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Montgomery County Road Runners Club

Ins & Outs - May 8, 2020

"We Are Hoarding Toilet Paper in Montgomery County"



Dear Members -

We hope you are staying safe and healthy. Today marks day #53 of my family's quarantine -- not that we are counting. We are trying our best to keep a positive outlook and be thankful for the things we have: each other, enough food, a backyard and a moonbounce (which counts for our kids' "physical education")! We have learned a few things along the way, too - most point to the fact that we lived a bit wastefully before. I can adequately wash my hair with one pump from the shampoo bottle (definitely used to be a double or even triple pumper) and paper towels with only minimal splatter from the microwave can be reused to heat the next meal.

As for the club, it seems that there is more work to do during a pandemic than during "normal" times. There is a lot to figure out.

As of today, MCRRC's suspension through May 31st remains. We have seen a few more cancellations these last two weeks, such as Little Bennett XC and Run for Roses.

However, not all of the work we have been doing has resulted in cancelling things. We understand the need of our members to get out there and enjoy running again (albeit, alone). Together with our amazing program directors, we have laid the foundation for virtual training program offerings. Registration is open for both the Summer Half Marathon Program and FTM. Both will start virtually, for free, and we will continue to monitor the possibility of converting them to the traditional "in person" programs later this summer. Registration for the virtual XMP Program will be opening soon. More information can be obtained from the programs' webpages. This is a first for all of us, and your patience and kindness to our hardworking program directors is greatly appreciated!

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. 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.

Stay well,

City Council Votes to Fund the Capital Crescent Trail Tunnel

By: Jane Heinrichs

A dose of good news is always welcome!

Despite being faced with unprecedented economic challenges due to the COVID-19 pandemic, the Montgomery County Council voted unanimously to fund a new pedestrian tunnel under Wisconsin Avenue in Bethesda. The tunnel, which is estimated to cost \$54.9 million, will run adjacent to the Purple line and open in 2026, three years after the Purple Line begins operation.

In the March issue of [Intervals](#), the Club reported that County Executive Marc Elrich's proposed FY 2021-2026 Capital Improvements Program (CIP) budget, which covers capital investments in facilities and infrastructure, such as the Purple Line, did *not* include funding for the tunnel. County officials explained that building the tunnel had become too costly, despite earlier promises that it would be complete when the Purple Line opens for operation. After the announcement, hearings on the tunnel and the overall CIP were held in January and February. Trail advocates, including Club leaders, met and spoke with key state and county officials to stress the importance of the tunnel to the citizens of the region for transportation, recreation, fitness, and safety.

During a virtual meeting on April 30, County Council members voted in a straw poll to include the \$54 million project in its six-year CIP budget, with construction to begin in 2023. Although the County Council was presented with a value engineering option to lower the cost, quality, and usability of the tunnel, the Council opted for the original tunnel design because they realized that the tunnel is a critical piece of the region's infrastructure that will serve runners, cyclists, families, and school children for decades.

A final vote on the budget is expected by May 21st.

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!

- Alan Pemberton attempted a 10-mile time trial goal of his age (67!). He completed the 10 miles in 68 minutes (1:08), going over his goal by a few seconds.
- [Wanda Walters and her daughter Brooke set a motivational goal to run their own personal Pike's Peek 10K.](#)
- In one weekend, Erin Kelman and Kristen Serafin ran all of the roads that Montgomery Parks opened to people in order to provide more space for exercise and physical distancing. Learn more about Montgomery Parks' response to COVID-19 at <https://www.montgomeryparks.org/>

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.

- **Building Awareness for the Most Vulnerable - Christina Berube.** Christina works for Back on My Feet, a unique U.S. nonprofit that combats homelessness through the power of running, community support and essential employment and housing resources. At Back on My Feet, Christina's team is working diligently to support their members and alumni through these challenging times. Their members are among the most vulnerable in this pandemic – physically, mentally and economically. While in-person activities are suspended, they continue to provide support virtually, and the organization is readying itself for the increased need for their services in the coming months. *For more information, email Christina at christina.berube@backonmyfeet.org*
- **Promoting Young Girls' Health and Well-Being - Sheri Dixon Schully.** When MCRRC's Beginning Women Runners (BWR) and Girls on the Run (GOTR) Montgomery County were canceled due to the pandemic, Sheri Schully, who coaches for both programs, was disappointed but wanted to find a way to stay motivated to run and also encourage her two daughters to stay healthy through exercise. Fortunately, GOTR Montgomery County sends "at home" lessons for parents to do with the girls. The lessons are about being true to yourself, sticking up for others, being kind, and goal setting. Usually at the end of the season the girls run a 5k to show that they worked towards a goal and accomplished it. "My daughter and I are doing the program so that she can run a 5k alongside me after we can have races again. This is monumental given that last year she walked most of the 5k and complained. Now she's up to my pace and we are almost to 3 miles," says Sheri. *To learn more about Girls on the Run Montgomery County, visit <https://www.girlsontherunofmoco.org/>*
- **Raising Money to Fight Hunger - Wendy Young.** Wendy created a birthday "pandemic fundraiser" on Facebook for Jose Andre's non-profit World Central Kitchen (WCK). Through the organization, the renowned chef's mission is "Wherever there is a fight so that hungry people may eat, we will be there." During the pandemic, WCK has been providing meals to communities and hospitals in need around the United States and world, building support and awareness for vulnerable populations and frontline workers. Wendy has raised over \$2500 for WCK through her fundraiser. Deeply grateful for those who donated, the fundraiser has helped her maintain a positive outlook during this difficult time. Wendy said, "It was a wonderful reminder that people are good, even when times are hard, people are good."

