



Dear Members -

On March 30th, Governor Hogan issued a "stay at home" order for all of Maryland. What does this mean for MCRRC? As a reminder, I am sharing o

"The short answer is there is no change: all in-person club activities remain suspended until May 17, 2020. We will continue to monitor the situation a

The longer answer is that we, as leaders of the running community in the DC area and beyond, **have an obligation** to show the way on this issue. Running outdoors is not be

We would encourage each of our members to be mindful of the intent of a stay at home order: the less time you spend with or around others with whom you don't live, the bet

If the government perceives runners to be engaging in dangerous behavior or seeming to disregard or circumvent the rules and best practices, the restrictions on us will certa

Today's Ins & Outs contains some tips for running during this time, put together by board member Yvette Murphy as well as a lighthearted story from race director Wendy Yo

Finally, please enjoy some more crazy content as a result of my really bad sense of humor. *** Please note that I am in NO WAY making light of the serious situation with CX

I am happy to hear that you are enjoying Ins & Outs - thanks to those who have shared your positive comments with me. I am however, afraid I set the bar pretty high early

Stay well,

Ashley Zuraf, Director

The Six S's of Social Distancing while Running

By: Yvette Murphy

As a community of runners, the isolation we all feel during this difficult time can be especially challenging. We need each other now more than ever, and not havin

It is important to recognize the immense power we do possess, through our ability to control our individual actions to prevent the spread of the COVID-19 virus, [fi](#)

As a club, we have an opportunity to lead by example and support the general running community by using the social distancing guidance provided below to prote

When you do choose to run, you should keep in mind the Six S's:

1. **Support** - Be creative in supporting yourself, other runners, the running community, and, ultimately, the community at large. Sometimes support comes in
2. **Solo** - Run alone and avoid crowds. If you do run with someone, it should only be with someone you live with. This may also require you to change your ro
3. **Safety** - Prioritize your safety. Always let someone you trust know that you are going for a run, your route, and when they can expect you to be back. Ther
4. **Step Outside Your Door** - Run from home. Avoid driving to runs and crowded trailheads.
5. **Six Feet Away** - Keep your distance from people in your path. Six (6) feet is the **minimum** distance you should allow when passing other runners, walkers.
6. **Sanitary Practices** - Avoid spitting, firing snot rockets, or openly coughing and sneezing while running. Cough and sneeze into your elbow. If you are cough

Finally, we will get through this only if we *positively* support the "Six S's of Social Distancing while Running." As MCRRC members, let's strive to lead all Montgor

For more information on how to protect yourself and others from COVID-19, visit the Centers for Disease Control's official COVID-19 website: <https://www.cdc.g>

Getting to Know Your Race Directors!

A few of our valued race directors sent in some fun facts about themselves, so here you go!

1. Which race director is a descendant of the infamous, feuding Hatfields? (Yes, *THOSE* Hatfields...)
2. Which race director was actually their high school's mascot - dressed up in a full length woolly costume with a huge paper mache Ram's head - in order to ride the bu
3. Which race director set his 5K PR at the Candy Cane City 5K (several times - not that he's bragging), yet also has the distinction of being the last place male club membe
4. Who is the only race director with a race plan that includes coning off Mother Goose?

"You can't spell 'virus' without 'u' and 'i'!"

"I saw you watching me from across the bar.... stay there."

"Do I have COVID-19 or are you especially breathtaking tonight?"

"Will you be my quarantine queen?"

"Hey Babe, can I ship you a drink?"

Advice of the Day...

This one comes from our four-legged friends, who want you to be OK during this time of extreme toilet paper shortage.

Stay Informed!

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