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Montgomery County Road Runners Club

Ins & Outs - September 25, 2020

"We Are Running in Montgomery County"



Dear Members -

I really hope you have been able to get out & enjoy this fall weather.

There is just over one month left to complete our [Virtual Race Series!](#) ***We listened to our runners and understand that some of you may not feel safe running one or more of these courses without the traditional race support. All races are now designated as Run Anywhere. Participants may run the designated course or choose any route (of the specified distance) with which they feel comfortable.***

Parks Half Update - If you are a registered participant in the 2020 Virtual Parks Half Marathon & Relay, you should have received an e-mail about the premium pickup on October 3rd at RnJ Sports. If you are not able to make that pickup, your premium will be mailed thereafter. Please contact me if you did not see that e-mail.

Thank you to all who attended last night's Town Hall Meeting. The board and I appreciate your interest in the club and your time. In the coming week or so, we will answer any questions the board was not able to get to last night and will also share the link to the recorded meeting for those who were not able to be there.

I didn't have the opportunity to say it last evening, so I'd like to use this space to let our members know that I am always here to support you. I may not know the answer right away, but I can usually figure out how to get it. I may not be the right person to help you, but can usually put you in touch with that person. My door (e-mail, actually) is always open to our members. I can be reached at office@mcrrc.org.

Thank you for your continued loyalty and membership,

Ashley Zuraf, Director

Editor's Note: The platform used for this mailing, has been up & down, sideways and around today. At the risk of delaying an important edition even more, I made the decision

to send it. If there is anything "off" in this edition, I apologize.

Running Together - A Survey

To help us better plan for returning to in-person activities, we are requesting some feedback from our members in a number of areas.



Your
Opinion
matters

We have created a survey with a few questions to get a sense of our members' feelings towards events right now - both in a running and, maybe more importantly, a volunteer capacity.

The survey will only take a few minutes and will really help us plan accordingly. Your participation would be greatly appreciated! **The deadline to complete the survey is Monday, October 5th.**

[Take the survey here.](#)

Coaches' Corner

Running in Washington, D.C. on 9/11

By: Lauren Kline

People often ask me, "how did you get into running?" A co-worker of mine was training for a marathon and was bored running alone so she dragged me along with her on our lunch breaks.

As the memory of 9/11 still echoes in our hearts and minds, I am reminded of one of our runs around the beautiful sights in Washington, D.C. We had met early that day, and ran around the Mall, the Monuments, and the reflecting pool. We were basking in our 4 mile accomplishment on this glorious day. After quickly showering, my co-worker logged on to the local news. She told me that a plane had hit the World Trade Center and it was coming down. My family is from New York. I was frozen with disbelief.

We both watched, horrified, as another plane hit the second tower. Then the Pentagon was hit. We worked at the Department of Justice, between the White House and the Capitol, next to the IRS, and across from the FBI. My phone rang and it was my sister saying, "get out of there now!" I put my running shoes back on, told my boss I was leaving and ran out of the building.

I wondered whether this morning would be the last time I ever ran around the mall, the monuments and the reflecting pool. My sister called back and then walked with me, the whole way out of the city.

I made it to Bethesda, to my future husband's office. We got a ride to his condo in Maryland. I buried myself under the covers, hiding from this nightmare. I realized that it wasn't just a bad dream and our world was forever changed. When I returned to work, I was put in charge of the budget for the 9/11 Victim's Compensation Trust Fund. It was one small way I could help those impacted by this terrible day.

My running journey has grown since joining MCRRC and I'm hoping to continue volunteering as "Coach Lauren". After COVID-19 is over, I want to bring my runners and walkers downtown to the beautiful sights that are still standing in Washington, D.C.

This piece is dedicated to the firefighters, police officers and first responders who lost their lives trying to save others. Thank you to all of the heroes who ran that day to help strangers, not realizing it would be their last run.

Thank you to all the coaches who have shared their knowledge, advice, tips and stories with us. After this edition, Coaches' Corner will be transferred to Intervals, MCRRC's bi-monthly print publication.

