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Montgomery County Road Runners Club

Ins & Outs - February 28, 2020

"We Are Running in Montgomery County"



Greetings, MCRRRC Member!

We are pleased to bring you this edition of Ins & Outs!

You may have noticed we took a few weeks off -- technical difficulties -- sorry about that! But the newsletter is back up & running with a new format that we hope you love!

In addition to getting you caught up on all that's happening in the club, we'd love to bring back our "Member Moments" section -- this is throwing it waaaaay back! Marriages? New baby? Crazy, unexpected PR? We'd love to hear about it & share it with our members. If you have any "news we can use" please send it to office@mcrrc.org. Also, we're looking to see all the cool places you've gone in your MOCO gear for a brand new section of Ins & Outs, so check it out and send us your pics!

We look forward to hearing from you & happy reading!

Club Events & News

Reminder! The Annual Awards Banquet has been moved to **Sunday, May 3rd**. Signup & information for this event will be distributed soon.

MARK YOUR CALENDARS! Please join us on **March 22nd at 9:30 am in the Woodlands Room at Seneca Creek State Park, following the Piece of Cake race, to elect the 2020-21 Board of Directors & to celebrate the club's birthday with lots of CAKE!**

This event is FREE, but we do need a headcount, so please [RSVP HERE](#).

We will be holding our annual birthday cake contest following the board elections. We've seen everything from running-related cakes, Easter/ spring themes and zombie bunnies -- the only rule for the contest is that your cake must be homemade! Work individually or as a team! Other desserts (homemade or store-bought) not intended for the contest ARE welcome & encouraged as well.

If you will be providing a cake for the contest or a dessert to share, please let us know at

office@mcrrc.org in advance. Transportation services are not available, so you will need to be able to get your own dessert to the Woodlands Room by 9:00 AM.

Upcoming Races

March 7th

Seneca Creek Greenway Trail Marathon & 50K

Greenway Trail

www.senecacreekgreenwayrace.com

March 22nd

Piece of Cake 5K/ 10K

Seneca Creek State Park

Gaithersburg, MD

March 22nd

MCRRC Board Elections & Club's Birthday Party

(following Piece of Cake)

Seneca Creek State Park – the Woodlands Room

March 29th

Spin in the Woods XC

Wheaton, MD

2020 Low-Key Member Bibs

Just a friendly reminder that the signup for 2020 member bibs & chips is now conducted online only!

Prior to your first low-key race of the year, simply go to our low-key member signup to register for your bib & chip, which will then be waiting for you at the race. If you forget to signup before you get there, we will have registration kiosks available for you at the race site.

As always, you only need to do this prior to your first low-key race of the year. If you had a bib & chip in 2019, please remember to bring your old chip with you to exchange for a new one. If you are not exchanging an old chip, you will need a \$5 deposit for your new chip.

Signup for your 2020 member bib & chip [HERE](#).

***IMPORTANT NOTE:** If you have already signed up to receive a personalized bib for your volunteerism, you do NOT have to use this online signup. Your bib & chip have already been assigned to you and will be waiting for you at any low-key race registration table.*

Train With Us!

As our winter programs approach their finish, we now look to spring & summer training (whew!). Registration is open or opening soon for your warm weather favorites!

Beginning Women Runners

This low-key program, geared specifically for women, will train you to complete a 5k (3.1 mile)

race – whether you've never run before in your life or you're easing back to running after an injury or childbirth. The BWR program provides a structured, supportive environment for you to gain fitness and also meet other women with similar goals. This is a non-competitive program for women of all skill levels where each individual can progress at her own pace.



[REGISTER FOR BEGINNING WOMEN'S TODAY](#)

Hit Your Stride at the Run Performance Lab!

The Run Performance Lab has been a MCRRC member benefit for the last 20 years. It is comprised of a volunteer staff of running coaches, podiatrists, physical therapists and shoe experts. Each participant is videotaped running on a treadmill and is evaluated by each of the experts, who transcribe their thoughts and dispense information (as well as a free, high quality t-shirt) to everyone.



Whether you're a new or experienced runner, the Run Performance Lab can help you reach your goals to improve fitness, minimize injury, or take your running to the next level. For more information, please visit [our website](#).

Major Races = Big News!

Registration pricing for the Pike's Peek 10K GOES UP on Sunday, March 1st (yes, that is this Sunday). Don't miss out! Why pay more when it feels so good to pay less?



