

MCRRC Intervals

January 2013

Newsletter of the *montgomery county road runners club*

On the Horizon

January 1

New Years Day 5K
Seneca Creek State Park, Gaithersburg

January 5

Stride Clinic
Rockville

January 12

Shooting Starr 4 Mile
Sligo MS, Wheaton

January 12

Speed Development Program
Orientation
Wootton HS, Rockville

February 2

Stride Clinic
Rockville

February 10

Country Road Run 5 Mile
Olney Swim Center

February 24

RRCA Club Challenge 10 Miler
Columbia, MD

March 2

Greenway Marathon/50K
Greenway Trail

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

Board Meetings

January 3, 7 pm
Rockville

February 5, 7 pm
Rockville

First Time Marathon



MCRRC's First Time Marathon Training Program Participants Smile Through Marine Corps Marathon.
Photo Credit: Ken Trombatore

Club Business

by Karen Ward Kincer, Editor

While the race schedule is slowing down, the club is busy as ever behind the scenes.

At the Annual Budget meeting the membership passed a revision to the MCRRC By-Laws that will set the terms of service for Board Members from one year to two. It will also provide for staggered terms with 5 members being up for election in odd numbered years and four members being up for election in even numbered years.

The intention is that this new structure will provide the board with greater continuity of service from the board and will facilitate work on longer-term projects while still allowing for fresh perspectives to come on and contribute. The terms of service for the Nominating

Committee have also been revised to compliment those of the board.

The new system will kick off with the 2013 board elections at the Annual Business Meeting and Awards Ceremony in March.

Sadly, Karen Smith has had to resign from the Board as she is relocating to Texas. Yvette Ju will serve out the remainder of Karen's term.

Anyone who has questions about board service or interest in serving on the board should contact Lori Kaleikau, MCRRC Nominating Committee Chair at nc-chair@mcrrc.org. Lori's committee, which consists of herself, Mike Acuna, Mike Badamo, Sharon Beall and Andy Steinfeld, is beginning their work to formulate a slate for the 2013 board elections.



Photo: Ken Trombatore

Santa tries to keep up with the kids at the One Mile Fun Run at Jingle Bell Jog.

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/>



Newsletter of the montgomery county road runners club

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Karen Ward Kincer

Photo Editor

Dan DiFonzo

Production Designer

Bob DiIorio

Contributors

Cathie Rosenfeld

Lisa Levin Reichmann

George Tarrico

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.



Back to My Roots

by Karen Ward Kincer, President

Ok, folks. It's January 1, or thereabouts. Frankly I've been rather busy lately with the holidays and running MCRRC so you might be getting this late.

But here's the deal. I've been President of MCRRC for 9 months now, and on the board for 21. I've learned a lot. But the biggest thing that I've learned is that to do this "job" successfully I need to go back to my roots.

For those of you who don't know me very well, or only know me as a runner and a club member, before I had four children, I was a political hack. I ran political campaigns and worked in political advocacy. Message, fundraising, GOTV, grassroots advocacy, PAC administration, independent expenditures, and campaign schools to teach it all to others. I built organizations on the ground and in Washington, pulling together the scraps of whatever was around and making something of it.

And that I think is where we are now. I've spent the last few months very involved for sure but also trying to sit back a little and let the dynamics work themselves out, letting the grassroots nature of MCRRC take its course. Which to a degree they have to but there comes a time in every campaign where the candidate has to step up and take the lead – the various groups and supporters who helped set the ship a-sail have to get on the boat and be steered by the captain or stand behind on the shore. Mixed messages and conflicting tactics don't win elections.

There has been some rhetoric in the past few years about running this club more like a business and there have been efforts to move in that direction. Some of you have voiced your discontent that we aren't getting there quickly enough. And others are upset by efforts to move in that direction. There are 4400 members in this club and we simply can't make you all happy at once but I think there is room for compromise if we all look at the bigger picture.

So what is that? MCRRC exists to promote and encourage the sport of running, especially as an affordable and life-long form of exercise. In our 34, almost 35 years, we have grown incredibly and much of that growth has happened in the last 5 years. Accordingly, our infrastructure needs to catch up.

