



[Click to view this email in a browser](#)

Montgomery County Road Runners Club

Ins & Outs - December 4, 2020

"We Are Running in Montgomery County"



Dear Members -

I hope that everyone had a wonderful Thanksgiving! We are now in full throttle holiday mode - shopping, cookie baking, planning, etc. In our house, it's now rare to have a day *without* an Amazon delivery. Sadly, they recently came to my house three times in one day. Happy to be responsible for keeping those fine folks in business....

Remember, you can score great gifts for the runner in your life by visiting our [gear shop](#)! We have a few long-sleeved shirts remaining, tons of socks and some other fun merchandise!

Year-end is a busy time for the club, just as it is for a lot of other businesses. One of the most important items in the month of December is approval of our next year's budget. That may not seem exciting, but it's an important piece in managing our operations & we need our members to be involved!

Since we cannot conduct our Annual Budget Meeting in person this year, we will be presenting the proposed 2021 budget via Zoom next Thursday evening (12/10) at 7:00 PM. We need a quorum of 50 members to attend and vote to approve the budget. The Zoom meeting will be kept to one hour, with the vote at the end. As a dues paying member, please try to attend. **The Zoom meeting invitation will be sent via direct e-mail from RunSignUp as well as posted to the MCRRC-Info groups.io by Thursday afternoon.** Please keep your eye out for that. We appreciate your time!

The other big ticket item we are dealing with this time of year, is the following year's race schedule. I know this is a big question in many members minds and there are obviously a lot of unknowns as we head into 2021. Please read on for an update from Race Committee member, Brian Murphy.

Finally, the holiday contest is now LIVE! Between now & 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 any time -- in your most festive holiday wear. Post a picture to Facebook or Instagram using #MCRRCjinglebelljog or e-mail your photo to office@mcrc.org to be in the running for an

RnJ gift card!

Stay well,

Ashley Zuraf, Director

From the Race Committee

By: Brian Murphy

Back in March (remember March?) just before the pandemic really took hold, the MCRRC Board of Directors established a Race Committee, with the goal of including folks that have experience in race directing, volunteering, being a team captain, timing and course layout/ measurement. This inaugural committee, consisting of Danny Talmage, Jim Farkas, Karen Kincer, and myself, Brian Murphy, was tasked with handling items relevant to the club's races - setting the schedule, recruiting race directors, etc - as well as establishing consistent processes that keep our club's races the great events that they are.

These were things the club could always rely on George Tarrico to handle. You had a question or needed some mentorship on your race? You went to George. Obviously, these are some very large shoes to fill.

Once COVID hit, the race committee's original scope went out the window and shifted to 1) Do we operate races in the current environment? 2) How?

To say we've been busy is an understatement. However, with our close relationships across local government leadership - mostly thanks to hard work from Danny and Karen - we have been able to work out some permit issues, public health plans, and different protocols in order to safely hold events. We can point to the Germantown 5 Miler and Stone Mill 50 as great examples.

More recently though, we have recommended cancelling our upcoming events in light of the current COVID-19 wave. Though we had plans in place to safely conduct these events, we didn't think it was appropriate to go forward with them. It's hard to tell folks not to have Thanksgiving with their extended families, then have them see a few hundred gathering for a race. It also puts a strain on the parks, which are already seeing more frequent use.

We will absolutely get back to racing - sooner rather than later - and when we do, the race committee, along with our amazing Race Directors, will make sure the races are as good as ever.

Our race committee is hard at work to determine which races are feasible for 2021 and we will update the membership as soon as we can. We understand the race calendar is usually published by now and we appreciate your patience.

Member Spotlight: RODICA URSU

Going the Distance Through a Love for Nature and Community

Rodica Ursu is a fifty-something year old teacher who got into running in her forties to bond with her daughter who was in middle school at the time. She discovered her own passion for running and began bonding with her running family as her daughter moved on and left for college. A resident of Chevy Chase, Rodica volunteers for an animal shelter and serves on the town environmental committee. She worries about issues related to global warming, but finds peace in her garden and running on trails. Below, we share some highlights about Rodica.

What's your preferred race distance?

The half-marathon, marathon or 50k

What motivates you to run?

I love being in nature. I prefer trail running, where I can be away from noise, clear my head, and start planning for the day or go over things that happened. It is important for me to challenge myself while keeping in shape. Last but not least - particularly in these times of isolation - I appreciate the social aspect of running and its camaraderie. I run in small groups several times a week and a few times a week by myself.

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

I enjoy the support and the valuable advice I get through the club. Contrary to what it seems, running is not necessarily an individual sport. I felt more than once that I could not have finished a long or technical race if I wasn't with people who kept the pace and kept me motivated. I also like the variety of programs the club offers. Running on a track at 7pm in the dead of winter when it's dark, cold and windy, sometimes rainy, after a day of work when you are tired and ready to go to bed, would be the last thing I'd want to do! But with the support of the group program, I would do it and felt so good afterwards! Finally, thanks to the people I met through the club I found out about races I would not have heard of and I was encouraged to register.



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

Denis: He was at the Montgomery College track every Wednesday and knew which group we belonged to. He has been sending training schedules via email, with humor and good advice, ever since the pandemic started and we had to go solo. He is doing a lot for us, behind the scenes, without mentioning anything. He is just happy to see us happy. He is giving a lot!

What was your best race experience?

