

Prince George's Running Club

April 2016 BULLETIN



Springtime... The weather is warmer (sometimes), the cherry blossoms are in full bloom, the PGRC walkers are back on the outdoor track and the Thursday night group is running loops around Lake Artemesia. And, of course...



- **Springburst was amazing!** Even though the weather wasn't entirely spring-like, a hardy group of dedicated runners braved the elements and had an excellent race. The awesome volunteers made everyone feel great! Eight kilometers of good times! Hills? WHAT hills?



Picture courtesy of Gary Loui

- In addition to all the fun, Springburst 2016 had some of the highest registration numbers PGRC has ever seen! A total of 108 runners and walkers participated! That's 30 more than in 2015! And, a total of 27 people volunteered their time to make it all happen on race day.



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Big THANKS Juanita Roberts and Paula Liverpool-Davis for all of their hard work organizing Springburst 2016! They did such a great job! Also special thanks to Kyra Tyler, Cass Logan, James Roberts, Diana Gough and Gene Lehr for all of their help! THANK YOU to all the runners and volunteers that made Springburst great!

Psst... if you ran Springburst, you're eligible to be part of PGRC's 2016 race series! See next page for details!



2016 8K Training Group!!!



Three cheers for the 8K training group! After working hard all spring, the dedicated runners took on Springburst as their graduating race! Special thanks to Dave Roeder and Yvonne Hill for their excellent coaching and dedication, and to the pace leaders (Tony Bell, Rebecca Crawford, Rodney Green, Ndrgwa Kamau, Sally Sebastian and Cecelia Vogel) and to all the other PGRC members who helped out! Dave said, "for me, the best part of coaching this program was the inspiration I got from seeing the grit and determination of all of these runners, working so hard and coming back every week to achieve their goals". Yvonne recalls what she and Dave first said to the training group: "Remember, every mile you run is earned, never given."

What (other) great things have we done?

2016 Club Challenge!



- On February 28th, 17 members of PGRC participated on the 2016 Club Challenge 10 miler! Running clubs from all over Maryland come together every year for the Club Challenge. PGRC wasn't the biggest group, but we were the coolest. It was a beautiful day and we all had a lot of fun. Hills? What hills?
- Please note the awesomeness of our PGRC shirts (Thanks again to Cassandra Logan!).
- Big thanks to Ron Gallant and Cindy Cohen for organizing the PGRC team!

Spring 2016 Training Groups!

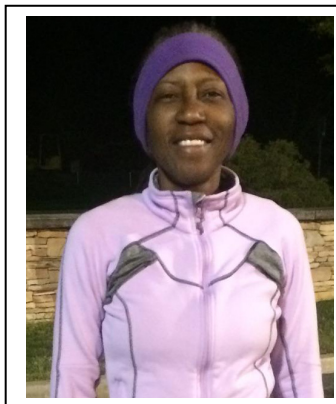
- It was an exciting time for PGRC with two training groups (8K and half marathon) going at once!
- The 8K training group trained hard and has completed their graduation race: Springburst! Thanks again to Dave and Yvonne!
- The half marathon training group, led by Amanda Mercer, is making steady gains in distance! Since February, they've gone from 3 miles to 9! Their graduation race will be the Saint Michael's Half Marathon on May 21, 2016. Thanks Amanda!
- Special thanks to Coach Lydia Shell who, on March 26th, held a highly acclaimed hill training workshop at Greenbelt Park, also heavily attended by the folks in the training groups. Thanks Lydia! And thanks to all the other PGRC members who helped out.
- Special thanks also to Dave and Cindy who, on March 22nd, organized a one mile time trial on the track in which many people from both training groups participated. Many thanks also to John Ramsey, Polly Schurer and Paula Liverpool-Davis for handling the timing!

What truly amazing stuff is coming up?

- Now that we've all been reminded of **how awesome and important Greenbelt National Park is to PGRC** (for our group runs, races, hill workouts, etc.), **let's do our part** to help maintain this wonderful resource. Join us for the Potomac River Watershed Cleanup at our own Greenbelt Park! It will take place on **Saturday, April 16th, from 8:45-12:00** (meet at the Sweetgum picnic area).
- 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!
 - Springburst 8K on April 9th
 - WDF 5K/Men's 5K on August 21st
 - Wright Stuff 10K on December 3rd
- And, as we look forward to summer, the **Women's Distance Festival 5K** (August 21st), and the excellent PGRC 3/1.75 mile fun runs are on the horizon!

