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Montgomery County Road Runners Club

Ins & Outs - March 13, 2020

"We Are Running in Montgomery County"



MCRRC STATEMENT ON COVID-19 **UPDATED 3/13/20**

Dear Members -

As you know, the topic of COVID-19 remains a concern to many people, including the MCRRC Board. This was not an easy decision, but one made following the announcement by Governor Larry Hogan declaring a State of Emergency and the recommendation from local officials that any events containing large groups of people refrain from meeting.

With this in mind, the Board of Directors has suspended all club activities through March 31, 2020. This includes, but is not limited to, races, weekly workouts, training program workouts, social events, etc.

What does this mean?

- * The Piece of Cake 5K/ 10K scheduled for March 22, 2020 is cancelled
- * The board elections/ club's birthday party scheduled for March 22, 2020 is cancelled
- * Spin in the Woods, scheduled for March 29, 2020 is cancelled
- * All official club weekly workouts are cancelled through March 31, 2020
- * Training program workouts are cancelled through March 31, 2020
- * Tracks have been closed by MCPS and Montgomery College
- * No official club social events will be held through March 31, 2020

At this time, no decision has been made regarding ANY EVENT past March 31st.

We apologize for any inconvenience this may cause to our members. The board and staff will continue to monitor COVID-19 and to follow the guidelines put forth by local government officials. We will re-evaluate the status of our operations as we approach March 31st date and will keep our members informed of any future decisions.

Should you have any concerns, please feel free to contact the office.

Club Events & News

The board elections & club's birthday party scheduled for March 22nd following Piece of Cake, have been **CANCELLED**. Thank you to everyone who expressed interest in submitting a cake for our cake contest.

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

Upcoming Races

March 22nd

Piece of Cake 5K/ 10K - CANCELLED

Seneca Creek State Park
Gaithersburg, MD

March 29th

Spin in the Woods XC - CANCELLED

Wheaton, MD

Competitive Racing Team Results

- submitted by Nicolas Crouzier

Reston 10 Miler -- 2020-03-08

Julie Sapper 1:11:35 (Age group rank: 2nd of 54, Gender rank: 12th of 327, Overall rank: 54th of 614)

Seneca Creek Greenway Trail 50K -- 2020-03-06

Nicolas Crouzier 4:07:07 (Age group rank: 1st of 32, Gender rank: 1st of 110, Overall rank: 1st of 167)

Jim Dahlem 4:53:36 (Age group rank: 1st of 32, Gender rank: 3rd of 110, Overall rank: 3rd of 167)

Steven Andrews 5:19:09 (Age group rank: 8th of 32, Gender rank: 9th of 110, Overall rank: 9th of 167)

Ryan Hadley 5:21:00 (Age group rank: 2nd of 32, Gender rank: 11th of 110, Overall rank: 11th of 167)

Robert Palmer 5:21:45 (Age group rank: 3rd of 32, Gender rank: 12th of 110, Overall rank: 12th of 167)

Seneca Creek Greenway Trail Marathon -- 2020-03-06

David Storper 4:37:17 (Age group rank: 6th of 28, Gender rank: 10th of 92, Overall rank: 11th of 130)

Atlanta Half Marathon -- 2020-03-01

Jordan Acton 1:17:18 (Age group rank: 13th of 328, Gender rank: 43rd of 2619, Overall rank: 44th of 5809)

Atlanta Marathon -- 2020-03-01

Shlomo Fishman 2:38:24 (Age group rank: 2nd of 156, Gender rank: 7th of 1319, Overall rank: 7th of 2105)

Kristen Galligan 3:19:55 (Age group rank: 5th of 118, Gender rank: 21st of 786, Overall rank: 172nd of 2105)

Hashawha Hills 50K -- 2020-02-29

Kristen Serafin 4:43:38 (Gender rank: 1st of 39, Overall rank: 1st of 105)

Gasparilla Half Marathon -- 2020-02-23

Armand Silva 1:19:48.47 (Age group rank: 8th of 224, Gender rank: 25th of 1929, Overall rank: 26th of 4189)

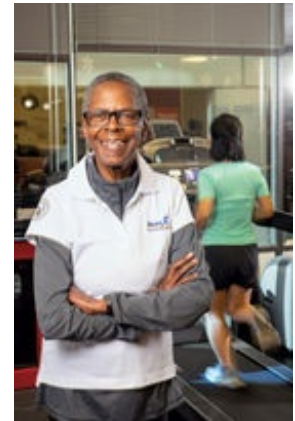
Member Moments...

In case you missed it, Bethesda Magazine featured our own longtime member, coach and friend, Betty Smith.

For over 10 years, Betty has volunteered with the Run Performance Lab, offering her advice from years of long-distance running. She is also a valuable volunteer of many MCRRC races.

We are so proud of Betty and encourage you to read about her here.

[Keeping in Stride](#)



Congratulations to Clare Bolek and Lisa McDonough, whose swift training with the Winter Half Marathon Program saw them to the finish line of the Princess Half Marathon in Orlando, FL on Feb. 23rd!

They even ran into a previous member of MCRRC, Leighann Yarwood, who currently lives in Florida. Bolek credits (or blames) Leighann as the person responsible for her love of the half marathon distance. Way to go, ladies!

Show Us Your MOCO!

Where have you shown off your "official" MCRRC gear?

Send us a pic of you in your MOCO in an exotic location, cool location, etc (running or non-running related) & be featured in an upcoming edition of "Ins & Outs!"

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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