



mcrrc

# Intervals

April 2004

*MCRRC ... We are running in Montgomery County*

## Upcoming Activities

### April

- 1 Thu Board Meeting
- 15 Thu Firebirds' Mile 1M (JP);  
1/4 M Fun Run
- 17 Sat Difficult Run 8K XC2
- 25 Sun Pike's Peek 10K, 1 K Fun Run, and 50m Toddler Trot

### May

- 1 Sat Hills of Cabin John 5K XC3, 1K ♪; 1/4M, 1/2M (YR)
- 6 Thu Board Meeting
- 22 Sat Kids on the Run, 2K ♪, 1/2K, 1K (YR), 100m Toddler Trot
- 29 Sat Sue Wen's Run 4M, 1M Fun Run ♪

♣ Championship Series Race

♪ Junior Participation Series Event

Member



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## Celebrate with Cake

It was a perfect day for racing at Seneca Creek State Park on Saturday March 20 and an even better day for celebrating the club's 26th birthday with cake at the Annual Business Meeting (see story on page 4).

Over 254 racers completed the Championship Series 10K and young runners including Steven (1460) and Daniel (1459) Holten were charged up and ready to go at their first Young Run series event. Bagels and other refreshments were plentiful after these events. See the club Website ([www.mcrrc.org](http://www.mcrrc.org)) for full results.



*Photo by Fred Hauschildt*

At the business meeting/birthday party that followed, the random prizes were flowing, and quite a few lucky members won a selection of clothing items, including socks, jacket, T-shirts, and Cherry Blossom race entries. It seems that most of the cake bakers of MCRRC must have been on Spring Break this weekend...this year there were only two entries for the Best Decorated Cake contest. Each of the first place winners received polished cake servers and note pads, and certificates of appreciation. Naturally, both cakes were decadent and scrumptious, and, for most attendees, hefty scoops of multi-flavored ice cream helped top off their "Happy Birthday to MCRRC Celebration."

## Racing with Mother Nature

by Ed Schultze

The inaugural Nearly a Marathon Greenway Trail Race finally got off the ground this year. Following record snow last year that led to its cancellation, this year it offered runners only mud and the occasional 10-yard swim.

The runners were fantastic. I had taunted them by stating more than once that I doubted any could complete the course in less than four hours. Starting with aid station #1, Mark Hoon, Rob Magin, and Steve Smith were ahead of schedule.



*Photo by Bill Kuta*

*Samar Najja has no problem with some of the sloppy terrain in achieving a 3rd place women's finish in 4:42:10*

*(Continued on page 3)*

# What's Happening

## Credit Union Cherry Blossom 10M: April 4

MCRRC has formed 21 teams for this rite of Spring event. Look for team results and photos in the next issue of *The Rundown*. All volunteers this year will also get a great T-shirt and a guaranteed entry for the 2005 race. You can still sign up to help. See [www.cherryblossom.org](http://www.cherryblossom.org) or call the race hotline at 301-320-3350.

## Firebirds' Mile: April 15

The second annual Firebirds' mile will be held on Thursday, April 15 at Gaithersburg High School at 7:00 pm. All ages and paces are welcomed in the mile race. Come and meet Olympian Meredith Rainey Valmon who will be on hand to inspire the runners. A fun run for kids only will start at 6:45 pm. For info, contact Marty Horan (301-208-0829 or [marty\\_horan@yahoo.com](mailto:marty_horan@yahoo.com)).

## Difficult Run XC#2 8K: April 17

Run the second race in the cross country series at Scott's Run Nature Preserve in Great Falls, Virginia at 9:00 am. The scenic 8K loop course is set on hilly trails that are narrow at times. Carpooling is recommended. If you want to volunteer for the race, contact Mary Marineau (703-313-6258). To get there: take I-495 towards northern Virginia to Exit 13 (Georgetown Pike). Go approximately .5M and make a right into the blind entrance for the Preserve.

**MCRRC Intervals**, Christina Caravoulas, editor; Bill Morrison, layout and production, Jeff Lowe, proofreader. *Intervals* is published bi-monthly by MCRRC to provide members with current information on club activities and other news items. It is also available online at [www.mcrrc.org](http://www.mcrrc.org). *The Rundown* is published in alternate months. Both publications are mailed third class to all current club members. Contributions, comments, and suggestions should be sent to: MCRRC, Box 1703, Rockville, MD 20849.

