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Montgomery County Road Runners Club

Ins & Outs - April 24, 2020

"We Are Not Touching Our Faces in Montgomery County"



Dear Members -

On April 15th, The Maryland-National Capital Park and Planning Commission (M-NCPPC) announced Montgomery and Prince George's County Parks' cancellation of all events taking place in parks and park facilities through May 31, 2020. You can view that announcement [here](#).

As a result, MCRRC has extended its suspension of all club activities through May 31, 2020. This means that the Memorial 4 Miler, scheduled for May 25th, has been cancelled. Additionally, we have cancelled the 2020 Run for Roses scheduled for June 13th and in partnership with the City of Rockville, the Suds & Soles 5K scheduled for June 20th.

Please note that decisions have NOT been made for any events scheduled after May 31st unless specifically mentioned here. We will continue to watch for updates that effect our operations and to keep you informed as best we can.

Speaking of cancellations, and I know there are many, we would be remiss to not mention that the Boston Marathon (originally scheduled for this past Monday, April 20th) has been rescheduled for September 14, 2020. You can keep updated on announcements from the Boston Athletic Association [here](#).

In good news, Montgomery Parks (part of M-NCPPC) is continuing its efforts to expand safe access to park facilities for exercise during the COVID-19 crises. For this purpose, the department has expanded its open streets initiative to allow pedestrians and cyclists to use parkways on weekends. The expansion of the program includes portions of Little Falls Parkway in Bethesda and portions of Beach Drive in Kensington. For full detail of this initiative, please click [here](#).

Finally, read on for some positive insights in a new section of Ins & Outs, compiled by Yvette Murphy, highlighting how some members are staying motivated, giving back and finding inspiration during a pandemic.

I am happy to continue to receive your positive comments about Ins & Outs - please

keep those coming, as they make my day. If you have any suggestions for a write-up, a running story (positive and/or funny) or a joke you think I'd like to use, please feel free to send those to me at office@mccrc.org. I am holding onto these & even if you don't see them used immediately, we will try to get to everyone's stories as space allows.

Stay well,

Ashley Zuraf, Director

Explore From Home!

Wednesday was **Earth Day**, an annual event celebrated around the world to demonstrate support for environmental protection. For more information on Earth Day, including its history and Earth Day 2020, please visit www.earthday.org.

Here in Montgomery County, we are blessed with one of the most beautiful and extensive trail systems in the country.

In honor of Earth Day, Montgomery Parks has traditionally hosted celebrations such as GreenFest at Brookside Gardens as well as small programs at various Nature Centers. Due to the cancellation of such events due to COVID-19, they have put together some Explore From Home Activities you can read about [here](#). These activities feature fun for the whole family and are a great resource for members with children at home looking for activities. We are truly appreciative to Montgomery Parks for this great resource!

Staying Motivated, Giving Back, and Finding Inspiration During a Pandemic

RUNNERS STAYING MOTIVATED

How are you staying motivated to run? Here are some examples of how MCRRC members are challenging themselves to get their miles in!

- Adrian Spencer did a 50 mile track workout this past week and called it "crazy [stuff] runners are doing now that we can't race."
- Peter Diak ran 100 miles in 24 hours at Personal Peak's Quarantine Backyard Ultra and still managed to DNF! Pete is a Captain in the United States Public Health Service and was recently deployed to support the COVID-19 mission.
- Our friends at MyMuddyShoes, many of whom are club members, participated in a "Quaranineteen Challenge" this past Sunday. Dubbed as "an ultra challenge promoting health, strength & optimism," individuals were encouraged to run 1.9 miles or kilometers for 19 hours straight on the 19th of April.
- Cortney Soan has signed up for a virtual race series that has races of increasing distances over the next 4 months, from 5K to 13.1 miles. "Knowing I have a 'race' every few weeks is fun, and I get swag sent in the mail for each distance as a motivator," says Cortney.

RUNNERS GIVING BACK

As runners, we are inherently driven by personal running goals and a sense of purpose. With

training programs and races cancelled, we have all felt the disappointment and found different ways to cope. Here, we highlight how several club members have set new goals and found a different purpose while supporting an important cause that will, ultimately, help MoCo and beyond heal after the pandemic is over.

- **Honoring our Fallen Veterans - KC Kleinman, Keri Jacobs and Dayna Rashidian.**

Every day, an average of 22 veterans lose their battle with post-traumatic stress (PTS) and die by suicide. 22 Too Many hopes to raise awareness by serving as a living memorial that honors fallen veterans lost to suicide through running, walking, hiking, biking and educational events and by providing support to grieving families. MCRRC member Kleinman has honored fallen heroes for many years by carrying pictures of soldiers on her back during races. With races being cancelled due to the pandemic, Kleinman continues to stay connected by dedicating her daily, solo runs to veterans lost to suicide and sharing on Facebook. KC tells us, "I feel this is the least we can do to honor those who have fought for us to be free. We should be taking care of our veterans and wounded warriors, and sadly many don't get the care they need and deserve. It's sometimes hard to stay motivated, especially lately, but knowing I have someone to run for gets me out to run my miles." 22 Too Many was established by MCRRC members Keri Jacobs and Dayna Rashidian in 2012. In 2019, Keri and Dayna won MCRRC's Humanitarian Award for their work. On Saturday, June 6th, there will be a 22 Too Many Virtual 5K Race! To learn more about how you can participate, visit www.22toomany.com.