Our financial picture is strong. We have the resources to operate comfortably and to save for a rainy day but we need to strengthen our accounting to ensure that we are in complete compliance on our tax filings. Without adequate tax filings, we can jeopardize our non-profit status and lose the ability to provide many of the services and programs that our members enjoy. We will need the cooperation of Race Directors, Program Directors and others to do this.

Our member participation is great. Involvement in training programs is up considerably for the current winter programs and our races continue to be well attended. We looked at dropping the Tuesday night drop-in run after considerable discussion but then too many people showed up. We will instead look to offer more coordination mechanisms for those drop-in runs.

Our grassroots volunteer corps is strong. There is rarely a race where we are lacking for volunteers, in fact sometimes we have too many. And our training programs are well staffed with volunteer pace coaches who ensure that all of our participants make it through safely and successfully.

But don't take all that as an excuse to stay home and stop volunteering because if you do we won't have races or training programs! And volunteers need leaders. Where would you have been without someone to tell you how to mix the Gatorade the first time you manned a water stop? Maybe more to the point, where would you have been if that course marshal weren't given a map and a flag to send you in the right direction?

Our communications and technology systems vary from strong to needing improvement. I am very pleased that this newsletter has been so well received after having some time off from the club having any communications in printed format. While I value the web immensely, I think that the printed format lends itself to a different kind of information sharing that has its own valuable place. In 2013 we will be recruiting a new editor for Intervals – applications happily accepted!

Laura Evans continues to do an excellent job of providing the timely information to members via Ins and Outs. 2013 will see that publication expanded a bit in content and hopefully distribution and we

also need to find a back-up for Laura. She deserves a break every once in a while!

Our social-media platforms are also growing but this is an area that also needs more manpower. The board will be looking to appoint a second Facebook guru very shortly and is also working to expand our presence on Twitter and LinkedIn.

As for the website, we are thrilled to have launched the newly designed site in 2012 and one of our projects in 2013 will be to give it a better home. Some back-end technology issues have indicated that we need to make a change to how and where the site is hosted so we will begin that project and from there move on to start taking full advantage of the site's capabilities in content management – spreading out that work and hopefully providing more timely updates and information to all of you.

The last bit of our technology goes back to our races. We offer chip timing for all of our races now – premium and low-key events and while our timing team is excellent, its ranks are very thin. We are in desperate need of people who are willing to spend some time working at our finish lines and learning with the goal of timing races on their own. This is not a quick process and it requires some skill and attention to detail. But we can't provide the race results you all covet without people willing to dedicate some time to it.

The member experience in MCRRC and the community knowledge of our club is shaped by each and every one of these components. The days of little fiefdoms operating on their own within the club need to transform into everyone working together under one banner for one goal.

For better and worse, last March you all elected a fabulous group of people to lead this club as the MCRRC Board of Directors. We have a lot of work to do. We know this and we need our members, and especially leaders in the club to stand up and support our efforts. Our voice and our impact are strong but stronger if we stand together.

— Karen Ward Kincer is the President of MCRRC. She can be reached at president@mcrrc.org, and one of her New Year's resolutions is to figure out this Twitter thing — @kwardkincer.



Paul Meloan



by Lisa Levin Reichmann

Paul Meloan has been a member of MCRRC for over 16 years and recently became more active in the Club as a coach in the 10K, Winter Half, and First Time Marathon Programs. Paul is also a triathlete and the immediate Past President of MOCO Multisport, an organization for triathletes in Montgomery County. A partner at Aegis Wealth Management LLC in Bethesda, Paul lives in the Kentlands in Gaithersburg with his wife, Becky, and children Rachel (19) and Matthew (15) along with his trail running partner, Elmer, a Rhodesian ridgeback/boxer mix who will run all day with him.

Did you run or play sports growing up?

I was a dedicated and untalented jock growing up. I played all the “weapon” sports. My first loves were ice hockey and baseball, with golf thrown into the mix somewhere. For my whole youth I hated running! I never ran a step voluntarily until I was in college. I still love hockey: my winter cross training is refereeing high school ice hockey.

What came first, (a focus on) triathlon or running?

