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## Montgomery County Road Runners Club

**Ins & Outs - June 19, 2020**

*"We Are Running in Montgomery County"*



Dear Members -

I hope you have enjoyed the cooler temps this week and managed to get out for a run! I am personally thankful for this non-June-like weather, as the giant, inflatable water slide I mentioned in the last newsletter has not yet arrived and this momma does not want to hear about it!

As you've likely heard, Montgomery County is set to enter Phase Two of the lifting of COVID-19 safety regulations today (Friday) at 5:00 PM. See the county's full list of what changes [here](#).

Regarding how this effects running and MCRRC, here is the "quick version:"

- Total group size can be 50 people or fewer.
- Groups running together should be 10 people or fewer.
- When meeting (at the parking lot, trailhead, etc.) follow social distancing guidelines and wear a mask.
- Water stations or refreshments of any kind are not permitted at this time. Runners should supply their own water.
- Montgomery County does not require masks while running. However, to avoid negative confrontation with other trail users, it is recommended to have a mask with you, to use when needed.
- Please no congregating after a run.

At this time, *our training programs will remain virtual and our races will remain suspended*. You can read the full document outlining these new regulations as they apply to group running on our [COVID-19 page](#).

We know races are a valued piece of your membership. We also understand that many members may be frustrated by the lack of options from a running club that they have already paid their yearly membership to. To continue to be a club that serves its members well, we are working on a plan to bring you a virtual race series at no charge to members using some of your favorite trails and locations in the county. Watch our website and social media outlets for more information. We are committed to finding more creative ways to engage our members and provide value to you.

In the meantime, 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 shopping online!

As always, if you have any suggestions for a write-up, a running story 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.

To all our school-aged members, we wish you a great summer!

Stay well,

Ashley Zuraf, Director

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## Remembering George Tarrico

*By: Ashley Zuraf*

Recently, we lost a member of our MCRRC family.

With the events happening in the world today, many of us have taken a more thoughtful approach as to who we consider *family* - and just what that means to each of us.



Usually not one to be left speechless, I admit that I have struggled with finding the words to do this man justice. In the end, for a very special segment of Ins & Outs, I have decided to let you, the members, speak to his memory. Thank you to all who contributed.

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"George was the race director's director, always giving so generously of his time and expertise; one of the strongest pillars of this club." - *Wendy Young*

"George knew everything there was to know about making races run smoothly." - *Dave Haaga*

"George was the consummate teacher-patient- helpful and always instructive." - *Mary Foster*

"George was an amazing person and mentor with a gentle and calm demeanor who was loved by everyone who had the pleasure of ever being in his presence." - *Ida-Lina Diak*

"George made every newbie volunteer feel like an old pro." - *Alan Pemberton*

"George made everyone feel welcome, especially newcomers." - *Linda Griffin Kean*

"George always had a ready smile and an encouraging word." - *Sara Watt*

"George was such a class act. He always listened intently to ideas, views, etc. and in a very

timely manner, followed-through via email or a phone call with positive input." - *Wanda Walters*

"George Tarrico was the race director's, race director." - *Don Shulman*

"George both exemplified and was the embodiment of The Golden Rule: do unto others as you would have them do unto you." - *John Mornini*

"He was always there when I was directing races, from the first with Kids on the Run to my last year with Parks. There's a ton of great memories but the one I keep thinking about is from 2004 when I was directing Marathon in the Parks, at a point when things seemed overwhelming, he tapped me on the shoulder and when I turned he was there with a thumbs-up and said "you got this". That tap and his belief in me meant so much. George always found the best in people and always inspired confidence." - *Mike Acuna*

"George was a Navy helicopter pilot and drove a convertible in retirement. He was like Tom Cruise and Tom Hanks rolled into one. Great guy who always had your back!" - *Bob Price*

"George was our father of race directors with a beautiful smile for whomever crossed his path." - *Mayra Fairbairn*

"I was welcomed by George as a new volunteer for Country Road Run - what a gentle, inspiring fellow runner he was!" - *Judith Porzel*

"Before chi running sessions at Rockville High School to loosen the hips, George danced Zumba with us." - *Mireille Lafontant*

"Joining with George and our gang of old club runners for a beer, a burger and a good story at Dogfish Head was always great fun and a special time to reminisce." - *Marc Wolfson*

" 'I'll take care of it' - His generosity, enthusiasm and dedication were always the inspiration this stressed out race director needed." - *Lee Feldstein*

"Before the Jan. 17, 2009 "Super Starr" MCRRC race, I accidentally dropped a big porcelain water crock and shattered it. George just laughed and said he'll take the price out of my 'Volunteer Paycheck' — bless him!" - *Mark Zimmerman*

"Having George present at my races meant I could breathe easy, because he knew the answers." - *Tom Young*

"George was always a positive person, I knew him for twenty years and he always had a smile on his face." - *Nick Keeling*

