
10/14/17	Matthew Henson 5K	Silver Spring
	5K	
10/22/17	Cross Country on the Farm	Agricultural Historic Farm Park
	5K	Derwood
11/05/17	Rockville 5K/10K (\$)	King Farm Village Center
	5 & 10K	Rockville
11/11/17	Stone Mill 50 Miler (\$)	Greenway Trail
	50M	
11/12/17	Candy Cane City 5K	Ohr Kadash Congregation
	5K	Chevy Chase
11/18/17	Run Under The Lights 5K (\$)	Seneca Creek State Park
	5K	Gaithersburg
11/25/17	Turkey Burnoff	Seneca Creek State Park
	5 & 10M	Gaithersburg
	2K Fun Run	
12/03/17	Seneca Slopes	Seneca Creek State Park
	9K	Gaithersburg
12/10/17	Jingle Bell Jog	Rockville Senior Center
	8K	Rockville

Eva Rodenzo



by Lisa Levin Reichmann

Eva Rodenzo, 25, is a member of the MCRRC Racing Team and an up-and-coming active volunteer in the Club. Born and raised in Rockville, Eva has been a member of MCRRC since she was a teenager. When she's not training or racing with the team, you can find Eva on the course as a volunteer, helping set up a course, serving as a course marshal, handing out water at the water stops, or helping load the trucks after a race. Eva is the program assistant for the Speed Development Program (SDP) and on the Nominating Committee, which is currently soliciting and considering nominations for the 2017 Board of Directors. Eva has a twin brother and older sister (neither of whom share her love of running) and works as an environmental engineer on projects for the Army.

What do you most enjoy about being a part of MCRRC and the MCRRC Racing Team?

I love the Club. The Club is so well organized and holds a lot of training and racing events. It certainly has a lot to offer for runners of all abilities, paces and interests, and MCRRC does a great job welcoming everyone. People are so friendly and you will never get left behind on a run. I love how for a low membership fee you can do as many Club races as you want. Also, volunteering for MCRRC races has been a great way to give back to the Club, especially when I was

injured. I like being on the racing team because I enjoy representing MCRRC at the big races, and the women on the team have helped push me to run faster. I have made several great friends from the team. It's amazing to me how many really fast runners we have on the team and how they humble they are about it.



Photo: Jenn Andersen

Eva Rodenzo

Were you involved in sports when you were in high school/college?

Yes, I ran cross-country and track at Richard Montgomery High School. I kept up running while in college, but just ran by myself.

When did you start running?

Thirteen years ago, when I was 12 years old. I wanted to win the mile in [Julius West] middle school when

we were required to run it for P.E. I did!

What is your favorite distance to race, and why?

The half-marathon. I like longer distance races, and I have yet to do a full (or more), so for now it's the half.

Any favorite races in particular?

It's hard to choose one. All races are good if they have the right weather! I have a personal tradition of doing the Turkey Burnoff every year since 2007. Some years I do the 10-mile course and some years the five-mile course, but I look forward to running it every year.

What is your proudest running-related accomplishment?

I would probably have to say my finish at the Parks Half Marathon in 2015 with time of 1:32! I was the fastest Summer Half training program participant in that race. I beat the top guy!

What is the most significant challenge you have faced in your training?

Injuries. This past year I was down for about seven months with an undiagnosed calf injury. I've gotten a lot smarter about how to avoid injury, but I am still my own biggest threat because sometimes I will still stupidly push myself at times I know I shouldn't. I'm so glad I finally went to RnJ Sports for a proper shoe fit. Before that, I would just buy the cheapest

running shoes, usually with little cushioning, and run in them for 500 miles (NOT recommended!) Cross training helps a lot with keeping fit while down with an injury. Luckily, I could bike and lift weights through my recovery.

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

I also love to bike, even more so than running. I love the outdoors. I love to go hiking or backpacking in the wilderness. I enjoy hanging out with friends and family and my four dogs and five cats. Outside of volunteering for MCRRC, I also volunteer for other groups, such as the Special Olympics and the children's ministry at my church or other community service efforts led by my church. Volunteering for

the Special Olympics' cross-country team was a great way to ease myself back into running after an injury.

Do you have any pre-race routines or rituals that you follow? Other than a good warm-up and drills like butt kicks, no, nothing particularly special or unique. Barry Hauptman taught me about proper pre-race nutrition and I am so grateful for that. No more digestive pain while racing! I used to eat the worst stuff before races and pay for it.