I did my first triathlon in 2001, so five years of just running before that. My first tri was a sprint trail race with a borrowed mountain bike, which I ended up pushing up half of the hills. Three stings from yellow-jackets and a slow 5k run later I was hooked. I consider myself as much a triathlete as a runner now. I lucked into a spot in the 2004 Hawaii Ironman (that lottery works) and now my Hawaii finisher picture is on the wall at the Tastee Diner in Bethesda. It’s all the fame I ever wanted!

What do you enjoy most about coaching runners through MCRRC’s programs?

I love having a structured program and getting to be with other people on a

regular basis who are focused on getting better. The energy psyches me up.

How do you keep your runners motivated and encouraged to stay on track with their training?

Seriously, it’s not that hard to do. All of our groups are completely self-selected: they want to be here and they want to get better. The harder part is sometimes reining people in a bit, as patience is sometimes hard to come by.

With work, family, coaching and other



Paul at the Riffle Creek Crossing during the Stone Mill 50 Miler

volunteer obligations, how do you fit in your own training?

I am indeed fortunate: I own a business doing work I love and control my own schedule. Now that my kids are older they are much more self-sufficient, and finding time for things like long rides or runs on the weekend without conflict is easier. There was a time in our family when it was much harder, so I feel for athletes who struggle with that.

What’s your one “must have” piece of

running gear?

Headswears caps. With hair like mine (none) you won’t find me out running bareheaded, ever. After a long, hot run these things are soaked and stinky, yet I just throw it in the wash and it’s as good as new for next time.

Do you have a favorite post-run/post-race indulgence food?

No, I really don’t. Sorry to get all preachy here, but I really try to push people away from thinking of food as a reward, or that they are “bad” if they eat other things. I will say that at my last race (Stone Mill 50) the bacon they served at the last aid station was mighty tasty.

Do you have a favorite Club race?

I think they are all good, but if I had to pick one it would be the Turkey Burnoff. The course is nice and rolling and the vibe is always very positive on Thanksgiving weekend.

What was your proudest running-related accomplishment in 2012?

My proudest moment as a coach was when an athlete I coached in the 10k program ran several minutes faster than she thought she could. I knew from weeks of watching her run and train that she could do it, and I was able to give her the confidence to try. Personally, coaching in the MCRRC programs has given me my best year of running ever. In the 12 months that just ended, I PR’d every distance from 5k (21:54) to 50 miles (10:52). At age 44-45 I was running faster and stronger than I have at any point in the last 15 years.

What are your goals for 2013 with respect to running and/or multisport?

I want to continue to grow as an athlete and find out where my ceiling is. At age 50 I will need to break 3:30 to Boston qualify, so that means I have

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2013 MCRRC Race Schedule

Date	Day	Race	Time	Location
1-Jan	Tue	<u>New Years Day 5K</u> 5 Kilometer	9:30 AM	Seneca Creek State Park
12-Jan	Sat	<u>Shooting Starr (CS)</u> 4 Mile	8:00 AM	Sligo Middle School Wheaton
10-Feb	Sun	<u>Country Road Run (CS)</u> 5 Miles (CS) 1 Mile Fun Run (JP)	8:00 AM 8:05 AM	Olney Swim Center Olney
2-Mar	Sat	<u>Greenway Marathon \$\$\$</u> 26.2 Miles or 50 Kilometers	8:00 AM	Greenway Trail
24-Mar	Sun	<u>Piece of Cake</u> 1/4 & 1/2 Mile Young Run 10 Kilometer (CS) 2.78 Kilometer (JP)	8:45 AM 9:00 AM 9:05 AM	Seneca Creek State Park Gaithersburg
6-Apr	Sat	<u>Spin in the Woods CC #1</u> 8K	9:00 AM	Scotts Run, Great Falls, VA
21-Apr	Sun	<u>Pike's Peek \$\$\$</u> 10 Kilometer	8:00 AM	Rockville
27-Apr	Sat	<u>Capitol for A Day - Brookeville 5K</u> 5 Kilometers 1/4 & 1/2 Mile Young Run <u>Rock Creek Trail Clean Up</u>	8:00 AM 9:00 AM	Rosa Parks MS Brookeville
1-May	Wed	<u>Firebirds Mile</u> Kids Fun Run 1/4 mile Firebirds Mile	6:45 PM 7:00 PM	Gaithersburg
11-May	Sat	<u>Kids On The Run</u> For ages 18 and under 1/2 & 1 Kilometer 2 Kilometer (JP) 100 Meter Toddler Trot	8:30 AM	Bohrer Park Gaithersburg
12-May	Sun	<u>Run Aware 5K CC #2</u> 5 Kilometer & 1 Kilometer (JP)	8:00 AM 8:15 AM	Cabin John Park Potomac
18-May	Sat	<u>Germantown 5 Miler \$\$\$</u>	8:00 AM	Germantown
27-May	Mon	<u>Memorial 4 Mile Run (CS)</u> 4 Miles 1 Mile Fun Run (JP)	8:00 AM 8:05 AM	Rock Creek Elementary Rockville
7-Jun	Fri	<u>Run with the June Bugs Cross Country #3</u> 5 Kilometer	7:00 PM	Gaithersburg High School Gaithersburg
15-Jun	Sat	<u>Run For Roses \$\$\$</u> 5 Kilometer Kids 1/4 mile & 1/2 Mile Fun Runs	8:00 AM 7:45 AM	Wheaton Regional Park Wheaton

