



Dear Members -

Can you believe it's almost the end of July? I truly appreciated the club's acceptance of the newsletter being delayed by a week. My family and I took

MoCo remains in Phase Two and MCRRC will continue to roll with whatever recommendations are set forth, impacting our operations. We would like to

But the major announcement on everyone's minds is that of the Marine Corp Marathon going virtual. From their website: "All events for the 2020 Marine Corps Marathon (MCM) explored various approaches to safely execute a live event and held numerous meetings with Marine Corps leadership, local government and public health officials," said Rick Celebrete in-person this October, we are excited about the opportunity to bring the 45th anniversary event to the homes of runners around the world through a rewarding and e

We stand with the MCM race committee and understand that this was a difficult, albeit the correct, decision for them. With regards to this decision, I'm sure it's no surprise th

In related cancellation news, we must also inform you that the Maryland/ DC Grand Prix, sponsored by RRCA, has been cancelled. You can read their statement on this [here](#)

In more positive news, have you signed up for our virtual race series yet? Information is repeated below. It's not too late -- you have until October 31st to complete as many c  
**the series deadline has passed.** We realize some of our more ambitious members are already finishing, but this will be a significant undertaking for our staff and will be mos

To borrow the words of RRCA, I sincerely hope that by 2021, this is all a bad dream and we're all back to doing the things we love.

Until that time, please stay safe and well, and 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 n

We hope you all have a great weekend!

Stay well,

Ashley Zuraf, Director

## Reminder: We're Moving!

By: Peter Haack

Just a reminder that MCRRC now has our very own online communication space on the internet. It can be found at [groups.mcrrc.org](https://groups.mcrrc.org) and will be our one stop shop for all program, n  
event that you wish to join that group.

In the future when you register for MCRRC programs you will be added to the main group for that program as well as any other groups that the program director has created for the p

One of the exciting things about this communications platform is that you do not have to create a separate account to receive emails from these groups. You will receive any mess

If you would like to enjoy the full features of the new platform you can create an account on [group.mcrrc.org](https://group.mcrrc.org). The features include creating posting messages, creating polls & upl

You can always see the groups that you are subscribed to by following this [link](#)

This announcement will be posted to both the MCRRC-Discuss & MCRRC-Info Yahoo Groups and as of August 1st 2020 those groups will no longer receive club communications e

Since this is still very new to us please let us know if you have any issues or questions or use this [link](#) to send us questions, comments and feedback.

## Don't Forget to Register for the Virtual Race Series!

We know that races are a valued piece of your membership. In order to continue to serve our members, we have created a virtual race series using some of your favorite trails and I

The series is **free** and meant to keep our members engaged as well as provide an opportunity to race and compete against other members, measure progress during training, and to

Here's how it works (otherwise known as "the nitty gritty"):

- Races include the Piece of Cake 10K, Spin in the Woods XC, Run Aware XC, Little Bennett XC, Going Green 2 Mile, Matthew Henson 5K, Midsummer Night's Mile, Eastern
- Register for one, two, or as many of the 10 races as you want - registration is FREE!
- Choose to take part in the 5-race challenge (select 5 races during registration) for a pair of never before released MOCO socks!
- Register for the 10-race challenge to get the socks AND your choice of MOCO gear from our gear shop! (*subject to availability*)
- Download a personalized bib to wear during your "race(s)" -- this is optional of course!
- Your race(s) must be completed by October 31st.
- Valid results must be uploaded to RunSignUp for each race. No results = no challenge prizes. And please be honest -- there is no award for the fastest time or the slowest ti
- Brag about your runs on social media using #MCRRCVirtualSeries
- Premiums will be mailed to challenge participants between their time of completion and the completion of the virtual series in the fall. Please be patient!
- The series is for MEMBERS ONLY! But tell a friend - if they join MCRRC, they can participate, too!

You'll see we are taking advantage of some of the great courses we already have in the club, but also have a few that you can do anywhere.

The Going Green 2 Mile and Midsummer Night Mile events can be done on any open track, on one of the closed roads in the county, or on a stretch of trail you particularly like - iust

The Spring Green 5K and Midsummer Night 5K events can be done on any open track, or one of the closed roads in the county, or on a section of trail you particularly like. Just

The Race Where You Are 5K can be run anywhere, so be creative! Never run a track 5K but always wanted to? Here's your chance!

Strava maps are posted for each event, to guide you on your way.

We hope you will take advantage of this fun, virtual series so....

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

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. How do you stay motivated to run?

If you would like to share how you are staying motivated in both running and non-running ways, please feel free to share your story with Yvette Murphy at [ygatimurph@gmail.com](mailto:ygatimurph@gmail.com) or

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## The Virtual Fall 5K Program Opens Tuesday!

OK - so this might be a little confusing. In the past, we've had two 5K Programs: the Summer 5K Program which ran from August to November, and the Winter 5K Program which ran from December to February.

