

MCRRC Intervals

November 2012

Newsletter of the *montgomery county road runners club*

On the Horizon

November 4

Rockville 10K/5K
King Farm, Rockville

November 10

Candy Cane City 5K
Chevy Chase

November 17

Run Under the Lights 5K
Seneca Creek State Park, Gaithersburg

November 17

Stone Mill 50 Mile
Gaithersburg, MD

November 24

Turkey Burnoff 5M/10M
Seneca Creek State Park, Gaithersburg

November 28

Winter Half/Full Marathon Program
Orientation
Wooten HS, Rockville

November 30 (tentative)

MCRRC Holiday Party 
Upcounty Senior Center, Gaithersburg

December 1

CPR/AED/First Aid Training
Gaithersburg

December 2

Seneca Slopes 8K
Seneca Creek State Park, Gaithersburg

December 9

Jingle Bell Jog 8K and MCRRC Annual
Budget Meeting
Rockville Senior Center

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

Board Meetings

November 1, 7 pm
Rockville

December 4, 7 pm
Rockville

Parks Half Marathon



Photo: Dan Reichmann



Photo: Jim Rich

Ken Earley, XMP Pace Coach, Parks Half Marathon Pace Group Leader and MCRRC Board Secretary flies through the finish of the Parks Half Marathon. Ken would like everyone to know that despite the clock in this photo, he did bring his group in right on time – just *under* 1:45:00 – after starting in the second wave of Parks, one minute after the first gun. Congratulations to all of our finishers at the Parks Half Marathon – we hope you enjoyed it as much as Ken!

RRCA Launches First Ever Race Director Code of Ethics

by Jean Knaack, RRCA Executive Director

On March 14, 2012, the Board of Directors of the Road Runners Club of America met in session in Memphis, TN where they adopted the first ever Race Director Code of Ethics during the course of their board meeting.

The RRCA: Race Director Code of Ethics outlines the expected standards of conduct of any person or group of people that conduct a running event, road race, trail race, or other similar type of event that is either for profit or nonprofit and where individuals pay a fee to participate in the organized running event.

One of the primary goals of the RRCA is to promote a standard of conduct for all RRCA members producing running events. For many years, the RRCA has promoted the Guidelines for Safe Events, which all club and event directors joining the RRCA must agree to follow. The Race Director Code of Ethics, coupled with the RRCA Guidelines for Safe Events, provides a clear set of guidelines for all club and event members of the RRCA.

“The organization has been working on the code for months, long before the December 3 Hot Chocolate Run in the Washington, D.C. area and the December 4 Las Vegas Rock ‘n’ Roll Marathon events,” noted RRCA Board Member Kelly Richards in the Dallas Morning News running blog by Debbie Fetterman. Richards further said, “When followed, the code benefits and protects everyone. It does not unfairly favor the race or the race director but rather protects each one.” The event business has grown dramatically in the last five years, and the RRCA has adopted many policies that outline best practices for managing running clubs.

Members of the RRCA are expected to abide by the RRCA Race Director Code of Ethics and all event directors in the RRCA membership receiving insurance through the RRCA insurance program will be asked to agree to abide by this Code as part of the 2013 renewal process.

The Race Director Code of Ethics outlines the following:

1. Race Directors shall put the safety of runners, walkers, volunteers and spectators ahead of all other aspects of the event and abide by the RRCA Guidelines for Safe events as much as possible (www.rrca.org/event-directors/guidelines-for-safe-events/).
2. Race Directors should demonstrate honest communication and not make false or misleading statements to any person or business associated with their event including but not limited to the RRCA, elite athletes, event participants, sponsors, local government, local businesses, and other related parties.
3. Race Directors should avoid business transactions with any vendor or person with a proven history of a criminal conviction against them in accordance with the RRCA criminal background check guideline (www.rrca.org/club-directors/manage-your-club/#policies).
4. Race Directors should conduct all financial transactions in an open and transparent manner, especially when partnering with other nonprofit organizations and when accepting funds or special services from government entities.
5. Race Directors should keep current and accurate records of all financial transactions.
6. Race Directors, who are voluntarily directing a race on behalf of a nonprofit running club, nonprofit event, or other nonprofit organization, should not use

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Newsletter of the montgomery county road runners club

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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.



Planning for Quality



by Karen Ward Kincer, President

Today started out rough. I clearly remember setting my alarm but it seems that I failed to actually switch it on which meant that while I had a lovely night's sleep, I missed my run and my friends, and the morning conversation about nothing and everything that seems to make the rest of the day run more smoothly. It's not that I don't like to start the day with my fabulous husband and my kids, it's just that this is my way of preparing myself to do so, taking just that bit of time for me to get my head on straight and ready to enact a plan that helps all of us enjoy the day. We made it through the morning and out the door but it was hectic and I feel like I've been playing catch-up ever since. I am still itching for a run.

