

Montgomery County Road Runners Club

Ins & Outs - November 6, 2020

"We Are Running in Montgomery County"



Dear Members -

Well, what a week. One thing I am sure we can all agree on, is that the weather is absolutely beautiful! It's so nice to feel the sunshine and that's been NOVEMBER.

Congratulations to everyone who completed the **Virtual Series!** Whether you were in it for one race, three races or either of the challenges, we are proud to have started to go out this week and will continue to be sent over the next couple of weeks. If you have any questions about that process, please feel free to get in touch with us.

As of today, all permits are in hand for the soldout **Stone Mill 50** next weekend & Race Director Barry Hauptman is working really hard to put on a safe and enjoyable race for everyone.

As for the rest of 2020, we are cautiously optimistic about holding both **Turkey Burnoff** (which would be the 5 mile distance only) and **Seneca Slopes**. Should that optimism materialize, we will be announcing those races.

Unfortunately, we do have to announce the cancellation of the **Jingle Bell Jog** this year. It's certainly a member favorite and a great way to get into the holiday spirit. The loss of that race is a disappointment.

In case you are wondering, not all races are created equal when it comes to permitting. Some require park permission only. Some require a permit from the Department of Transportation. Some are easier than others to procure. Our race committee is hard at work to determine which races are feasible for 2021 and what we can offer to you. They do not have an easy task.

Finally, I know many of you are wondering the status of the **winter training programs**. We are all closely watching the metrics of the virus in our county and are prepared to adjust as needed. We have volunteer directors and coaches. We appreciate your patience and look forward to having something for you soon.

As mentioned previously, I am always listening -- I am a simple e-mail away if you have questions or concerns. Please don't hesitate to reach out!

Stay safe,

Ashley Zuraf, Director

SAVE THE DATE!

With the cancellation of Jingle Bell Jog, you might be wondering about the club's **Annual Meeting**. For new members, this is the meeting where the board reviews the year-ending budget and approves the year's proposed budget. With that, it's always a fun event full of holiday running outfits, well wishes and giveaways.

Obviously, we won't be able to meet in person this year, so please mark your calendars for a **Zoom Annual Meeting to be tentatively held on Thursday, December 10th from 7:00-8:00 PM**, similar to that of the Town Hall held in September, likely with a voting component to pass the budget. Details will be released to members in the days prior to the meeting.

And fear not -- there will STILL be giveaways! 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 a 15K. This is unofficial and there will be no results. But to be considered, you must share a picture on Facebook or Instagram using hashtag #MCRRCjinglebelljog. If you don't use social media, email office@mcrcc.org. I have assembled an extremely sophisticated panel of 8 year olds who have agreed to be my judges. Prize to the top TWO best holiday running outfits!

Member Spotlight: WANDA WALTERS

A Passion for Family and Safety

As a long-time MCRRC member who has served a variety of leadership positions, Wanda Walters is passionate about making sure runners in her programs feel welcome, included and safe within the club. We do know that Wanda is a well-respected role model for members young and old who they can always count on for support. She lives in Bethesda and plays piano.

When did you start running?

Around 2001, MCRRC had an initiative to include persons with developmental disabilities. I joined to support my then 21 year old son. He and several of his friends still very much enjoy running.

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

Witnessing so many people regardless of age, shape, size or fitness level enjoy the exuberance and benefits of their body in motion.

What is your favorite MCRRC Training Program?

I have been the Program Director of the Fall 5K program for over 7 years and helped initiate the creation of the Winter and Summer 5K programs. So I am very biased towards 5K programs.

What is your favorite MCRRC Low-Key Race?

Within the MCRRC Championship Series, I typically place in my age-group. So I don't have a favorite; I simply enjoy seeing members at the races and the "bragging" rights.

What is your favorite MCRRC event?

What is your favorite volunteer position?

Suds and Soles Sweeper. I was a course marshal for the inaugural event and noticed the huge "back-of-the-pack" gaps. It was difficult to tell who was the actual last person. The and there was a lone runner heading towards 270! Yikes!! I then volunteered to be the sweeper. I have a lot of wonderful sweeper anecdotes which includes enlisting police to call having an asthmatic episode and engaging with a woman who had cancer and was there because her friend encouraged her.

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

MCRRC has provided to me a very "safe, happy space" for many years. My husband, daughter and son are all long-time members and enjoy the club's many benefits. I hope that r experience the joy of 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 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 Committee

By: Yvette Murphy

On November 1st, the Sunday before election day, the Inclusion and Equity Committee (I&E) came together with the objective of developing the group's charter. Prior to the meeting planned on showing up anyway. To set the tone of the meeting, they were invited to share what was inspiring them going into election week. Many different and uplifting responses c



Updates from I&E:

- The committee is in the process of drafting its charter which will define its mission, membership, and areas of responsibility.
- Save the Date: The MCRRC Featured Runner Series hosted by I&E will launch tentatively on Tuesday, December 1. This virtual event will be open to members only. Look for
- The I&E Leadership, Transparency, and Accountability subgroup is organizing an "MCRRC By-laws Review Task Force." There will be two positions open to club members. F

As a forum for learning and exchange, I&E is also building a database of DEI resources. Thank you to those members who have shared articles, books, podcasts, and videos with u

- [How Pro Runner Addie Bracy Empowers LGBTQ+ Runners](#) (Runners World, October 21, 2020)
- [A Conversation with Ultra-runner Yassine Diboun on Racial Discrimination](#) (New York Times, June 14, 2020)

If you have any questions about I&E or would like to get involved, please email Yvette G. Murphy and Jefferson Lunsford at diversity@mcrrc.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, plea

Tangents

By: Kristen Serafin

I've been speaking to quite a few women who are getting ready to toe the line at their first 50 miler (and/or first ultra!) next weekend at Stone Mill. It's not an easy decision to sign up and to inspire confidence in the face of the unknown, here are some amazing ladies in our sport.

1. Des Linden - Des seems to have a back-to-back marathon itch to scratch, and has been quietly grinding away at her goals. Recently [the NY Times profiled Destober](#), which she ran a total of an ultramarathon for five days straight. And on the last day, she drank beer right from the shoe that she just finished running in.
2. Molly Huddle - Another athlete who hasn't let the pandemic stop her goals, Molly recently [broke THREE American records in a single run](#) - the 15,000m, 10-mile track, and stated that she wanted to see what she could accomplish.
3. Courtney Dauwalter - Her huge [win at the Big Backyard Ultra](#) confirms that women [are gaining ground in the sport of ultra running](#). More women are winning ultra marathons attempt the ultra than men. For races up to 50 miles, the starting line averages about 35% female competitors.
4. The [following timely ad](#) was released by Athleta on Tuesday (election day), building on their "Power of She" platform. It's a nice and timely tribute to women everywhere.

I wanted to close by sharing an anecdote from a race a few years ago. Right when I started running in 2015, I ran [the Freedom 5K](#) at Lincoln's Cottage in Northwest DC, featuring the could on the extremely hilly, challenging course. I was out in front of the women, and she caught up to me pretty quickly. She ran with me for about 100 yards, encouraging me forw replied "Oh yes you can", and motored off, passing every man, including the winner. I think about that day a lot. I think I limited myself that day, while she was encouraging me to ft uncomfortable. It's the only way to grow!

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.

Competitive Racing Team Results

By: Nicolas Cruzier

Pemberton 24: Festival of 5Ks -- 2020-09-25

Steven Andrews 24:00:00 (Gender rank: 5th of 69, Overall rank: 9th of 148)

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