"George was a wonderful mentor for all the race directors and was a hugely helpful volunteer...including directing traffic away from small children at the Cabin John Kids Runs. He will be greatly missed by the entire Myers clan." - *Andrea Keane-Myers*

"Always has a smile on his face. Good humor and always helpful." - *Leonard Lee*

"On joining the club, I was amazed at how well organized the club races were, but then I discovered the secret sauce - George." - *Keith Ord*

"George was a wonderful mentor and always willing to assist. He was honest, caring, and thoughtful." - *Jodi Finkelstein*

"You always knew the port-a-potties would be in the correct location and facing the correct direction." - *Anonymous*

"George welcomed every newbie volunteer in a way that made them feel right at home...and competent." - *Linda Yarr*

"George was my teacher and mentor as I learned what being a Race Director meant." - *Barry Hauptman*

"George would always have a smile on his face at 4am, rain or shine, preparing for a race!" - *Rachel Miller*

"I knew that if George said he would take care of it, I could take it off my 'to do' list." - *Jean Arthur*

"George had a wonderful sense of humor and was so much fun to be around." - *Janet Newburgh*

"He had many great Navy stories." - *Lily Burch*

"George had a unique ability to see the potential in anyone to make a positive contribution to the club and then get them to believe they could realize that potential." - *Jim Farkas*

"George had a winning smile always, especially when training for first marathon years ago." - *Norma Sandow*

"George has been a good friend for quite some time, a dedicated and hard working member of the club for 20 years and a loving husband and father." - *Steve Solbeck*

"George did so much for MCRRC over the years, so I truly believe it will take 1,000+ club volunteers to fill his shoes." - *Christina Caravoulas*

"George opened the door to the backstage world of staging races, for which I will always be grateful." - *Craig Roodenburg*

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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!

- Several club members including Abbatti Afeta, Sylvia Baage, and Carol Braun, are running the [Great American 5000](#), a virtual team 5000K run from San Francisco to New York. The event began on June 14, and they have until September 14 to complete it.
- As if there are not enough running across the states, of course there is also a virtual race across our state of Maryland! Members including KC Kleinman and Cortney Sloan are

participating in [The Race Across MD](#), a virtual run/walk/bike that benefits Maryland's small businesses.

- Gretchen Bolton, as well as her daughter and a handful of MCRRC members, are completing (or have completed) the [Great Virtual Race Across Tennessee \(GVRAT\)](#). Runners have from May 1st to August 31st to complete 1.000 kilometers (621.371 miles) according to a map across Tennessee. Pictured is Adie Ntam on her way to being the first MCRRC female to finish! Check out the full story below.



## **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.

- **One Million Miles for Black Lives - MCRRC Members.** Many MCRRC members are saying enough to racial inequity and injustice and standing up for black lives. In addition to participating in Black Lives Matter protests and thinking critically about how they can support black communities, including the black running community, club members are directing their running energy to raise money for organizations that fight for racial equity and justice and promote the wellness of black lives. Several of our friends at MyMuddyShoes, including Robin Shepherd and others who are MCRRC members, are participating in [1 Million Miles for Justice](#) (#wearedonedying), a virtual race that is open until July 15, 2020. Race revenue will be donated to the National NAACP and other groups fighting injustice in black communities.

June 19th or "Juneteenth," commemorates the ending of slavery in the United States on this day in 1865. Nearly two and a half years after President Abraham Lincoln's Emancipation Proclamation, word that the civil war had ended and black slaves were free reached the state of Texas, and the executive order was finally enforced. Some runners are using Juneteenth as a way to reflect on the historic and current injustices against black lives. For example, part of club member Helga Luest's reflection today includes participating in the [March for Movement 5K Run/Walk](#).

- **Running for Love During Pride Month - Ivan Cheung & MCRRC Members.** Several MCRRC members are participating in virtual runs to celebrate Pride Month which takes place every June. Due to COVID-19, DC Front Runners in partnership with Pacers Running created the Run for Love virtual 5K which is open through June 21. Part of the registration fees will go to Pride Run 5k (DC Front Runners' October event) and the charities it supports. So far, they have raised thousands of dollars for Casa Ruby, the Wanda Alston Foundation, Teens Run DC, and other organizations that are in desperate need. Ivan Cheung, long-time MCRRC member told us, "The Run for Love virtual 5K is a great event that allows folks like me, gay and with a huge passion for running and community, to still commemorate Pride Month. I can't wait to get back together with my running friends, either the MCRRC XMP runners or the DC Front Runners!" *To learn more about DC Front Runners, visit <https://dcfrontrunners.org/>.*
- **Giving Blood During a Time of Great Need - Andrea Shapiro and Jim Farkas.** Donating blood products is always an excellent way to contribute to your community, and donations are especially needed during COVID-19. It's safe and easy. Many organizations are running blood drives with COVID precautions in place. The American Red Cross, for example, is seeking donations of whole blood, power red (two pints of

whole blood), platelets, and plasma. Some restrictions extend across all types of blood donations, such as the taking of certain medications or a low iron level; other restrictions apply to specific donation types.

