

# Prince George's Running Club

## March 2017 BULLETIN



It's springtime! And while it is an understatement to say the winter was mild, it is still an exciting time of year what with all the cherry blossoms, daffodils and snow accumulation. And though our spring-like winter has given way to a periodically winter-like spring, we have many springy things to look forward to. Like SPRINGBURST!!, and the SPRING picnic, and the SPRING training programs, and, eventually, some SPRING weather! Of course, weird weather notwithstanding, PRGC has been up to a lot of great stuff this winter/spring!!!

**What have we done?!!! Please, what haven't we done?!!!**



**First of all, there was PRGC's annual 10K: The Wright Stuff!** On the beautiful, though somewhat frigid morning, of December 10<sup>th</sup>, 2016, 57 people came out to run PGRC's Wright Stuff. Also, many, many dedicated volunteers came out to make the race happen. Many, many thanks to Rebecca Cormeny for directing the race and thanks to all the volunteers and runners. Another success, PGRC!



## Club Events!!

### Holiday Lights

**Run!** Once again, Ginny Fromel organized and hosted a beautiful holiday run through the holiday lights in New Carrollton!!! On December 8<sup>th</sup>, 2016, a group of festive and reflective PGRCers came out for the lights, run, food and fun. Thank you, Ginny!



### New Year's Resolution

**Parkrun!** Remember reading in the last issue about the awesomeness that is the College Park Parkrun? Well the, CP Parkrun is still awesome (at 9:00 am, every Saturday), so awesome in fact that CP Parkrun and PGRC decided to co-sponsor a special New Year's Resolution Parkrun on January 1<sup>st</sup>, 2017. Many PGRC members started 2017 with an invigorating 5K in the company of lots of friends. Thanks to Andrea Zukowski

(PGRC member and College Park Parkrun founder) for organizing!!!

## 2017 Presidents' Day

**Holiday Run!** A group of PGRC members decided to start the holiday with a run! In addition to a delightful run in the lovely February weather (note the shorts and short sleeves!), there were coffees, treats and great conversation at Board and Brew afterward. Thanks to Mark Shroder for organizing this great event!



## Club Challenge 10

**Miler!!!!** Once again, PGRC joined all area RRCA running clubs to compete in the Club Challenge 10 Miler. This year we had 9 women and 9 men take on the infuriatingly hilly 10 mile course on that windy morning. In spite of the challenges, we all had a great time. The course marshals and police were all friendly and supportive. In the end, we weren't a top scorer, probably due to our small numbers, but our male Grand Masters Team beat out the Frederick Steeplechasers for 7<sup>th</sup> place (Go male Grand Masters!!!!). As always, this was a super fun race and it was really nice to do together as a club. Next year we hope to have a HUGE group of PGRC members participate! Thanks to Cindy Cohen for organizing!!





## Training Groups!!

**10K!** Members of the 10K training program put in a lot of hard work this past fall and it paid off when they ran the Wright Stuff 10K (the graduation race). Thanks to Ndegwa Kamau and Dave Roeder for their great coaching and support!!!



**8K!!** Currently, the 8K training program is preparing runners for PGRC's annual Spring Burst 8K in Greenbelt National Park. Those 18 lucky members of PGRC's 8K training program get to train on the racecourse itself. This is important as those hills take a little getting used to! Thanks to Clarise Cannings and Karen Hill for coaching!!!



**Half-Marathon!!!** The informal half-marathon training group has begun the journey towards 13.1! The Saint Michael's Half Marathon on May 20<sup>th</sup> in Saint Michael's Maryland is the graduation race. Around 20 people have signed up and lots more are attending runs and workouts. Thanks to Bex Williams and Ndegwa Kamau for coaching!!!



## Other great things people are up to!!



On November 24<sup>th</sup>, 2016, Rebecca and Jennifer Cormeny volunteered at the So Others Might Eat (SOME) Trot for Hunger (see <http://some.org/> for information). Thanks Rebecca and Jennifer for this service to the community!

PGRC was out in force at the George Washington's Birthday Marathon on February 19<sup>th</sup>, 2017. PGRC members Cindy Cohen, Joseph Abell, Lloyd Rawley, Kirk Gordon and Alvin Lee ran the race. Great job everybody!!!



**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/>

Now, is there anything coming up? Ummm, something... what was it....





**When:** Saturday, April, 29<sup>th</sup>, 2017, 9:00 am

**Where:** Greenbelt National Park

**Register:** <https://runsignup.com/Race?raceId=1376&remMeAttempt=>

\*Registration closes at midnight on Thursday 4/27/17.

**Volunteer:** <https://m.signupgenius.com/#/showSignUp/4090C45A9A72BAAFE3-springburst>

Yes, it is once again time for PGRC's very own **SPRINGBURST 8K!!!!**, an event worthy of many, many exclamation points!!!! This is a wonderful race right in **Greenbelt Park**. We encourage all members to come out and **run** (and bring your friends!!). And, if you would rather not run the race, please, **PLEASE** come out and support PGRC by **volunteering!!!** Also, for many volunteer roles, you can volunteer and still run the race!!!

