



MCRRC ... We are running in Montgomery County

Upcoming Activities

October

- 7 Thu Board Meeting
- 17 Sun Rockville 10K/5K
- 23 Sat Candy Cane 8K

November

- 4 Thu Board Meeting
- 7 Sun Halloween Young Run (12 and under) .25M, .5M and 1M
- 14 Sun Marathon in the Parks 26.2M
- 21 Sun Little Bennett's Revenge 5K, (XC7)
- 27 Sat Turkey Burnoff 5M/10M 2K Fun Run

December

- 2 Thu Board Meeting
- 12 Sun Jingle Bell Jog 8K 1M Fun Run
- 12 Sun Annual Budget Meeting

Championship Series Race

Junior Participation Series Event

Member



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mcrrc

Intervals

October 2004

Scenic Runs for Everyone

Out for Fun. . . Sligo Runs

Just picture it... a cooler day in September with youngsters frolicking among the trees, smiling and laughing while some adult runners stood on the sidelines cheering them on as volunteers. That was the scene at the 2004 Kids Sligo Runs held on September 12. Staged in the town of Takoma Park along scenic Sligo Creek Park, it was the perfect shady setting for kids to kick up their heels and enjoy the lovely weekend afternoon. For those members who have never attended or volunteered (and why not?), the Runs featured three events: a 300m and 1K (part of the Young Run series) that are not scored, and a competitive 3K that is part of MCRRC's Junior Participation Series.

In the 3,000 meter run Ian Kirk, 13, of Rockville ran ahead of the pack and crossed the line in 12:59, followed by Ryan Forsyth, 8, of Severna Park and Hector Montesinos, Jr., 14, who finished in 14:50 and 15:02, respectively. Not to be outstepped by her older brother, Jocelyn Montesinos, 11, was first for the young girls in 14:18, with Mia Massimino, 8, taking second in 16:00. Beth Blank, 9, set a new 3K PR at the race and finished third in 17:35. Congratulations to all the young folk who raced, ran, and had loads fun!

A Run at the Lake

As the residents along the Florida panhandle and coastline were feeling the effects of the most recent batch of hurricanes, over 121 racers were taking on a challenge of their own, the cross-country course at Lake Needwood. Don't be fooled by its idyllic setting, this race is tough. Joe Abernethy led the men for a good portion of the race, but



Photo by Bill Kuta
They might not see the lake but they sure noticed the hills.

in the end, Robert Flatt was victorious in 35:08. Max Lockwood ran about a minute off the pace and took third in 35:50. Last year's winner, Rob Magin, did not compete in this event. The top three women in the 10K were Susan Whitaker (47:42); masters runner, Eileen Haase (48:16); and Maura Manion in 49:01. Elizabeth Snyderwine was second masters with a 49:30 and Dee Nelson (12th overall) won the 60-year-old age group in 53:42.

Some other MCRRC finishers included Ken Umbarger (first in the 50 to 54-year-old group) in 40:27, John Holten (41:19), Robert Smith, age 70, in 60:44, and Larry Rutledge (63:10). Board member Cathy Blessing, Mical Honigfort, and Michelle Price all ran at this race in 60:02.

What's Happening

Rockville 10K/5K: Oct. 17

Racers can select either 5K or 10K distances on a new course that runs through the Kings Farm community on October 17 at 8:30 am. The cost is \$22 before October 8; \$25 by the 16th; and \$30 on race day. King Farm merchants provide lots of post-race food and there are many fabulous random prizes! Race director Craig Roodenburg (caroodenburg@yahoo.com or 301-933-4843) needs volunteers before and on race day. See the club Website (www.mcrrc.org) for more details or to register online via the SignMeUpSports link.

Candy Cane 8K: Oct. 23

If you've done the Sunday Ken-Gar long runs, you can easily run this race staged along a somewhat familiar route. The race (now an 8K) will go along Beach Drive and on the paved trails of Candy Cane City in Chevy Chase on Saturday, October 23, at 9:00 am. Race director Eric Rodkin (301-549-1260) is the man to call with questions or to volunteer. There is limited parking, so be sure to arrive a bit early that morning.

MCRRC MCM Hospitality Suite: Oct. 31

Be pampered before and after the Marine Corps Marathon with a place to prepare mentally, store your stuff,

Keep yourself posted ...

MCRRC Clubline
301-353-0200

MCRRC Website
www.mcrrc.org

and celebrate afterward with great food and camaraderie. The cost is \$15 for members and \$20 for guests prepaid by October 25, or \$20 and \$25 at the door. Massages are available at additional cost. See official sign-up form on page 3. You can also contact hostess Linda MacDermid at 301-424-1567 for more info.

Halloween Young Run (HYR): Nov. 7

Darcars Volvo is the new presenting sponsor for HYR 2004. Sign up your kids or just come and volunteer to watch the wave of 3,000 young runners at these races planned for Sunday, November 7 at 9:00 am. Kids 12 and under can do either a quarter-mile, half-mile, or mile event along a closed stretch of West Gude Drive in Rockville. Proceeds of this run go to support the Rockville Youth Recreation Fund and the children's running programs of MCRRC. There is no race day registration, so you need to register early. No registrations will be accepted after Monday, November 1, and you certainly don't want to see that disappointed look on your child's face when they learn they

can't run this fun event! Packet pickup will be held at Darcars showroom at 15401 Frederick Road in Rockville, on Saturday, November 6 from 10:00 am to 4:00 pm. Visit the new race Website (www.mcrrc.org/hyr) for more details and register your kids online at a discount! Willing volunteers of all ages should contact Kimberly Thorpe (kimberlyds@comcast.net or 240-401-6178).