- **Championing Athletes with Limited Mobility - Karyn Ryan, Vasilios Stayeas, and Rod Vieira.**

In order to continue to build an inclusive community for athletes with limited mobility during this time of isolation, the Maryland-based non-profit, Athletes Serving Athletes (ASA) has created an online virtual ASA community "group mission" to travel from Ocean City, MD to Sacramento, CA and back via *any type* of healthy/physical activity. By participants logging miles online through the ASA Strava Club, the organization hopes to challenge their community to come together and virtually travel the 6,146 round-trip miles between the sister cities. Club members Karyn Ryan, Vasilios Stayeas, and Rod Vieira (and potentially more!) are participating in the ASA Virtual Group Mission. When asked why she decided to take part in this challenge, Karyn told us, "ASA is a wonderful organization that I have been able to support through donation over the past couple of years, but I haven't been able to participate in real life, yet. When they created this challenge, I thought this would be a fun way to participate with the group to see how quickly we could collectively and virtually move across the US and back. I love their mission of giving everyone, regardless of physical ability, the chance to run in a race. I hope to be able to run with them in person in the future." *Anyone can participate, so be sure to check this initiative out at www.asa.org.*

- **Organizing Support for Local Healthcare Workers and Restaurants - Julie Sapper.**

"When I am feeling helpless, I find comfort in helping others, and there's no better way, in my opinion to provide comfort to people than the gift of a meal." Sapper wanted to figure out a way for our community to show appreciation for the sacrifice and care of Montgomery County's healthcare workers who are risking their own health to care for others, while also supporting our struggling, local restaurants. She enlisted a few restaurants to place donation links on their websites for customers to buy a meal to donate to a hospital worker. Over the past month, six area restaurants, The Bean Bag, Fontina Grill, Botanero, Il Pizzico, Dawson's Market, and Berries and Bowls, have collected meal donations amounting to \$48,000, which is enough money to provide approximately 4,000 meals to Shady Grove Hospital staff and provides the restaurants a

little extra cushion to sustain their business. In the words of one of the nurses at Shady Grove Germantown, "It really lifts the spirits of the staff. We have received awesome meals, and the staff has felt so appreciated." This week, the meal donation link will move from Berries and Bowls to another restaurant, Original Pancake House. Instead of donating meals for Shady Grove Hospital Staff, meals purchased from Original Pancake House will be delivered to food insecure families in Montgomery County and Surrounding areas through the non-profit, So What Else. *To donate to Original Pancake House and support the most vulnerable in our community, head over to [their website](#).*



We look forward to sharing some more of the amazing submissions we received in the next Ins & Outs! If you would like to share how you are staying motivated in both running and non-running ways while you continue to do your part sheltering in place and physical distancing, please feel free to share your story with Yvette Murphy at ygatimurph@gmail.com or Ashley Zuraf at office@mccrc.org.

BOSTON MARATHON: FROM DISAPPOINTMENT TO INSPIRATION

By: Yvette Murphy

In the middle of March, when the severity of the COVID-19 pandemic became clear, the Boston Athletic Association canceled the April 20, 2020, Boston Marathon race date and postponed it to September 14. Of course, this change, along with other pandemic-related life changes, brought sadness and disappointment to many club members who worked so hard to qualify and were training through the winter. This is the first time the Boston Marathon was not held on Patriots Day, the third Monday of April, in the 124-year tradition of the world's most prestigious long-distance run. Below, we share creative ways MCRRC club members rallied to turn their disappointment into inspiration for themselves and the running community.

Solo Marathons

A few club members ran 26.2 miles on Monday as a solo endeavor. Running a marathon is difficult in a race setting, but to set your mind to complete one by yourself requires a different level of mental and physical strength. Long-time MCRRC member Patricia Calvano Scott would have run her 7th Boston this week. To overcome disappointment, she set her mind to run 26.2 miles on Monday. Constrained by work, she split her solo marathon into three parts to suit her schedule (12.20 miles before work, 6.10 miles during lunch, and 8.21 miles after work). If you do the math, her total mileage is 26.51. Patricia jokes, "I never had 26.2 miles on any marathon I've run!" So, her solo marathon did not break that tradition!



Marathon Relay

Five Boston-qualifying club members - Sarah Day, Kelly Dunston, Vilma Najera, Mimi Zaw-Pham, and Conroy Zien - were all planning to experience the Boston Boston Marathon together. Feeling disappointed with the postponement of the race and looking to create a memorable alternative for first-time qualifiers, Mimi and Conroy, the group decided to do a marathon relay on Patriots Day. They each ran a 5.24 mile segment alone, following social distancing guidelines, and posted their individual runs on social media. Qualifying for Boston takes a lot of personal hard work and collective support, and they used the relay to celebrate that achievement and the bonds they have made over the many years and miles of running together.