Member Spotlight: BRYANT CABO

Racing Against the Birds

Bryant Cabo found freedom through running when he started the sport in 2011. A resident of Silver Spring, Bryant has thrived in MCRRC's 5K program due, in part, to the dedicated coaches who have noticed his passion for running. Driven by data and the energy running gives him, Bryant will no doubt continue to run for years to come and achieve his goals. We asked Bryant several questions, and here are some highlights:

What age group are you in?
20-29

Other than running, what are your talents and/or hobbies?
I study meteorology, both current and historical climate. I enjoy astrophotography, cartography, and looking at how cities evolve over history. I also like to cycle as a form of exercise.

What do you enjoy most about being a part of MCRRC?
I enjoy meeting people who enjoy the same sport and being able to talk about the pace and distances and different experiences. I love races and looking at results afterwards. That's the best part!

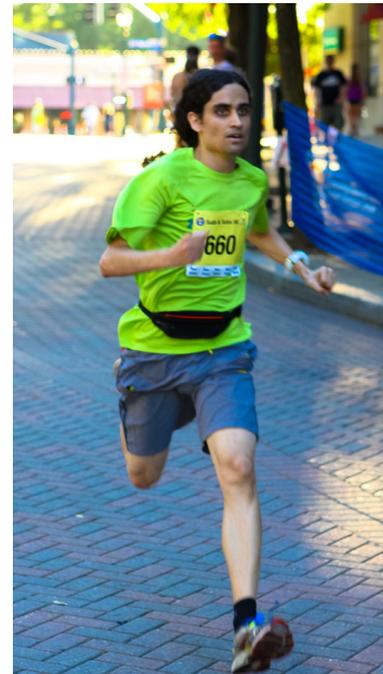
Who is your favorite coach, mentor or source of inspiration?
Wanda Walters has been my very favorite coach for years.

What was your best race experience?
My first race Rockville 5K in 2011 and Pike's Peek in 2019 when I reached a PR.

What was your worst race experience?
Racing when I was sick. I was so excited about the race that I didn't know I had the flu.

What's the strangest thing that you've seen in a race?
When I passed a tired elite runner on mile 4 on a 5 mile race

What motivates you to run?
I like to feel the speed and the energy and compare it to the wind, and I like to race against birds flying overhead.



What else would you like to share that would help people better understand your personal running story?

Running has helped me with my autism. It makes me feel healthy and good about myself. I can use my skills with numbers and data to achieve my goals. It has given me a sense of accomplishment like nothing else

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](#).

Cadence

The Beat from MCRRC's Inclusion and Equity Group

Cadence in running is the number of steps you take per minute. It is integral to your identity as a runner. It is a reflection of your effort, your speed, your goals. Do you know your cadence? Do you know the rhythm that carries you forward? Do you listen to it when it's the only sound you hear except for your breath?

Today, we introduce a new short feature to Ins & Outs called "Cadence" where we will provide updates about MCRRC's Inclusion and Equity Group (I&E). I&E brings together nearly 50 individuals that include members new and old, coaches, race directors, program directors, committee members, and board members working to advance diversity, equity, and inclusion initiatives across MCRRC. They are taking the steps to shape a club environment and culture in which underrepresented groups, in particular our Black, Indigenous, and People of Color (BIPOC) members, are heard, feel welcome and safe, and have pathways to meet their needs and goals in the Montgomery County running community.

Most MCRRC members can agree that the club is diverse, but are the systems we have in place truly inclusive and equitable? The committed members of I&E have the difficult task of exploring this question in the following strategy areas: Communications and Outreach, Leadership Transparency and Accountability, and Training Programs and Races. They are volunteering their time to define values-driven goals that are actionable and manageable.

While the work of the I&E group is at the forefront, each member is also developing their own understanding of diversity, equity, and inclusion in running and beyond. This means a willingness to simultaneously understand how anti-racism is integral to inclusion within the club, and to grow as an anti-racist individual. This means being comfortable in often uncomfortable conversations with people of different race, ethnicity, gender, age, religion, and ability. This means putting a critical lens on their own values in order to actively improve the rhythm of the club - its relationships.

We look forward to sharing I&E's work as we listen for our rhythm through the cadence of the steps we take. If you have any questions about I&E or would like to get involved, please email Yvette Murphy and Jefferson Lunsford at diversity@mcrcc.org.

