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## Montgomery County Road Runners Club

### REVISED: Ins & Outs - February 5, 2021

*"We Are Running in Montgomery County"*



\*\*\* It was brought to my attention an error in the opening paragraph to our Member Spotlight as well as my misinterpretation of who contributed to the Cadence piece this week. Both items have been corrected and we felt they were important enough errors to re-send a new copy. We apologize for the double send. \*\*\*

Dear Members -

Happy early Valentine's Day! It's the month for love (or as my husband says, the month for the made-up "Hallmark Holiday" which was created to make us buy cards and spend money... ) Since Valentine's Day will be over by our next Ins & Outs, I thought I'd use this space to thank you all for the love you have shown the club over the past year. Your support has been tremendous. With the hope of receiving vaccines on the horizon, hopefully we'll all get one step closer to returning to the activities we love.

Speaking of vaccines - I joined the rat race this past week to secure an appointment for a family member here in Maryland. It's HARD you guys. It's like an ocean full of sharks fighting over the same batch of 100 fish. Supply obviously doesn't even come close to meeting demand, there is no easy number to call, and so many locations offering appointments that never seem to be available. As the websites say, if you have an elderly relative, neighbor or friend without a computer, **please help them**. Without my persistence (and obsession) my loved one would not have an appointment.

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 is usually held in conjunction with our Awards Brunch, which has been cancelled again this year. The meeting will take place in a virtual format and details will be released closer to the meeting.

February is **Black History Month**, where each year we celebrate the achievements and history of African Americans and reflect on the significant roles African Americans have played in shaping U.S. history. Read on for the first installment of MCRRC's highlighting of the history, struggles and triumphs of African Americans in the field of distance running. For more information on how Black History Month came to be, check out [this](#)

[brief summary](#) by CNN.

It appears more **snow** is on the way, which is great for the kids. I think everyone should get out to enjoy a snow day. I'm no Pat Collins and I don't have a snow stick, but I'd love to feature a running-related snowman or a fun, snowy running picture or two. This should be a **contest**, don't you think? If we do get this snow, send me your best running snowman or snow-y running pics and I'll have my judging panel come up with a winner or two for some MCRRC swag. Send 'em to [office@mcrrc.org](mailto:office@mcrrc.org) by next Friday. *(If you learned anything last time we had a contest, my judges are 8 years old. My advice would be to remember that....)*

Have a great weekend, MCRRC!

Ashley Zuraf, Director

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## Member Spotlight: DR. WILL ETTI, SR.

### *Transformation*

Running has been a transformative pathway for Dr. Will Etti, Sr. in so many ways throughout his life, from dealing with the stress of assimilating back into the U.S. where he was born after living in Nigeria as a pre-teen, achieving dramatic weight loss, to managing the effects of traumatic brain injury. A resident of Burtonsville, Maryland, Will has 20 years federal government experience working in Public Administration. He also recently published his memoir entitled, "UNBELIEVABLE: JOURNEY FROM HOMELESSNESS TO PHInished One Bible Verse And Run At A Time." Below, Will shares how running has contributed to his personal transformation.

#### *What motivates you to run?*

Initially, I ran to cope with the stress of assimilation from Nigeria to the United States. My parents were born in Nigeria, and I was born in Washington D.C. and lived in Nigeria as a pre-teen. I then returned to the U.S. at 15 years old. Running was my outlet to adjust to the U.S. Now, the time I spend running is when I gain the most clarity and gratitude and manage stress.

#### *When did you start running?*

I started running in 1991 to cope with missing my sister, Sherri, who died in Nigeria while awaiting her U.S. visa. I also ran to manage the transformation I experienced from my international experiences.

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

The resources and diversity within MCRRC are part of what I enjoy the most from being a MCRRC member. I started running with MCRRC in 2011 with the 5k and 10K programs. In 2013, I moved to the Half-Marathon and Speed Development Programs. As my endurance improved, I



moved to the First Time Marathon program in 2014 and Experienced Marathon Program in 2016. In the process, I went from 289 lbs to 145 lbs due to the year-round running and nutrition modifications.

*What is your favorite MCRRC Low-Key race?*

The New Year 5k is my favorite because it helps to set the tone for entering a new year.

