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## Montgomery County Road Runners Club

### Ins & Outs - May 22, 2020

*"We Are Honoring the Fallen in Montgomery County"*



Dear Members -

Day 67... but who's counting? I didn't even realize it was Memorial Day weekend until Tuesday.

While Governor Hogan recently announced that the State of Maryland would be lifting "stay-at-home" orders and begin to move into Stage One of Maryland's reopening plan, he did so while also empowering the leaders of Maryland's 24 jurisdictions to adopt only as much of the first phase as they see fit.

Here in Montgomery County, our stay-at-home order has been extended; however, the county's health officer stated that the county is getting closer to meeting some benchmarks it has set as conditions to begin reopening.

The club's current suspension through May 31st remains and club leadership will be reviewing the club's status in the coming week.

Since our last newsletter, we have seen the cancellation of the Parks Half Marathon -- but all is not lost -- [Parks Half has gone virtual!](#) More on that below.

Additionally, the club-offered CPR classes are suspended until further notice, and the Run Performance Lab is suspended until at least September, as there is no safe way to conduct such training & evaluation safely.

We hope that you are all managing to stay positive in whatever ways you can. Remember, our [gear shop](#) is still open for orders! Look great & support the club by ordering your official MCRRC gear today. Choose a free soft cooler or MCRRC car magnet with any order by visiting our [online gear shop!](#)

As always, 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@mcrrc.org](mailto:office@mcrrc.org). And if you have already sent one and I haven't used it yet, it's just because I'm waiting for the right space and time.

Finally -- on behalf of everyone here at MCRRC, we would like to thank our fallen heroes

for their ultimate sacrifice. And whatever plans you have this weekend, we wish you a safe and happy Memorial Day!

Stay well,

Ashley Zuraf, Director

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## Training Programs Go Virtual!

While we are still unable to meet in person, the board and staff recognizes our members' need to run, have a goal and continue to feel connected to the club.

**If you haven't already heard, we are pleased to let you know that registration is open for **FOUR** virtual summer training programs!**

Interested member may choose between Virtual First Time Marathon, Summer Half Marathon, Experienced Marathon and 5K Run/Walk Programs! All virtual programs are being offered for free, but if & when the groups are able to meet in person, a fee may be assessed to continue participation. Membership is still required to participate in our programs.

Participants of the programs must agree that they will practice safe social distancing and the recommendations of the jurisdiction in which they reside. The Program Director reserves the right to dismiss anyone from the program who blatantly disregards recommendations for social distancing while running.

**\*\*\* PLEASE NOTE that members may only register for ONE TRAINING PROGRAM. We do expect each virtual program to fill & space is limited. Registering for more than one program takes away an opportunity from another member and creates unnecessary work for our directors.**

Additionally, members are reminded that these times are unprecedented -- as is virtual training. Our program directors are working hard to create a quality training space for all participants and they are doing so as volunteers. We ask you to be patient, and most importantly -- be kind. We are truly grateful for their commitment to MCRRC.

Please visit [our website](#) for more information or to register, and click on "Training."

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## 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!

- Many members are applying their creativity while social distancing and staying close to home by creating routes that result in "Strava Art!"
- A group of MCRRC'ers design short distance routes as a weekly challenge for the rest of the group to run if they choose. The runners then post their time result and kudos are exchanged.
- In addition to MCRRC's summer virtual training programs, club members have been motivated to keep up their weekly mileage by joining one of the many virtual races that span the entire summer. The virtual races include Great Virtual Race Across Tennessee 1000K, One New York Challenge 500k and 1000k, and 1083 miles Lands End to John O'Groats Virtual Fitness Challenge. In the races mentioned, participants log their miles each day and track their progress as they "travel" across Tennessee, New York, and the

U.K., respectively.

