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Montgomery County Road Runners Club

Ins & Outs - December 18, 2020

*"We Are **FROZEN** in Montgomery County"*



Dear Members -

We've made it to the holiday season. **Merry Everything** to each of you! We have a busy weekend ahead here at my house- of baking, wrapping & final touches.

In addition to all frontline workers, big shout out to our delivery personnel, who are working around the clock to get our gifts here on time (*and by "our" I mean all of us.... collectively... not "our" as in just my house ... do you hear that Steve Zuraf?*)

Speaking of shipping, we have passed the "guaranteed delivery" for the holidays from our [gear shop](#)! We are located in Clarksburg, Maryland -- if you will be in the area or shopping at the outlets and would like to arrange contactless pickup for a last minute gift, I can accommodate that. Just send an email to office@mcrrc.org. Pickups available through December 23rd.

The biggest item remaining on our 2020 agenda is to pass the 2021 budget. You should have received a message by now with the steps to review & vote to pass the budget. Voting will be open through Monday, December 21st at 11:59 PM.

Here's how:

- Review the 2021 Proposed Budget found [here](#).
- Watch the video presentation found [here](#).
- Review (if necessary) the slideshow presentation found [here](#).
- Click on [this link](#) to cast your vote!

Remember, the budget must be passed by members only, so please enter your name when you vote so we can verify your membership.

On a much less serious note, congratulations to our holiday contest winners! All of the fun pictures are below.

And last but not least -- thank you. Thank you for your support during what I hope will be the craziest year we ever experience. On behalf of the board & staff, we wish you the happiest of holidays and the very best in the new year. **Ins & Outs will be on hiatus**

until after the holidays with our next edition set for Friday, January 8th.

Be happy, stay well and we'll catch you in 2021!

Ashley Zuraf, Director

From the Race Committee

By: Brian Murphy

With hope on the horizon for an eventual end to the pandemic, we're looking forward to the racing schedule for 2021!

Obviously, all aforementioned safety precautions (limited field size, staggered starts, fewer-to-no water stops, etc.) will be a factor for the near-term, at least.

We are also still within the grip of the pandemic, so we have to make adjustments based on that fact. Unfortunately this means the cancellation of the first few races of the year. There will be no New Year's Day 5K, Country Road Run or Kemp Mill C(hill) in 2021.

We are expecting to pick things up in March. The race committee, along with feedback from race directors, is looking at metrics like county restrictions, course layout, permitting, volunteers needs, and facility use when making determinations as to which races are viable. For example: A race that stages at a school or senior center with a crowded out-and-back course would be difficult to execute under current restrictions. A significant amount of planning is being done to make sure that whatever we can do, we do safely.

One important change to be aware of is that your low-key bib & chip from 2020 (if you collected one) will be re-used for 2021.

So, keep an eye out for the 2021 race calendar, as we'll be publishing the first half of the year soon. And remember: **Hold on to those 2020 bibs and chips!**

Member Spotlight: ARGAW KIDANE

Maintaining a Long-term Mindset After COVID-19

The strangest thing that Argaw Kidane has seen in a race is someone running backwards for quite a distance in a marathon. Argaw, on the other hand, is a runner who is always looking forward, valuing longevity over short-term gains that may result in injury. A resident of Montgomery Village, Argaw is a Senior Director at a pharmaceutical company, who enjoys giving back through volunteering and community organizing.

When did you start running?

I started running in earnest in 2009.

What motivates you to run?

I'm motivated by having a healthy lifestyle and the desire to compete.

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

I enjoy the community, friendship with other runners, and the low-key races.

What is your favorite low-key race?

The Memorial Day 4-Miler. We always do it as a family.

What is your favorite MCRRC Training Program?

Experienced Marathon Program (XMP)

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

Harold Rosen. He is inspirational to me.

What was your best race experience?

Boston 2011 since that was my first.

How do you reward yourself after a hard workout?

I crave junk food after a hard long run, so I go to Five Guys.

What running goal(s) do you have?

Running a sub-3 hour marathon. I came close at Erie with a time of 3:00:16.

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

I train smart, I think. I don't overdo my training. That may be why I have been running pretty much injury free for over a decade. I prefer longevity in running, rather than short-lived fame with a fast time that may take me out for sometime. Also, I am recovering from COVID-19 back in early September. Coming back to running made me really happy. Not knowing what the virus does to your body, I was concerned that it may impact my running in the medium- and long-term. However, knock on wood, it does not appear to be the case.

