

Prince George's Running Club November 2016 BULLETIN



As we head towards the end of the year, it is a good moment to take stock. This week's Member Spotlight features two members who have recently had to deal with injuries. Both of the runners featured continued attending PGRC workouts and events even though they were injured and could not run. This speaks volumes about our club. We cheer each other on and celebrate our accomplishments, and we look to each other for support while we heal. PGRC members have made and continue to make the club a welcoming and supportive community. Thank you to all of you.

Before recounting the many awesome things we've done so far this fall and listing the great events on the horizon, let's talk about the **ELECTION**.

Please join me in celebrating the election of **PGRC's 2017 BOARD!!**



Thank you to all of the dedicated PGRC members who are serving on the 2017 board! Thanks those members who are new to the board and thanks to those who are continuing to serve! This club is great because we all contribute and work together. Thank you to all of the board members for helping PGRC support all of our members and the larger running community.

PGRC's 2017 Board

President – Cindy Cohen
Vice President – Clarisse Cannings
Treasurer – Jim Cantwell
Secretary – Shelia Barfield
Member at Large – Ndegwa Kamau
Membership Coordinator – Sonya Stovall

Training Coordinator – Maria Green
Race Coordinator – Rebecca Cormeny
Volunteer – Rebecca Williams
Information – Polly O'Rourke
Publicity – Tina Nixon
Social – Dave Roeder

CONGRATULATIONS!!!

WELCOME TO THE BOARD!!!!

PGRC ROCKS!!!!

What great things have we done? So, so many.



Volunteer Appreciation Picnic! On September 17th, PGRC held a special event to honor and thank all of the PGRC members who have volunteered their time and energy to club events! Thank you to all of our dedicated volunteers! Special thanks to Kyra Eatmon for organizing this great event!

College Park Parkrun!

PGRC Member extraordinaire Andrea Zukowski has, through much dedication, hard work and sheer force of will, started an official **Parkrun in College Park!**

Parkrun, an international movement to promote running and fitness, is a free 5K race that takes place every Saturday morning right near the UMD-CP campus. But don't take my word for it. Here are

Andrea's words: "You know how, when someone finds out that you run, the first question they ask is whether you've done a marathon? Marathons are great, and I admire anyone who successfully completes one. But in my opinion, it's the 5k that is the bread-and-butter of lifetime fitness. Anyone new to running can work up to it fairly quickly. Anyone coming off of an injury can use it to get back to running gently. Running a 5k every weekend is an achievable goal for people of any age, and the health benefits are enormous. College Park parkrun (just like more than 850 other parkruns across the globe) aims to make this possible for everyone, and welcomes running newbies and walkers as well as running geeks. The emphasis is always on fun, and we meet up after the run for coffee and treats. Best of all, it is free, always. My goal is to provide the best opportunity possible for anyone in our community to get into the habit of starting their weekend off with some free outdoor fitness in the company of friendly faces. Please join us at 9AM any Saturday of the year at 4289 Metzert Rd. Don't forget to bring your runner barcode—get it (free) here: parkrun.us." Many PGRC members ran in the inaugural race on October 15th, 2016, and many have run since. Thank you, Andrea, for this wonderful addition to our local running landscape and service to our community!!! I hope all PGRC members will run the College Park Parkrun!!!!.



PGRC's members have been going places! In addition to our many members who travel to far off lands for races and running-based tourism, we've been getting around locally!

PGRC's Walking Group at National Harbor!



Fall run at Kinder Farm!!!



Cindy Cohen and James Roberts representing PGRC at the Baltimore Marathon Expo

And then there was the Marine Corp Marathon Cheer Squad! PGRC came out in full force on race day to support the runners (see awesome photo on first page). We undoubtedly had the best signs. Thanks to Dave Roeder for organizing and hosting the poster-making session. Thanks to all for coming out on race day!!

PGRC also had a special **Veterans' Day run** at the Bladensburg Marina! Dave Roeder says "We had about 15 runners, and we were honored to run with two of our esteemed PGRC veterans, Tony Bell and Rebecca Crawford." Thanks to Mark Schroder for organizing this great event!



Extra special upcoming events!

- **The Wright Stuff! PGRC's own WRIGHT STUFF! 12/3/16!!! REGISTER NOW!!** If you are not up to running or simply prefer not to, **PLEASE VOLUNTEER!!! We need you!!!**
<https://runsignup.com/Race/MD/CollegePark/WrightStuff10K>
- **Ginny's annual Holiday Lights Run** will be taking place on Thursday, December 8 in New Carrollton, MD! Get into the holiday spirit by a running few miles with friends while enjoying the light displays in the neighborhood!! Very special thanks to Ginny Fromel for organizing this great event!! Full details to follow soon via email.
- **PGRC 2016 Race Series!!!** As you know, 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) and WDF/Men's 5K, you almost have that very special award in your hands!! Many thanks to Juanita Roberts for this great idea.

