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Montgomery County Road Runners Club

Ins & Outs - March 27, 2020

"We Are Socially Distancing in Montgomery County"



Dear Members -

We hope you are all staying safe during these unprecedented times. Just as they have been saying in the news, we here at MCRRC are all in this together. We look forward to the day when we can get back to business as usual and see our groups back out on the trails. Until that time, we would encourage all of our members to follow the recommendations of the CDC so that we are all doing our part to flatten the curve.

Current Club Status: All club activity suspended through May 17th

That being said, our staff and board are still hard at work and keeping things running as best we can (no pun intended). Thank you to all who have expressed your support for us.

A few notes:

- The **Germantown 5 Miler** has been rescheduled for July 4, 2020.
- The **2020 Awards Brunch**, originally scheduled for May 3rd, has been cancelled. Due to scheduling and other factors, the Board and Staff have made the difficult decision to cancel the brunch. Look for an announcement sometime next week recognizing the Outstanding High School Runners, as well as a later announcement of all series and award winners. No plans are in place yet as to award distribution, but once we are able to resume our operations, we will be in touch about that. The next awards brunch has been tentatively rescheduled for May 2, 2021 with the plan to acknowledge the 2019 winners along with the 2020 winners.
- The **Beginning Women Runners Program** will postpone it's start by approximately 2 months to start on Tuesday, May 19th, with its goal race the Matthew Henson Trail 5K on July 18th.

Finally -- we all need a distraction, so let's have some lighthearted fun! We have prepared for you a quiz called "Getting to Know the MCRRC Leadership." See how many you can get without looking at the answers!

Stay well,

Message from the Nominating Committee

The MCRRC Nominating committee, composed of Doug Watt, Mike Acuna, Larry Feidelseit, Katie Poole, Wanda Walters, Bob Yarchoan, and Conroy Zien, over the last three months has completed their search to replace the outgoing MCRRC Board members whose terms have ended. The Nominating Committee submitted questionnaires to all interested candidates, reviewed the responses, and conducted interviews with the candidates. Additionally, we used feedback from existing board members, MCRRC personnel, our understanding of the needs of the club, and the feedback and suggestions we received from our club members in making our decisions.

The Nominating Committee would like to thank the outgoing Board Members for their service to Montgomery County Road Runners Club. As you know, volunteering for the Board is a big commitment.

A big thank you to: Sri Rapaka – Outgoing Treasurer, Andrea Keane-Myers – Outgoing Secretary, and Terri Scadron– Outgoing At-Large Member!

This year, due to the CONVID 19 issue; voting was done online instead of at the annual business meeting. As required by the bylaws, the Nominating Committee would like to announce the results of the vote:

The new members of the 2020-2021 MCRRC Board are: Treasurer – Jennifer Smith, Secretary – Brian Murphy (currently Member-At-Large), Member-at-Large – Jefferson Lunsford and Member-at-Large – Yvette Murphy.

We would like to thank everyone who took the time to vote online and for your patience & support as we work through doing things a new way as a result of COVID-19.

Getting to Know the MCRRC Leadership

1. Which member, who now loves sushi, hated it at first after trying it in Japan by way of a "sushi party?" *(we were afraid to ask what actually happens at a sushi party....)*

2. Multiple Choice: How did Ken break his right elbow in 2008?

- A. Parkour
- B. A heated battle with ninjas
- C. Running into a parked car
- D. Coming off of the top rope in WWE Mangle-a-Mania XVIII

3. Name the member who can no longer run a mile, but CAN come up behind you and take you down in a nasty rear-naked choke. *(this is the actual name of the submission - no clothing is removed during its execution nor are butts involved)*

4. Which member was so excited to start their FTM long run in DC that they forgot to put their car in park and partially ran him/herself over? *(editor's note: no matter what he says, we somehow blame FTM director Conroy Zien. Make your runs less exciting, mmmkay Conroy?)*

5. Though most often seen running in and out of pubs and other social gatherings, we applaud this member for becoming the most socially distant resident of Montgomery County. Who is he?

6. Which member failed to recognize Slash from Guns n Roses, even after an extensive conversation with him about art and painting, during a chance encounter in Buenos Aires, Argentina, where the group was touring back in the 90's? (this one makes us so sad, we just can't even)

7. Which member has lived in Montgomery County for 47 years? (i.e. the member who is apparently very resistant to change...)

8. This member is our "club gear extraordinaire" and is credited with the creation of the club's online gear shop and is worshiped by their peers. Who are they? (please refrain from calling them this to their face -- we'll never hear the end of it)

9. What did Ken tell the late Associate Justice of the Supreme Court Byron White when Justice White asked if Ken knew who he was? (warning: possible emotional issues may or may not be revealed here)

- A. "You're just an old guy stepping on a young man's dreams."
- B. "It isn't who we are, or who we know, but who we hope to be."
- C. "No. Should I?"
- D. "Absolutely. You're Whizzer White from the University of Colorado. The Steelers took you in the first round of the draft and you led the league in rushing. Then you went to Detroit and did OK, and after your NFL career ended I heard you had to get a job with the government."