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

2013 MCRRC Race Schedule

12-Jul	Fri	<u>Midsummer Night's Mile</u> 1 Mile (CS)(JP)	7:00 PM	Rockville High School Rockville
20-Jul	Sat	<u>Rockville Rotary Twilight 8K \$\$\$</u> 8 Kilometer	8:45 PM	Rockville
4-Aug	Sun	<u>Riley's Rumble</u> Half Marathon (CS)	7:00 AM	Soccerplex South Germantown Park
9-Aug	Fri	<u>Going Green Track Meet</u> 1/4 & 1/2 mile Young Run 2 Mile (CS & JP) 1 Mile 4 X 400 meter relay	7:00 PM 7:15 PM 8:30 PM	Walt Whitman High School Bethesda
17-Aug	Sat	<u>Comus Run Cross Country #4</u> 5 Kilometer	5:30 PM	Comus, Maryland
24-Aug	Sat	<u>Eastern County 8K and Fun Run (CS)</u>	7:30 AM	Martin Luther King Park
8-Sep	Sun	<u>Parks Half Marathon \$\$\$</u> 13.1 Miles	7:00 AM	Rockville to Bethesda
15-Sep	Sun	<u>Cabin John Kids Runs</u> 1/4 mile and 1/2 mile Young Run 1 mile Fun Run (JP)	9:00 AM	Cabin John Park
21-Sep	Sat	<u>Lake Needwood Cross Country #5</u> 1/4 & 1/2 Mile Young Run 8 Kilometer 1 Mile Fun Run (JP)	8:30 AM 8:50 AM 9:00 AM	Lake Needwood Derwood
6-Oct	Sun	<u>Cross Country on the Farm</u> <u>Cross Country #6</u> 5 Kilometer	8:30 AM	Agricultural Historic Farm Park Derwood
12-Oct	Sat	<u>Matthew Henson Trail 5K (CS)</u>	8:00 AM	Silver Spring
19-Oct	Sat	<u>Black Hill 10K (CS)</u> 10 Kilometer (CS)	9:00 AM	Black Hill Regional park Boys
20-Oct	Sun	<u>Halloween Young Run</u> 1/4, 1/2, & 1 Mile Fun Runs (Mile Run JP)	9:00 AM	Gude Drive Rockville
3-Nov	Sun	<u>Rockville 10K/5K</u> 5 Kilometer & 10 Kilometer (CS)	8:30 AM	King Farm Village Center Rockville
9-Nov	Sat	<u>Candy Cane City 5K (CS)</u> 5 Kilometer	8:00 AM	Candy Cane City Chevy Chase
16-Nov	Sat	<u>Stone Mill 50 Miler \$\$\$</u>	7:00 AM	Greenway Trail
23-Nov	Sat	<u>Run Under The Lights 5K \$\$\$</u>	7:00 PM	Seneca Creek State Park
30-Nov	Sat	<u>Turkey Burnoff</u> 5 & 10 Mile (10 Mile CS) 2K Fun Run (JP)	9:00 AM 9:05 AM	Seneca Creek State Park Gaithersburg
8-Dec	Sun	<u>Seneca Slopes</u> 8 Kilometer	9:00 AM	Seneca Creek State Park Gaithersburg
15-Dec	Sun	<u>Jingle Bell Jog (CS)</u> 8 Kilometer	9:00 AM	Rockville Senior Center Rockville

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

One Chip, Two Chips, Red Chips, Blue Chips

Are you feeling like these race chips make as much sense as a Dr. Seuss book? Never fear your answers are here!