## **RUNNERS GIVING BACK**

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

- **Running for Ahmaud Arbery - #irunformaud** After the tragic and unjust circumstances surrounding the shooting death of Ahmaud Arbery came to light, many MCRRC club members participated in the #irunformaud, a Dedication Distance Run on May 8, 2020, what would have been Ahmaud's 26th birthday. The distance which could be run or walked was 2.23 miles. Ahmaud was killed on February 23 (2/23). At the time of his death, Ahmaud, a 25-year old black man, was running in a South Georgian neighborhood when he was pursued by two armed residents and subsequently shot. The reasons why the men charged with murder chased Ahmaud is still under investigation, but Ahmaud's story is another example of the racism and injustices black people face doing every day things like going out for a run. The #irunformaud campaign allowed club members to reflect on individual safety, what we often take for granted on our daily runs, and raise awareness for Ahmaud's story and other people who have been treated unjustly because of the color of their skin. To learn more about the challenges of running while black and how to support the black running community, read the National Black Marathoners Association's (NBMA) response [here](#). The [NBMA](#) is a partner of [RRCA](#).
- **Inclusion for Athletes with Mobility Impairment - Wendy Young and the Pandemic Pacers.** Athletes Serving Athletes ([ASA](#)) is an organization that provides community outreach and inclusion through training and racing for athletes with mobility impairment. Every year ASA organizes their own event called Run Fest where the athlete teams aren't just guests of a race, they are the focus of the race. This event also serves as their primary fundraiser every year. Before 2020, they decided to move the race date from October to May, this was the first year RunFest would be in May. Due to COVID they decided to make the event a virtual event, in a given year they hope to make \$40K for the organization. When they had to move to a virtual event, they were hoping to make \$25K. Because of the amazing outreach, they made close to \$60K! As an ASA team captain, MCRRC member Wendy Young had the idea to make a virtual team this year. She requested to run for one of ASA's athletes and asked to share the designated athlete with her virtual team (ThePandemicPacers). Creating a virtual team is similar to how Wendy's team would run in an in-person race, where a captain and its team take turns pushing the athlete on the course and they all finish together. The Pandemic Pacers managed to raise \$1,000 for ASA. Wendy told us, "It was no surprise that all of my teammates were from MCRRC. Karyn Ryan, Mimi Zaw-Pham, Amelia Vincent, Joel Wakesburg, Bruce Lemeux and Debbie Sinnott all joined my team and ran for Regina between May 1 and May 16. Karyn Ryan won for most thoughtful tribute with her Strava art in the shape of an R. It was really awesome to see my two favorite running organizations, MCRRC and ASA, come together in such a meaningful way. I'd like to thank my team again for lending their lungs and their hearts." Well done to the Pandemic Pacers!



*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](mailto:ygatimurph@gmail.com) or Ashley Zuraf at [office@mcrrc.org](mailto:office@mcrrc.org).*

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## **And the Winners ARE...**

By now, you have probably seen our bits recognizing the 2019 Outstanding High School Runners as well as the winners of the 2019 series awards -- congratulations again to all winners!

While the awards banquet had to be cancelled this year, we still want to recognize the achievements of all of our amazing winners, albeit a little... "piecemealed."

Today, we present to you the winners of the individual awards. Remember, these awards are given based on achievements in 2019.

While we remain hopeful that we'll be able to celebrate you in-person, at some point, and in some fashion, later this year -- for now, please accept our virtual congratulations! It is an honor to call these folks members of MCRRC:

### **Lifetime Achievement Award:**

Monika Bachmann

### **President's Awards:**

Michele Potter  
Sri Rapaka  
Brian Murphy  
Drew Strikwarda  
Joel Wakesberg  
Eric London  
Jim Dahlem

### **Coach of the Year:**

Keith Ord

### **Journalism Award:**

Lisa Levin

### **Humanitarian Award:**

Don Shulman

### **Race Director(s) of the Year:**

Daniel Rubin  
Krista Zanetti

### **Outstanding Running Achievement:**

Harold Rosen

**Most Improved Runner:**

Royanna Herbert - Female

Bobby Molson - Male

**Volunteer of the Year:**

Kelly Scherf

**Volunteer Service:**

Katie Poole

**Runner of the Year:**

Tom Offenbacher - Grandmaster Male

Erica Rubenstein - Grandmaster Female

Ryan Hadley - Master Male

Anne Falcone - Master Female

Shlomo Fishman - Open Male

Liz Ozeki - Open Female

**Runner of the Year Recognition:**

Amy Subar - Grandmaster Female

Jim Dahlem - Master Male

Hasan Hobbs - Master Male

Kaari Liisi Linask - Master Female

Karyn Ryan - Master Female

Adrian Spencer - Open Male

Dan Jacobs - Open Male

Marshall Lieder - Open Male

Monika Schneider - Open Female

**Participation Series:**

Mark Adams, Omar Ali, Kevin Anderson, Melanie Barzik, Alex Booth, Walter Brown, Kathy

