

Montgomery County Road Runners Club

Ins & Outs - August 7, 2020

"We Are Running in Montgomery County"



Dear Members -

Welcome to August -- otherwise known here in the DMV, as the "dog days of summer." It's appropriate, as this edition of Ins & Outs contains a message that's an official title).

MoCo remains in Phase Two with no date to move the county to Phase Three. As such, we have decided to extend our cancellation of low-key club events: Needwood XC, Cabin John Kids Run, Black Hill and XC on the Farm. MCRRC will continue to roll with whatever guidelines are set forth, impacting our operations. We would like to return to running in groups, to maintain respectful social distance at all times including at street crossings.

You'll see some new sections in today's newsletter that we hope to make recurring. As we work to make Ins & Outs more useful to you, some sections may eventually drop "Tangents," making its debut today.

And while on the subject of Ins & Outs, I understand some members are having difficulty receiving it. If this is someone you know, please encourage them to contact us. We will upload directly from our membership database. If you are a current member with a valid e-mail address in your membership record and you have not unsubscribed yourself from our mailbox. We are working on creating a space for Ins & Outs on our website, which can be found in the "About" section. We will be working on populating the previous information appreciated while we build in the time it will take to do that.

And another reminder to sign up for our virtual race series! It's not too late -- you have until October 31st to complete as many or as few races as you want! **A few quick highlights for completing 5 or 10 events, all premiums will be mailed in November after the series deadline has passed. Also, since we have been receiving a lot of questions about the series website and click on "Results." You'll see the option to "Submit Virtual Results" at the top of the page.** Keep those results coming! We also have a new page for the series. It can be found under the "Races" tab by clicking on "Club Race Series." Any updates or useful Q&A's that we come up with by hearing from you, may appear on that page.

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! Magnets and soft coolers can all be found in the shop.

We hope you have a wonderful weekend,

Ashley Zuraf, Director

Message from the President and Vice President of MCRRC

MCRRC has a long history of being the leader in the local running community, representing runners across Montgomery County and the region. Our board has affirmed its commitment to listen and heard the voices expressed in the [Open Letter to the Board](#).

By forming the Inclusion and Equity (I&E) group, a member-centered, values-driven discussion group focused on diversity issues, we are intentionally addressing gaps to better serve a more diverse, but inclusive and equitable. The group is developing proposals across various club strategy areas and will soon be sharing them with the board. Be on the lookout for initiatives also continue to look to RRCA, our parent association, for [support and guidance](#).

Improving inclusion and diversity across club culture and systems will take both time and effort. There are things we can do quickly and things that will take more deliberate, long-term action. We are committed to increasing Indigenous, and People of Color (BIPOC) membership of our club.

- You may have noticed a greater focus on sharing the diverse experiences of our running club in recent issues of Ins and Outs, including highlights of our BIPOC runners. I hope you take note.
- We have immediate opportunities to develop programs to improve representation within the club -- including: membership, our training programs and races, as well as volunteer opportunities.
- Later in the year, we will be looking for ways to encourage members from a wide variety of backgrounds and perspectives to engage in learning how to coach with training and leadership. Greater diversity at all levels of club leadership -- coaches, program directors, race directors, committee members, and board members -- will require sustained effort.

We are committed to increasing inclusion and equity within MCRRC. As always, if you do have any concerns, you can contact us at president@mcrrc.org and vicepresident@mcrrc.org.

Ken and Brad

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 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?

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 or <https://www.instagram.com/ygatimurph>.

New Club Communications Space

By now, you should have either joined or been directly added to the club's new communications space, which will be the replacement for MCRRC-Info on Yahoo! Groups. It can be found at [https://groups.io/join/mcrrc](#). Yahoo! Groups will be closed down permanently by COB on Monday, so we encourage all members to begin using groups.io.

Please be reminded that this communication group is for current MCRRC members only -- non-members will not be admitted to the communication groups.

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 any questions you may have.