10. Which member was a high school majorette (the "cool" part of the marching band, *obvi...*), complete with "big hair" and sequined unitard? (note: we have all seen the photos that Brad posts on social media, but he is not the answer we're looking for here)

11. Yes or No: Does Ken really have a Great Grandpappy named Sherpadiah Snoddington Earley, or is that just a literary composite created by his sick and twisted mind?

12. Which two board members were SO negligent in submitting their bios for the website, they had to be threatened with fictional and unflattering bios? (hint: they are the same two incompetents who failed to submit questions for this quiz)

13. Which member has a 10-CD compilation of "every good 70's light rock song?" (for our younger members, a CD is a silver disc thingy that contains music, bought at a record store, and must be played on a CD player..... oh, forget it, just Google it....)

14. Who, at the age of 18, won the title of Pennsylvania State Champion in tap dancing? (hint - despite the behavior we all see during weekend long runs, the answer is NOT Ken Earley)

15. Rank President Ken's race finishes from most likely to least likely:

- A. Top 3: Podium!
- B. Below 4th

C. 4th: A Sherpa

16. Which member accommodates their lazy home office mate by providing cat beds on their desk to keep them from snoozing on the keyboard? *(we do fear this is the start of becoming a "crazy cat person")*

17. Which board member lived in Ireland for over 5 years and before leaving, vowed to return and run the Dublin Marathon (which was achieved in 2016)?

18. Which member can name more WWE superstars than you can, either by appearance or theme song? *(note: in several cases, only the first few notes of said theme song are needed)*

19. Open Question: What does the Sherpa have in its pocketses?

20. Do you think Ashley is losing her mind in quarantine, as demonstrated by this ridiculous quiz and really bad jokes below?

Answers:

1. Kristen; 2. C; 3. Ashley; 4. Jennifer; 5. Brian; 6. Yvette; 7. Jefferson; 8. Carol; 9. D; 10. Ashley; 11. Yes; 12. Brad and Pete; 13. Jefferson; 14. Kristen; 15. Trick question. The answer is always C (Actually B, C, A, although I might technically have more A's than C's.); 16. Jennifer; 17. Yvette; 18. Ashley (and both of her boys, husband, mother, and anyone else who spends significant time at her house); 19. Not a ring. Nope. Not a ring. 20. Do not answer this question - your membership is not safe.

How to Keep Running

Shared by our friends at Run Farther and Faster, the Mayor of Chicago had some advice for the area's "outdoor exercise enthusiasts", who are crowding the city's popular routes. Like Chicago and many other cities, running routes are becoming more crowded due to more people running and being driven to the outdoors during quarantine. As a result, the Chicago Area Runner's Association (CARA) issued the following amended guidelines. Along with Run Farther and Faster, MCRRC encourages all of our runners to implement these guidelines and do your part to flatten the curve:

- **Begin your run from home.**
- **Don't travel for a run.**
- **Do not gather with others to run -- NO GROUPS!**
- **Avoid running where others have gathered and where you are unable to maintain safe social distancing.**
- **Make room for safe passing.**

With social distancing being a big part of our current "new normal," we would be remiss if we didn't also remind our runners to RUN AWARE. Without the presence of large groups, many will take to running alone. Be aware of your surroundings at all time. It's important to keep your eyes and ears open - stay safe out there!

Did You Know?

Based on cell data, Maryland is the #3 state at socially distancing and Montgomery County is the top county in the state.

[Source](#)

Really Bad Running Jokes

What's the difference between a large group of diners at a restaurant and runners?

The large group of diners split their check. Runners check their splits.

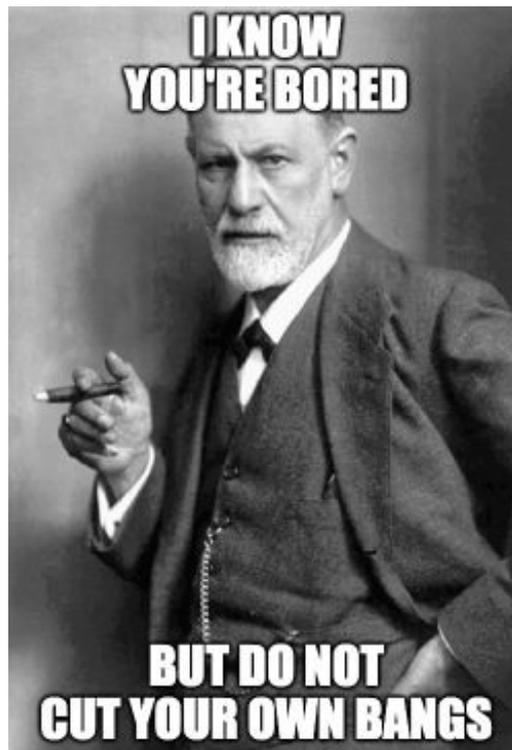
Why did the runner cross the road?

To get to the less crowded aid station (social distancing, after all).

What does the mummy do with his wife before they run a marathon?

Taper.

One Final Word of Advice...



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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