Member Spotlight!!

Yvonne Hill



Yvonne Hill has been running on and off since high school and has been a member of PGRC since 2011. She started running to stay in shape through high school and college. Her favorite race is the Baltimore Half because the “race goes through some developments and neighborhoods where the residents cheer you on with so much gusto!. They’re extremely happy to see you and the Kids love to give you high five on the sidelines. I loved the energy!” Her greatest running accomplishment was the 2015 Marine Corps Marathon. She says that after doing that she feels she can withstand anything! Here are Yvonne’s words about her recent injury and being a PGRC member!

Tell us about your current injury. Wow, it was a freak accident not to be forgotten. On Thursday, June 23rd 2:40 pm, I stood up at work to get a document off the printer, lost my balance and my left foot turned outward twice. As soon as I heard the “pop” I knew it was bad (a rip in my Anterior Talofibular Ligament - ATFL). The injury kept me from full running for about 8 weeks. Definitely out of training for this year’s Marine Corps Marathon. This was my first major injury, but after PT and active recovery, I am now back to running a “slow” 10 miles. **Describe your recovery.** I wore a boot for about 8 weeks. Total rehab included wearing the boot, resting my foot, applying ice packs to the area, PT and taking spin classes to keep my endurance up. I also did power walking to help the range of motion in my ankle.

What has been the most difficult part of your recovery? Wearing a full boot when it

was over 90 degrees outside! **What advice/wisdom do you have for others who are struggling with injuries?** Whatever you do, don’t continue to run or ignore your injury. Get to the doctor immediately for the proper diagnosis. Aggravating the injury may mean never being able to run again, and who wants that??

What's your favorite part about being a PGRC member? Our club is very sincere when we welcome all runners and at any pace. No one gets left behind. Also without the guidance of the coaches, I never thought I would run double digit miles even in the rain!

John Ramsey



John Ramsey has been running since he was 17 because the owner of the restaurant where he worked in high school signed up all of his employees to run a 10K. John got serious about running when he was in his 20s and could run 10Ks in 37 minutes (!!!). He’s been a PGRC member since June 2010, having learned of PGRC through a flyer at the Starbucks in Greenbelt. His greatest accomplishment is running a 3:06 marathon at age 22. His favorite race is the Devil Mountain Run 10K in California and he has run it every year since 1978. Here are his words on his recent injury and being a PGRC member!

Tell us about your current injury. My left knee has bothered me since August 2015. I tried a bit of rest, but it didn't seem to help. I eased off on running for three months and then saw a doctor. I thought I had the symptoms of patellar tendonitis. But he diagnosed me as having improper tracking of the kneecap.

Describe your recovery process. After months of quadriceps strengthening exercises, the knee was no better and the next step was arthroscopic surgery. I decided to wait until Fall and was told that running would not damage anything, so I ran from April to June. I also wanted to give physical therapy a shot and my physical therapist saw the MRI and saw tendonitis. She told me to stop running. It is my first major running injury. I am now signed up for an online course to treat my

tendonitis. **What has been the most difficult part of your recovery?** Patellar Tendonitis is a difficult injury to treat. Rest does not heal it and overuse makes it worse. So, it has been hard to find the right balance plus it's hard to find time. **What advice/wisdom do you have for others who are struggling with injuries?** Ask others for advice. Get second opinions. Definitely don't try to be tough and run through the injury -- it's not worth it.

What's your favorite part about being a PGRC member? Making new friends and running partners who bring out the best in me.

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/>

VOLUNTEERS WANTED!!!!

- Not up for running the Wright Stuff 10K? Please volunteer (and loudly cheer)! PGRC needs you! Contact volunteer@pgrc.org
- While we have an awesome new board, we still need the great talents and dedication of PGRC!! Please volunteer and help the club out when you can!!

The numerous and awesome 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, Tuesdays, Thursdays AND Saturdays! See <http://www.pgrc.org/index.php#comingevents> and <http://www.meetup.com/Prince-Georges-County-Running-Club/> for details!
- PGRC runners are also meeting in College Park/Greenbelt for morning runs on Saturday and Sunday mornings, and Thursday evenings! See <http://pgrc.org/index.php> for details!



Thanks for reading!!!!