The last Parks half-marathon before the pandemic (2019) because I felt great. Also, my first Stone Mill 50 of this year (2020) because it was so well organized, with so many aid stations despite the pandemic!

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

I hear people say, "I could never run so much, or that distance," a lot. I feel it is not the body that dictates your endurance but the brain, which means determination, perseverance, and time. Setting a goal for each run helps keep you focused until the end.

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

MCRRC Values Statement Development

Over the past couple of weeks, I&E committee volunteers have been focusing on uplifting the diverse stories of runners. By sharing our personal stories and through attentive listening to each other's perspectives, we've learned how important our experiences are to shaping our values. Using our learning as a starting point, we've begun engaging in hard conversations about the values which should guide MCRRC into the future

Inclusion and equity are broad terms that integrate many other related values. Through our committee meetings, we reveal our different understandings and embodiment of these values, while working toward consensus on our aspirations for our running community.

Our work has begun to create an overarching MCRRC "Values Statement". We have challenged ourselves to more clearly define what we mean by diversity. Through our stories, we continue to learn what diversity in running is, and specifically, how racism and exclusion in running is experienced. We continue to make progress towards a common understanding of what we value and how that will drive our actions as a club going forward.

Finally, as a committee, we are charged with facilitating the operationalization of the Values Statement, once it is created. The question before us is, "How will we move beyond posting a statement on our website to being a club that embodies these values in all that we do?" Addressing this will not be easy. The cultural and structural shifts that need to happen will require commitment from all members and levels of club leadership. We have said this before and continue to welcome you to join in the work. Contact diversity@mcrcc.org for more information.

Inaugural MCRRC Featured Runner Series

On Tuesday, December 1, MCRRC hosted its inaugural Featured Runner Series event, where we welcomed running legend and Olympian, Meb Keflezighi. Meb chatted with club and I&E member, Kelyn Soong, and graciously fielded several questions from the 110+ members in attendance. The virtual conversation revealed Meb as a family-person, an elite runner, and how he has dealt with racism. Many thanks to Kelyn, who conceptualized the Featured Runner Series. We look forward to a more detailed write-up about the event in the January issue of *Intervals*.

The MCRRC Featured Runner Series, hosted by the Inclusion and Equity Committee, is a virtual, interactive discussion that will showcase runners' diverse experiences, perspectives, and motivations. It is an extension of the conversations we have on the road and trails and will hopefully inspire you to listen to each others' stories and find connections while running.

Diversity in Running Panel - How to be a positive voice for change in your run club

On November 18, the Runners Alliance, a *Runner's World* and *Women's Health* initiative, hosted a virtual event called, "Diversity in Running: A Live Conversation about Runner Safety, Inclusivity, and Representation." Speakers included Alison Desir, Joseph Gray, Jordan Marie Brings Three White Horses Daniel, and Carolyn Su. *Runner's World* did a write-up of the event which also links to the full recording entitled, "Want to Make Running More Diverse? Here Are 4 Ways to Start - How to be a positive voice for change in your run club." Read the full article and view the panel [here](#).

New I&E members are always welcome. If you have any questions or would like to get involved,

Tangents

By: Kristen Serafin

Thanks so much to everyone who has been sharing inspiring content with me! I love hearing about so many runners who have been doing so many wonderful things, even during these tough times. This week I'd like to pass along some content that was referred to me!

1. Upon recommendation from one of my faithful readers I recently purchased David Goggin's Book: "[Can't Hurt Me](#)". If you haven't [read up on this guy](#) yet, do it, now. His story is just amazing and his accomplishments in and outside of running speak for themselves. Even better news - I heard that the audiobook is pretty good, so you can listen on the go!
2. Running your best times in your late 50's may seem impossible, but Heather Knight Pech certainly [makes it look easy](#). She recently ran a 1:27 half in New York alone. What does she credit for her strength and improvement? Among many things, sleeping 9 hours a night!
3. If you enjoyed Meb's talk with the club this past week, you may also enjoy "[Running to the Edge](#)". This book (which admittedly is on my "must read" list but I haven't gotten to get) details Bob Larsen's quest to cultivate the sport of running. Meb and [Deena Kastor](#) are both notable proteges of Larsen's.
4. "Steal-a-Segment Tuesdays" were all the rage of our Pandemic Summer. Erin and I would spend hours hunting for segments on Strava and racing as hard as we could to become the King and Queen. Most times this involved a repeated series of efforts to beat [John Kelly](#), which in many cases was a total waste of time. Not so much a problem in Aspen Hill, but very much an issue elsewhere, are segments that run through major intersections or lights. My PSA for this week is [Strava's feature to flag dangerous segments](#). And, as a reality check, a virtual crown is not worth your life. Stay safe!

Please continue to send me your interesting running material. It definitely is a highlight of my day when I get it!

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 kristennserafin@gmail.com. Thanks in advance for your contributions.

Competitive Racing Team Results

By: Nicolas Crouzier

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)

Stay Informed!

Be sure to "like us" on [Facebook](#) & follow us on [Twitter](#) and [Instagram](#) to keep up on all the latest club news!

If you no longer wish to receive these emails, please reply to this message with "Unsubscribe" in the subject line or simply click on the following link: [Unsubscribe](#)

Montgomery County Road Runners Club
P.O. Box 1703
Rockville, Maryland 20849
US

[Read](#) the VerticalResponse marketing policy.