## Keep yourself posted ...

**MCRRC Clubline**  
301-353-0200

**MCRRC Website**  
[www.mcrrc.org](http://www.mcrrc.org)

## Pike's Peek 10K: April 25

Attention: it's Sunday, April 25 at 8:00 am! Local racers know that Pike's Peek 10K is one of the best racing events with great atmosphere and prizes. Runners speed down Rockville Pike from the Shady Grove Metro to White Flint Mall on a fast course to the finish area where there's lots of refreshments, family activities, and more. Children of all ages can run in the 50-meter Toddler Trot or the longer 1K Family Fun Run. If you can't run, be sure to volunteer by contacting coordinator Janet Newburgh ([JanNewburgh@comcast.net](mailto:JanNewburgh@comcast.net) or 301-251-1640).

## Cabin John XC#3 5K: May 1

It's fun to race on them thar' hills. Come to Cabin John Regional Park in Bethesda and see for yourself on Saturday, May 1. Beginning at 8:00 am, MCRRC will host quarter-mile and half-mile Young Runs, a 5K (XC Series #3) race, and a 1K that is also a Junior Participation Series event. Directions: Take I-270 (Exit 1), go north on Old Georgetown Road (MD 187); first left on Tuckerman;

left on Westlake Drive and first right into the park. For more details, call George Tarrico at 301-983-2231.

## Kids on the Run: May 22

This race (for young people 18 and under) benefits the Dolores Swoyer Send-A-Kid-to-Camp Scholarship Fund. It features distances of 100 meters, .5K, and 1K. For those who take the distance challenge, there is also 2K that is part of the MCRRC Junior Participation (JP) Series. Events start at 8:30 am on Saturday, May 22 at Bohrer Park in Gaithersburg. Fees are \$10.00 (with a special T-shirt) for entries postmarked by May 8; and \$12.00 for late entries if postmarked after May 8 (with T-shirts available as supplies last.) Race entry forms and other info are available online ([www.mcrrc.com/kidsontherun/index.html](http://www.mcrrc.com/kidsontherun/index.html)) or by calling race director Michael Acuna at 301-869-4603. Any and all adult volunteers are welcomed to help make this a fun and safe event.

## Sue Wen's Run 4M: May 29

The third annual run will begin at 8:00 am on Saturday, May 29, followed by a 1-mile fun run (JP Series) at 8:05 am. This low-key event at the Rock Creek Valley School is free to MCRRC members and \$5.00 for nonmembers. Be part of this tribute to Sue Wen Stottmeister, as you run a nice relatively flat 4M out and back course through lovely Rock Creek Park.



Have YOU  
Volunteered  
Lately?

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## *Racing with Mother Nature (continued from Page 1)*

They were running close to a consistent 7-minute mile pace despite creek crossings, lots of mud, and having to navigate the trail. They kept this up all day and the three of them easily beat the four-hour challenge.

Of the 54 starters, 51 finished the race. Two female runners had planted a car strategically to allow them to leave in midrace and then go to a wedding. I must say I do appreciate their priorities. Do not let a friend's wedding interfere with a fun run in the mud if you do not have to. This left only one runner that chose not to finish the race. Turns out that this runner made it to approximately the 24-mile mark with over an hour remaining but decided he did not want to go on.

Of 51 finishers, four that I know of finished their first ever marathon that day. I got to know two of these runners in the months before the race and I am thoroughly impressed. Both worked hard, one doubled his mileage in about a month's time, and both I know had to reach deep down inside themselves to finish the race. I will not forget looking at these two sitting at a table after the marathon not even wanting to talk they were so exhausted.

Without exception, every runner I saw was in great spirits and had a great time.

I cannot say enough about the volunteers. Each one was great and really made the race successful. Thanks to the large turnout of volunteers, additional aid was provided, CPR/first aid was available all along the course (including on the trail at some spots), a group was busy most of the day preparing and hosting a picnic that was very well received by the runners, and a last minute rope handhold was installed at a key creek crossing. Since this was a trail race, a team of volunteers spent the day Friday flagging the entire route. Beth and Paul Dobsen got the rental truck Friday night, and left their house at 5:00 am Saturday to first deliver all the aid station supplies and equipment and then on a rolling basis returned and reloaded the truck.