Virtual Training

Would it help to have a virtual race to motivate you to join the [MCRRC 10k Program](#)? Program Directors Connie Corbett and Vicky Nathan share a few great fall options:

- [Marine Corp 10K](#)
- [Run for the Medal 10K](#)
- [Baltimore 10K](#)

Don't delay... register today for the 10K Program!

Editor's Note: Don't forget that the [MCRRC Virtual Race Series](#) also contains some great 10K options that are free for members & can be run anytime before October 31st. Additionally, please visit [our website](#) to check out this tried & true training program.

Coaches' Corner

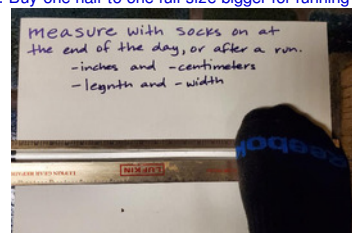
Shopping for Running Shoes Virtually

By: Mary Travaglini, Summer 5K Run/Walk Program Director

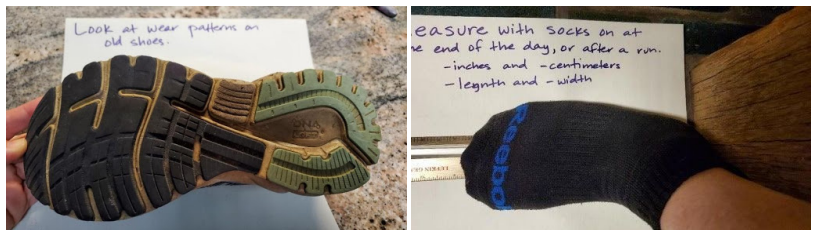
There is no substitute for getting an in-person fitting, but if you live far from a running store or aren't able to visit on due to the pandemic, here are some tips! Running shoes vary by brand and model, and your foot can change over time. Some runners replace their shoes every 200 miles, some every 300-400 miles, and definitely if some sneakers come in trail, regular running, and fast walking styles. Trail shoes have an inflexible sole, running shoes bend a bit, and fast walking shoes are quite bendy.

Quick steps to measure for running shoes:

- Measure at the end of the day, or after exercising, when your foot expands and is at its biggest.
- Lay a ruler down against the wall, and stand on it to measure—measure both feet with socks on—one could be longer, the other could be wider.
- Each company might have different size charts for size and width—check their size charts. Buy one half to one full size bigger for running shoes—you don't want a shoe to



- A "wet step" test will give you an idea of your arch. Get your foot wet, and stand on a piece of cardboard to see if you are flat-footed or if you have a little or lot of an arch.
- Look at the wear patterns on old shoes. A neutral wear pattern means you should consider a stability shoe, a medial wear pattern is from overpronation and means a motion control shoe and would benefit from a cushioning shoe.
- There is some magic involved, because guidance might say I need a stability shoe because my ankles pronate, but it turns out I need a cushioning shoe because I supinate. Which is why it's so important to try a few different brands and styles!
- Order from a place with free returns and order different brands or sizes—so long as you only wear a shoe in the house to test it, you can return it clean for resale.



- Call a great running store, like [RnJ Sports](#), with locations in Bethesda or Rockville - they might have a suggestion for you after you've done these steps!

Member Spotlight

MCRRC Member Launches *We Run Trails* Blog to Shine Spotlight on Black and Brown Female Trailblazers

By: Krista Zanetti

Rachael Gibson, a long-time MCRRC member, recently launched her blog *We Run Trails* on July 2nd to highlight Black and Brown female trail runners. Rachael's motivation to start with the lack of diversity in the sport. She rarely sees people of color running trail races locally or around the county when she travels to races. And, in her experience, she is often

After over a decade of running on pavement, Rachael started trail running in 2016. At that time, road running, and road marathons in particular, didn't feel as energizing to her as they or personal records. However, what did excite Rachael was the idea of challenging herself to train for ultramarathon distances. Because most ultramarathon races are run on trails, so Rachael was motivated, her new endeavor turned out to be a much bigger challenge that she anticipated. Within the first month of hitting the trails, she sprained her ankle, discovered every bit of it! But, to get to her goal of running ultramarathon distances, she hung in there, weathered her discontent, and has since completed an impressive slate of races. She has completed over a dozen 50K races.

