



[Click to view this email in a browser](#)

## Montgomery County Road Runners Club

### Ins & Outs - August 21, 2020

*"We Are Running in Montgomery County"*



Dear Members -

Happy Friday! We are heading into the last week of summer before the kids embark on a new adventure once again. Despite this being a different kind of summer, it sure has gone fast. I am happy to be able to say we truly made the best of it. I am proud of my kids, their resilience, and their ability to adapt to new situations. While I grieve for the things that have been taken away from us, they smile and make the best of what they have- especially my rising second grader. When I grow up, I want to be just like him. How are you finding ways to stay positive and motivated? We'd love to hear about it!

There has been no change in the status of Montgomery County with regard to the Reopening Plan. As always, you should monitor the status where YOU live and run and when you start to get back to running in groups, please remember to maintain respectful social distance at all times including at street crossings.

Thankfully, I have managed to help a few members who were not receiving Ins & Outs. If you know someone with a similar issue, please encourage them to reach out to me so we can try to solve the problem. As mentioned in the last edition, we are working on a webpage for past Ins & Outs, which can be found in the "About" section. I will be adding items in the coming weeks and your patience is greatly appreciated.

It's exciting to see results continue to be posted for the Virtual Race Series -- keep them coming! Members still have over two months to complete the races. **In related news, we are pleased to launch our [Virtual Race Series, Version Student 2.0](#)!** The board has agreed to offer a virtual race series to MoCo students who have otherwise found no place to apply their training. The series is free to them and membership is not required. If you have a high school student, encourage them to tell their friends & track/ XC coach about this free offering from MCRRC! *(please note that the above link is a separate registration form, just for the students -- members should still continue to use the link for the original [Virtual Race Series](#).)*

Last but not least, remember that our [gear shop](#) is open for orders! Show your club pride by adding a free magnet or soft cooler to any order.

Stay well,

Ashley Zuraf, Director

---

## 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. We love to hear about and share the ways that 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. How are you staying motivated to run?

### Running to Bring Light to Suicide Prevention - Gayatri Datta

Every few minutes we lose someone to suicide. Offering support may play an important role in combating suicide. The risk of suicide and dying by suicide increases when individuals are alone and isolated. Social connections can be a protective factor. By simply being there, showing love and care to those disconnected, vulnerable, and suffering can save lives. These small acts of kindness can have a significant impact on the lives of these individuals.

From September 5th to 13th, **Sisters Living Works** is presenting "Into the Light: A Virtual Run for Suicide Prevention." The event will raise awareness and shine a light on the need for suicide prevention and is an opportunity to reach out to anyone who may be suffering while still maintaining social distancing. There are several race categories from kids' races up to a 50 mile run. Sisters Living Works is a completely volunteer run organization, and the money raised from the virtual race will go toward supporting its programs. To find out more information and register for Into the Light, click [here](#).

MCRRC member, Gayatri Datta, founded [Sisters Living Works](#) after losing siblings, other close relatives, and friends to suicide. "In 2011, when I lost my younger sister to suicide, I came to a deeper understanding of the taboo/stigma surrounding depression/mental health and suicide. So, it became my mission to understand and help others. Although raised in India where suicide carries significant social stigma, I knew silence was no longer an option."

\*\*\*\*\*

*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 Ashley Zuraf at [office@mcrcc.org](mailto:office@mcrcc.org).*

---

## New Club Communications Space

By now, you should have been added to the club's new communications space, which is the replacement for MCRRC-Info on Yahoo! Groups. It can be found at [MCRRC-info@groups.mcrcc.org](mailto:info@groups.mcrcc.org). Please be reminded that this communication group is for **current MCRRC members only** -- non-members will not be admitted to the communication groups.

**The club communications pages on Yahoo! have officially been deleted and can no longer be used for club news or discussion.**

---

## 2019 Club Awards

Every spring, the club holds an event to honor award winners from the previous year. Due to the emergency situation surrounding COVID-19, the 2020 awards brunch was cancelled and while we had hoped for a reschedule or replacement event come fall, this is simply not an option.

