



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

## Upcoming Activities

### December

- 6 Thu Board Meeting
- 11 Sun Jingle Bell Jog 8K, 🏆, 1 M Fun Run
- 11 Sun Annual Budget Meeting
- 31 Sat Participation and JP Series Forms Due

### January

- 1 Sun New Year's Day Resolution 5K
- 5 Thu Board Meeting
- 14 Sat Speed Development Program Starts
- 15 Sun McDonald's Beakfast Run
- 21 Sat Shooting Starr 5M, 🏆

### February

- 2 Thu Board Meeting
- 5 Sun Country Road Run 5M, 🏆, 1M Fun Run (JP)
- 26 Sun RRCA Club Challenge 10M

🏆 Championship Series Race

🏆 Junior Participation Series Event

Member



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**mcrrc**

# Intervals

December 2005

## The One and Only Rock Creek Marathon

When the Marathon in the Parks was cancelled, the inaugural Rock Creek Park Marathon & Relay was created as a last minute replacement, so runners wouldn't have to lose any fall mileage. Almost 50 relay teams completed the challenging course. Eighty-one runners ran solo for the 26.2 miles, with Jonathan Falk, 33, winning the race in 3:06:24. Another of these marathoners was Mark Zimmermann who provides his mini-update as follows. "The race today is a slightly startling success for me: I finish in 5 hours 13 minutes, without significant chafing, blistering, or soreness. It's the first long race I've undertaken since last March, when I injured my toe. All racers received an excellent Coolmax technical shirt. The goody bag had a pouch full of brown rice, and a few of us speculated if we are supposed to eat the rice, feed it to any animals we encounter, or use it like breadcrumbs to mark our path through the woods. Weather conditions were virtually perfect, cool, and comfortable. My hope was to finish, without injury, within the six-hour cutoff. Although I had plenty of excuses in case, I'm uncharacteristically calm and confident. The first seven miles pass faster than my condition permitted me to sustain, then reality kicked in. I cut my pace and implemented a 1:1:jog:walk ratio, with bonus strolls whenever I saw a hill looming ahead.



Photo by Dennis Steinauer

Half a dozen deer, does, and fawns led by a five-point buck, amble across the path in front of me. Geese honked on the lake and police motorcycles rumble as they cruised along the trail looking for racers needing assistance. I met Ina, a youthful triathlete from Hawaii who was doing a 13.1 mile relay leg and Megan, and a young woman running her first marathon today. Miles 16-18 were the low point of the day for me, yet I forced myself to continue the deliberate pace, thinking that no bad spell lasts forever. The magic worked and soon I'm feeling chipper again. In the last miles, I passed a man suffering and ready to drop out, but encouraged him to keep walking, and we later congratulated each other at the finish. I doubt if I could have broken 5 hours with proper pacing, but might have come closer. Given the happy outcome, I guess it's not time to hang up the jogging shoes quite yet. Thanks to race director Ron Ely and his crew for putting on the best marathon I've participated in!"

# What's Happening



## Speed

### Development: Jan 14

The MCRRC Speed Development Program is designed for all runners who want to improve their running and increase their speed. The goal race for the program will be the Pike's Peek 10K on April 23, 2006. Participants will meet Tuesday at the Gaithersburg HS track at (6:30 pm) and Saturday (8:00 am) at Ken-Gar for coached sessions. Program orientation is at Gaithersburg HS at 1:30 pm on Saturday, January 14, at 1:30 pm. Runners are also encouraged to participate in the Thursday easy runs in Rockville. To be eligible, you must be a MCRRC member, can run four miles, and have run at least one road race. All program registration will be through Sign Me Up Sports; go to

### Keep yourself posted ...

**MCRRC Clubline**  
301-353-0200

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

[www.signmeup.com/52639](http://www.signmeup.com/52639). The program costs \$35.00 if you register online before January 14 (and \$45.00 afterwards), and includes a registration for the Pike's Peek 10K. Contact Tom Brennan ([brennantm@yahoo.com](mailto:brennantm@yahoo.com) or 301-963-5508) with questions.

### McDonald's Annual Breakfast Run: Jan.15

Hosts Christelle and Denis ([denisDMcD@aol.com](mailto:denisDMcD@aol.com) or 301- 854-6840) invite you to run or walk one, several, or no 5M loops on the hills of Woodbine, MD, then enjoy sweet breads, homemade pancakes, and

tasty food while sharing running stories. All paces welcome. Take I-495 to exit #31, north on Georgia Ave to over the Howard County line; left on Jennings Chapel Rd. to # 3665. No need to RSVP.