Member Spotlight!! What makes PGRC runners tick?

Deon Merene



Deon started running in high school and never stopped! She has been running for 41 years and she's been a member of PGRC for the past 6-7 years. She is currently training for the Saint Michael's Half Marathon on May 21, 2016. Her favorite race is the Army 10 because it's for a good cause, it's well organized and "[i]t is inspirational to see wounded soldiers running". Deon runs with the group in Bowie that meets regularly at 5:30 am (!).

Greatest running accomplishment: Informally coaching and inspiring new runners. It is great to see new runners start out running a half mile and then get to 10k, 10 miles and beyond.

Greatest challenge: Training for a marathon.

What's your favorite part about being a PGRC member? The relationships developed with other runners through joining training programs, running with the early morning group in Bowie and

different groups around the county. It is almost impossible to run with any group in PGRC or go to a local race and not know a few people, which is comforting and makes you feel like part of the running community.

Tell us about those early runs. I run 3 days a week at 5:30 a.m., Mon, Wed, Fri and sometimes add a Tues or Thurs to support other runners sticking to their training plans. I run all winter, and actually prefer the cooler temps. Participation is usually between 3 and 7 people. The numbers dwindle in the winter and increase in the spring and summer.

Is there anything else you'd like to tell us about your running, running in general or PGRC? Early morning running is the best time to run because it is the only part of the day many of us have control of our time. Also, you avoid the anxiety of worrying if you will get out of work on time to make your run before dark before picking up kids, dinner with family, running errands, etc. After a couple of weeks of early morning runs, it gets to be a habit and a couple of us are always there to greet you.

Kimberly Brooks



Kimberly has been running ever since she was 10! She's been a member of PGRC for about 7 years. She ran competitively in high school and college, and after college started running long distance races. Her favorite race distance is 10 miles. She is currently recovering from plantar fasciitis but plans to train for the Parks Half Marathon. Kimberly also runs with the early morning group in Bowie.

Greatest accomplishment: My greatest running accomplishment is qualifying for NCAA Nationals, finishing in the finals of the 4x400 in third place and subsequently named a Div. I All-American. As my college coach used to say in track if you make All-American it's not because somebody liked you; it's because you earned it.

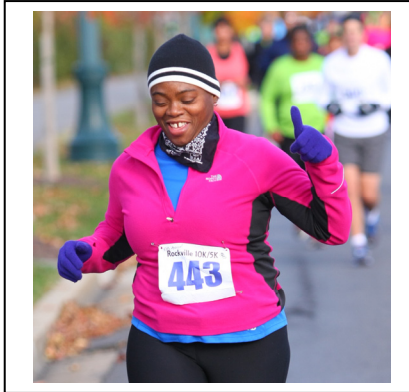
Greatest challenge: The most difficult challenge I have faced with respect to running was getting back in shape after having my son. I ran up to my 8th month of pregnancy but things got too uncomfortable at that point. After I had my son I had to muster the energy to run with him in the jogging stroller.

Tell us about those early runs. We pretty much run through rain (in the warmer months), snow, sleet, okay maybe not sleet. But we are a dedicated group (some would say crazy). In the winter the group tends to shrink a bit but most are back out once the weather warms up. I would say we have an average of 5-6 people who are regulars. There are another handful that wander in and out. I think most of us are motivated to run early because we work and have kids to get off to school. Personally, I am a morning person and when it comes to working out especially so. I have a very hard time motivating myself to run after work.

Is there anything else you'd like to tell us about your running, running in general or PGRC? I'd like to encourage anyone who is thinking of joining us for the early morning runs to come out and try it. However, you should give it at least a full week before you decide if it is for you or not. It's hard for all of us when that alarm goes off but the reward is that at the end of the day you have already completed a great workout and can go home, have some wine, or tea and relax! I'd also like to add that the early morning group is a very welcoming and supportive group. We make it a point to never leave new people by themselves and we welcome ALL paces and distances. Last, as a psychologist I can honestly say that running is therapy for me. It clears my head, relieves stress, keeps me focused and allows me to take care of myself so I can be the best mom, therapist, sister, daughter etc. that I can be. As I say to my mom patients, "You can't do your best if you are not at your best and you can't be at your best if you don't take care of YOU."

