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## Montgomery County Road Runners Club

### Ins & Outs - February 19, 2021

*"We Are FROZEN in Montgomery County"*



Dear Members -

According to my calculations, there are 29 days until spring. Not that I'm counting, as I sit here in upper MoCo dealing with hard, crunchy ICE, with a toddler who couldn't make it to daycare again today, jabbering non-stop to me while I try to write this newsletter. So if anything doesn't make sense, you should contact him to submit your complaints. He has no phone, no email and loves wrestling -- so good luck!

Our winter training programs are now closed for registration and are underway -- we are so thankful to our volunteer program directors for stepping up and finding a way to make something work during these confusing times. If you are training in one of these programs, please remember to thank them and the coaches. Heck, even if you are not in a training program, seek them out & thank them anyway. They deserve it!

We are still holding steady for our **Seneca Greenway Trail Marathon & 50K** permits. A second approval came to us yesterday, but we're still waiting on one more. This is soooooo hard due to COVID and we really appreciate you guys hanging in there with us. We KNOW you are used to events being planned much, MUCH more in advance -- trust us, we are too. But we've had to adapt and change the way we do things. It's not over til it's over and... it's not over yet. Keep getting those miles in! It's not wasted time.

Much of the same applies for all races on our calendar. There will be "11th hour" planning and there is little we can do about that. All you can do is shoot us some good permitting-vibes, if you are feeling any. We will definitely take them!

Monday brings us our next virtual event in our Featured Runner Series: Black History Month Panel **#RunningWhileBlack: From Wilma Rudolph to Ahmaud Arbery**. Please read on for details. This is a free event, but pre-registration is required!

And, save the date for Sunday, March 28th for our **Annual Business Meeting**. This meeting is where the club will elect the new Board of Directors as well as present any proposed changes to the Constitution and By-Laws. The meeting will take place in a virtual format and details will be released closer to the meeting.

Have you ordered your MOCO mask yet? If not, check them out in the gear shop. Feedback so far has been really positive on the cooling material. And you cannot beat this price! For those who prefer the gaiter-style face covering, they are on the way and we hope to have them for sale soon!

Have a great weekend, MCRRC!

Ashley Zuraf, Director

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## MCRRC Featured Runners Series: Black History Month Panel

*Hosted by: The MCRRC Inclusion and Equity Committee*

**MCRRC Featured Runner Series**  
hosted by the Inclusion and Equity Committee

# Black History Month Panel

Open to Members and Non-Members February 22, 2021, 6:00 p.m.

<b>Jean Arthur</b>  <i>MCRRC Past President</i>	<b>Kathryn "Brooke" Walters-Conte</b>  <i>MCRRC Member</i>
<b>Jay Ell Alexander</b>  <i>Black Girls Run- CEO</i>	<b>Sylvie Ngassa Qwasinwi Bello</b>  <i>MCRRC Moderator</i>

**Free Registration**  
<https://runsignup.com/Race/MD/Rockville/MCRRCFeaturedRunnerSeries>

### #RunningWhileBlack: From Wilma Rudolph to Ahmaud Arbery

The MCRRC Featured Runners Series hosted by the Inclusion and Equity Committee is proud to present its first Black History Month Panel, featuring three special guests who, in their own way, have paved the way for runners both locally and nationally. As Black women leaders, they are role models and an inspiration to Black women in the sport of running, and to the growing, diverse running community in Montgomery County and across the nation. MCRRC is honored to host Jean Arthur, Kathryn "Brooke" Walter-Conte, and Jay Ell Alexander as we commemorate Black History Month. The panel will discuss the history of Running While Black from the past

(Wilma Rudolph) to the Black Lives Matter era (Ahmaud Arbery). Our Panel moderator is MCRRC member Sylvie Bello. Bios are available on the "Special Events" page on our website.

**This event is open to Members and Non-Members. Participation is FREE, but please pre-register [HERE](#).**

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## **Member Spotlight: IN MEMORY OF FRED TRACHTMAN**

*Eternal Optimist, Fantastic Conversationalist, and Friend to All*

*By: Emily Solomon and Caroline Chamoun*

Many of us in the running community knew Fred Trachtman. He was an eternal optimist, fantastic conversationalist, and loved meeting new people. Fred joined MCRRC when he was 61 years old and running quickly became an intense passion of his. Fred ran six days a week with various running friends and organized club runs, averaging a weekly distance of 50-60 miles.

At age 65, Fred qualified for the 2020 Boston Marathon. Fred's running career also included two marathons and countless half marathons, 10ks and 5ks. From January- August 2020, Fred ran over 2,000 miles, the equivalent of running to Miami, FL and back. Despite these accomplishments which took dedication and grit, the races and high weekly mileage weren't about Fred's desire to be competitive but rather to create memories and enjoy life's simplicities.



Fred was also well known for maintaining a positive, upbeat attitude. After one week when Fred ran 77 miles, he shared on social media some insight that very much captured his essence: "I have learned what I can control and what I cannot control and that life is indeed precious. I will appreciate and be grateful for all that I have and for all that I can continue to do, for myself and for others. Life is a gift. We must not waste it." Even with his cancer diagnosis, Fred would often say how lucky he was. He never gave up on the silver lining.