In light of the pandemic, we had a lovely member by the name of Mary Travaglini step up and offer to lead an "earlier" 5K Program, which started back in May. We decided to call her

The Fall 5K Run/Walk Training Program **opens Tuesday** for an awesome (and virtual) experience for all shapes, sizes, and fitness levels!

This opportunity is designed for walkers and runners who want to train for a 5K or improve upon their 5K endurance or speed. Participants include those who want improved health and fitness.

Ongoing support will be provided by our very experienced coaches.

For more information about the program, please visit [our website](#).

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## Coaches' Corner

### Running in the time of COVID-19

By: Conroy Zien, First Time Marathon Program Director

During this pandemic, running has become the outlet for many, but it also has become increasingly difficult to maintain motivation as our normal running routines have been greatly impacted. For those who love to run, it can feel like they love to become one significantly less appealing.

So how do we maintain motivation when we are unable to run with our normal group of friends? I'll admit, it's not easy, but it's also a matter of shifting your mindset. The following are some tips:

- **Embrace the freedom** – Many of us have switched our work schedules where we are spending most of our time working from home. This disruption to our schedule has also given us more time to spend on ourselves. Embrace the freedom to run when and where you want.
- **Try something different** – If you're not someone who normally listens to music/podcasts on your runs, maybe this is the time to try it out. If you normally run with your friends, maybe try a solo run or a different route.
- **Change up your goals** – Instead of training for a race, use this time to shift your goals. Have you been focused on longer distances for years? This may be a good time to try shorter distances or focus on speed.
- **Sign up for a virtual race** – With the cancellations of so many in-person races, there has been an increase in the number of virtual races available. Sometimes having a goal can help with motivation.

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## MCRRC Seeks Your Input to Transform the Club

The MCRRC Inclusion and Equity (I&E) Discussion Group was recently formed to further the goal of advancing the values of **Diversity, Inclusion, Equality, and Equity** across all of our members.

We would like your input on this initiative. The I&E group, made up of over 40 members, did a collective deep dive on what these values mean for MCRRC and explored different ideas. To learn more about the Inclusion and Equity Discussion Group or this survey, please contact [diversity@mcrrc.org](mailto:diversity@mcrrc.org).

Please submit your responses no later than **Friday, August 7, 2020**.

Access the survey here: [Inclusion and Equity in MCRRC](#)

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## Member Spotlight

### ICYMI - Adeline Ntam, A Trail Runner who Inspires Us All

On July 2, 2020, MCRRC member Adeline Ntam was featured in "We Run Trails," a blog by another club member, Rachael Gibson, that serves to support a global community of black trail runners.

"Trail running has taught me that life, just as trails, has many ups and downs, some flats, many curves and obstacles. You have to put in the work to succeed. The work you put in is worth the tears and uncertainties that got me to that point – the finish line." - Adeline Ntam

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**MCRRC Would Like to Spotlight Our Members!** All of our members have a story about their running journey and what motivates them to run. We would like to spotlight your story (e.g., your running journey, your favorite trail, your favorite gear, your favorite time of day to run, your favorite running partner, your favorite running music, your favorite running app, your favorite running shoe, your favorite running gear, your favorite running destination, your favorite running experience, etc.).

To submit your story, go to the form [MCRRC Member Spotlight](#).

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## An Open Letter to the Board of Directors of MCRRC

By: Azure McFarlane and Cameron Jackson

Your statement was not enough. That's it. And it shouldn't have to be said.

Black Lives Matter has never meant that only Black lives matter, but that Black lives matter too. For far too long in American society, roughly 400 years, Black lives have never mattered. Systemic racism and supporting the Black Lives Matter movement is not a political statement, but a declaration of the importance of basic human rights and racial justice.

brutality, systemic racism, and supporting the Black Lives Matter movement is not a political statement, but a declaration of the importance of basic human rights and racial justice.

Although saying "we support the Black community" and "we support all groups" might be an attempt to sound evenhanded, it is the equivalent to saying "all lives matter", which defies the mission of the oldest and largest national running club recognized by the RRCA, MCRRC should be leading by example.

Montgomery County prides itself on being one of the most diverse counties in America. We claim four of the top ten most culturally diverse cities in the US (WalletHub, 2020), and the historical absence of BIPOC runners in MCRRC, including on the board of directors. One White member noted in their 20 years of membership, this has been the status quo. Much more can be done.

We are inviting you, the board, to follow through on conscious, deliberate changes to make MCRRC inclusive and diverse. We recognize the board's statement surrounding the BLM future members. We invite the entire board to attend our meetings and hear these suggestions. This is your time to show the community that you stand by your own words and the actions of yourselves and for the betterment of MCRRC.

*Editor's Note: The Inclusion and Equity Group was established by the board of directors in June of 2020, at the time the [MCRRC Inclusion and Diversity Statement](#) was released. It is still in progress. Please send any comments and questions to [office@mcrrc.org](mailto:office@mcrrc.org).*

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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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