### Shooting Starr 5M: Jan. 21

The first race of the 2006 Championship series, will be held on Saturday, January 21 at 8:00 am on a hill-strewn course that runs through the Hillandale neighborhood. New race director Steve Mann (301-924-1630 or [StevenDMann@yahoo.com](mailto:StevenDMann@yahoo.com) encourages everyone to run or volunteer. This low-key event is free (or \$5.00 for non-members). The race starts at the Francis Scott Key Middle School. To get there take I-495 to Exit 28A, go north on New Hampshire Ave; left on Schindler Dr, ~3/4M to school.

(Approved 2006 Budget Continued from page 2)

Club Program Budget Items	2005 Budget	2005 YTD	2006 Budget
7450 · Race permits - included in 7400 in 2006	\$1,200.00	\$0.00	
7500 · Weekend training runs	\$1,300.00	\$951.22	\$1,200.00
7600 · Team programs	\$3,500.00	\$3,510.44	\$3,500.00
8100 · Newsletter (The Rundown)	\$36,000.00	\$28,094.67	\$37,000.00
8125 · Photography	\$550.00	\$0.00	\$350.00
8150 · Newsletter (Intervals)	\$6,000.00	\$3,130.05	\$6,000.00
8200 · Membership directory			
8350 · Recognition programs	\$4,000.00	\$3,092.84	\$3,000.00
8400 · Race director awards	\$2,000.00	\$167.37	\$2,000.00
8450 · Championship & XC series	\$2,300.00	\$2,541.00	\$2,600.00
8500 · Participation series	\$500.00	\$432.00	\$500.00
8550 · Young runs/youth programs	\$500.00	\$280.00	\$500.00
8575 · KOTR	\$1,500.00	\$1,724.11	\$1,800.00
8700 · Holiday party	\$3,000.00	\$430.00	\$1,000.00
8800 · Annual awards banquet	\$3,000.00	\$3,268.66	\$3,500.00
8850 · MCM Room	\$2,200.00	\$3,000.00	\$2,500.00
8875 · Post Marathon Party	\$500.00	\$0.00	\$500.00
8975 · Sunshine fund	\$700.00	\$718.77	\$800.00
9200 Community outreach program	\$2,000.00	\$1,100.00	\$2,000.00
<b>TOTAL EXPENSE</b>	<b>\$147,650.00</b>	<b>\$100,634.50</b>	<b>\$136,650.00</b>
<b>NET INCOME</b>	<b>\$2,300.00</b>	<b>\$17,921.09</b>	<b>\$80.00</b>

