

Prince George's Running Club

June 2016 BULLETIN



At the half-way point of 2016, it's time to reflect on what makes this club great. What makes this club great is the enthusiasm and dedication of our membership. Whether it's volunteering to work a water station, leading a weekly run or serving on the board, PGRC's members are there working hard. As we have a look at ALL of the great things that are going on, let's remember that it all happens because our fellow members are contributing their time, energy and creativity to make the club an active, welcoming and supportive of all runners and walkers.

The fabulous, regularly-offered PGRC events!

- PGRC's track workouts are happening every Tuesday! See http://pgrc.org/training/tuesday_track.php for details!
- PGRC's walkers meet at 8:00 am on Saturdays! Contact walk@pgrc.org for details!
- PGRC runners are meeting in Bowie for (very) early morning runs on Mondays, Wednesdays and Fridays! See <http://www.pgrc.org/index.php#comingevents> for details!
- PGRC runners are also meeting in College Park/Greenbelt for morning runs on Saturday and Sunday mornings, and Thursday evenings! See <http://www.pgrc.org/index.php#comingevents> for details!

Extra special events!

- PGRC 2016 Race Series!!! In 2016, for the first time ever, any member that participates in ALL of the following PGRC races will receive a special award at the end of the year!

1. Springburst 8K (4/9/16) 2. WDF 5K/Men's 5K (8/21/16) 3. Wright Stuff 10K (12/3/16)

So, if you ran in Springburst (a.k.a. Snowburst), you have taken the first step towards the special award!! Many thanks to Juanita Roberts for this great idea.

- And, as we look forward to summer, the **Women's Distance Festival/Men's 5K** (August 21st), and the excellent PGRC **3 / 1.75 mile fun runs** are on the horizon!
- The Running Start 5K Training Program is underway! Many thanks to the dedicated coaches: Sheila Barfield, Kimberly Brooks and Maria Green. For more information: <https://runsignup.com/Club/MD/Greenbelt/PGRC2016RunningStart5KTrainingProgram>

Where to find out everything you want to know about PGRC:

Website! <http://www.pgrc.org>

Facebook! <https://www.facebook.com/PrinceGeorgesRunningClub>

Twitter! @pgrunningclub

Meet-up! <http://www.meetup.com/Prince-Georges-County-Running-Club/>

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☀ Special Half-Marathon Training Member Spotlight Feature!! (Page 4) ☀ Reminders and Words! (Page 5) ☀

What great things have we done!!

- PGRC pitched in at the Potomac River Watershed Cleanup at Greenbelt National Park on April 16th! Thanks to Kyra Tyler for organizing, and thanks to Cindy Cohen and Polly O'Rourke for participating.
- The annual club meeting/picnic on May 7th was a huge success! Thanks to Dave Roeder, Cindy Cohen, Tony Bell, Sharone Coleman and Paula Liverpool-Davis for organizing!!!
- PRGC provided timing services for the St. Joseph's Regional Catholic School 5K on May 14th. Thanks to Rebecca Cormeny, James Roberts, and Polly O'Rourke. Jim Cantwell also volunteered as a course marshal.
- On May 21st, graduates of the half-marathon training program (see below!) ran in the Saint Michael's half marathon! Thanks to Amanda Mercer for running this great training program!!
- On Monday, May 30th, PGRC had an special Memorial Day club run early in the morning in Bowie (not as early as the folks in Bowie typically run but still early), followed by socializing over coffee and treats!! Thanks to Dave Roeder for organizing!!

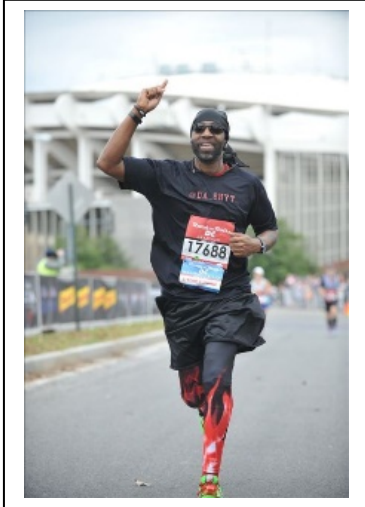
2016 Half-marathon Training Program!!!



Ever thought of running a half-marathon but you don't know how to get started?? A group of PGRC runners answered "Yes!!" to this question and participated in PGRC's excellent half-marathon training group this spring. About 10-12 people that showed up for the weekly training runs (in spite of the often bad weather). Four runners from the training group went on to complete the St. Michael's Half-marathon (in a torrential downpour) while another group ran 1-2 weeks later in a different race. Amanda Mercer, who organized and coached this program, said "I was most impressed by the dedication of those who showed up week after week". The program started in the chilly month of February and continued through the tumultuous spring. Amanda notes that one day, it was raining throughout an entire 9 mile run, but five dedicated runners showed up and ran. Amanda says: "I'm so proud of the training group and all of the PGRC runners who came out to run with us in support. As usual, PGRC Rocks!" Let's second that with more exclamation points: Yes, indeed, PGRC Rocks!!! Thank you, Amanda!!!! And thanks to all the PGRC members who helped out!!!