Mornings like this make me appreciate running for all of the great things it brings to my life. The fitness, the friendships, the energy are both physical and emotional. And as I get older it is these things that become ever more important than the times on the clock at the finish line.

One of the things that I keep hearing especially amongst those who have been running for 25 or more years like me, is that as you get older many of us just can't take the longer miles but since we can't sit home on the couch either, we have to make a choice which for many of us comes down to tri's or trails – triathlons or trail running.

I've been dabbling in triathlons myself and enjoy a good trail run here and there so I'm very excited that thanks to the enthusiasm and energy of a few of our members, MCRRC will be able to offer a new Trail Running Training Program this winter. Barry Hauptman, Daryl Hultquist, and Kristen and Michael Welch, all experienced trail and ultra runners will lead the program. Whether you

are new to trail running or have some experience, this program will provide you with guidance to better take advantage of Montgomery County's great trails and the companionship and structure to ensure a successful outcome in trail running.

The MCRRC Board is working hard to ensure that we can continue to offer new programs to keep up with our members' interests and needs as well as make certain that our existing programs keep improving. Some of these efforts are very evident and others are more behind the scenes but just as important. Beginning in 2013, all MCRRC Program Directors will be required to be RRCA Certified Coaches. All Program Directors and Pace Coaches will also be required to hold certifications in CPR and First Aid as well as pass a background check. These policies are important to ensure the safety of all of our program participants as well as the quality of

our programs.

Via the RRCA, the Club is also adopting the RRCA Race Director's Code of Conduct. While this set of guidelines contains many ideas that the club has promoted for years, this concise document articulates the values that we wish to uphold in conducting races for our members and the community.

Some of these things seem awfully formal and serious for a running club but I know that the mental and physical benefits that running brings to me are important to my life and the Board assumes that they are just as important to you. We are striving to ensure that the programs and races you take part in as members of MCRRC are the best around and we're hoping that a little bit of planning and deliberate action like the kind that comes from a morning run will help to meet our goal.



Photo: Connie Corbett

Mark Hoon at the Black Hill 10K



Photo: Connie Corbett

Michele McLeod at the Black Hill 10K

MCRRC to Offer First Trail Running Training Program

by Barry Hauptman

A new trail based training program will be offered by MCRRC starting Sunday December 2nd. Is the program for you... It will be best utilized by those who:

- Can run distances of 10 miles or more
- Have experience or would like to learn to run safely on trails
- Are targeting a trail race in late winter or spring of 13 miles to 50K⁺
- Are ok with running in the cold and through the snow
- Do not mind getting their feet wet or their clothes muddy
- Know that trail running can be hard and everybody falls (and some may get hurt)
- Appreciate that trail running is a great core workout too
- Like inclines so steep you are forced to walk and descents so tricky that you have to slide on your butt
- Do not obsess about exact mileage or split times
- If you are still reading, here's more...

We will target the Seneca Creek Greenway Marathon/50K in early March, but any other or no races at all are fine as well. We will utilize the magnificent trails of Montgomery County, from Rock Creek Park to Black Hill Park and all trails in between. We will base our runs on time vs. mileage, and will utilize the good old buddy system to insure that if you get lost, hurt or can't possibly move another step you will never be alone.

A 4-headed monster will commandeer the program. Daryl Hultquist, who trains almost exclusively on trails, and has finished too many ultras to count, including five 100-milers... Kristen and Michael Welch, both multiple 100-mile finishers who think a relaxing vacation is a rim to rim to rim run in the Grand Canyon, and Barry Hauptman

(Summer Half Marathon Program Head Coach) who is arguably the same one with only 10 ultra finishes to date, including a mere single 100 miler.

We will meet Sunday mornings at various locales, will run in the bitter cold, the snow and rain and get you filthy and fit. Wednesday evenings workouts will vary and include hills, tempo runs, trail runs with headlights, etc.

Many of our runs will be out and backs and/or loops so distance can be adapted for most anyone. We will help out those who have always desired to run trails but have not, and hopefully learn some tricks from the experienced runners who join us. We will be serious, yet have fun, and we will celebrate our runs with social outings after the evening sessions.

Sound remotely appealing? Look for us on the MCRRC website, more information there as well as a link to register.... don't hesitate too much, as a first year program and a serene trail program, we are limiting the number of runners at least this year.

