



Dear Members -

Happy (early) Halloween! This is the last edition of Ins & Outs before Halloween and we hope that however you are celebrating this year, it's a great n

This is also the last edition of Ins & Outs before the conclusion of our [Virtual Race Series](#) which means it's a great time to be reminded of the followi

- The last day to run is October 31, 2020.
- Results **must be uploaded by November 1st at 11:59 PM.**
- **If you are participating in the 5 or 10 event series, you must upload your results! This is how we will determine premium recipients.**
- Premiums will mailed in November. Since participation was hugely successful, this also means that getting all the packages out will be a big undertaking for me. Your

Speaking of racing, please join me in congratulating Germantown 5 Miler Race Director, Danny Talmage, for pulling off our first in-person event since the start of the COVID-1 in this new form of racing. BIG thank you to Danny and his volunteer crew and everyone who worked to pull this off.

Finally, I have been working on clearing out some merchandise from our supply and I threw up some cool MCRRC-logo'd merch in the [gear shop](#). Check it out! Your purchas

Have a wonderful weekend!

Ashley Zuraf, Director

MCRRC Together - A Capital Campaign

By: Jean Arthur, Karen Kincer, Don Shulman and Mike Acuna, past presidents of MCRRC

Dear Friends,

We would like to express our heartfelt appreciation for the benevolence and generosity you have shown our club during these turbulent times.

As your contributions continue to come in, we would like to remind you that often times employers will provide matching funds when you are supporting a 501(c)3 non-profit organiza avenue of support for MCRRC. We will be happy to provide you with any verifying documentation they may require in cooperation with our initiative.

Our crowd funding efforts will continue through Giving Tuesday, December 1st. Should you have any questions, please contact us at capitalcampaign@mcrcc.org

We are **MCRRC Together**.

Please follow [this link](#) to make your worthy contribution.

Member Spotlight: JEAN NKAMDON

Rhythms and Beats - on the Dance Floor and on the Trails

We like to think Jean Nkamdon's sense of rhythm propels him not only on the dance floor but through races! Jean lives in Silver Spring and is a Management Consultant. He consid

What motivates you to run?

I find that running first thing in the morning gives me the head space to be with myself and my thoughts. I like the feel of the wind on my skin, breathing fresh air and connecting with

What is your favorite MCRRC Training Program?

I have been involved with SDP, AMT, FTM, Winter Half and XMP and love them for different reasons. SDP was my very first program. I had never "fueled" before, so my fellow runner XMP was just transformative and made me a better runner. Winter Half and AMT offered me the opportunity to coach which gave me some perspective on the business of running.

Who is your favorite coach, mentor or source of inspiration?

My favorite coach in the club is Karyn Ryan. I find that she is a strong runner and some tips she shared were very helpful in my races when I remembered to practice them.

What is your preferred race distance?

I find that half- or full-marathon suits me best because I consider myself a diesel engine. It takes a great while for my body to warm up, thus I seem to struggle on shorter distances

Other than running, what are your talents and/or hobbies?

I find that the rhythms of Latin dancing bring me genuine joy. Perhaps the beat of the conga creates a sacred connection with my African ancestors. I know that whatever I might be who know me well tell me that these rhythms transform me. Not sure what they might have seen in me during these moments; all I know is that it brings me joy!

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 of our membership (race, national origin, religion, sexual orientation, gender identity, ability, etc.).

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



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