Member Spotlight!! What makes PGRC runners tick?

Ndegwa Kamau



Ndegwa has been running since April, 2011, and has been a member of PGRC since the summer of 2015. His first race EVER was the 2011 Marine Corp Marathon (WOW!) and that will always be his favorite race. He also likes the Rock 'n' Roll Nashville because it's a huge race and Rock n Roll Las Vegas because it's a running party! Recently, he has been training for Grandmas Marathon which was in Duluth, MN on June 18th.

Greatest Accomplishment: Completing the Marine Corps Marathon. It was my first race. After training alone for months, and seeing all the other runners out there, I was in awe.

Greatest Challenge: Dealing with injury. Last year I went out for a training run, and felt it pop. When I finished it was no swelling, so I figured it wasn't too bad. I had 3 upcoming races, I registered for, and me being me in my little world, believe if I sign up, I will run it. So that's what I did. I would run the race on the weekend, limp around Monday – Friday, the run another race the following weekend. Finally and thankfully for having a great running friend/accountability partner I was forced to go to the doctor. The person all runners hate to visit, I was told that I need to stop running for 2 months. I cannot explain how depressing that was

Tell us about that recent marathon in Germany! What made you sign up? The weird thing is I didn't sign up for Germany. My cousin, a new runner, was at the Marine Corps Marathon expo last year, and went by the Düsseldorf Marathon booth, put her name in for a free entry, and she unexpectedly won! At that time her furthest distance was a 10k, she knows I love to travel, and that I run a lot, so she gifted me with the entry.

Is there anything else you'd like to tell us about your running, running in general or PGRC? I never would have thought I would be running as much as I am today. I went from training for and completing a marathon, to running half marathons, and one full a year, to last year running 3 full marathons in 3 weeks. Not that I would recommend that to anyone, but it just shows you what your body is capable of. To encourage new runners I would have to say, learn to love and enjoy the process. The journey is greater than the destination. Start from where you are.

Nicholas Panebianco



Nick has been running since his sophomore year in high school. He was inspired by the 1976 Olympics, the first running boom and the movie Rocky. He has a daily running log that tallies the past 31 years! He joined PGRC in 1987. His favorite races are the Boston and New York City Marathons, for their grandeur, history and tradition. He is currently training to run a marathon under 3:40 and has signed up for the Via Marathon in Allentown, PA. A sub-3:40 would be the age graded equivalent to his marathon PR (3:16). WOW!

Greatest Accomplishment: Another tie between my marathon PR (3:16-Marathon in the Parks-2001) and my best ultra (9:42-JFK50-

2003). These are my best running accomplishments ever.

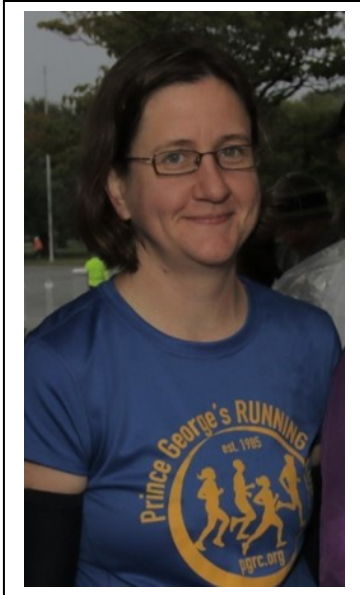
Greatest Challenge: I suffered through some physical problems and was unable to run for 18 months in 1999/2000. Before that layoff I had run 2 marathons, since then, I have run **53 marathons** and 20 ultras.

You do a lot of marathons. Tell us about your most recent marathon. I ran the B&A Trail Marathon in March. It was a pretty good day for a marathon (a little colder than I like). I was pleased to hold a very steady pace through most of the race. As is so common, I faded in the last few miles but rallied at the finish.

Is there anything else you'd like to tell us about your running, running in general or PGRC? "There are no junk miles." All miles logged are "miles in the bank" and count like deposits in a bank account, they all earn interest. Unless you are injured and your body needs the care and rest, it is rarely a bad idea to run even if you don't feel like it. The first miles are usually the hardest, but you won't regret it afterwards.

Member Spotlight!! Half-marathon Training Group Special!!

