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Montgomery County Road Runners Club

Ins & Outs - October 9, 2020

"We Are Running in Montgomery County"



Dear Members -

We hope you are enjoying this beautiful week outside. Are you running/ walking more or less these days? For my family, being outdoors has given us solace. Evening walks have become a regular thing, as have bike rides, backyard sports or looking at bugs under a magnifying glass. It's a great time of year!

We are approaching the end of our [Virtual Race Series](#)! We really appreciate the feedback. You've told us that the series has made you "feel connected to the club during the shutdown" and gotten you "out the door with the motivation to move again." This is so amazing to hear. A few reminders as we approach the end.

- 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! Premiums will be mailed throughout the month of November.

Thanks to the Virtual Parks Half & Relay finishers who stopped by RnJ to pick up your premiums and a HUGE thank you to Don and Kiki for giving up their Saturday. If you were not able to attend, we will be mailing premiums out over the next couple of weeks - no need to contact us to make arrangements!

The video recording from the 9/24 Town Hall Meeting is now available on [our website](#). Please note the board is working on answering some of the additional questions & we hope to have those available to you next week.

Tangents is taking a break this week, but we are THRILLED to announce that we have been permitted to hold the Germantown 5 Miler! Read on for more information.

Have a great weekend and stay well,

Ashley Zuraf, Director

MCRRC *Together* - A Capital Campaign

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



Dear Friends,

For over 35 years MCRRC has been a community of volunteers doing what is best for the Club, our members and our greater local community. In these difficult days we are all enduring, the club is using this time to re-invent itself and re-tool its systems, races, and programs to prepare for the new normal of group running and competitive racing. We cannot do this without your help.

MCRRC is truly a community that welcomes and inspires everyone that walks on to a track, signs up for a program, registers for a race or stands on a street corner to volunteer on cold wintry morning. MCRRC fosters growth and confidence and is supportive to members both when they seek to reach new goals as well as when life gets in the way of those goals. For many, as we have taken part in runs, races and programs through the years, MCRRC has become an extension of home and family.

As races and in-person programs have ceased for the time being so has the club's income stream. We do not know how long it will be until our income returns to "normal" levels. At the same time, investments are needed to allow the club to plan for the gradual return of in-person activity.

While MCRRC has always been there for us, now we need to be there for MCRRC. We would be most grateful for your support of our efforts with a donation between \$ 10.00 to \$ 1,000 (if you are able). We hope that you will consider this one-time investment in our club and our running family.

Your gift, when combined with others, will help us prepare for the new face of racing and program planning. Areas such as:

- PPE and safety tools for the thousands of volunteers of the year.
- handwashing stations.
- technology to facilitate events with virtual and in-person components.
- increase venue expenses due to longer starting times.
- increased permit fees from local jurisdictions.
- new considerations for finish line refreshments and water stop processes.

As the four former presidents of MCRRC, over the past decade we have all seen the Club through good times and bad. We recently approached the board as a team to ask their permission to collaborate and develop an initiative to help MCRRC prepare for the new normal.

Should you have any questions, please contact us at capitalcampaign@mccrc.org

We are **MCRRC***Together*.

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

Editor's Note: *BIG thank you to all members who have donated to the Capital Campaign since its launch. As of this morning, the campaign was halfway to reaching its goal. The club is grateful for your support.*

The Germantown 5 Miler is BACK!

We moved it & moved it again. But RD Danny T. refused to give up and we are thrilled to announce that with just 8 days to go, the Germantown 5 Miler received all its permits to hold a COVID-19 safe race!