If you were a Championship Series or XC Series winner, your gift cards were mailed to you back in May. Participation Series winners should have also received their premium around the same time. Congratulations once again on your 2019 accomplishments!

If you were a recipient of a "special" award, were an outgoing board member, or a 2019 race or program director, we do still have some items for you! Awards & premiums have (finally) been ordered.

Once they are in hand and organized, I will be setting up an outdoor pickup which will take place on a Saturday or Sunday, weather permitting, outside the MCRRC clubhouse in Rockville. Please stay tuned for an announcement containing those details.

We appreciate your patience as we wrapped our heads around how to handle this. Congratulations to everyone who received a 2019 recognition!

*A full list of 2019 award recipients can be found [here](#).*

---

## Coaches' Corner

### Technology Keeps Us Connected While Running Apart

*By: Larry Feidelseit, Summer Half Marathon Program Director*

When MCRRC leadership and I decided that we would go forward with a Virtual Summer Half Marathon Program this year, I knew we had to create more than just an online program. We needed to foster the sense of community that's a hallmark of our club. Since our pace groups wouldn't be running together, creating connections with the runners and coaches would require a reliance on technology that's not necessary when you spend hours together each week, adhering to the first rule of Run Club (what's said on the road, stays on the road). Here are the tools that we've been using for a successful season:

**Zoom:** I know you're shocked! We used it for our program orientation and special guest speakers. Some of our pace coaches are using it for weekly meet-ups or periodic check-ins. There are a couple of things I really like about Zoom. First, I recorded the orientation and special guests, so people can view the sessions when it's most convenient. And B, I don't have to hold the whole program hostage for the special topics when some runners are chompin' at the bit to get on the track.

**Strava:** IMHO (Google it!), this app that allows you to track and share your runs, is the best tool we use to keep the pace groups connected. We have a Strava Club for each group, and the runners can view and give kudos to their group's workouts and comment on their own efforts. Careful, though; it took a while (and this summer's endless heat and humidity) to cure me of running harder and longer than I should because I knew my peers would see the data.

**Email:** We've always used this as the primary communication vehicle for the program and still send out messages twice a week in preparation for our "group" workouts. This is the lowest common denominator, so all critical information is disseminated via email. Some pace coaches also send out periodic emails to their groups.

**Facebook:** We've had a Summer Half FB page for several years. I encourage our members to post thoughts and pictures to the page. It's not getting quite the use I would like. I think it's just less fun when the pics aren't of your eight sweatiest friends.

**Slack:** A few pace groups are using this messaging app as a way to have concise, near real-time, conversations without requiring everyone in the pace group to share their cell phone numbers with people they may never have met.

**Phone:** I'm not doing this in the program, but a couple of my old running buddies schedule weekly runs where they put in their earbuds and catch up for an hour while they each run around

their own neighborhood. Their prime tip...go wireless and waterproof!

**Podcasts:** Here's another one I'm not using but think could be interesting. Choose a podcast for you and your buds to listen to during a run, and then comment on it via email, Slack or text after everyone's finished.



*Not actually Larry*

There's no substitute for real, live, personal contact, but we're fortunate to live in an age where technology can help...now if I can just figure out how to keep that hologram of my daughter from passing me in the last 100 meters!

---

## **Member Spotlight: SHLOMO FISHMAN**

### **Running for Children & Young Adults with Disabilities**

*By: Shlomo Fishman*

In the middle of June, I realized the COVID-19 health emergency would be with us for a while. With most races cancelled across the country and nowhere to go, I was feeling that the running community was looking for unity and identity. Further, I was also looking at the tremendous health disparities between our diverse communities. In my specific case, I was thinking about those persons with disabilities. Having a brother with Down Syndrome, I could relate to the various challenges they are being faced with, especially during a health emergency. Having interned at the HSC Pediatric Center in NE Washington DC for their Kids In Action program, I knew their fundraising efforts were suffering. So I picked up the phone and called the director or programming. After our initial conversation and confirmed that they were in dire needs of funds, I went to work putting together The HSC Miles For Smiles 40 Miler. With the program director's blessing, we all worked together as a team. I created the route, and their marketing director worked on increasing awareness about the event.