One great advantage of the race being relatively small was our ability to ensure runner safety and track each runner's progress 100 percent of the time during this event. Three course sweepers: Jaret Seiberg, Kerry Owens, and Bob Coyne ran to the rear of all the runners and maintained a 7-1/2 hour pace. They had cell phones and a list of all runners. As they reached each aid station, which also had a list of all runners, the team was able to ensure everyone had arrived and departed safely, then the aid stations could be closed on a rolling basis. If a

runner could not be accounted for, there was a plan in place to go and search whichever section would have been isolated. It sure made life easier as the sweepers and aid stations reported that they could close right on schedule and everyone was accounted for.

For me, this race was the coming together of many things. Trail running seems to be growing in Montgomery County, while at the same time, the Park Service is doing much to build new trails. The marathon celebrated all of this: our new trail, an increase in trail running, the work of so many trail volunteers and race volunteers, and the efforts of runners who love this type of event. Mother Nature just decided to cap everything off with some mud and high water, which trail runners seem to enjoy—a little icing on the cake, as it were.

Look for this race on the club calendar again in 2005. In the meantime, please just go out and enjoy the Seneca Creek Greenway Trail every chance you get. There may not be as much mud and high water as the marathoners got to enjoy, but there are still miles and miles of single track dirt trails, wonderful wildlife, citation trees, wildflowers, turtles and fish in the creek, and grey and blue heron fishing along the creek. The new section between Huntmaster and Damascus is open and partially blazed. Right now there is one wide creek crossing to contend with, but most runners should like this section. Lastly, if you don't race, you can also join club volunteers with preservation activities to help keep the trail clean and passable for everyone to enjoy. Hope to see you on the trails soon!



*Photo by Bill Kuta  
Brian O'Connor splashes through one of the water hazards enroute to his men's 6th place finish with a time of 4:16:28.*

# New Board Elected

A new MCRRC Board of Directors was confirmed at the Annual Business Meeting held after the Piece of Cake 10K on March 20. The new board is listed below:

**President** – Jean Arthur  
**Vice President** – Marty Horan  
**Secretary** – Gary Resnick  
**Treasurer** – Christina Kichula

**At Large Members**

Cathy Blessing  
Janet Newburgh  
Jim Rich  
Bill Riggs  
Craig Roodenburg

The club wishes to thank outgoing board members Jodi Finkelstein, Anna Hays, and Corinne Moriatis for their dedication and excellent work during their respective terms. Special thanks to the members of the Nominating Committee: Christina Caravoulas, Lyman Jordan, Richie Weiss, Bob Price, Kimberly Thorpe, Mary Regensburger, and chairperson, John Sissala for their efforts during the election process.



*Photo by Fred Hauschildt*  
Longtime members Alvin Gutttag (left) and Frank Pierce review the bios on the new board.



## MCRRC Weekly Activities

All activities are free and open to all. All paces are welcome



**Saturdays:** Trail Run, 8:00 am, Meadowbrook Stables, Chevy Chase

**Sundays:** Trail Run, 7:30 am, Greenway Trail (Start location varies)

**Saturdays & Sundays:** Training Runs, 8:00 am, Ken-Gar Recreation Center, Kensington

**Mondays:** Training Runs, 7:00 pm, Kentlands Clubhouse, Gaithersburg

**Tuesdays:** Track Workout and Runner Development Program, 6:30 pm, Gaithersburg High School

**Tuesdays & Thursdays:** Training Runs, 6:30 pm, County Council Office Building Parking Garage, Fleet Street, Rockville (Moves to Lake Needwood, Derwood, April 13)

**Wednesdays:** Track Workout, 7:00 pm, Richard Montgomery High School, Rockville (Moves to Montgomery College, Rockville, April 28)

**Stay on top of things...** Check the Clubline at 301-353-0200 or Website [www.mcrrc.org](http://www.mcrrc.org) for late breaking information on all club activities.

### montgomery county road runners club



P.O. Box 1703 • Rockville, MD 20849

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intervals

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*We are Running in Montgomery County*

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