What will it look like? Here are the changes you need to be aware of:

- The course is now at Black Hills Regional Park on paved trails. The turns and turnarounds will have taped arrows and cones, but no course marshals.
- Registration will be limited.
- The start will be done over a 2 hour window. Only 15 participants and 3 volunteers will be permitted in the start/finish at any one time & social distance IS MANDATORY. The next group will wait across the street.
- 2 runners will be permitted to start every minute.
- Face coverings MUST BE WORN in all pre-race areas & the start/finish. Should you need to pass another runner or be in close proximity ON the course, you must put on your covering.
- Chips & shirts will be bagged for a contactless race day pickup.
- NO FOOD OR WATER will be provided - please plan to carry your own & dispose of your trash properly.
- There will be NO PORT-O-JOHNS and we are unsure of park restrooms, so plan as if there are no restrooms available.
- Results will be net time only & will NOT be posted on site.
- As you finish the race, we ask you to please head back to your vehicle and not linger in the finish area.

We understand that this will be a "bare-boned" event, but it is the club's first attempt at an in-person offering, so please be kind, be patient, and be compliant. Say "thank you" to the skeleton crew of volunteers who are out there for you. Please understand that things will take longer, as we are working hard to conduct this event safely.

There are still spots available, so [sign up](#) today!

Member Spotlight: KAREN DICAMILLO

Running to Feel Great & Help Others Feel the Same

Running since she was in middle school, Karen DiCamillo has continued her love for the sport as a long-time MCRRC member. Karen lives in Germantown and works as a project coordinator for BETAH/Leidos. One of her hidden talents is drawing! We asked Karen several questions and below a

re some of the highlights:

What motivates you to run?

I run for my mental health. It feels great to run.

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

The friends I've made through the running programs.

What is your favorite MCRRC Low-Key race?

Turkey Burnoff, 10M

What is your favorite volunteer position?

Volunteering for Stone Mill 50 Miler

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

Conroy Zien. He is amazing in that he makes you feel so cared about.

What was your best race experience?

Running Boston in 2017 after defeating breast cancer.

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

I enjoy running and how it makes me feel. I coach Cancer to 5k to help others experience the amazing feeling that can come from 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](#).

Cadence

Uplifting and Amplifying



By: Yvette Murphy

We started “Cadence” as a new feature to provide updates from MCRRC’s Inclusion and Equity (I&E) Group. The work that the amazing and thoughtful members of this group are trying to do is hard. Building trust and relationships are at the heart of effecting cultural, structural, and systemic change to shape a more inclusive and equitable running club for all of us, and they are trying to accomplish this “at a distance” in a difficult national climate where we are all trying to stay healthy physically, mentally, and emotionally.



We are committed to uplifting and amplifying the work of other running groups that have been built centered on diversity, equity, and inclusion (DEI). To understand DEI issues and learn from the diverse stories from our broader running community, please follow the sampling of groups listed below and help uplift and amplify their voice.

District Running Collective - Focused on community, fitness, and fun, the District Running Collective exists to change how people in the communities they serve view running and have a positive impact. Completely driven by Black leadership, they strive to create a safe environment to support their runners and have important conversations about physical and mental health in a structured but informal setting. District Running Collective: [Website](#) | [Facebook](#) | [Instagram](#) | [Twitter](#)

Diverse We Run - Carolyn Su created the Instagram account to [showcase runners who upend conventional narratives about who runs and why](#). This includes those running to combat violence against Native American women, ultrarunners of color, runners with disabilities and so many other people. Diverse We Run on [Instagram](#)

Athletes Serving Athletes (ASA) - ASA champions inclusion through their mission to elevate the quality of life for individuals with limited mobility and empowering them to train for and participate in mainstream running events. Athletes Serving Athletes: [Website](#) | [Facebook](#) | [Instagram](#) | [Twitter](#)

DC Front Runners - DC Front Runners is a running, walking, and social club serving Washington DC’s LGBTQ+ community and their friends. Membership is open to all people regardless of age, gender, race, pace, or sexual orientation. DC Front Runners: [Website](#) | [Facebook](#) | [Instagram](#) | [Twitter](#)

The Inclusion and Group would love your help. If you are interested, please reach out to us at diversity@mcrcc.org.

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@mcrc.org.

Stay Informed!

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