Rachael views trail running as a vehicle to heal and nourish our souls; and she wants more Black and Brown women to experience the joy she has found through running trails. Trail road running – think running alone in the cold on uneven ground through the pitch-dark night or bumping into a bear on a long training run. Sometimes it's leaning into those risks that Black and Brown women to experience this excitement.

Black women are also not represented in trail running magazines or marketing materials. If Black and Brown women don't see themselves represented in these spaces, they'll be less clear goals she wants to achieve through her blog, which are to: 1) be a vehicle for broader representation in the trail running community; and 2) inspire other Black and Brown women. Once she achieves her first goal, then her second goal will be easily accomplished.

Rachael is in the process of contacting the major trail running publications, both print and online, requesting that they feature the women highlighted in her blog in their upcoming issues. She deserves to be featured in these major outlets because they're amazing athletes and incredibly inspiring.

When discussing issues of representation, the excuse people of color often hear from those leading or participating in organizations and events is that they don't know where the Black and Brown women are. It's an excuse and make it unacceptable.

You can find *We Run Trails* at [weruntrails.net](#) or on Instagram @weruntrails2 to read the inspiring stories of Black and Brown female trail runners, some of whom are MCRRC members.

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 on 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).

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

MCRRC Seeks Your Input to Transform the Club - Respond Today!

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 for you to share your ideas, connections, and/or resources. More information is provided within the survey form below. If you have any questions about the Inclusion and Equity Discussion Group, please email inclusion@mcrrc.org.

Responses are requested by today, Friday, August 7, 2020.

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

Are YOU Registered for Parks?

Ah, the "dog days of summer" -- I don't know about you, but I thought it referred to those summer days, so devastatingly hot, that dogs like me would lie around in the shade, panting. I actually learned it actually refers to the dog star, Sirius, and it's position in the heavens. To the Greeks and Romans, the "dog days" occurred when Sirius appeared to rise just before the sun, in July/ early August, and symbolized the hottest time of the year.

I am not a history buff or an astronomer - I am just a dog.

So to me, the dog days actually DO refer to me lying around in the shade, panting, and longing for fall -- the cooler temps, the smell of the leaves and the [Parks Half Marathon & Relay](#).

Here's how it works:

- Go to [our website](#) to sign up! It's only \$25 for the half and \$40 for the relay.
- Download & print your personalized, digital bib (linked in your confirmation email)
- Between now & September 30th, run your distance --anytime/ anywhere, it's up to you!
- Brag about your finish & post a picture to social media using hashtag #2020virtualparkshalfmarathon
- Return to our site on RunSignUp, click on "[Results](#)" and upload yours.
- Sit back, relax, and wait for your super groovy premiums to arrive by mail, beginning in October!
- Wear said items with pride in knowing, you still had your race day. We're all in this together.

What are you waiting for?

[REGISTER TODAY!](#)

Tangents

Want to learn more about your running community?

In this newly introduced section of Ins and Outs, we seek to highlight news, events, and happenings in the world of running. Articles are selected to provide a cross section of notable events in Montgomery County, MD and MCRRC.

We hope you enjoy this edition of "Tangents!"

1. Quarantining together, the Bowerman Track Club has been breaking records almost weekly in their intrasquad track meets. Watch just one example from last week, when the club set a new record in the 5000m.
2. Our very own Montgomery College got a great shout out for being inclusive, accepting, and a fantastic resource in a recent [Humans Of New York post](#).
3. Stay safe in the DMV swamp by adjusting your paces with [this dew point guidance](#) from Coach Mark Hadley.
4. Runner's World put together [an excellent mini-documentary](#) with Coffey, an activist in New York City, titled "Running While Black".

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 kristenserafin@gmail.com.

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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