**MCRRC Intervals**, Christina Caravoulis, 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.



**Have YOU  
Volunteered  
Lately?**

## 2006 Approved Budget

Club Program Budget Items	2005 Budget	2005 YTD	2006 Budget
<b>INCOME</b>			
4020 · Advertising/inserts	\$3,000.00	\$450.00	\$3,000.00
4030 · Club clothing	\$25.00	\$10.00	\$0.00
4090 · Interest income	\$75.00	\$625.46	\$1,200.00
4095 · Dividend Income			
4100 · Mailing list rental	\$9,500.00	\$5,877.00	\$9,000.00
4110 · Membership dues	\$57,000.00	\$39,063.50	\$50,000.00
4120 · Race Management Services	\$13,000.00	\$20,382.53	\$20,500.00
RMS	\$9,000.00	\$16,382.53	\$17,000.00
Cones	\$4,000.00	\$4,000.00	\$3,500.00
4130 · Rockville 5k/10k ilcome	\$3,000.00	-\$44.60	\$2,300.00
4140 · Twilight 8K	\$9,000.00	-\$1,597.58	\$5,000.00
4150 · Women's Distance Festival	-\$100.00	\$630.22	\$0.00
4155 · HYR	\$2,000.00	\$4,000.00	\$2,000.00
4160 · Pike's Peek income	\$10,000.00	\$14,000.00	\$10,000.00
4165 · MITP income	\$8,000.00	-\$586.50	\$0.00
4170 · RRCA Convention-income			
4180 · Contributions	\$3,500.00	\$2,895.31	\$3,300.00
4185 · Lona Brady Award		\$1,450.00	-\$50.00
4190 · Rockville Youth Track	\$750.00	\$800.00	\$800.00
4200 · First Time Marathoners Program	\$14,000.00	\$19,567.00	\$17,500.00
4210 · Coaching licensing			
4240 · Intermediate Marathon training prog.	\$9,000.00	\$7,890.50	\$8,000.00
4250 · Speed Development Program	\$1,000.00	\$665.73	\$880.00
4260 · Smarter Running Program	\$500.00	\$2,050.55	\$1,500.00
4290 · Stride Clinic Income	\$1,600.00	\$18.00	\$1,600.00
4500 · Running Book	\$500.00	\$408.47	\$200.00
4300 · Investment Income			
<b>TOTAL INCOME</b>	<b>\$145,350.00</b>	<b>\$118,555.59</b>	<b>\$136,730.00</b>
<b>EXPENSE</b>			
3250 · Membership processing			
5100 · General/administrative	\$5,500.00	\$2,220.41	\$4,000.00
5105 · Postage	\$8,000.00	\$2,402.35	\$3,500.00
5110 · Bank charges	\$500.00	\$236.28	\$250.00
5125 · Internet	\$1,300.00	\$1,046.78	\$1,300.00
5150 · Taxes	\$100.00	\$22.34	\$100.00
5160 · Administrative aide	\$10,500.00	\$8,362.14	\$11,000.00
5170 · Payroll taxes			
5180 · Professional fees	\$1,600.00	\$2,005.00	\$4,000.00
5200 · Telephone	\$1,500.00	\$945.65	\$1,200.00
5300 · AARC/RRCA dues	\$11,000.00	-\$56.23	\$10,100.00
5400 · Board meeting costs	\$1,000.00	\$559.68	\$900.00
5425 · Club meetings	\$200.00	\$425.56	\$400.00
5450 · Clinics	\$500.00	\$124.59	\$200.00
5475 · New member night	\$600.00	\$0.00	\$0.00
5525 · Volunteer picnic	\$2,800.00	\$2,600.00	\$2,800.00
5600 · Publicity/PR	\$1,500.00	\$880.00	\$900.00
5625 · Running book expenses		\$178.95	\$50.00
5700 · Training/development	\$1,500.00	\$1,045.19	\$800.00
5800 · RRCA Convention	\$1,500.00	\$985.34	\$1,000.00
6000 · Clubhouse			
6100 · Equipment storage	\$10,000.00	\$10,175.86	\$10,200.00
6150 · Equipment maintenance	\$1,000.00	\$20.99	\$500.00
6200 · Equipment new	\$2,000.00	\$4,856.44	\$2,000.00
6250 · Equipment - consumables	\$600.00	\$845.84	\$1,000.00
7125 · First time marathoners program	\$5,000.00	\$4,361.67	\$5,000.00
7150 · Club training programs	\$2,200.00	\$782.27	\$1,200.00
7175 · Intermediate marathon training prog.	\$3,500.00	\$2,530.00	\$3,000.00
7200 · Track lights	\$500.00	\$0.00	\$500.00
7400 · Club race program	\$2,500.00	\$636.27	\$2,000.00

(Continued on page 3)

## Resolve to Run 5K

MCRRC will have a new race to herald New Year's Day. The New Year's Resolution 5K will begin at 10:00 am on Sunday, January 1, 2006 so you still have time to party in the New Year and make it to this event. The race will start and finish at Philbin's Family Fitness Center, located at 9168 Gaither Road in Gaithersburg. This low-key club race is free to members, and it costs \$5 for nonmembers. In addition to runners, many volunteers are needed. If you or a family member can volunteer that morning, please sign up at the MCRRC volunteer page ([www.mcrrc.org/volunteer.form.php](http://www.mcrrc.org/volunteer.form.php)).

For more information contact co-race directors Jeff Gitlin ([gitlinjb@comcast.net](mailto:gitlinjb@comcast.net)) or Janet Newburgh ([JanNewburgh@comcast.net](mailto:JanNewburgh@comcast.net)). Also, for planning purposes for this first-time event, please let them know if you plan to run the race. We look forward to seeing you on January 1, 2006!



## MCRRC Weekly Activities



**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, Wooton HS, Rockville

**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

**mcrrc**  
**Intervals**

**MCRRC . . .**

*A Place for Every Pace*

Non-Profit Organization  
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