Marathon in the Parks: Nov. 14

This interesting marathon route winds through several scenic parks in Montgomery County and finishes in downtown Bethesda, so you get a real local tour over the 26.2 miles. The fifth annual event is scheduled for November 14, rain or shine! There are cash prizes for the winners, medals, and lots of food to welcome runners at the finish. Why not make this race your first marathon and enjoy the beautiful views? For more info call 301-767-0002 or check out the detailed Website (www.marathonintheparks.com) complete with photos and a map of the course. If you're not running, be sure to contact Mike Acuna (301-869-4603 or Michael.acuna@mci.com) and volunteer to help. You'll get a nice T-shirt and of course, his thanks.

Time is Running Out

If you want a personalized MCRRC racing bib, you'll have to act fast. To qualify in 2005, you must have either worked as a volunteer in five or more club activities; contributed 20 or more hours on club projects; or contributed \$100 or more to the club. If you meet these requirements,

(Continued on Page 3)

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. *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.

Time is Running Out (Continued from Page 2)

please complete and submit a form (see www.mcrrc.org/member/top100fm.html) by November 30, indicating your top five choices for race number (10-100 only) and exactly how you want your name printed on your race bib. If you have questions, contact mcrrc_top100@yahoo.com or call Marty Horan at 301-208-0829. Don't let this opportunity fly by!

Participation Series Update

Any member participating in 16 of the 32 Participation Series events will be eligible to receive a special award. One or more of these events must be a volunteer activity. The deadline and the form for the award will appear in the November Rundown. Any questions or comments can be sent to the new Participation Series Coordinator, Wayne Carson at 301-353-1112 or Wayne.Carson@jhuapl.edu.

Running Before Bedtime?

The club's new book *What Do You Think of When You Run?* is just perfect for late-night reading. Written by 75 members of MCRRC, the 348-page volume is simple to read and will interest both beginning and elite runners alike. Need a holiday gift for those crazy runners on your list? Well, this book will certainly fit the bill. Place your order now. Operators are standing by at 1-800-431-1579. It is also available through a link at www.mcrrc.org and at some upcoming club events.

Wear Our Colors Proudly

New club gear is here! RnJ Sports in Rockville is the official MCRRC club clothing headquarters, where a full line of customized apparel, including monogrammed race singlets and shorts are ready and waiting for purchase. Stop by the store and browse, then wear your new logo-emblazoned clothes at the next club event.

MCRRC Marine Corps Marathon Hospitality Suite

Sunday, October 31, Holiday Inn Rosslyn at Key Bridge
1900 N Fort Myer Drive, Arlington, Virginia

Cost: \$15 for members; \$20 for guests prepaid by **October 25**. (Cost \$20 and \$25 at door). To sign up, send information to:

MCRRC
c/o Linda MacDermid
1019 Kennon Court
Rockville, MD 20851

Clip & Mail Today!

_____ Payment
Member name (attach additional)

_____ \$ _____
Guest name (attach additional)

Total \$ _____

Fall Marathon Celebration Reservation Form

The 2004 Fall Marathon Celebration is scheduled for Monday, November 1 at the Golden Bull restaurant in Gaithersburg. It will be a fun-filled program. All club members running any fall marathon (e.g., MCM, Chicago, New York City, Philadelphia, Steamtown) and their guests are invited. Cash bar, 6:30 pm; Buffet Dinner, 7:30 pm. Have questions? Contact John Noble (301-460-4039) or (Jnoble4039@aol.com).

Send check and info below by **October 20** to Karie Newmyer, 1491 Dunster Lane, Potomac, MD 20854. Cost before 10/20 is \$22/person; \$30 at door, so be smart, respond early, and save eight bucks!

_____ (#) will attend X \$22 = _____ Total enclosed

Name(s) _____

Address _____

Phone/E-mail _____

Feel the Burn on November 27

After you have had your fill of the Thanksgiving holiday delights it will be time to feel “the burn” of those darn hills at the Annual Turkey Burnoff race at Seneca Creek State Park. The rolling 5-mile course is beautiful, yet challenging. And ..if you like the first loop you can do it a second time to complete the 10-miler that’s part of the Championship Series.

Whichever event you plan to do, get there early! Last year, this was literally the place to be, and with a total of 350 runners competing in the two events, parking was at a real premium. To get there from I-270, exit at Clopper Road W (MD 117), then proceed about 2 miles to the Seneca Creek State Park entrance on your left. Plan to do this race and you can enjoy that last piece of mincemeat pie, guilt-free.



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 Office Building Parking Garage, Rockville

Wednesdays: Track Workout, 7:00 pm, Richard Montgomery HS, Rockville

Stay on top of things... Check the Clubline at 301-353-0200 or Website 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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