Lifting Spirits

Conroy Zien, director of the First Time Marathon Program (FTM), was looking forward to running his first Boston Marathon this past Monday after many years of trying to qualify. The postponement motivated not only his marathon relay friends to make Patriots Day special, but also Conroy's extended running family from FTM and the club, organized by Joe Fox. To celebrate Conroy's first-time qualifier achievement, Joe thought it would be cool to get at least ten people to each run 2.62 miles, have them post a selfie, then share it with Conroy on Patriots Day at about the time when he would have finished Boston. He dubbed it "Miles for Conroy" (#milesforConroy). In the end, 68 club members, 3 future club members (kids), and one dog all ran 2.62 miles for Conroy! Joe was surprised by how quickly the word spread since the idea was hatched on Sunday night and executed on Monday. The response to Joe's idea gives testimony to how many people Conroy Zien has supported and inspired over the years. It also provided runners a way to give back, feel less isolated, and have a chance to "see" each other. When "all the miles" were finally shared with Conroy on Monday afternoon, he was overwhelmed by the gesture and commented, "The outpouring of support and love I felt when I qualified last September and today means more to me than running Boston ever could...THANK YOU from the bottom of my heart. I love you all."

MCRRC Virtual Pub Run - Monday, April 27th @ 8:30pm

Have you been missing our social runs as much as pub run coordinator, Brian Murphy?

In an effort to stay connected while physically apart, **let's have a Virtual Pub Run!**

Find your favorite local brewery (they need our support right now!), order some beer for takeout or delivery, go for a run, and join us for a Zoom MCRRC Pub Run.

If you are interested, fill out the following form from [this link](#).

Get your responses in by Sunday evening and we'll send out a link to join the fun on Monday. This could be a fun way to connect with the running friends we've all been missing and see how everyone is running through this pandemic.

Cheers!

Song Lyrics vs. CDC - COVID-19 Prevention

These were "borrowed" from Twitter. Enjoy!

Neil Diamond: "Hands... TOUCHING HANDS"

CDC: "No, don't touch hands."

Neil: "Reaching out..."

CDC: "Please avoid that."

Neil: "Touching me... TOUCHING YOU!"

CDC: "Everyone in Boston is doomed..."

Jim Morrison: "Come on, come on, come on now TOUCH me baby!"

CDC: "That is not advised."

Jim: "Can't you see that I am not afraid?"

CDC: "Immaterial."

Alanis Morissette: "Cause I've got one hand in my pocket..."

CDC: "Make sure it's sanitized."

Alanis: "...and the other is giving a high five."

CDC: "I quit."

Robert Palmer: "Doctor, doctor give me the news! I got a bad case..."

CDC: "Oh no..."

Robert: "...of lovin' you!"

CDC: <sigh of relief>

Foreigner: "I'm hot-blooded! Check it and see!"

CDC: "Well yes, we do advise constant monitoring of body temperature."

Foreigner: "I've got a fever of a hundred and three!"

CDC: "Good grief, why are you still singing? Can we get an ambulance over here?"

The Killers: "It started out with a kiss. How did it end up like this?"

CDC: "The exchange of bodily fluids is a common source of contagion."

The Killers: "It was only a kiss, it was only a kiss!"

CDC: "WHAT DID WE JUST SAY?!"

TOTO: "Gonna take a lot to drag me away from you."

CDC: "Just no touching, OK?"

TOTO: "There's nothing that a hundred men or more could ever do."

CDC: "Wait, why would you add 100 people to this situation?"

TOTO: "I bless the rains down in Africa!"

CDC: "Just wash your hands, OK?"

REM: "Meet me in the crowd, people, people"
CDC: "No, no, NO!"
REM: "Throw your love around, love me, love me"
CDC: "Again, NO."
REM: "Shiny, happy people holding hands!"
CDC: <throws hands in air>

Beatles: "Oh yea, I'll tell you something."
CDC: "Please don't."
Beatles: "I think you'll understand."
CDC: "YOU don't understand how serious this is."
Beatles: "I wanna hold your hand."
CDC: "Don't."
Beatles: "I wanna hold your hand."
CDC: "NO!"
Beatles: "I wanna hold your hand!"
CDC: "Oh, hell!"

MC Hammer: "You can't touch this."
CDC: "Not without proper sterilization and washing hands."

Eddie Money: "Take me home tonight!"
CDC: "Just... NO!"

Pink Floyd: "HEY YOU..."
CDC: "Oh no..."
Pink: "... out there on your own..."
CDC: "OK, self-quarantine, not so bad..."
Pink: "sitting naked by the phone...would you touch me?"
CDC: "Damn it."

Stay Informed!

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