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Montgomery County Road Runners Club

Ins & Outs - June 5, 2020

"We Are Still Running in Montgomery County"



Dear Members -

Well, it's June and the 'official' start of summer. It's getting hot and the kids will be out of school/ homeschool/ online learning/ jail soon. With pools not opening, I have spent more time than I care to admit researching inflatable waterslide/ pool thingys to entertain my children, annoy my husband and kill my grass. What are your plans to "stay cool" this summer?

As you know by now, Montgomery County entered Phase One of its reopening plan this past Monday, June 1st.

Regarding running in Montgomery County, groups must be kept to 10 or less -- recommended to consist of family members or those we have already been interacting with. For this reason, *our training programs will remain virtual.*

As not all of our members reside or run in Montgomery County exclusively, it is recommended that you familiarize yourself with the regulations in those jurisdictions where you do live and run.

We realize this edition of Ins & Outs is late. We apologize for that, but this extra time was important. What's happening in our country is important. MCRRC took time to reflect on these issues, what it means for our running community, and how the club is committed to inclusion and diversity.

These past couple of weeks have been a watershed moment for change. The pandemic has been difficult for all of us in many personal ways, but it has also revealed the inequities that have long existed between different socio-economic groups in our communities.

With the murder of Ahmaud Arbery, Breonna Taylor, and most recently, George Floyd, we are outraged by the continued institutional racism and injustice experienced by the black community. Please read the official MCRRC Statement on Inclusion and Diversity in full [here](#).

Finally, we want to take a moment to congratulate ALL our MCRRC high school seniors. The future looks bright for you & we wish you great success as you start your next chapter.

Stay well,

Ashley Zuraf, Director

Are YOU Training Virtually?

Registration is still open for (most) of our virtual training options!

Spots are still available in the **Virtual First Time Marathon, Experienced Marathon and 5K Run/Walk Programs!** We are working hard on the 10K Program & expect registration to open in a few weeks. The Summer Half Marathon Program has (over)filled and is now closed.

Please register for only one training program. We do expect them 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.

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

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!

- A few club members including Omar Ali and Cortney Sloan went in search of the elusive yeti - the Yeti Ultra 24-hour 50K Challenge, that is. They challenged themselves to run 5 miles every 4 hours for 24 hours. Well done!
- In an attempt to make sense of the chaos in the world, Karyn Ryan decided to see if she could run the entire Greenway trail, targeting a 50K. She felt no pressure. "My run; my rules," she told us. Karyn achieved her good throughout the entire run, and she felt mentally renewed to face the days ahead.
- Our coaching friends at Run Farther and Faster have kept many of our club members motivated through their Pandemic Improvement Project by challenging them to improve their mile time. We know shaving off time for short distances hurts, but it hurts so good!

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.

- **The Perfect Mile for United Nations COVID-19 Fund - Anny Rosenthal and Cameron Jackson.** Now more than ever, it is important to support the collective response to COVID-19 and, in particular, the work of the World Health Organization. Club members Anny Rosenthal and Cameron Jackson participated in "The Perfect Mile," a global virtual run that supports the United Nations Foundation's COVID-19 Solidarity Response Fund.

The race was the legacy of Sir Roger Bannister, who ran his Perfect Mile in May after a day's work in the hospital where he was a trainee doctor. The run was not a race, but rather "a global movement of runners focusing on a goal that is collective, not individual." As so many of us have struggled during the pandemic to stay motivated to run, Cameron told us, "Participating in The Perfect Mile felt like I was running with purpose again." According to Anny, The Perfect Mile was extra meaningful because she ran it the day before her knee replacement surgery, and it was her last run for many months. Wishing you a smooth and quick recovery, Anny! *To learn more about The Perfect Mile and the U.N. Covid-19 Response Fund, visit www.perfectmile.org.*

- **Going into the Unknown with Virtual Running Programs - Larry Feidelseit, Harold Rosen, Mary Travaglini, and Conroy Zien.** As MCRRC's virtual summer programs get started, we want to recognize the time, effort, work, and creativity our summer program directors have put into keeping us motivated, inspired, and safe during the pandemic. They have all stepped up to provide a quality running experience during these summer months while challenging themselves to leap into "the unknown," learning new virtual skills, and sharing their knowledge along the way. We know that virtual programs and events will not be going away soon, and our directors' willingness to help us grow as a club and understand best practices is deeply appreciated. *Please spread the word about our virtual programs that definitely provide a place for every pace by sharing <https://mcrrc.org/training-programs/>. Also, if you are able, please show your appreciation through a donation to the club here: <https://mcrrc.org/about/donate-to-mcrrc/>.*
- **Remembering our Fallen Soldiers on Memorial Day - MCRRC Members.** Even though MCRRC's Memorial Day 4 Miler (M4M) low-key race was cancelled, the club still wanted to honor those who gave their lives for us by placing U.S. flags along the Rock Creek Trail (RCT) portion of the M4M course. A pinwheel was also placed on the course in honor of Sue Wen Stottmeister who was attacked and killed off of the RCT in 2001. The M4M route goes right by the benches placed there in her memory (located between the trail access points of Russet Rd. and Oriental Ave.). Wear Blue is a M4M partner who continued to work toward their mission on Memorial Day – to honor our nation's fallen by learning their stories, speaking their names and honoring their legacies. They encouraged runners to wear blue and pledge their miles on behalf of fallen soldiers. Thank you to everyone who participated, including Omar Ali, Michael Collyer, Heather Fisher-Clarke, Martin Keibert, Erin Kelman, Bruce Lemieux, Elizabeth Pavlick, Jayna Resman, Karyn Ryan and Family, Kristen Serafin, Debbie Sinnott, Joel Wakesberg, Gabby Wood, Wendy Young, and other club members. *To learn more about Wear Blue mission, please visit <https://www.wearblueruntoremember.org/memorial-day>.*