Being someone who does not enjoy asking people for funds, I was quite hesitant to get started. I made a fundraising goal of \$3,000, but was unsure of how others would respond. Within the first few days, we were well on our way to \$2,000. More than the donations, the outpouring love, support, and offers to help came flying in. Further, we were raising awareness for those in need during these very uncertain times.

The run for me was something that will be etched in my mind for a long time. We had a tremendous amount of support from MCRRC and Dojo of Pain. As we got into the latter miles, the running became more challenging, and I was ready to quit. Then I remembered why I started the run in the first place, which gave the final handful of miles extra meaning. In the end, we raised a total of \$3865, got 150 + cloth face masks donated, and had a 'Free' Yard Sale which raised an additional \$1600.

You should know that your contribution went directly to keeping Kids In Action afloat during the pandemic. The HSC Kids In Action programs are for children and young adults with disabilities ages 4 and older in the Washington, DC area, and their sisters and brothers can participate. They welcome all abilities and make adaptations so everyone can participate. Check out their website [here](#). It is never too late to support through giving your time, or by making a monetary contribution.

#### **About Shlomo**

Shlomo is a Wellness Specialist living in Silver Spring who, aside from running, enjoys most outdoor sports including mountain biking, rock climbing and hiking. At home, Shlomo likes to cook, read about outdoor adventure, and work on jigsaw puzzles. We asked Shlomo several

questions, and below are some of the highlights:

*What do you enjoy most about being a part of MCRRC?*

The element of Community. There is a running parable that comes to mind when I think of the last 5 years with MCRRC, "If you want to run fast, run alone; if you want to go far, run together." MCRRC has combined the two in a healthy and sustainable way: 1) by bringing individuals together to form a positive forward thinking community, and 2) by challenging each of us to be our best whether it's through the programs, low key races, and on social justice issues.

*What is your favorite MCRRC Low-Key race?*

Hands down, Kemp Mill Chills 10k. Because, who doesn't love rolling out of bed to a start line that's literally right in your neighborhood?! Seriously, those hills are a fun way to wake yourself up!

*What was your best race experience?*

Finishing?! Having the ability to be a guide for a visually impaired runner at the MCM 10k a few years ago. There is something special about helping others, and celebrating their accomplishment.

*What running goal(s) do you have?*

To put my best foot forward each day. But my heart lies with being able to support the community, and seeing others make their day better via running.

\*\*\*\*\*

***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 or the story of another great member you know using MCRRC's various communications platforms. Our vision is to celebrate the diverse stories and voices of our membership (race, national origin, religion, sexual orientation, gender identity, ability, etc.).*

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

---

## **Intervals is BACK!**

As you have probably noticed, our quarterly print publication "Intervals" took a hiatus. Mostly this was due to not having content, thanks to COVID-19 and its effect on our operations. But the suspension was also due to some personnel changes.

After SIX YEARS as Editor for Intervals, Scott Brown is hanging up his hat and will be succeeded by Amy Lin. Scott has generously offered to stay on as a consultant during the transition to Amy and we are pleased to let you know that they are working on putting out a September issue! Stay tuned for more from both Scott and Amy in that upcoming issue.

I know that you all join me in thanking Scott for his amazing term of volunteer service. I am without words to properly express how grateful the club is to Scott for his tremendous job. We are excited for the next generation of Intervals and the fresh ideas that Amy certainly has for the publication.

So thank you Scott, thank you Amy & welcome back, Intervals!

---

## **Tangents**

*By: Kristen Serafin*

Lately I've really been questioning my motivation to run. I haven't felt like doing workouts. I haven't felt like doing long runs. In a completely unexpected turn of events, I've even started to think of bike rides as "enjoyable" and "fun". I decided to explore this weird and uncomfortable running rut by looking for some good resources. Three of the four pieces below highlight some

truly motivating forces in the running community. The fourth addresses a hot topic, and possibly the most popular MCRRC race and program swag of 2019-2020 - the gaiter!