Member Spotlight – Springburst Special!

Lisa Jordan



Lisa is an experienced runner, working her way back from an injury. She joined the 8K training program because she wanted structure as she tried to increase distance. She is hoping to run a half marathon in 2017 and plans to continue running with PGRC!

Favorite part of the 8K training program: My favorite was the track workout. I know, most people tend to dislike that part, but I loved it. It was challenging, but above all, the pace setters and coaches from the 8k training program were there at the track workouts providing words of encouragement and support. They were always friendly and helpful. If I can mentioned the ones who were always encouraging and super supportive of me: Yvonne, Dave, Cecilia, Tony, and Rod.

Most challenging part of the 8K training program: Hmmm. Even though I loved the track workouts, it was the most challenging. I didn't like the warm up runs at the beginning, but they work. I didn't think I could run any faster at my age, but I did. There were runners at the workouts who were younger and older who kicked my butt during the track workouts. It was a humbling and enjoyable experience.

How was Springburst? The Springburst was hard! I thought I was well prepared, but I worked really hard on race day. As part of the training program, we had hills training at Greenbelt Park and we ran the course a week before race day. I thought I was mentally and physically prepared. On race day, when I ran the hills, I felt like I was running on marshmallows. I wanted to go faster, but my legs said, "uh no!"

What advice would you give new runners who are thinking about training for their first race? I started out by walking and then it progressed to walking and jogging every few minutes. Don't beat yourself up when you don't think you aren't progressing as fast as you like. Every walk and jog counts toward your fitness and getting you across the finished line. I would strongly advise getting in the habit of doing cross-training exercises. ... Don't be like me and not take my own advice!

Zulema Eldridge



Zulema is a new runner. She had never run before joining the 8K training group, but when she heard about it, she thought "it's now or never". She enjoyed all of the support and encouragement she got from the group. She wants to more races, maybe concentrating on 5Ks, and she plans to keep running with PGRC!

Favorite part of the 8K training program: My favorite part of the program was getting up on Saturday morning to meet the group. When we began, winter was ending so we were dealing with pretty difficult conditions but getting up and seeing everyone that showed up was motivating and it also set the tone for the rest of my day.

Most challenging part of the 8K training program: The most challenging part was reminding myself that running is personal and mind over matter. I really struggled because I kept thinking about how slow I was running compared to everyone else that I hadn't even paid attention to my own accomplishments since the start of the program.

How was Springburst? Initially I was excited for Springburst and the closer we got to the date I got nervous and then the morning of I was just anxious to get it over with. I was prepared because I had ran the course before but I also was not prepared because I think I would've liked to run the course several times prior to the race. Throughout Springburst, I experienced a ton of emotions from excitement to defeat to sadness and back to excitement. I was all over the place. When I crossed the finish line I was glad that I participated and happy that I finished.

What advice would you give new runners who are thinking about training for their first race? Just do it! Oh, and buy good shoes!

Reminders!

- PGRC's track workouts are happening every Tuesday! See http://pgrc.org/training/tuesday_track.php for details!
- PGRC's walking group is back outside! Walkers meet at 8:00 am on Saturdays, and at 6:30 on Tuesday nights at the UMD track. 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#comeingevents> for details!
- PGRC runners are also meeting in Greenbelt for morning runs on Saturday and Sunday mornings, and Thursday evenings! See <http://www.pgrc.org/index.php#comeingevents> for details!

Some words...

- **A word on Meet-up:** The Information Committee encourages everyone to start 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.

VOLUNTEERS STILL WANTED!!!!

- **Events!** If you'd like to get involved with PGRC races and events, please contact volunteer@pgrc.org. PGRC needs you!
- **Committees!** If you're interested in helping the board in any area, please contact us! <http://pgrc.org/contactus.php> We also need you!
- **Information Committee!** If you have web skills and/or are interested in helping improve PGRC's website, please contact news@pgrc.org We're hoping to maximize the website's potential.

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/>



Thanks for reading!