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@mccrrc.org.

***NEW* MUTROY AWARD**

Contributed by: Dave Haaga

Amidst the disruption to our 2020 running plans, the board recently approved the creation of a new award for our annual awards program, the Mountain/Ultra/Trail Runner of the Year (MUTROY) Award.

One female and one male club member may be selected for the award each year on the basis of their accomplishments in, as you may have guessed, mountain, ultra and/or trail racing.

Recipients will also be required to have given back to the running community as volunteers. Full criteria may be read below and will appear in the awards section of our website.

Many club members have embraced trails in their training and racing lives and we look forward to acknowledging their successes with this new award. Administration of the award will be carried out by the newly formed MUTROY committee consisting of Barry Hauptman (chair), Karen Kincer, Daryl Hultquist and Dave Haaga.

Mountain/ Ultra/ Trail Runner of the Year (MUTROY)

Justification: To recognize each year one male and one female MCRRC runners who have excelled in offroad/ offtrack racing.

Required Qualifications: Each award recipient must:

- have been a member of MCRRC for the majority of the calendar year for which the award is given;
- have not previously won this award;
- have volunteered in service of the running community during the year for which the award is given

Selection Criteria: Award winners will be selected by the MUTROY Committee on the basis of:

- times and finishing places in mountain, ultra and/or trail races. The committee may consider contextual factors (runner's age, course difficulty, weather conditions, etc) in evaluating times and places. Club XC series races may be considered, but will be given less weight than longer trail races.
- volunteer contributions to the running community
- MUTROY Committee members may not vote for themselves, nor for nominees with whom they have family, coaching, co-worker, or teacher/student relationships.

Nomination Process: MUTROY Committee members may make nominations. Any club member may nominate themselves, or other runners, by sending an e-mail to the committee chair Barry Hauptman at barryruns@gmail.com. The nomination should include the nominee's name, gender, summary of running accomplishments and confirmation that the nominee is an MCRRC member. Desirable information includes the nominee's mailing address, e-mail address, phone number, age and volunteer contributions.

Any questions about the process may be sent to barryruns@gmail.com

The MUTROY award will take effect for the 2020 racing year, to be awarded at the 2021 awards banquet.

MEMBER SPOTLIGHT

"It's not necessarily true that once you get older, that you need to cut back. I'm not cutting back."

Truer words could not be spoken to anyone who knows Betty Smith. Betty is a longtime club member, volunteer, and friend. She volunteers in many capacities, most known for her coaching with the MCRRC Run Performance Lab.

Betty was recently featured in Runner's World ([linked here](#)) and we are pretty proud and honored

to have her as a member.

Congratulations, Betty, on this feature article, and for also demonstrating the most creative method of running while social distancing that we have seen yet!

Here is a closer look at Betty's new running umbrella:



Pandemic Playlist

Keeping with last issue's musical theme, we pulled together a "Pandemic Playlist" for you for those lonely, socially distant miles:

"Don't Stand So Close to Me" -- The Police

"All By Myself" -- Celine Dion

"It's the End of the World" -- R.E.M.

"U Can't Touch This" -- MC Hammer

"Stayin' Alive" -- BeeGees

"Mr. Lonely" -- Bobby Vinton

"Social Disease" -- Elton John

"Hot Blooded" -- Foreigner

"Waiting on the World to Change" -- John Mayer

"Livin' on a Prayer" -- Bon Jovi

"Contagious" -- Avril Lavigne

"Only the Lonely" -- Roy Orbison
"Isolation" -- John Lennon
"Don't Panic" -- Coldplay
"I Wanna Dance with Somebody" -- Whitney Houston
"Stand Back" -- Stevie Nicks
"I Think We're Alone Now" -- Tiffany
"You Ain't Goin' Nowhere" -- The Byrds
"The Sound of Silence" -- Simon & Garfunkle
"Stuck in the Middle with You" -- Stealers Wheel
"Lonely People" -- America
"I Wear a Mask" -- Capitano
"Bad Medicine" -- Bon Jovi
"Lonely is the Night" -- Air Supply
"Something's Gotta Give" -- Sammy Davis, Jr.
"Times Like These" -- Foo Fighters
"Do You Feel Like We Do" -- Peter Frampton
"Land of Confusion" -- Genesis
"You Can't Always Get What You Want" -- Rolling Stones
"School's Out" -- Alice Cooper
"Help!" -- The Beatles
"The Final Countdown" -- Europe
"Lookin' Out My Back Door" -- Credence Clearwater Revival
"Every Day is Exactly the Same" -- Nine Inch Nails
"Strange Days" -- The Doors
"Run to You" -- Bryan Adams
"Don't You (Forget About Me)" -- Simple Minds

Finally, some artists have created parodies specifically for the COVID-19 pandemic -- you can hear them [here](#).

TODAY'S SOMETHING GOOD

MCRRC member Alex Zuraf, has a sweet and inspirational message for his friends & neighbors:

"We can get *through* this together! (stay healthy)"

Alex is a first grader at Wilson Wims Elementary and is a WWE enthusiast who loves basketball, video games and his little brother. The "stained glass window" was created with electrical tape, which was pulled up after coloring.



Stay Informed!



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Montgomery County Road Runners Club
P.O. Box 1703
Rockville, Maryland 20849
US

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