



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

Montgomery County Road Runners Club

Ins & Outs - January 22, 2021

"We Are Running in Montgomery County"



Dear Members -

Happy Friday! Are you honoring your New Year's resolutions? Did you make any? My 'resolution' is SO cliché: to set aside time for self-care, to 'move' everyday and to eat healthier. I can almost hear you rolling your eyes, but I am telling you anyways so you can hold me accountable! That being said, I have learned why runners refer to it as the "dreadmill." After 3 weeks of this, my resolution and I are on the rocks. But onto business...

Board elections are coming! You should have seen the announcement made on groups.io. The information is also contained in this newsletter. The elections will be conducted online due to COVID-19 and in case you haven't assumed as much, there will be no awards or awards brunch in 2021. This is my favorite event and while I admittedly won't miss the months of planning and coordination or the boxes taking over my house, I *will* miss hearing about your accomplishments and catching up with those of you I don't often see. Do you have any special running moments you'd like to share? Please send them to me at office@mcrrc.org. I'd love to compile them in future Ins & Outs.

Ladies who are..... (ahem) my age or older: read on for a special seminar on running through menopause, brought to us by our friends at Run Farther & Faster.

Finally, MCRRC-logo masks and neck gaiters are coming! Keep an eye on our gear shop, as we expect both to arrive sometime in February. These are good quality cooling masks made with athletes in mind - they feature double layers, a filter pocket, adjustable ear straps and the ever-important nose wire for a proper fit. We are super excited for these (as much as anyone can be, I suppose) so be sure to order yours when we post them!

Have a great weekend, MCRRC!

Ashley Zuraf, Director

From the Nominating Committee

**We need
your voice.**

Do you want to be more involved in the direction of MCRRC?

The Nominating Committee is looking for candidates for election to the **MCRRC Board of Directors** and need your help!

Think about your running buddies and who may make a good candidate for the board, and submit your nominations! Self-nominations are also encouraged! **There are currently FIVE 2-year positions up for election (or re-election) in 2021: President, Vice President, and three Member-At-Large positions.**

The work of the Board includes both governance and operations, and in addition to the monthly board meeting, requires work between meetings in correspondence, voting, interaction with club members, and participation in club activities. Specific duties may include:

President - shall preside at meetings, represent MCRRC in RRCA and other organizations, call special meetings, and appoint committees and chairpersons thereof.

Vice President - shall assume the powers of the President in his or her absence and take on special assignments as requested by the

vice President - shall assume the powers of the President in his or her absence and take on special assignments as requested by the President.

Members-At-Large - shall serve as liaison to the various subcommittees of the club including race, programs, communications, and others as needed.

Please submit the name and contact information (e-mail address and phone number) for the candidate(s) you would like to nominate, as well as any information you can provide on why this person(s) would make a good nominee for the Board, to nominating@mcrcc.org BY JANUARY 28, 2021.

Thank you,

The Nominating Committee (Doug Watt, Chair, Mike Acuna, Larry Feidelseit, Katie Poole, Wanda Walters and Conroy Zien)

MCRRC is one of the largest running clubs in the USA. Our success depends on quality leadership from dedicated club members willing to volunteer above and beyond. Our club has been very fortunate to have strong leadership through the years, and it's because of club members like you who take an active role in the process of deciding who will lead.

Member Spotlight: LILLIAN THOMAS

Motivated By Coffee, Ice Pops, Riley's, and Gratitude

When she was a child, running was something that was "forced" onto Lillian Thomas as a form of cross-training after swim practice, but she eventually found she enjoyed it. Now, Lillian finds it is the only thing that truly lets her meditate and clear her head. "I feel truly at peace when I run. Running also lets me explore different places and test myself mentally and physically," she told us. Otherwise, her life in Germantown is quite busy. When not running, she works as an Analytics Manager, enjoys chasing around her four year old son, and drinks copious amounts of coffee.

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

The diversity in run levels, experience, and interests across MCRRC. The club truly represents the diversity in running as a sport. There is something for everyone!

What is your favorite MCRRC Training Program?

I have a soft spot for FTM, it was my first MCRRC program. I still carry forward lessons learned from that program and it gave me confidence in my running.

What is your favorite MCRRC Low-Key race?

Riley's Rumble is hands down the absolute best race around! It is so fun, so tough, and takes me on a course I would otherwise never do. Plus, the ice pops :)

What is your favorite volunteer position?

I have to go back to ice pops at Riley's. I have never volunteered in that position because I race Riley's, but I always feel like giving people those most coveted pops would be so rewarding.

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

Heike Yates - I can still hear her yelling 'fire your glutes' every time I go up a hill, years after she was my coach. She is so full of life, supportive and inspirational. Because of Heike, whenever I have a day where I don't want to be running, I think of how I GET to do this and enjoy the moment.

What was your best race experience?

Boston Marathon 2019. I have never seen such an amazing community of runners. I love the city (where I was born), and qualifying and running the race was something I never even dreamt of. It was very emotional and something I will never forget. That said, Riley's is a close second.

What was your worst race experience?

I don't have one really. I learn from each one, take something from each one, and am grateful for each time I get to race.



What's the strangest thing that you've seen in a race?

Man running in a speedo next to a man in a gator costume (thanks Riley's). Felt like I was in the Tour de France!



How do you reward yourself after a hard workout?

Espresso with a bit of mocha and milk.

What running goal(s) do you have?