Tangents

By: Kristen Serafin

I'm on vacation this week, continuing to feed my craving for more dirt, vert, and run-hike intervals. I've got a few podcasts lined up to listen to on drives and have even more queued up for dog walks when I get back. I also got a lot of great feedback from the last issue of Intervals that I would like to briefly expound upon. Never fear, Road Runners, next issue I'll be back on the roads. The surely-to-be-epic Kipchoge-Bekele battle in London is almost here! The trails are calling so let me get right to it:

1. Our friends at Run Farther and Faster put out a regular podcast, [the RFF Podcast](#). I have all of the ones profiling MCRRC members lined up and ready to roll. Hopefully you recognize some of the names below (links are to iTunes but these podcasts are also available via [Stitcher](#))! There are so many more MCRRC members profiled - thank you all for sharing your inspiring stories.
 - o [Aaron Anderson](#) shares his thoughts on running with any kind of learning (dis)Ability.
 - o [Conroy Zien](#) profiles his inspiring and powerful journey to qualify for the Boston Marathon.
 - o [Will Etti](#) contributes to a powerful discussion about race.
 - o [Roman Gurule](#) discusses his odyssey of going from a 2:56 marathoner to a COVID hospital bed.
2. I have quite a few [Rich Roll podcasts](#) lined up. Though they can be quite long (2+ hours), the depth of the conversation is fascinating. I thoroughly enjoyed listening to his podcast on Killian Jornet, aptly titled: "[Summitting the Mind of the World's Greatest Mountain Runner](#)".
3. Sabrina Stanley recently [set a crazy Fastest Known Time](#) (FKT) for running Nolan's 14, a series of 14 14,000 foot peaks that mostly don't have trails, so you just have to navigate your own way up. Unfortunately for Sabrina, Megan Hicks, the previous FKT holder, went back shortly after and impressively [took it back](#).
4. [Lake Frank](#) may be Montgomery County's best kept secret. With limited parking and a great mix of trails and roads, it is easily my favorite place in MoCo to run (don't worry XMP friends, Old Spring is still my favorite hill). Many of you have or are afraid of getting lost around there. Here's a [trail map of the area](#). My advice is to bring a water bottle and go forth and explore!

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. Thanks in advance for your contributions.

Competitive Racing Team Results

By: Nicolas Cruzier

Holland Haven Marathon -- 2020-09-13

Meg Ryan 3:05:45 (Age group rank: 1st, **Gender rank: 2nd of 131**, Overall rank: 19th of 292)

Catoctin National Scenic Trail FKT -- 2020-08-20

Adrian Spencer 4:26:38

Dahlgren Heritage Rail Trail 50K -- 2020-08-01

Ryan Johnson 4:16:21 (**Gender rank: 3rd of 45**, Overall rank: 4th of 65)

Erin Kelman 4:21:46 (Age group rank: 1st of 12, Gender rank: 4th of 45, Overall rank: 5th of 65)

Kristen Serafin 4:37:58 (Gender rank: 3rd of 20, Overall rank: 12th of 65)

Loudoun Street Mile – 2020-07-25

Hasan Hobbs 4:41.60 (Age group rank: 1st of 6, Gender rank: 21st of 131, Overall rank: 21st of 193)

Peter Bandettini 5:11.20 (Age group rank: 1st of 6, Gender rank: 41st of 131, Overall rank: 44th of 193)

Mark Neff 5:14.90 (Age group rank: 1st of 5, Gender rank: 44th of 131, Overall rank: 50th of 193)

Catoctin 50K (Covid-19 format) – 2020-07-11

Erin Kelman 6:01:56 (Age group rank: 2nd of 26, Gender rank: 2nd of 59, Overall rank: 2nd of 69)

Kristen Serafin 7:30:23 (Age group rank: 1st of 3, Gender rank: 2nd of 10, Overall rank: 18th of 69)

Member Discounts

We are thankful to have been extended the following discount codes for online shopping from some of your favorite running retailers. This is a membership benefit that we hope to bring you more of and will be working on that in the coming weeks with the hopes of having this be a regular feature in Ins & Outs!

ROAD ID

www.roadid.com

Coupon code YW05SJAXW3PF (expires 11/30)

Running Warehouse

www.runningwarehouse.com

Coupon code MNTGMRYCRR

Do you have a favorite online or local retailer that you would recommend to your fellow club members? Let us know about them & we can request a discount! Send a message to office@mccrc.org and we would be happy to look into it.

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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