Jennifer Augsburger



Jenn started with couch-to-5K programs about 7 years ago and now is an experienced runner. The Saint Michael's half was her fourth half-marathon. She joined the half-marathon training program because she was already doing the Sunday morning long runs and enjoying the increasing distance. She enjoyed training with a group of people with various levels of experience as well as the encouragement and support from the group. She has recently run the Lawyers Have Heart 10K and is considering running the Navy/Air Force half-marathon. She definitely plans to keep running with PGRC and is now helping lead those long Sunday runs!

Favorite part of the half-marathon training program: My favorite part was the word "informal" in the name of the group. For some reason, that one word relieved a lot of internal pressure to train hard and perform well. I didn't even sign up for the actual race until near the end.

Most challenging part of the half-marathon training program: Making sure I was doing the work during the week was challenging. I am notoriously bad at cross-training, so I may have mostly just done more running, but my legs definitely needed the steady buildup.

How was the Saint Michael's half? Hmm... I've run in inclement weather before, but I've never run in wring-every-single-layer-of-your-clothes-out rain. Overall, it was good – truly flat, well organized. I always want to be at least a little faster than I am, but I also appreciate that I was able to run fairly steadily the entire time. There was that one guy who passed me at the end though. Grr. Most memorable moment? At the first water stop, a college friend that I haven't

seen in 23 years handed me water, so that was really cool. I knew she lived in the area, but didn't expect to 'run' into her.

What advice would you give new runners who are thinking about training for their first race? It's a bit clichéd (and likely trademarked eight ways from Sunday), but just do it.

Sharon Bollers



Sharon is an experienced runner who joined the half-marathon training group to get guidance and training on how to run longer distances. She also wanted to run with a group to make those long runs more fun. Running with the group motivated her to get out and run every Sunday, even though the weather was terrible a lot of the time this winter/spring. She plans to continue running with PGRC and hopes to do some shorter races over the summer, and maybe a 10 mile race in the fall. She says, "I'm really happy that I stumbled across this running group. It has been great experience and I've enjoyed meeting the people that are a part of the club".

Favorite part of the half-marathon training program: I liked the step down weeks where we ran a shorter distance. It helped to make the whole training program a little easier because we didn't have to keep increasing mileage every week for all 12 weeks.

Most challenging part of the half-marathon training program: The most challenging part of the training was the weather. We had several days where we ran in the cold or rain or really windy weather.

How was the Saint Michael's half? Minus the heavy downpour, I enjoyed running in the Saint Michael's half-marathon. I felt very prepared from our training as well as all of the advice I received from the other members of the running group. I felt I knew what to expect, how to pace myself and how to make sure that I had enough energy to get me over the finish line. I was very excited when I crossed the finish line. It felt like a great accomplishment and I was very proud of myself for being able to complete the training program and the race.

What advice would you give new runners who are thinking about training for their first race? One piece of advice I have is to just stick with it and find what works for you. Running can be challenging in the beginning but once you find your groove it can be a lot of fun and rewarding.

VOLUNTEERS WANTED!!!!

- Not up for running the Women's Distance Festival/Men's 5K? Please volunteer (and loudly cheer)! PGRC needs you! Contact volunteer@pgrc.org
- The summer fun runs are coming up soon. The only way PGRC can hold this awesome, free race series is through support from our members. Please consider volunteering an hour or two on one or more Thursday afternoons this summer. Often you can volunteer and still run the race.
- If you're interested in helping the board in any area, please contact us! <http://pgrc.org/contactus.php> We also need you!

Some words...

A word on Meet-up: The Information Committee thanks everyone who has started using Meet-up and encourages everyone to continue clicking "Yes" on the Meet-up RSVP – even for workouts/runs that we do regularly, as a matter of course. This way our events on Meet-up will look well attended (as they tend to be in real life) and new folks, who find us on Meet-up but don't know us, are more likely to click "Yes" too.

A word on pictures: If you take pictures of any PGRC event (race, workout, training run, etc.) please feel free to post them on facebook or send them to news@pgrc.org.

An additional word from your Information Coordinator

We are now more than half-way through 2016. This means that PGRC's current (and outstanding) board is half-way through its term. In November, a board will be elected for 2017. Prior to serving as your Information Coordinator, I had never done anything like this and I was a little hesitant to volunteer. But, I have to say, I'm very glad that I did. I've really enjoyed getting more involved in the club and working with the other board members. I'm always impressed at their dedication to running and making the club great for all members. I've also learned a lot about what it takes to run a club like PGRC (there are many moving parts!!) and that makes me appreciate and admire PGRC's boards (past, present and future) all the more. Overall, it has been a great experience. I highly recommend it. If you think you might be interested and/or you'd like to know more about what it's like to serve on the board, please contact a board member! <http://pgrc.org/contactus.php>

All exclamation points in this bulletin are dedicated to Rod Green.



Thanks for reading!!!