Hopefully to up my distance to 100k and possibly a 100 miles in the future. I would love to get into trails some, maybe do the Spring into Trails program in the future. I am definitely a road runner, but trails are a new challenge and an exciting prospect.

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

Running is such a universal sport, I am so grateful MCRRC has introduced me to different distances and aspects of running. My son is four and starting to enjoy running too; I hope to do more runs with him as it is a great family activity.

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

Breathe.

During this morning's run, my feet felt lighter, and I finally felt like I was able to breathe. It goes without saying that breathing and running are deeply connected, but as runners we know that how well we run depends on how well we breathe.

For almost a year, we have restricted our breath by wearing masks and gaiters, knowing the danger it can pose to others. We've suffered from the stress we hold by constricting our diaphragm. We've been confronted by the urgent cry for Black lives, "I can't breathe," amplified like an explosion by George Floyd's suffocation. And most recently, our democracy -- our collective breath -- was threatened.

Running has been a struggle for me this year. As much as it has been an outlet, it's been a year of holding my breath.

Perhaps you felt it too. We now have permission to breathe after the Presidential Inauguration on Wednesday. But it doesn't mean our work is done. The freedom to breathe means that we have the space to work harder - in our case, to make our running community better.

Change for the better requires leadership, and there are many opportunities within the club. Within MCRRC, there are many ways to get involved, even while races and programs are limited. You might be considering becoming a pace coach. You may have the unique skills to become a member of one of our committees. And you may have seen the recent call for Board Nominations.

One of the goals of the Inclusion and Equity Committee is to promote diverse representation on the board. We ask you to look within yourself and to those around you to recognize members who value each other's running ability, mental and physical ability, racial and cultural diversity, LGBTQ identity and gender expression, and nominate them for service on the board. Please submit your nominations to nominating@mcrrc.org by January 28th.

We hope that the stories we share below inspire you to think about those who are affecting change in their running community, as we take a collective breath forward.

- [Kamala Harris and Dr Jill Biden: Celebrating fitness and feminism in the White House](#) (Women's Running, November 9, 2020)
- [Jerry Francois of NYC's GoldFinger Track Club Is Being the Change He Wants to See in Running](#) (Runners World, January 8, 2021)
- [This Group Is Crushing Stereotypes About Muslim Women Who Run](#) (Runner's World, January 19, 2021)

Please join MCRRC's Inclusion and Equity Committee in 2021. We hope you'll join us at our meetings once every 3-4 weeks, but we appreciate any level of participation. Contact diversity@mcrrc.org to learn more.

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.

Competitive Racing Team Results

By: Nicolas Crouzier

Waterfall 50K -- 2021-01-17

Erin Kelman 5:57:55 (Gender rank: 2nd of 21, Overall rank: 2nd of 32)

Running Through Menopause

Running through menopause

Our friends at Run Farther & Faster, together with Rachel Miller, are hosting a free webinar on running through menopause on January 31st at 7 PM.

Join the following experts to learn important information to manage your training through the stages of menopause. We will interactively discuss:

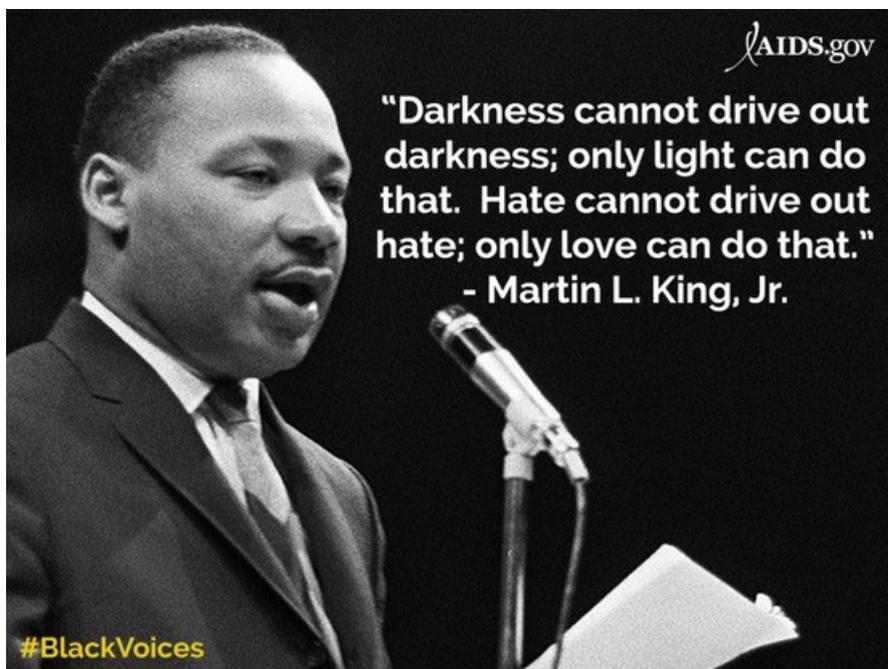
- Signs of menopause – how do you know you are going through it?
- Truths and myths about HRT
- Body changes affecting your training
- Tips for avoiding injury and optimizing training

Featuring:

- Dr. Tobie Beckerman, OB/GYN and, Integrative Gynecologist, Beckerman Women's Health
- Rachel Miller, PT, OCS, ProAction Physical Therapy
- Lisa Levin & Julie Sapper, RRCA Certified Coaches, Run Farther & Faster

A Zoom link will be emailed to all participants the week prior to the event.

Register by clicking [here!](#)



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.

vertical
response
DELIVERED BY
Try It Free Today!