1. This week was a tough one for fall races, as the last few remaining marathons (including Richmond and Saint George) cancelled due to what I'm now calling "The Obvious." Personally, I am very motivated by a goal, and all of these cancellations have given me time to think: Why is that? Should running be tied to pursuit of a goal? [This great article](#) from the Atlantic discusses this topic in frank detail, and offers some thoughtful suggestions for how to break the habit of tying every day runs to pursuit of success.
2. If you've never heard of The Mirnavator, check out her instagram and blog. Mirna Valerio is challenging the stereotype of what an ultra runner "should" be one race at a time. [This video by REI](#) is a few years old but the message is relevant today - no one can tell you who you are or what you are capable of. Her values resonate deeply within MCRRC's slogan: "A place for every pace." *Warning: There are curse words that ARE beeped at the beginning of this clip as Mirna reads an email that was sent to her in the middle of a 50K.*
3. Need some inspiration for track work this week? Check out [this article](#) about Lynn Rathjen, who recently ran a sub-6 minute mile. While that in itself is impressive, Lynn's accomplishment is notable because a) he ran pretty darn even splits and b) he turned 75 in January. This run set the American age group for 75-79 year olds.
4. To gaiter or not to gaiter? Our heads are snapping back and forth. First [one study](#) highlighted that "wearing a neck gaiter may be worse than no mask at all". Then [a closer look at the article](#) suggested that maybe the study was limited in scope. So at the end of the day, what should you do? My thought: The easiest way to avoid science whiplash is to run routes where you can maintain social distancing. For me, this means exploring more of my neighborhood and less of the trusty old Rock Creek Trail.

\*\*\*\*\*

*Have an article, book, video, or other medium that you would like to be highlighted in the next issue of Ins and Outs? Please email it to Kristen Serafin at [kristennserafin@gmail.com](mailto:kristennserafin@gmail.com). Thanks in advance for your contributions.*

---

## Really Bad Jokes

It's been awhile! As you probably gathered from my first few editions of Ins & Outs back in the spring, which also happened to be at the start of the pandemic, I have a terrible sense of humor. This is what children do to you - they cause you to go backwards mentally and to once again laugh at things like toilet humor and body parts.

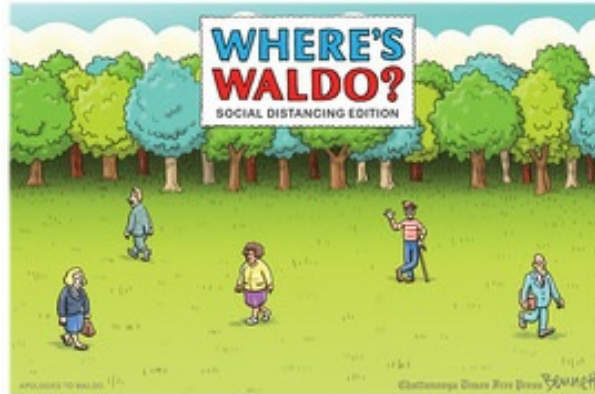
Since we all need to occasionally lighten the weight during this apocalyptic state of the world, here is my latest crop of really bad and definitely not funny jokes. Enjoy!

- You know what they're saying about 2020? *It went viral faster than anyone thought it would.*
- I can tell you a coronavirus joke now, but you'll have to wait two weeks to see if you got it!
- What types of jokes are allowed during quarantine? *Inside jokes!*
- Why don't chefs find coronavirus jokes funny? *Because they are in bad taste.*
- There are so many coronavirus jokes out there, it's a pandemic!

#socialdistancing



Where's Waldo, Social Distancing Edition:



*Editor's note: All of us here at MCRRC, myself included, continue to take COVID-19 very seriously. These jokes are in no way intended to diminish the seriousness of the pandemic. Additionally, my immature sense of humor is not representative of MCRRC's. Except for President Earley. I do feel that it is representative of President Earley's.*

---

## 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!

---

If you no longer wish to receive these emails, please reply to this message with "Unsubscribe" in the subject line or simply click on the following link: [Unsubscribe](#)

---

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

[Read](#) the VerticalResponse marketing policy.

**vertical** DELIVERED BY  
**response**  
Try It Free Today!