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

Hard to pick one. Ernie Villacarlos from FTM was instrumental in believing I could finish a marathon. Karyn Ryan was instrumental in helping me strategize on pacing a marathon. Lisa Levin and Julie Sapper of Run Farther and Faster were great in helping me race and preparing both my mind and body. Runners are my sources of inspiration because simply by doing what they love, we all inspire one another.

*What was your best race experience?*

Erie Marathon in 2016 was my best race experience primarily because it was the race I went from a 5-hours and 51-minutes marathon to 3-hours and 57-minutes marathoner.

*How do you reward yourself after a hard workout?*

Ice-bath, ice-cream and a movie

*What is your favorite running spot in Montgomery County?*

Capital Crescent Trail (CCT) because I am "directionally challenged." I get lost all the time, but with the CCT, I don't have to worry about getting lost! As an asthmatic runner with traumatic brain injury from being struck by a drunk driver and ADHD/ADD, I have challenges simultaneously running and remembering the routes. Therefore, I prefer the CCT to minimize the challenges of my invisible disability.

*What running goal(s) do you have?*

I had elbow surgery on December 22, 2020, so my goal is to return to running by summer 2021 and be in shape for a half-marathon by December 2021 (goal A) or by March 2022 (goal B).

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

I run primarily for stress relief to manage traumatic brain injury and ADHD. I also run for the company of others. Even if I cannot contribute to conversations during runs due to my asthma and invisible disability, I enjoy listening and being in the company of other runners.

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

### ***Black History Month Spotlight: Ted Corbitt***

During the month of February, MCRRC will highlight the history, struggles and triumphs of African Americans in the field of distance running. We would like to bring attention to Ted Corbitt, a U.S. distance running pioneer. Theodore "Ted" Corbitt was born on a cotton farm in

South Carolina on January 31, 1919, the grandson of slaves. As a teen, he ran shorter track events in high school and at the University of Cincinnati. However, because of racial discrimination, he was often banned from track meets when white athletes refused to compete against him. He also was unable to stay in the same lodging as his teammates while traveling to running competitions. Later, he served in the U.S. Army during World War II. Through his service in the Army, using the G.I. Bill, Corbitt earned a graduate degree in Physical Therapy from the New York University. After earning his graduate degree, he became a practitioner and lectured at New York University. He was a physiotherapist practitioner for over 40-years.



While working as a Physiotherapist, Corbitt joined the nation's first integrated running organization, the New York Pioneer Club, in 1947. He then founded and became president of the New York Road Runners. By 1951, he completed his first of 22 Boston Marathons, in 2:48:42. In 1952, he competed in the summer Olympics in Helsinki where he placed 44th in the Olympic Marathon with a time of 2:51:09. He became the first African American to represent the U.S. in this event. In May of 1954, he won the Yonkers Marathon, becoming the National Marathon champion. At different times during his career, he held the national record for the marathon, 40-miles, 50-miles, and 100-mile distances. At the age of 55 in 1954, he finished his last Boston Marathon with a time of 2:49:16. Throughout his career, he competed in 223-marathons and ultramarathons. Ted Corbitt passed on December 12, 2007, at the age of 88, having paved the way for diversity and inclusion in long distance running, especially for adults seeking to achieve lifelong fitness.

References:

Chodes, J. J. (2010). *Corbitt: The story of Ted Corbitt, long distance runner*. New York: Ishi Press.

Photo Credit:

New York Road Runners

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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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## ICYMI: Give Yourself Some Grace - A Podcast



Our friends at Run Farther & Faster enjoyed interviewing MCRRC member, Christine Dunn, who is a pastor and an active club member, on their podcast last week where they discussed her running and clergy journey, along with shared tips and tools for thriving and surviving in month 11 of the pandemic.

Check it out [here!](#)

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*About the Podcasters: Coaches Lisa Levin and Julie Sapper provide tips and tricks for running farther, faster, and stronger. After running the Boston Marathon 27 times collectively, Julie and Lisa, along with weekly guests, provide tips for training and racing. While specific to Boston, this podcast is appropriate for runners of all levels and ages.*

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