Looking forward to running, sweating, freezing, getting wet and muddy with you...

— *Barry is a semi-retired Equine Veterinarian spending his newly found free time with family, running and coaching runners.*



Photo: Mark Schadly



Photo: Mark Schadly



Photo: Mayra Faibairn

RRCA Launches First Ever Race Director Code of Ethics

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their positions to profit personally nor perform business transactions known to represent a conflict of interest with the event organizers, sponsors, vendors or staff.

7. Race Directors who are hired and paid a fee to direct a race or race directors that own a race as a business venture should perform all duties to the specifications outlined in all contracts or agreements with all involved parties including local governments, sponsors, third-party vendors, participants, nonprofit partners such as running clubs, running events, and charity partners.

8. Race Directors should preserve and protect the events assets by making prudent and effective use of those assets as well as accurately reporting on their financial condition, as applicable.

9. Race Directors should not personally utilize the events assets if the assets are owned by a nonprofit running club, other nonprofit or related partner. Assets include but are not limited to capital assets, contact information, trademarked items, etc.

10. All property and business of an event owned by a nonprofit running club, nonprofit organization, or other partner should be conducted in a manner to further the event's interest rather than the personal interest of any individual.

11. Race Directors should respect the events proprietary information. The Race Director or event staff should not disclose trade secrets, either during or after their employment, association or completion of consulting arrangements, except to individuals authorized by the event.

12. Race Directors should make a commitment to environmental compliance as outlined in event permits. Race Directors should make reasonable efforts to conduct events in a manner that

conserves natural resources within the budget of the event.

13. Race Directors should make a commitment to encourage event participants to follow a "drug free" event policy and Race Directors should ask athletes competing to win the event and/or earn prize money to attest to being "drug free."

14. Race Directors must ensure that any alcohol served in conjunction with the event is dispensed and monitored in a manner consistent with safety and adherence to all local, state, and federal requirements.

15. Race Directors should be sensitive to the acceptance of gifts or gratuities attempting to influence decision-making. If there is any possibility that giving or receiving the amenity could be viewed or later construed as a bribe or improper inducement, Race Directors or staff should not give or accept the amenity.

16. Race Directors are aware of local, state, and federal laws that pertain to the event and Race Directors must adhere to all such laws.

17. Race Directors should keep informed and be sensitive about how their event affects the community in which their event is held. Race Directors should share that information with their staff, event committee or interested persons. They should be sensitive to community needs and work in partnership to better the health and wellness of the community and not be disruptive to citizens.


18. Race Directors should demonstrate a commitment to a nonpartisan agenda in the conduct of their event and prohibit discrimination and harassment of participants based on the basis of race, color, national origin, disability, marital status, familial status, parental

status, religion, sexual orientation, genetic information, political beliefs, economic status, citizenship, veterans, military status, gender identity*, gender*, or age*.

* USATF has issued a rule of competition related to gender identity and gender transition. The RRCA follows the USATF rule on gender identity for competition. RRCA members and race directors may host women's only events. Members and race directors are encouraged to allow men to participate in these events upon request, and race directors may have a different time for men. RRCA members and race directors may place minimum age levels on events for minors in accordance with the RRCA FUNDamentals of Youth Running.

19. Race Directors should make reasonable accommodations for adults in accordance with the ADA and USATF rules for athletes with disabilities. Race Directors should make reasonable accommodations for minors with disabilities if the minor is at or above the minimum age to participate in the race.

20. Race Directors are expected to conduct themselves ethically, honestly and with integrity in all dealings. This means principles of fairness, good faith and respect consistent with all laws, permit regulations and or internal policies that govern their conduct with others both inside and outside the community.

RRCA race director members that are found in serious violation of one or more of the points in this code of ethics may come under review in accordance with the RRCA's membership accountability process found at  rrca.org/about/governance/.

— *Special thanks for Jean Knaack and the RRCA for permission to reprint RRCA Adopts Race Director Code of Ethics*

Blanca Talbott



by Lisa Levin Reichmann

Blanca Talbott joined MCRRC earlier this year at age 40 after her husband, an active duty US Navy Sailor and runner, signed her up for the Beginning Women Runners Program. After completing the Run for the Roses 5K in June, Blanca signed up for the 10K Program and is currently training for the Rockville 10K. Blanca lives in Gaithersburg and is the mother of two children, a 19-year old and a 7-year old. She fits in her training runs between work, school and family obligations.

Did you do any sports/athletics when you were younger?

No, I was never even interested in sports.

What was your favorite part of the MCRRC training program?