What are your racing goals for 2017? Run injury free! I also want to try running the ultra distances. I'm going to try to get my feet wet in the ultra distance by running the Seneca Greenway 50K in March, assuming I remain injury-free. I also want to

do more races with the Racing Team since this past year I was down most of the year due to injury.

What makes you unique in the running community? People often tell me they recognize me in races when I pass them by my thick, long brown curly hair. Also, I do recognize that I'm an anomaly as a millennial—I don't know many others in my generation that will willingly wake up at 4:30 in the morning to run 10 miles!

— 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.

Parkinson's Disease

continued from page 8

has participated in PD-related studies and trials. One such trial was on the effect of non-invasive cortical stimulation, in an effort to assess the effects of low-voltage electrical stimulation on muscular movements.

Both Joe and Stan are active combatants in the fight against PD. Both participate in studies searching for a cure for this disease that is said to be a product of the Industrial Revolution. So far there have been no great discoveries that could lead directly to a cure. The only choice is to persist in the search for one.

The Parkinson's Disease Foundation is at the forefront of the battle. Health organizations and university-based bio-medical research facilities—such as NIH, the Mayo Clinic, Georgetown

University, the University of Maryland, UCLA, and Johns Hopkins—are actively exploring



Photo: Noam Neusner

MCRRC member Noam Neusner (left) ran the New York City Marathon in November to raise money for Parkinson's disease research.

ways to combat the effects of PD. The Michael J. Fox Foundation, which is focusing its funding on finding a cure and leads disease advocacy efforts, sponsors Fox Parkinson's Teams in running events such as the New York Marathon. One of our members, Noam Neusner, ran as part of the Fox Parkinson's Team ("Team Hope") fundraising efforts in the recent NYC event.

MCRRC is looking to join in the battle against PD. We are looking at ways members can participate in current and future research efforts to combat this disease.

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

Parkinson's Disease and Running

by George Tarrico

The Parkinson's Disease Foundation describes Parkinson's Disease (PD) as, a chronic and progressive movement disorder, meaning that symptoms continue and worsen over time. According to the foundation, nearly 1 million people in the U.S. are living with PD. The cause is unknown and there is presently no cure, but treatments such as medication and surgery can help manage its symptoms. Recently, there is evidence that there may be a genetic trigger to the loss of the neurotransmitter dopamine that causes the signs of PD.

The primary motor signs of PD are tremors of the hands, arms, legs, jaw and face; slowness of movement; stiffness of limbs; tiny and cramped writing; and impaired balance. There seems to be a long period between when a person contracts PD and symptoms first appear, and some of the very early symptoms are not movement related. This makes the hunt for a cure extremely difficult.

Runners are no more or less inclined to contract PD than

anyone else. However, there is some evidence that running, among other physical activities, can reduce or control the effects of PD. Two of our members are today combatting PD through running, biking and other sports activities.

Joe Coblentz is 66. He has been an active runner since high school. He has run numerous races in several countries, including 24 marathons, with a best time of 2:41:57. You may have seen Joe at this year's Rockville 10K/5K, and he comes to many MCRRC low-key races. Joe may have contracted PD some years ago, probably while he was running U.S. government food aid programs in Haiti, Central America and Africa, with the U.S. Agency for International Development. His work took him to farmers' fields where the uncontrolled use of DDT and other insecticides now believed to cause nerve and genetic damage was prevalent. He has been fighting PD since he first experienced the telltale tremors in 2010. Joe first realized this when he experienced tremors before a race and they went away shortly after he began running.

Later, the tremors returned, but Joe found that running reduced their intensity and improved symptoms for a time after he stopped. Joe has taken part in various studies, and is currently part of an informal study that is trying to assess the effects of intense exercise on PD.

Stan Way is 78. He worked at NASA, where he began running to keep in shape. Stan has run many races, including two marathons. He ran actively until 2014. After 2008, when he saw his running times were slowing, he maintained a log showing that his running was indeed getting slower. No longer running, Stan continues to exercise regularly, playing volleyball three times a week, riding his bicycle, and participating in a weekly exercise program at Holy Cross Hospital. As a young man, Stan worked on his parents' farm where he may have come in contact with DDT, herbicides and other pesticides. His NASA work took him to Kenyan offshore launch platforms where he probably came in contact with launch fuel residue. Stan also

continued on page 7