Planning on running both Pike's Peek AND Suds & Soles? Take advantage of our [limited time discount](#) when you register for both the MD RRCA 5K & 10K State Championship races! (Before you ask- no, sorry, we can not offer any discounts retroactively)

Volunteer slots for Pike's Peek are now open! If you aren't running, PLEASE [register](#) to help out. Make another runner's day by giving them water, holding traffic so they can run safely, or getting their bag to the finish from Shady Grove. [Sign up early](#) to get your choice of jobs!

Competitive Racing Team Results

- submitted by *Nicolas Crouzier*

RRCA Club Challenge 10M -- 2020-02-23

Nicolas Crouzier 53:41.02 (Gender rank: 20th of 478, Overall rank: 20th of 797)
Chad Phillips-Hart 56:34.73 (Gender rank: 43rd of 478, Overall rank: 43rd of 797)
Ryan Johnson 57:52.39 (Gender rank: 60th of 478, Overall rank: 60th of 797)
Chris Shaw 58:30.47 (Gender rank: 64th of 478, Overall rank: 64th of 797)
Ryan Hadley 58:53.99 (Gender rank: 71st of 478, Overall rank: 71st of 797)
David Storper 59:29.02 (Gender rank: 77th of 478, Overall rank: 77th of 797)
Hasan Hobbs 59:54.81 (Gender rank: 82nd of 478, Overall rank: 82nd of 797)
Jim Dahlem 1:00:21.37 (Gender rank: 86th of 478, Overall rank: 86th of 797)
Jeff Duyn 1:00:24.17 (Gender rank: 87th of 478, Overall rank: 87th of 797)
Daniel Jacobs 1:00:55.58 (Gender rank: 94th of 478, Overall rank: 96th of 797)
Stephen Varney 1:00:55.82 (Gender rank: 92nd of 478, Overall rank: 94th of 797)
Jeff Elkins 1:01:43.92 (Gender rank: 104th of 478, Overall rank: 106th of 797)
Alex Booth 1:01:54.99 (Gender rank: 110th of 478, Overall rank: 114th of 797)
Roman Gurule 1:02:23.57 (Gender rank: 116th of 797, Overall rank: 122nd of 797)
Mark Neff 1:02:28.63 (Gender rank: 115th of 478, Overall rank: 121st of 797)
Brian Murphy 1:03:01.84 (Gender rank: 122nd of 478, Overall rank: 129th of 797)
Kristen Serafin 1:03:32.07 (Gender rank: 11th of 319, Overall rank: 140th of 797)
Robert Palmer 1:03:40.15 (Gender rank: 131st of 478, Overall rank: 142nd of 797)
Erin Kelman 1:04:19.48 (Gender rank: 141st of 478, Overall rank: 152nd of 797)
Gene Park 1:04:27.75 (Gender rank: 148th of 478, Overall rank: 160th of 797)
Meg Ryan 1:05:00.68 (Gender rank: 14th of 319, Overall rank: 164th of 797)
John Whitridge 1:05:24.78 (Gender rank: 162nd of 478, Overall rank: 176th of 797)
Peter Bandettini 1:06:11.97 (Gender rank: 172nd of 478, Overall rank: 188th of 797)
Wiley Hemphill 1:06:49.29 (Gender rank: 179th of 478, Overall rank: 197th of 797)
Lisa Reichmann 1:09:43.32 (Gender rank: 36th of 319, Overall rank: 251st of 797)
Cindy Conant 1:10:00.83 (Gender rank: 38th of 319, Overall rank: 255th of 797)
Melissa Rittenhouse 1:10:04.29 (Gender rank: 39th of 319, Overall rank: 256th of 797)
Erica Singleton 1:12:15.54 (Gender rank: 51st of 319, Overall rank: 289th of 797)
Mark Adams 1:14:50.97 (Gender rank: 261st of 478, Overall rank: 322nd of 797)
Bill Loomis 1:15:25.58 (Gender rank: 273rd of 478, Overall rank: 342nd of 797)
Weiqun Zhou 1:15:40.21 (Gender rank: 279th of 478, Overall rank: 350th of 797)
Jennifer Sample 1:18:24.05 (Gender rank: 83rd of 319, Overall rank: 389th of 797)

The Reverse Ring -- 2020-02-22

Steven Andrews 25:19:00 (Gender rank: 13th of 15, Overall rank: 15th of 18)

Tidal Basin 5K -- 2020-02-19

Steven Andrews 19:34.30 (Gender rank: 2nd of 13, Overall rank: 2nd of 15)

Kemp Mill (C)hills 10K -- 2020-02-16

Nicolas Crouzier 34:14 (Age group rank: 1st of 8, Gender rank: 1st of 106, Overall rank: 1st of 178)