My favorite part of the training was joining all the ladies twice a week for our training and morning runs. It was great meeting women who shared the same goal. Running with the group gave me much motivation and kept me coming back for more, and the coaches were amazing. Running in different locations and getting to know so many different beautiful trails was another aspect of the training program that I really enjoyed.

Did you face any challenges while training?

I did have trouble with my running shoes and had to try a few different kinds before I found a pair that worked for me. I took the advice of Coach Bob and got fit at a specialty running store. I finally ended up with a pair of Brooks shoes that worked out very well for me.

How do you find time to train?

I feel that the length of time it requires to train for longer distance has been

the hardest part for me, since I work, go to school and manage a family. It can get challenging but the enjoyment and sense of accomplishment is all worth it for me. I am also very fortunate to have my mother living with me and she helps us a great deal.

What is your favorite running route?

Candy Cane/Rock Creek is beautiful!

Do you have a "must have" piece of running gear?

A visor is essential for me. I won't walk out of my home without one.

Do your children run?

Yes, our 19-year old is also a member of MCRRC.

After the Rockville 10K, do you have plans to continue training?

Most definitely! I think I want to do the Speed Development Program next, then consider training for a half marathon.

Advice for people who are thinking about starting to run:

Joining one of the MCRRC groups makes it extremely fun and keeps up your motivation. If my husband hadn't enrolled me into the group I don't think I would have gone this far. The camaraderie of running with the group keeps me going. I think we all need a little push once in a while and a group like this one is the one to have. When you first start running you don't have any idea of how to build up your mileage or strength but the coaches in the program know exactly what they are doing. Joining a group with qualified coaches is a must have when you first start running.



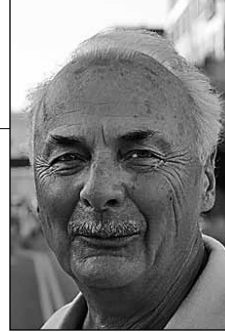
Photo: Monica Bemtancor Ruppert

Blanca Talbott



Photo: Troy Killehead

Run for Roses 2012



A Look into 2013

by George Tarrico

This year has been another great year for club races. Participation is up and we hear nothing but positive comments from the runners. If you have been reading this column, you know this success is entirely due to the efforts of the race directors. That's the reason our races have maintained their quality. It's called leadership. Enough self-congratulations. What about next year?

What new and exciting things are in store for 2013? Not much really. Again we will hold most of the tried and proven races that we have enjoyed throughout 2012 and years past. No point in changing something that works. But, so you won't be bored, we will introduce two new races and, unfortunately, we will lose one of my favorites.

Both of the new races will be held in locations we have not used in the past. First is the Henson Trail 5K, a fairly flat out-and-back race along the beautiful Henson Trail between Georgia Ave and Layhill Road. The trail winds along a narrow stream and is well shaded. We will hold this race in the fall to take advantage of the cooler weather and the colorful foliage. This race is sure to become one of your favorite races. The first time Race Director is Yukun Fung.

Another totally new race is the Eastern County 8K and Fun Run. The main race starts at Martin Luther King Park, near White Oak. It follows the Northwest Branch watercourse, another of Montgomery County's hidden treasures. The race is out and back on a broad, paved trail. Yeah, it's in gently rolling hills. Look upon this one as a character building experience. Tom Young designed the course and is the Race Director. This is Tom's first experience as Race Director.

Unfortunately, we will lose a great race director, Trey Kincaid, with the loss of Juni Rennen. Trey, who took over the Capital Crescent 5K from

Linda Lambert, moved that race to South Germantown Park this year. He renamed it, Juni Rennen. He says it means, 'June Race' in German. I'll take his word for it. The race was held only one time but it was an instant winner. Trey is one of those people who seems to do everything. He is a great runner and active member of our race organization. We'll miss him next year.

We have two new Race Directors for the New Year's Day 5k. Laura Cloher and Jeff Mehr will take the race from the long time Race Directors, Bonnie and Jeff Gitlin. This race had a lot of challenges but Bonnie and Jeff seemed to overcome them handily. This year was particularly tumultuous with a frantic search for a totally new venue. The result was re-discovery of Seneca Creek State Park and a great race. We'll miss Bonnie and Jeff as race directors but I have the feeling we will continue to see a lot of them at our races next year.

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



Member Moments

On September 15, **Dinos Papoulias** proposed to **Christina Manzi** at a Virginia winery. It was an eventful weekend for Christina, who had directed a race the day before and run 20 miles the morning of the proposal! We can expect a running-related theme in the wedding as well.