Psst, if you run Springburst, you'll be eligible to participate in **PGRC's 2017 Race Series!!!!** More details in the next bulletin (Spoiler Alert: There are special prizes involved!)

And, many, many thanks to Rebecca Cormeny for directing this race!



Mark your calendars, **2017 Club Picnic** will take place on **May 6th!!!!** Details to follow, but this is always a super fun event with lots of good food and friends. We also typically work up an appetite by going on a nice run first. Here is Chef Tony at the 2016 picnic ☺

## Member Spotlight!!

### Clare Imholtz



**Clare Imholtz** has been running on and off since the 1980s and has been a member of PGRC since 2003. She started running to stay healthy. Her favorite race is the Springburst 8K because it's a PGRC race and it's challenging. Her favorite part about being a PGRC member is the camaraderie. Clare says "It's a wonderful group, and very supportive. Track night is an important time, and I hate when I miss it".

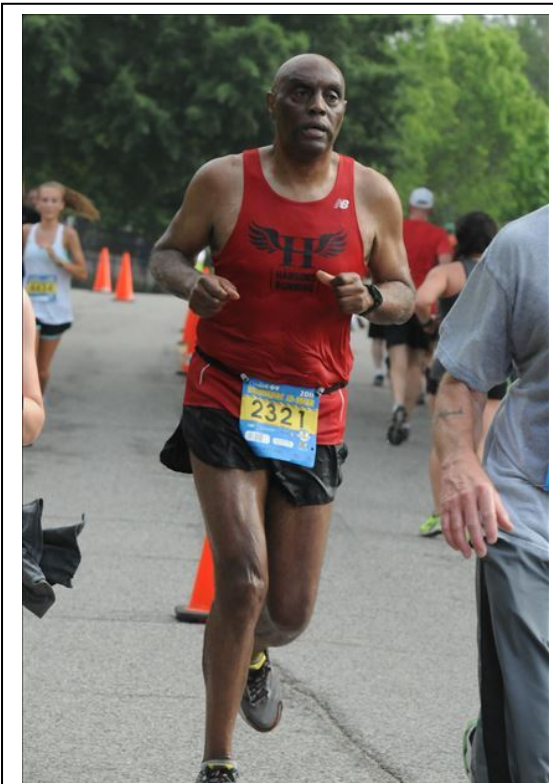
**What is your greatest running accomplishment? Why?** When I started, I thought I'd never run a race longer than 5k and never run when the temperature was below 50 degrees. So my greatest accomplishment is overcoming these foolish ideas and becoming a regular dedicated runner. So far my longest distance is the half-marathon.

**What was the most difficult challenge you have faced?** The 15k, 5p.m.-start Larry Noel has seriously challenged my endurance every time I've run it, even when I think I'm trained for it.

**Is there anything else you'd like to tell us about your running, running in general or PGRC?** I think I'm just lucky to be a morning person. Our summers are so hot that early morning is the best time to run. I'm slowing down, and I've had a few temporary setbacks the past few years, but I still feel so much better after I run, especially when I've had to force myself to get

**Tell us a fun fact about you.** I collect books by Lewis Carroll.

### James Roberts



**James Roberts** started running in his freshman year of high school where he earned his varsity letter by winning four out of seven races in the two mile event. His best time was an impressive 11:01 (he said he could never break 11:00). He's been a PGRC member since 2012. He started running after about 40 years of not running and playing golf 2-3 days a week. James says "I decided to participate in a fund raiser for Crohns which was a half marathon. I had not at that point run beyond 3 miles. I followed the program and ran a 2:05 finishing third in my age group". His favorite race is the Baltimore 10 miler where he ran his first sub 9:00 minute mile pace. His favorite part about being a PGRC member is running with fellow members at 5:30 am.

**What is your greatest running accomplishment? Why?** My greatest running accomplishment was breaking the 2 hour barrier in the half marathon after several attempts and visits to the ER.

**What was the most difficult challenge you have faced?** Finishing the last 3 miles of the marathon close to goal pace. In all my races with exception of the marathon my last mile is usually the fastest.

**Is there anything else you'd like to tell us about your running, running in general or PGRC?** I am very disciplined in my training and I have not missed a run in two years.

**Tell us a fun fact about you.** I was voted the top athlete in my high school class 4 varsity letters in track and 3 in cross country and I captained the track and cross country teams. After running the two miler for two years in high school my coach switched me to the 400 200 for my junior and senior year. Out of 16 meets I won 13 in the 200 and 400.

## The numerous and awesome regularly-offered PGRC events!

- PGRC's track workouts are happening every Tuesday! See [http://pgrc.org/training/tuesday\\_track.php](http://pgrc.org/training/tuesday_track.php) for details!
- PGRC's walkers meet at 8:00 am on Saturdays! Contact [walk@pgrc.org](mailto: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#comeingevents> 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!

## VOLUNTEERS ALWAYS WANTED!!!!

- Not up for running the Springburst 8K? Please volunteer (and loudly cheer)! PGRC needs you! <https://m.signupgenius.com/#/showSignUp/4090C45A9A72BAAFE3-springburst>
- If you have questions about volunteering, contact [volunteer@pgrc.org](mailto: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!!



**Thanks for reading!!!!**