



Dear Members -

Who is COLD?! These last few days have felt bitter compared to what we've enjoyed recently. I have asked my dog to walk himself, but it didn't go

I am pleased to report that ALL PREMIUMS for the **Virtual Series 5 & 10-Race Challengers** HAVE LEFT THE BUILDING! The final batch went out c before contacting me. I did come across some folks who missed entering a finish time or two, which means you didn't show up on my "due a premiui

Speaking of club merch, have you checked out the gear shop? Those socks our virtual finishers are loving are **FOR SALE** online for just \$6/ pair! We also have a limited su pockets for all your stuff and they even come with a virtual reality experience (you walk around your new home workspace carrying your new messenger bag with your eyes c

Congratulations to Barry Hauptman & his crew of volunteers who ran a successful, pandemic-version of the **Stone Mill 50** last weekend. We heard from volunteers & runner

Unfortunately, the pandemic seems to have taken a turn for the worst. Based on the most recent guidelines of the CDC, along with State and local officials, we have made tl times and especially race director Danny Talmage for fighting the good fight until the very end. These decisions are not easy, but the safety of our volunteers and participant

As we approach Thanksgiving, I wanted to take a moment to wish you & yours a wonderful holiday. Our satellite club office will be closed on Thursday, November 26th - Sun

I know many families (mine included) have made the decision to not be together this year and that's not easy. But I saw a poster the other day that resonated with me. It me family and run rampant preparing our first full Thanksgiving meal ourselves, we will be thankful that we have each other and that we have enough.

Stay well,

Ashley Zuraf, Director

SAVE THE DATE!

Mark your calendars for a **Zoom Annual Meeting to be held on Thursday, December 10th from 7:00 to 8:00 PM.**

This is the meeting where the board reviews the year ending and seeks the membership's approval of the next year's proposed budget. A Zoom invitation will be sent to members p

This is always a fun event full of holiday running outfits, well wishes and giveaways. While we can't get everyone together to run and socialize, **fear not -- there will STILL be givea**

Between December 1st and December 10th, do your own Jingle Bell Jog wearing the most festive attire you can! Run a 5K, a 10K or just a mile -- run it from anywhere -- run it at at Instagram using hashtag #MCRRCjinglebelljog. If you don't use social media, please send your photo to office@mcrrc.org. I have assembled an extremely sophisticated panel of 8

Member Spotlight: YAMIR DIAZ-CASTILLO

With Family, Anything is Possible

Yamir Diaz-Castillo began running in 2016 with some tough love from his wife who told him to stop being a couch potato. With inspiration and support from his immediate family and just four years ago. Here are some highlights about Yamir who, when he's not going long distances and working as a Reactor Operations Engineer, is living his best life eating, danc

What motivates you to run?

I run generally to stay in shape and control my weight. Also, my younger sister was bed-ridden and passed away last year. I run for her.

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

The people and the camaraderie, there's nothing like it! A shout out to my BOPs!!

What is your favorite MCRRC Training Program?

FTM!! #RideOrDie!!

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

Favorite coach title goes to my sister from another mother, the one and only Travisha! Also my younger sister continues to be my source of inspiration.

What are your best race experiences?

What was your best race experience?

My first marathon, which was MCM in 2018. The experience and sense of accomplishment is an extraordinary feeling.

What's the hardest race you've ever run?

My first 50K trail race, Seneca Greenway. I had to rush to make the cutoff so I could continue to the 50K portion of the race, and I did it with one minute to spare.

What running goal(s) do you have?

Be able to run a marathon under 6 hours and run a 50 miler.

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

Before 2016 I had never run before. I actually thought that I could never run, let alone run a marathon and a 50K. I've now completed 5 marathons and one ultra-marathon. Anything

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 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 Committee

By: *Yvette Murphy*

We have an incredible group of committed members within the Inclusion and Equity Committee (I&E) that has really helped find our stride toward laying the foundation for a more diverse club initiatives forward.

Updates from I&E:

- The "MCRRC By-laws Review Task Force" met for the first time this past week. This cross-club group is working toward completing a full review of MCRRC's by-laws by Mar
- The visionary members of the "Values Statement Working Group" have been drafting a statement that conceptualizes the club values of diversity, inclusion, equality, equity,
- The committee worked to create MCRRC's inaugural Featured Runner Series. This series was created because we believe every runner has a story and that we can find deep
- I&E will be working to support the MCRRC Board nomination process in the coming weeks by reaching out to our diverse membership and encouraging them to apply or nomi

I&E is also a forum for learning and exchange. We welcome any articles, books, podcasts, videos, etc. that help us better understand and address issues of inclusion and equity in

We share the following article about runner Chris Mosier in honor of Transgender Day of Remembrance today, November 20th:

"One of the best ways runners can be more inclusive of trans people is just to be more inclusive in our language. That was something that my running team did the best—they respect appropriate to ask me, and if they had anything they couldn't figure out, they came to me with thoughtful questions so we were able to have deeper conversations. They were also w

-- Chris Mosier, from [I Was Terrified to Come out as Trans. Here's How the Running Community Helped.](#) (*Runners World*, November 19, 2020)

New I&E members are always welcome. If you have any questions or would like to get involved, please email Yvette G. Murphy and Jefferson Lunsford at diversity@mcrrc.org.

MCRRC Featured Runner Series

Thank you to MCRRC's Inclusion and Equity Committee for working to create MCRRC's first Featured Runner Series.

Our first conversation will be with **Meb Keflezighi**, a friend of MCRRC member Kelyn Soong, who is using this time to give back to local running clubs like ours. Kelyn will be interv

This event is for current members only and pre-registration is required. The event is free, but space will be limited. A Zoom invitation will be sent to all registrants prior to th

[REGISTER TODAY!](#)

Competitive Racing Team Results

By: *Nicolas Crouzier*

Stone Mill 50 Miler -- 2020-11-14

Nicolas Crouzier 6:46:58 (Gender rank: 2nd of 119, Overall rank: 2nd of 167)

Ryan Johnson 7:47:18 (Gender rank: 4th of 119, Overall rank: 4th of 167)

Erin Kelman 7:58:45 (Gender rank: 5th of 119, Overall rank: 5th of 167)

Meg Ryan 8:24:47 (Gender rank: 1st of 48, Overall rank: 8th of 167)

Michelle Miller 8:45:43 (Gender rank: 2nd of 48, Overall rank: 14th of 167)

Steven Andrews 10:57:07 (Gender rank: 48th of 119, Overall rank: 56th of 167)

Run Through the Grapevine 8K -- 2020-11-08

Robert Palmer 35:39 (Age group rank: 1st of 14, Gender rank: 5th of 66, Overall rank: 6th of 161)

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@mcrrc.org and we would be happy to look into it.



Stay Informed!

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