Even though running was a major part of Fred's life, nothing meant more to him than family, especially his wife Meryl of 37 years, and his daughters Rachel and Molly. When he wasn't running, Fred could be found spending time loved ones, enjoying vegan food, volunteering at his synagogue or finding ways to be helpful and supportive to family and friends. Fred also cared deeply about issues of social inequality, using his voice to speak out against acts of injustice and discrimination.

Fred highlighted and brought out one of the beauties of MCRRC- the opportunity to build community, meet others and form lifelong connections. One way of honoring Fred is to carry on this legacy. Fred will be forever missed and remembered by his family, friends and many MCRRC members alike.

If you have a story or memory you'd like to share about Fred, please write about it and send to Emily Solomon at [emmylou.sol@gmail.com](mailto:emmylou.sol@gmail.com). Stories will be organized into a memory book and shared with the family. In addition, a GoFundMe Page has been created with the goal of erecting a bench in Fred's memory, located in one of his favorite running spots. If interested in supporting this memorial, you may do so by using [this link](#).

**"Life is good. It is precious. Don't take it for granted. My wish for all of my running and non-running friends alike - I hope you find your passion and get to enjoy it as much as I enjoy running."**

- Frederic Michael Trachtman  
October 4, 1954 - February 6, 2021

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**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](#).

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## Cadence

### **The Beat from MCRRC's Inclusion and Equity Committee**

By: Dr. William H. M. Etti, Ph.D., Kathryn "Brooke" Walters-Conte, Ph.D., Sylvie Bello, and Jean Nkamdon

During the month of February, MCRRC continues to celebrate Black History Month by highlighting the history, struggles and triumphs of African Americans in the sport of running.

### **One-year Anniversary of Ahmaud Arbery's Death - February 23, 2021**

This Tuesday, February 23, 2021, marks the one-year anniversary of Ahmaud Arbery's death. Ahmaud was shot and killed while running in Brunswick, GA by a team of father and son, who thought he looked suspicious. He was 25 years old. After his death, he was featured in Runner's World Magazine in 2020, and also in 2021. Many runners across the world ran 2.23-miles to honor Ahmaud.



Photo

credit: TMZ.com

The 2.23-miles signifies the month and day he was murdered. Wander Cooper-Jones, Ahmaud's mother, is [planning a public candlelight vigil](#) in remembrance of her son. She is asking everyone to wear a blue ribbon in a show of solidarity and in remembrance of what happened.

The 2:23 Foundation has partnered with the Running Initiative Diversity Coalition to offer a global 2.23 mile run so that we can all #FinishTheRun for Maud. The global event will begin on February 23rd and last through March 3rd. You can register for the run [here](#).

All proceeds from the registration will be going directly to the 2:23 Foundation Scholarship fund and every dollar will be used towards their mission of equipping the youth in Black and Brown communities with scholarships to pursue careers in social justice.

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*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](mailto:diversity@mcrrc.org).*

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## Running Through Menopause- Part 2, Nutrition and Strength

Our friends at Run Farther & Faster are hosting another free webinar on running through menopause on February 28th at 7 PM, featuring club member & part of the MCRRC Racing Team, Kellie Redmond, among others. Thanks to the over 300 ladies who registered for the first installment!

In Part Two, experts in nutrition and strength training will provide information about fueling and exercises to optimize your running, prevent injury, and feel your best during and post-menopause. Among the topics to be discussed include:

- How our bodies' nutritional needs change during menopause
- Adjustments to our fueling to support our changing nutritional needs
- How to approach strength training to support our training, maintain muscle mass, and prevent injury.

Register [here](#)!

Questions about fueling and strength training can be submitted ahead of time [here](#).

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## Cadence

*By: Kristen Serafin*

After a brief hiatus, "Tangents" is back with some great content. This week, thanks in large part to reader recommendations, we have an excellent roundup of articles celebrating accomplishments that seem improbably, and celebrating camaraderie in the sport. Enjoy!

- "Hobbs who?" is a very common statement these days. The rock climber turned sub-4 minute miler is turning heads everywhere for his [amazing progress on the track](#). At only 17 years old, what surprises me the most about this guy is how level-headed he is. His #1 priority right now? Recover. Sounds like we could all learn a thing or two from him.
- Continuing the theme of "age is nothing but a number," meet [Julia "Hurricane" Hawkins](#). Julia started running when she turned 100, and started breaking records at 101. Read more about her [amazing story](#) and "[pearls of wisdom](#)." She just celebrated her 105th birthday on February 10th and is still doing well. What I learned from this amazing woman: It's never too late to try something new.
- Many folks have been raving about [Alexi Pappa's new book, "Bravey"](#) and many people have heard of [Mary Cain's NYT Op Ed](#). But did you know that the two women are great friends who have helped each other through some incredibly tough times? Check out this [wonderful story of resilience and camaraderie](#).

That's all for this week. Keep the recommendations coming and keep running!

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*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](mailto:kristennserafin@gmail.com). Thanks in advance for your contributions.*

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