- **Black Lives Matter on Global Running Day and Everyday - MCRRC Members.** Global Running Day is recognized every year on the first Wednesday in June. It is usually a time for celebrating the running community and the active lifestyle we value. However, in light of the Black Lives Matter protests in response to the killing of George Floyd and the historic and institutional racism experienced by black people, many runners used the day for somber reflection in support of the black community. What seems like a simple act - going for a run - is, for many, a far more complex choice. Global Running Day provided an opportunity to consider the actions we can take to ensure equality and justice for everyone, everyday. MCRRC is committed to its [goal for inclusion](#) to foster a safe place for our members and participants, regardless of their race, color, religion, national origin, sexual orientation, gender identity and expression. Global Running Day "plays an important role, reminding us of the positives that running can offer and the power of unification." *To learn more, visit <https://globalrunningday.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 or Ashley Zuraf at office@mcrrc.org.

Meet the Program Directors!

With programs being conducted virtually, it seems like a great time to get to know the volunteers who give so much of their time to making our MCRRC training programs the best around! See if you can guess which program director matches each fun fact (program directors may be used more than once).

1. Which Program Director (PD) has participated in 6 Ragnar Relays as well as Hood to Coast in Oregon ("the Mother of all Relays") and managed to never get lost on any of them...? (note: they have never gotten lost as a runner, but as a van driver is another story!)

2. Which Program Director was finally taken down on a set of hill repeats by their college field hockey daughter one summer and then absolutely destroyed in the following summer's rematch ("You look so sad...")?

3. This PD had a college roommate named Wanda Washington - perhaps a hint to her future married name!

4. How many MCRRC Presidents (former and/or current) does it take to lead a program?

5. Which PD is a self-proclaimed fan of "80's hair metal" and used to have long hair that was past his shoulders? (editor's note: we say without a picture, it didn't happen...)

6. Which PD loves to use his telescope to look "at stuff" in the night sky? (editor's note: if you happen to live near this director, we suggest you keep your blinds closed!)

7. Which Program Director participates in Speed Development each year and in the last couple of seasons has come to the heartbreaking reality that their goal is simply to get slower and slower?

8. Name the PD who holds a bronze medal in snow tubing from the Lake Placid Winter Festival in 1996!

9. Which PD plays the bass guitar?

10. Which PD once ran into a familiar-looking woman on a bike, sprinted to catch up and start a conversation that nearly caused the woman to crash her bike-- casually mentioning her resemblance to Supreme Court Justice Sonia Sotomayor. The biker said, "That's because I am her." The PD tells us, "My friends made fun of me for being able to recognize her even all bundled up in a winter hat and coat."

11. Which program carries the motto "We Don't Serve Breakfast?"

12. Which program director literally "runs for donuts?"

Answers: 1. Mary Travaglini (5K); 2. Larry Feidelseit (Summer HMP); 3. Wanda Walters (5K); 4. It takes 2 - Karen Kincer (past) and Ken Earley (current) lead the Winter HMP; 5. Conroy Zien (FTM); 6. Keith Evans (AMT); 7. Larry Feidelseit; 8. Mary Travaglini; 9. Keith Evans; 10. Conroy Zien; 11. Winter HMP 12. Sandra Engstrom (8K)

An Interesting Racing Strategy

Contributed by: Anonymous

It was the indoor track county meet and I had missed three meets because of a winter vacation in Miami.

I was lined up and excited to race after over a month (because in high school there's a meet every week or so... especially if you do cross country and both track seasons).

I took the lead in the race unintentionally, but could see that the girl behind me was close, by her shadow. I pressed on and on but could not shake her. I gave everything I had to cross the finish line ahead of her.

When I looked back, I had the realization that no one was even near me. I had overlapped (200m track) the second place girl in my heat. It turns out that it was my OWN shadow I was running away from. It seemed like the inverse of the expression "chasing your shadow" because mine chased me!

The best part was that it was a 36 second PR from my last race. I not only broke 6 minutes, but I ran 5:37 that day and PR'ed on my 3200 by a minute and seven seconds-- no shadow chased me during that race though!

Editor's Note: As our parents always told us to not be afraid of our shadows, perhaps as runners, we SHOULD be afraid of our shadows -- especially during an important race!

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 @mccrc or by e-mail to office@mccrc.org.



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

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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