Cea, Kim Conway, Ryan Cox, Nicolas Cruzier, Colleen Dahlem, Jim Dahlem, Yukun

Fung, Clare Imholtz, Marin Kiebert, Leonard Lee, Michelle Miller, Jennifer Murphy, Robert

Palmer, Francis Parks, Catherine Poole, Daniel Reichmann, Jayna Resman, Daniel

Rubin, Daniel Talmage, John Way, Pete Wergin, Kam Yee, Thomas Young and Wendy Young

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## **A NOTE FROM THE PHM SPOKESDOG**

Parks Friends,

Remember me? I can't believe they gave me a guest spot in your newsletter!

I was feeling desperate for awhile there. When I heard that the Parks Half Marathon was going to be cancelled, I was worried. No race = no advertising = no job = no milkbones.

But then I found out that [THE PARKS HALF MARATHON WAS GOING VIRTUAL!](#) Registration is open for the first

ever \*Virtual\* Parks Half Marathon! Runners can signup for just \$25 and have until September 30th to run their half marathon in a socially distant manner. The "race" can be run in any location. All registrants will be mailed a medal and a finisher's premium by ME!



**SUCH GOOD NEWS!** But I mean... *challenge* me. I run more than 13.1 on a good day in the backyard and all I get afterwards is a nap.

So what are you waiting for? [Sign up](#) for the **Virtual Parks Half Marathon TODAY!**

Sincerely,

- And Still - Mo, Official Spokesdog of the \*Virtual\* Parks Half Marathon



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## "The Coolest" Willie - A Memorial Day Tale

Contributed by: Lyman Jordan

The setting was March in the early '80's and the club was holding its annual Piece of Cake 10K from the Montgomery Village Middle School on a cool, breezy and rainy day. Despite the inclement weather, there was a decent turnout of over 100 participants, including some guests not seen before – a group of lean, fit-looking young men who seemed to stick together.

During the race, every one of these newcomers just blew away our fastest members. After the finish, they were spotted together again running into a nearby field at a brisk pace – in a column – with their leader, "Willie," holding up a standard with the logo of the U.S. Naval Academy while the rest of the squad shouted out their team chants. Watching them running in formation as they disappeared into the heavy rain was a memorable sight.

Later, it was learned that the XC race these men had planned on running that day had been cancelled due to a downpour the night before. They were the U.S. Naval Academy Cross Country Team and they had chosen our small, club race as a substitute for their cancelled event.

Fast forward to the 2003 Space Shuttle Columbia disaster - an MCRRC member is struck by the name of the deceased shuttle pilot in the news, Willie McCool. After checking race results from that rainy Piece of Cake race in the '80's, there he was -- winner of what was a soggy slog for most members, but a blazing performance for the midshipman. Once captain of his XC team, now NASA Shuttle Commander, he was lost over Texas in that tragedy.

A remarkable club experience and a tragedy, just shy of 20 years apart, were thus joined in our members on that sad day.

*William Cameron "Willie" McCool (September 23, 1961 – February 1, 2003) (Cmdr, USN) was an American [naval officer](#) and [aviator](#), [test pilot](#), [aeronautical engineer](#), and [NASA astronaut](#), who was the pilot of [Space](#)*

[Shuttle Columbia mission STS-107](#). He and the rest of the crew of STS-107 were killed when Columbia [disintegrated during re-entry](#) into the atmosphere. He was the youngest male member of the crew. McCool was posthumously awarded the [Congressional Space Medal of Honor](#). Read more about Willie [here](#).

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## ALL GAVE SOME... SOME GAVE ALL

It is the day to remember, with gratitude and pride, all those who served and died for our country and our freedom.

May your day be filled with memories and peace.



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## 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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