Club member Andrea Shapiro is a regular blood donor and gave whole blood this month. She pointed out that healthy runners have healthy blood to share. Jim Farkas has been a donor for fifteen years: whole blood at first, then platelets when he was asked to switch based on his blood type (A+), which is most ideal and critical for cancer treatment. He feels it is a good cause through which he can give back. "The importance of donating for me has grown steadily over the years as, sadly, so has the number of connections to people fighting cancer; none more so than when my family lost my sister to brain cancer five years ago." According to Jim, being a blood donor holds similarities to being a runner, such as the need to take care of oneself by eating right, having a schedule, sticking with it, and even setting goals. The reward is a sense of accomplishment for doing something you thought you could do and you know is right. Jim says, "There is a constant need, not just in times of tragedy, and it is simple enough to fit into one's routine, even as a runner." *To learn more about eligibility, the donation process, and donation times and locations, please visit the American Red Cross's Blood Donation Services website: <https://www.redcrossblood.org/>.*

*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@mccrc.org](mailto:office@mccrc.org).*

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## Great Virtual Race Across Tennessee

*By: Gretchen Bolton*

What a year with no races! Fortunately, Gary "[Lazarus Lake](#)" Cantrell of the [Barkley Marathons](#), invented a virtual race for our new era: the Great Virtual Race Across Tennessee (GVRAT).

Runners have from May 1st to August 31st to complete 1,000 kilometers (621.371 miles) according to a map across Tennessee. Participants can run or walk the race on a treadmill, roads or dirt trails. They made it *sound* easy enough - an average of 5 miles per day would allow you to complete the whole trek in 4 months.

So 19,587 runners around the world signed up, including some dogs (yes, *real* dogs)! By my count, it's 439 Marylanders including at least 51 MCRRC members on the list of participants (including Smita Gokhale who has been in Australia for the past couple of years).

Coming in first from MCRRC is Ed Massouka, ultra trekker, who did the walk/run in just 30 days to rank 111<sup>th</sup> out of the 19,587. Adeline Ntam completed her RAT in 44 days, coming in 294<sup>th</sup>. Another gimmick added to the race is a return trip to pick your car up in Arkansas, so to speak. Both our friends are now on their way back across Tennessee (the BAT).

In case you're wondering why one might pay money to run in your own backyard, so to speak, funds are being raised for several charities such as "[Feeding America/Tennessee](#)," for which more than \$110,915 has been raised. The dogs are running for [Tennessee animal shelters](#). Purchasing a t-shirt sends money to the [Child Development Center](#) and to the Freedom Seat Foundation.

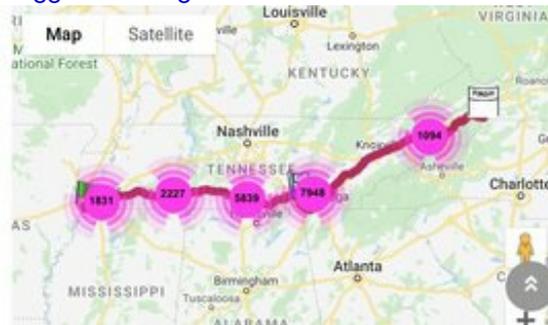
I'm in for the trot and so is my daughter who actually lives in Tennessee. At my current pace, I

am about 45% finished with the RAT and expect to finish in the first week of August. I won't be completing the BAT. It's great motivation to get out and run, but speed is not my goal.

There are 78 women who are aged 70 & older in the race. While the USA provides the most participants, many European and Asian countries are represented and the Facebook page shows pictures from around the world.

Records are kept in an online file where participants enter their miles using the 'honor system.' There is even an interactive map so you can see 'where you are' (virtually) each day. As I write this, I'm <virtually> passing by Sewanee.

In the meantime, other virtual races are also following Laz's example – I saw an announcement for one across New York State and even heard about the possibility of one crossing the US, but I don't think so. One biggie is enough for me!



*Gretchen is the "fourth dot" passing Chattanooga as of yesterday*

For more information on this event, or details on how to participate, check out the [RunSignUp page](#) for the event. Additionally, Runner's World published an article on the event back in April, found [here](#).

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## CELEBRATE PRIDE!

June is **Pride Month** and we have a challenge for our members!

Run a 5K anytime this month in all your rainbow glory to show solidarity with the LGBTQIA+ community.

Share your finest pictures & 5K details using #MCRRC Pride on Facebook @mccroadrunners, Twitter or Instagram @mcrrc or by e-mail to office@mcrrc.org.



A very professional judging panel may choose a favorite to win an MCRRC official shirt or hat!

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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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