Our low-key race series is timed using a special set of chips for MCRRC members. In order to be friendly to the environment and save on the expense of purchasing new chips each year, MCRRC recycles the chips for the low-key race series.

At the first race they run in a calendar year, members pay a \$5 chip deposit and are assigned a bib and chip. In 2012, you should have received a red chip. This chip was yours to keep and use for all of our low-key races in 2012. You should still have your red 2012 chip.

At the first race you run in 2013, please bring your red chip with you. You will again be assigned a bib and a chip for your use in the 2013 low-key series. This time your chip will be blue and we won't charge you another \$5 chip deposit as long as you bring back your red chip. We'll simply trade chips rather than refund you your 2012 chip deposit and collect a 2013 deposit. However, if you don't bring us your 2012 chip the trade doesn't work and we will need to collect another \$5 chip deposit.

What about the orange and black chips? Orange and black chips are generally used for our larger races like Pike's Peek and Parks Half Marathon and for other races that MCRRC is hired to time in the community. Occasionally, if you lose your low-key series chip during the year it will be replaced with an orange and black one.

Do you need to turn in your orange and black chips? Yes, please! There is no refund for these chips – a rental fee for them was built into whatever race you ran and the registration fee you already paid. However, we make every effort to get all of our chips back after each race we time so that we don't need to waste financial or environmental resources by constantly buying new chips. So if you have a chip that you forgot to turn in after some race in the last couple years please bring it to the timing crew at any

MCRRC race and we will very happily get it back into our stock for future races.

If you have any questions about what to do with a chip, or about any other aspect of MCRRC's low-key race series email club_race_results@mcrrc.org.

2013 MCRRC Championship Series

MCRRRC is please to announce that the awards for winning the Championship Series and Cross Country Series have been increased for both 2013 Series.

First, second and third overall winners (Male and Female) will receive \$500, \$400 and \$300, respectively.

Age-group winners will continue to receive gift certificates. Please note that your age on January 1 will determine your age group for the entire year. If you see in the results after a birthday that you are still listed as your younger self, that is so that we can continue to score you in the appropriate age category for the series for the entire year.

Complete details on both series are available on the club's website, www.mcrrc.org.

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five years to knock my marathon time down 15 minutes. As for multisport I am still somewhere between the middle and the back of the pack, but I want to move forward. My cycling is improving each year but my swim still sucks. My swim has improved from "avoiding drowning" to "maddeningly slow but comfortable." I found out a long time ago that I am a relentlessly competitive individual, but only with myself. Every race is a win or a loss based on my own goals and expectations for the day.

What do you enjoy doing when you're not running?

I love playing guitar (badly) and poker (a little better).

What advice do you have for others as they set their running/fitness-related goals for 2013?

Member Moments

Earlier this fall, long-time club member **Marc Wolfson** was chosen from a field of 400 applicants to participate in a photo shoot for *Runners World* magazine. His photos were selected for inclusion in an article titled 'The Runner's Body.' This article was published in the December 2012 issue. As well as being a famous model, Marc's running is also going well. He broke a streak of 4 second place finishes and took first in his age group at the Run for the Parks 10K on October 7. Make sure to get Marc to autograph his photo the next time you see him!

Another long-time club member, **Alan Roth**, is continuing his best streak of long runs in over 40 years of running, despite his ongoing battles with knee arthritis and peripheral neuropathy. He's done ten 15-milers, seven 16-milers, eight 18-milers and one 21-miler. His mileage for the year has surpassed 1,500! Congratulations, Alan!