On August 17, club members **Steve, Anna, and Evelyn Hays** welcomed their newest little runner, **Vivian James Hays**. Her parents say that Vivian takes after her big sister, right down to her Mohawk -- a hairstyle they hope not to see again when she is a teenager -- unless she is a really, really fast runner who can pull off the attitude needed for that look!

MCRRC member **Helga Luest** will be featured in a documentary produced by the Substance Abuse and Mental Health Services Administration of DHHS. This film will be part of a national effort to educate people on how to manage stress and depression with running. It will be shared nationally this fall.

Chalk up four recent second place age group finishes for **Marc Wolfson**, who finished 2nd in his age group (Men 60-64) at the new Navy-Air Force Half Marathon. MCRRC member **Rick Morgan** took first place! Marc won a coveted "Leesburg Cowbell" for his second place finish at the Leesburg 20K in August. He also finished second in his age group at the Dogfish Dash 10K and at the Kentlands 5K, which was also the MD Senior Olympics 5K race for 2012! Congratulations, Marc!

Shawn Miller completed the Parks Half Marathon this September. It was his first race longer than a 5k in almost 20 years, after getting back into running about one year ago. Great job, Shawn!

Yukun Fung recently ran a new personal best at Parks Half Marathon, finishing in 1:25:38. He also placed 4th overall in the Falls Road 15K on September 30. Congratulations on some fine running!

Running Across the Red Carpet

by Nicole Deziel and Allison Lawruk

Are you ready to run across the red carpet? More exciting than the Oscars, the MCRRC Annual Awards Banquet recognizes our club's outstanding runners, coaches, and volunteers. Do you have what it takes to win an award? Do you know how to nominate that special runner in the Club? Here's everything you need to know.

Club members that place in the Cross Country, Championship, and Participation Series go home with something more runner-friendly than an Oscar—money and gift cards! In fact, runners who place 1st, 2nd, and 3rd in the Open XC and Championship Series will get up to \$100 this year, with the amount increasing to \$500 in 2013. Age-group winners walk away with generous gift cards to local running stores. Every year, prizes go unclaimed!

The Club's most prestigious awards are the Runner of the Year (ROY) Awards, honoring the club members who have demonstrated the greatest achievements in competitive running. Awards are given to one male and one female in the Open, Masters, and Grand-Masters categories, and are selected by a committee of past ROY winners.

The Coach of the Year, Most Improved Male and Female Runner, and High School Male and Female Runner of the Year Awards are all voted on by the MCRRC Awards Committee, chaired by Marty Horan. The Coach

of the Year Award recognizes the outstanding performance of our dedicated program coaches, or coaches in the broader Montgomery County running community. The Most Improved Runner Awards recognize one male and one female member who have slashed their race times and have achieved personal records (PRs), regardless of their overall standing. The High School Runner of the Year Awards applaud the athletic, academic, extracurricular, and community service achievements of two male and two female high school seniors in the county. While the Coach of the Year and Most Improved Runners receive trophies or plaques, the High School Runner of the Year awardees win scholarship money. The Awards Committee meets annually to deliberate on the pool of candidates and their qualifications. Some of our more mathematically-oriented members have been known to present charts, graphs, and algorithms, in particular when measuring improvement in the Most Improved Runner division.

The Race Director of the Year Award is selected by the Club Race Series Coordinator, George Tarrico, with input from the MCRRC Race Committee. With the more than 30 races the Club puts on every year, this is always a tough decision.

The Volunteer of the Year and Volunteer Service Awards recognize the incredible efforts of those dependable individuals that provide critical

support to make each race — which they would probably rather be running — a success. These awardees are selected by the MCRRC Board of Directors, which is always interested in receiving nominations from Race Directors, Team Captains, volunteers, and runners. The Board also gives out a Lifetime Achievement Award to someone who had made an exceptional, long-term contribution to the Club.

Did you know we have a Journalist Award? Now that we have a redesigned and regular publication, that award will be given by our Intervals editor and Club President, Karen Kincer, to someone making writing, photography, editing, artistic, or other journalistic contributions to Intervals or other club publications.

To nominate a Club member for any of these awards, please visit the Awards tab at www.mcrrc.org. You'll find past prize winners and contact information for nominations. And be sure to attend the Awards Banquet next spring to cheer on your fellow club members for their accomplishments on the roads, trails and behind the scenes!

— *Nicole Deziel has been an active Club member since 2004 and can often be found recycling sneakers with the Green Team.*

— *Allison Lawruk enjoys running with her husband, Jim, and daughter, Jordan, on the Capital Crescent Trail.*