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## Montgomery County Road Runners Club

**Ins & Outs - July 3, 2020**

*"We Are Running in Montgomery County"*



Dear Members -

Well, we made it to July 4th weekend! We hope you are enjoying your summer so far.

Recently, Montgomery County [announced](#) that despite seeing a decline in key COVID-19 health metrics, the county will hold off entering Phase Three of the reopening plan until officials can be sure there won't be a spike linked to July Fourth celebrations. The local numbers are encouraging, however parts of the U.S. are struggling with a surge of new cases.

As you know, our programs remain virtual despite MoCo's Phase Two status. We encourage all who are participating to continue to follow the guidance of your program directors-- most of whom are remaining more conservative than the county guidelines to ensure that all participants remain safe and healthy. We thank them for their careful leadership and efforts in providing a valuable place for members to train. Our programs are 100% staffed by volunteers, so please thank them today!

Now for the really good news - **MCRRC's VIRTUAL RACE SERIES IS HERE!** Read on for more details. We hope this will be of value to you & encourage you to "get out there." We are certainly excited about it!

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.

We wish you all a safe, happy & healthy 4th of July weekend!

Stay well,

Ashley Zuraf, Director

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**We're Moving!**

By: Peter Haack

*Virtually*, that is... (yep, there's that word again!)

We pleased to announce 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, race, information & discussion online communications. **On July 22nd** all active members will be added to the announcement-only group, [info@groups.mcrrc.org](mailto:info@groups.mcrrc.org) and will be invited to the general discussion group [discuss@groups.mcrrc.org](mailto:discuss@groups.mcrrc.org).

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 program.

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 messages posted to these groups through your personal email. Each message has a link at the bottom that will allow you to mute or unsubscribe from the group. 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 & uploading photos for the club to enjoy.

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 and updates. These groups will eventually be closed for good (**say it with us, "Yahoo Groups will be gone. for. good!"**)

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.

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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!

- Run (or walk) streaks. Several MCRRC members are doing it. It's as simple and as hard as it sounds. Run (or walk) every single day; keep your minimum distance small and manageable; give yourself an end date; overcome the hard days; but be kind to yourself and rest when you need to.
- Our friends at MyMuddyShoes play "Name that Trail!" to keep each other motivated. A runner posts a photo of a distinguishing feature or landmark of a trail to their Facebook group, and people guess which trail it is! The game not only helps them get their miles in, it is also a way to help runners appreciate Montgomery County's vast trail system and

promote good environmental stewardship.

## **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.

- **Promoting Solutions for People with Autism - MCRRC Members.** The Virtual Autism Speaks 5K on **Saturday, July 4, 2020**, has provided a way to celebrate the race's 20th anniversary nationwide by inviting everyone across the country to join together to increase understanding and acceptance for people with autism and their families while raising funds for Autism Speaks. Several MCRRC members are participating to show their support for people with autism. Our friends at Run Farther and Faster have assembled [a team](#). The money raised will help promote solutions for the needs of people with autism and their families – including those in urgent need of resources right now – and fuel Autism Speaks continued commitment to create a kinder, more inclusive world for people with autism. *There's still time to participate if you register by midnight tonight (July 3rd). Learn more [here](#).*
- **Running Miles for Smiles HSC Pediatric Center Fundraising Event - Shlomo Fishman.** COVID-19 has really impacted HSC Pediatric Center's fundraising efforts that they plan under normal circumstances. To fill their fundraising gap and ensure children's health care needs are met, MCRRC member and former HSC intern, Shlomo Fishman, will be raising funds by running 40 miles throughout Montgomery County, Prince George's County, and Washington, D.C. on **Sunday, July 12**. The HSC goal is to raise \$3000 by July 31st. You can support Shlomo's effort by going to the [#HSCMilesforSmiles Kids in Action Fundraising Event page](#). *The HSC Health Care System is a nonprofit health care organization committed to serving people with complex health care needs and eliminating barriers to health services. Go Shlomo!*

*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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## **The Virtual 10K Program is OPEN!**

The program will run from August 18th to November 1st, targeting the Rockville 10K (race status pending).

And what a time to be a **NEW** program director! Please join me in welcoming **Vicky Nathan** and **Connie Corbett** to our absolutely wonderful roster of coaches! We think they are incredibly brave to make their program directing debut during a pandemic, but are so thankful to have them! Vicky tells us, "We are very excited to lead the 10K program, following in the footsteps of awesome past directors and lucky to have many experienced pace coaches returning to coach this year."

Here is a little more about Vicky and Connie:

Vicky is a "graduate" of most of the MCRRC training programs and has been a pace coach for just about as many. She has run over 10 marathons and one 50K. She loves coaching and

helping others enjoy their runs and reach their goals. In her spare time, she dreams of becoming a minion.



*(not actually Vicky)*

Connie is a long-time runner who enjoys running as both a social activity and a means to set (and accomplish) personal goals. She has completed distances ranging from 5k to 50-mile races. Over the years, she has served as a pace coach in the Beginner's Women's 5k Program, the First-Time Marathon Program and the 10k Program, in which she has helped others reach their running goals. When she isn't pacing in one of the MCRRC programs, Connie is striving to complete a marathon in every state. You may have seen her pacing Parks Half Marathon, though you might not have realized it was her due to her choice of running attire.



*Connie pacing in the Parks Half Marathon*

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

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## **The MCRRC Virtual Race Series is Here!**

We are pleased to announce that our low-key races are going virtual!

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 locations!

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 maintain some camaraderie with other members.

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 County 8K, Lake Needwood XC and the \*new\* Race Where You Are 5K!
- 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 time. As mom always says - if you cheat, you are only cheating yourself!
- 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 - just remember the social distance guidance.

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....

## **REGISTER TODAY!**

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### **A Note from the Parks Half Marathon Spokesdog...**

This is. *SO. EMBARRASING.*

My name's Mo and I was asked to remind you that the **2020 Parks Half Marathon is going virtual!!!!**

I was also told to remind you **it's ONLY \$25.** I was told to show you **the awesome finisher's swag that will be mailed to all finishers!** I was made to *humiliate myself in this hat.*

But, we are grateful that the Parks Half Marathon is finding a way to hold an event and give you some motivation for running through the hot summer.

Participants can complete their 13.1 miles from any location of their choosing and have until September 30th to finish. We have custom, downloadable bibs ready for all registered participants as well as a platform to upload finish times online! Later this fall, all participants will be mailed their totally rad finisher's medal and embroidered winter cap!

And last, but not least -- the relay is back in a virtual format as well! Register with a partner for the Virtual Relay and you BOTH get the swag!



[Register here!](#)

## CELEBRATE PRIDE!

We would like to thank everyone who went out for a 5K in June to celebrate pride, sharing their run on social media.

You're all winners in our book! Here is a brief compilation of those we saw showing off their #mccrpride



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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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