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 Committee

By: Yvette Murphy

"To Dedicate Anew"

Writing this on the eighth and final night of the Festival of Lights, it seems appropriate to derive inspiration from the meaning of "Hanukkah." According to this [article on the depth of the word](#), *Hanukkah* is constructed from the three-letter Hebrew root *chet, nun, chaf*, which has several meanings. One of them is "to dedicate anew," another is "to educate others," and a third is "to educate oneself."

As the Inclusion and Equity Committee reflects upon the events of 2020 that catalyzed its creation - the murder of Ahmaud Arbery and countless injustices against Black people, the inequities faced by communities of color exacerbated by the COVID-19 pandemic, the national racial uprising, the reckoning within the running community to address racism and exclusion, and MCRRC's need to focus on BIPOC and other underrepresented members - the meanings of *chet, nun, chaf* resonate.

This year challenged us to be vulnerable and open to educating ourselves and to be empathetic as we worked to educate others. As 2020 comes to a close, we take the many lessons learned to dedicate anew to the hard work necessary to bring about the cultural and structural changes within the club that will make it more inclusive and equitable. In rededicating ourselves, we thank the I&E members who have already demonstrated their commitment by continuing to show up and speak up for those less-heard voices within the club. We are grateful for the many leaders who have been willing to learn along with us even though the process has been hard and sometimes messy.

We look forward to growing as a club, so that when we are able to run together again, we are more intentional in building a healthy running community, bound not only in fitness but by our relationships.

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.

#MCRRCJingleBellJog

The MCRRC Jingle Bell Jog is always such fun. It's a great way to start the holiday season and full of fun costumes, holiday cheer and hot chocolate, before settling in to vote on the next year's budget. Since we weren't able to do that in person this year, members were encouraged to run their own Jingle Bell Jog in their most festive attire and post them to social media using #MCRRCJingleBellJog to be entered for a prize. It was a tough decision and I'm glad it wasn't mine to make!

I'm pleased to share with you our winners!

First Place: Wendy Young as "Christmasaurus Rex" (joined by fellow Ugly Sweater contestants, Brian & Jennifer Murphy)

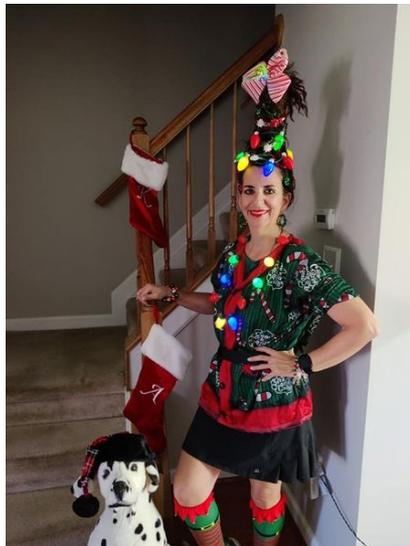
Wendy very much understood what we meant when we said "know your judges." *Of course* a group of 8 year old judges would choose the dino!



Second Place: Regina Spallone, Sarah Gallagher, Jeanne Hamrick and Gayle Roehm as "Imposter Santas"



Third Place: Suzanne Redding as "There Once Was a Lady Who Swallowed a Christmas Tree"



Honorable Mentions to Yvette Murphy as "Deranged Holiday Unicorn" and Jeff Lunsford as "The Elf Behind the Mask" -- they actually tied for third, but board members are excluded from the contest!



Finally, thank you to ALL of our contestants for spreading some much needed holiday cheer to me, our young judges and whoever saw you out running that day!



Competitive Racing Team Results

By: Nicolas Crouzier

Hellgate 100K -- 2020-12-11

Erin Kelman 12:43:07 (Gender rank: 11th of 91, Overall rank: 14th of 121)

Mortgage Network Half Marathon -- 2020-12-06

Chris Sloane 1:07:53 (Gender rank: 23rd of 40, Overall rank: 23rd of 40)

Silvia Baage 1:18:37 (Gender rank: 16th of 25, Overall rank: 16th of 25)

Dojo of Pain Invitational Half Marathon -- 2020-12-05

Taylor Williamson 1:23:03 (Gender rank: 3rd of 7, Overall rank: 3rd of 13)

Dojo of Pain Invitational Marathon -- 2020-12-05

Kristen Serafin 3:00:28 (Gender rank: 3rd of 3, Overall rank: 19th of 20)

Dojo of Pain Invitational Unofficial 50K -- 2020-12-05

Adrian Spencer 3:29:00

HCC Turkey Trot -- 2020-11-26

Julie Sapper 21:35 (Age group rank: 3rd of 24, Gender rank: 4th of 90, Overall rank: 18th of 163)

Seneca Creek Greenway Trail FKT -- 2020-12-12

Nicolas Crouzier 3:35:23

Michelle Miller 4:26:29



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