Three things: First, Create your own definition of success and move in that direction at least a little bit every single day. Second, the main limiter I see in new athletes is not a lack of ability but rather a lack of patience. It can be maddening to put in all the effort and see growth come slowly. Do whatever you have to do to stay on course. You will get there. Finally, no one has the right to run, it is a privilege that is denied to many. If you have been fortunate enough to be given that privilege treat it with respect and care, then do whatever you can to pass it on to others.

— Lisa Levin Reichmann was MCRRC's Open Female Runner of the Year in 2010. She is an RRCA Certified Coach and Spin Instructor. She also does triathlons and helps organize sporting events for kids.

Capturing Memories

by Cathie Rosenfeld

Races are memorable events for runners, with some good and some not so good memories. We usually remember our first race and maybe our first or our best PR. Sadly, memories fade but luckily for us, our club has some generous, talented members who volunteer their time and talent to chronicle our races with amazing photos. Ken Trombatore is one of the regular contributors. In addition, he coordinates the other photographers, ensuring that all our races are covered as well as administering the MCRRC Photos website.

Ken joined the First Time Marathon program through the club in 2005. He had run a few races in Maryland after moving here from Chicago in 1999, and wanted to do a marathon. Unfortunately, he injured himself, adding miles too quickly. Recovered, he tried again and was much more successful, completing the Chicago marathon in 2006. Inspired by Brian Kim, his group leader, he volunteered as a course marshal to help new runners as he had been helped. And that's when he first started taking pictures, with "a little point and shoot camera set to SPORT mode." He uploaded those pictures to his Flickr account hoping someone from the race would find them. "I saw photographers with the nice, big cameras at nearly every race, but nobody could tell me what happened to the photos. Some were posted to the photographers' personal accounts. Some were not posted for weeks or months. Some were downsized to tiny sizes before posting. Many were never shared at all. In short, there was no consistency." Ken presented his concerns to the club and was charged with developing a central club photo

site. Smugmug.com was agreed upon to be the backend provider allowing unlimited bandwidth and storage. The photographers (about ten generous souls) committed to getting photos on line within 48 hours of the races, using high quality cameras. "Free full resolution race photography at nearly every race is a great club benefit."

Ken is willing to forego racing to take pictures. There are about ten club photographers, but because of previous commitments, the number of regular contributors is even smaller (closer to 5.) Regardless, in 2013, 32 races will be covered with one or more of our photographers.

Sometimes Ken has run a race and "grabbed my camera at the finish line and taken photos, but I don't do that much anymore because I usually try to find areas that are more scenic." Ken understands how important any particular race may be to an individual and wants to capture that moment for the runner. "There might be something special about the race and it would be nice to have a reminder of that event. For others, I often see the pictures get uploaded to Facebook to share and be proud of. That's a good reason to keep doing it."

People notice too. "I get a lot of 'thank you's' out on the course and as I'm walking around during the race. A couple of times a year, I have someone tell me that a photo I took at a race is their favorite running photo or that a photo I took of their child at a race is now their smartphone background. Things like that are ways I know the work is appreciated."

That's not all that Ken volunteers to

do for the club. He got his coaching certification and became a pace group leader/coach. He coaches XMP and has coached in FTM in the past, as well as coordinating the pace teams for the Parks Half Marathon. "This year I was also the second voice of the Parks Half Marathon on Facebook, which was a lot of fun. It allowed me to interact with race participants in a new and fun way before and after the race." Plus he gets to try out his Mike Acuna persona and make copious Chuck Norris references.

"I enjoy taking race pictures because it's fun to get out and cheer on the runners. We have a lot of people that come out to the races who are not club members. Many of them may be participating in their first race or first race at a given distance. It's really inspiring to see those runners."

Ken continues to be inspired by his first club experience. "I also really enjoy going down to the MCM to take pictures of the FTM group as they wind their way through the city. They are all so excited coming across the Key Bridge. When I see them again around mile 19 or 20, the miles are starting to set in, and it shows on their determined faces." He encourages, reminding them "There's no walking in FTM!" He finishes by taking photos at the finish line. "The pride on their faces when they see the finish arch is something you just can't see anywhere else. That's what makes volunteering so worthwhile." And so memorable.

— Cathie Rosenfeld is a longtime club member who commutes from Lewes, DE to volunteer for MCRRC. That's dedication! You'll find her next directing the Country Road Run.