Shlomo Fishman 35:42 (Age group rank: 1st of 6, Gender rank: 2nd of 106, Overall rank: 2nd of 178)

Chris Shaw 37:08 (Age group rank: 1st of 11, Gender rank: 4th of 106, Overall rank: 4th of 178)

Ryan Johnson 37:12 (Age group rank: 2nd of 8, Gender rank: 5th of 106, Overall rank: 5th of 178)

Jim Dahlem 38:07 (Age group rank: 2nd of 11, Gender rank: 8th of 106, Overall rank: 8th of 178)
Stephen Varney 38:28 (Age group rank: 2nd of 15, Gender rank: 10th of 106, Overall rank: 10th of 178)
Robert Palmer 39:50 (Age group rank: 3rd of 11, Gender rank: 11th of 106, Overall rank: 11th of 178)
Erin Kelman 41:31 (Age group rank: 4th of 11, Gender rank: 15th of 106, Overall rank: 15th of 178)
Wiley Hemphill 41:55 (Age group rank: 4th of 6, Gender rank: 17th of 106, Overall rank: 17th of 178)
Marty Horan 42:35 (Age group rank: 1st of 8, Gender rank: 18th of 106, Overall rank: 18th of 178)
Mark Adams 46:24 (Age group rank: 3rd of 8, Gender rank: 29th of 106, Overall rank: 33rd of 178)
Bill Loomis 49:24 (Age group rank: 1st of 10, Gender rank: 41st of 106, Overall rank: 48th of 178)

Weekly Workouts

There are training and social runs available for everyone - from walkers to ultrarunners...

A calendar for all runs is available [here](#).

Wednesday Track Workouts

Are you looking for some companions for your track workouts or need some track workout suggestions? Join the Wednesday night track workouts at Montgomery College at 7:00 PM.

Suggested workouts are provided and participants often meet for beer and pizza at Giuseppe's in Rockville. Only MCRRC members are permitted on the track & participating members must be 18.

Thursday Morning Fallsgrove Run

This early morning run is a great workout along the [Millenium Trail](#) in Rockville. The Millenium Trail is just over 10 miles though some runners will occasionally make this run an out and back rather than complete the entire loop. All paces are welcome.

Ken-Gar Long Runs

We are always happy to welcome new runners to our group and would love to continue to grow the number of runners and pace groups that regularly attend. Details available on our website or e-mail bmurph83@gmail.com with any questions.

Weekly Runs - Easy Runs

Enjoy running with others at a conversational pace on Tuesday and Thursday evenings. Runners and walkers of all paces are welcome (all conversation topics are welcome, too)! There are a variety of routes from 4 to 8 miles. You do not need to be a club member to participate in these runs. There is no fee. These runs are now at the fall and winter location at downtown Rockville at 6:30 PM. Leaders recommend signing up for and viewing the [Yahoo group](#) to see who is attending.

Thursday Morning Hill Workout

Join us every Thursday at the Kemp Mill Shopping Center at 5:30 AM to conquer the hills. We usually run about 6 miles at an uphill pace, but we're friendly for all paces. We've added optional

miles to accommodate anybody else who wants a longer distance. Details available on our website or e-mail jlunsford@gmail.com with any questions.

My Muddy Shoes Runs

An independent group of mostly MCRRC trail running enthusiasts, holding low-key evening trail runs (5-8 miles) for all levels, 3 days a week year-round and Saturday morning trail runs when there is no MCRRC Trail Training Program.

Join the Yahoo group, Facebook group, or go to the web page www.mymuddyshoes.org. Mud, rocks, hills, good dirt, what could go wrong? Bring lights for night runs. Group does join MCRRC in advocating that participants volunteer for county and state parks trail maintenance.

For exact details on times and locations, please consult each run's page on mcrrc.org since details are subject to regular changes (often based on weather and time of year). Communication groups for each run are particularly helpful in keeping track of when, where, etc. There's also a Facebook group [here](#).

Member Moments...

Share with us your notable moments - running or non-running, we'd love to hear about & share your accomplishments! E-mail them to office@mcrrc.org for possible inclusion in a future edition of Ins & Outs!

Show Us Your MOCO!

Where have you worn your "official" MCRRC merch? We want to see!

Send us a pic of you in your MOCO in an exotic location, cool location, etc (running or non-running related)

Here is Scottie Pitts & a friend after completing the Spartan Race in Killinton, VT in the fall! We love that MOCO went north to New England!

Where have you worn YOUR MOCO?



Stay Informed!

1,000+ members on our social media and growing! Be sure to "like us" on [Facebook](#) & follow us on [Twitter](#) and [Instagram](#) to keep up on all the latest club news!

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