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Montgomery County Road Runners Club

Ins & Outs - April 23, 2021

"We Are Running in Montgomery County"



Dear Members -

We are truly "running in Montgomery County" once again. While it's not easy (like, not even a little) to permit & plan races these days, and they look fairly different than what we're all used to, MCRRC is looking ahead and doing our best work to bring running back to our members.

We have races on the horizon! Registration is OPEN for the [Riley's Rumble Half Marathon](#) (May 1 at Riley's Lock) and the [Germantown 5 Miler](#) (May 15th at Black Hills). Registration will be *opening soon* for **Run Aware** (May 23rd) and we will soon begin working on permitting and logistics for **Run for Roses** and **Little Bennett XC!** Stay tuned to our website & social media for important updates.

And training! Registration is OPEN for the [8K Program](#), which starts in mid-May as well as [XMP](#). We are almost ready to open registration for **FTM** and the **Summer Half Marathon Program** -- look for those in the next couple of days. The 8K Program will be conducted in a "hybrid" format, and moving into the summer with FTM & SHM, in-person programs which also offer a virtual component at a reduced fee. XMP will be opening as a fully in-person program. It's wonderful to hear the excitement from our members surrounding the return of these beloved programs. Huge thank you to all the program directors for their insight and hard work in planning out some terrific and safe programs for you this summer.

And commraderie! Would YOU or someone you know like to be featured in our Member Spotlight? We are looking for new members to profile! To submit your story, go to the form [MCRRC Member Spotlight](#).

Thanks to all of you who have donated your time, your efforts and your resources to help keep us afloat during a worldwide pandemic. Thank you for your loyalty and for sticking with us during the darkest months. We are **#MCRRCstrong**.

Ashley Zuraf, Director

Member Spotlight: A ROUND-UP

Our Members Bring Diverse Interests

In case you missed any of our Member Spotlights over the last year, this week we are doing a round-up of the MCRRC folks we have already profiled. This feature gives you a snapshot of the diverse interests and experiences your running community brings to MCRRC programs, races, and informal runs. Also, if you think of someone who should be the next Member Spotlight, please read to the end to find out how to contact us!

Other than running, what are your talents and/or hobbies?

Bryant Cabo, Silver Spring, 20-29

Meteorology - current and historical climate, astrophotography, cycling, and cartography. I also like to look at how cities evolve over history.

Jean Nkamdon, Silver Spring, 40-49

I am very much interested in Latin dancing. Rhythms bring me genuine joy. Perhaps the beat of the conga creates a sacred connection with my African ancestors. I know that whatever I might be dealing with in the moment, as soon as I hear the beat, my body starts to move. I feel transported and, like a miracle, a smile appears on my face. Those who know me well have told me that these rhythms transform me. Not sure what they might have seen come out of me in these moments; all I know is that it brings me joy!

Karen DiCamillo, Germantown, 40-49

I enjoy drawing.

Wanda Walters, Bethesda, 70-79

I began taking piano lessons upon retirement in 2005.

Yamir Diaz-Castillo, Germantown, 40-49

I like eating, dancing, playing volleyball, and watching TV.

Lillian Thomas, Germantown, 30-39

I grew up a swimmer and when my shoulder wouldn't hold up, I turned to running and distance triathlons. Otherwise, I like to chase my four year old son and drink copious amounts of coffee.

Rodica Ursu, Chevy Chase, 50-59

I volunteer at an animal shelter and foster cats. I am on the town environmental committee and worry about global warming. I like to garden but not to weed!

Argaw Kidan, Montgomery Village, 50-59

When I'm not running, I spend my time volunteering and community organizing.

Gene Park, Kensington, 50-59

I love tinkering with tools to see what makes them work and then figuring out how to make them better. So, in trying to figure out how to improve my running, I took up interests in healthy cooking and yoga. For me, they've made a difference. I'm a big fan of the Run Fast Cook Fast Eat Slow recipes, as they've given me a new appreciation for yummy foods like tempeh, miso, and quinoa. On top of that, they've given me an extra boost in my energy levels. Yoga has



been a major factor in staying relatively injury free. I never knew how off-balance I was until I tried to pull off a Warrior III on my left leg (basically standing on one leg). With a bit of practice, I feel like I'm more centered now in my movements and have been able to reduce strains that would typically lead to injuries. Due to COVID, my yoga classes have been cancelled, but I've made up for it with some decent online sessions. Ida May's Yoga for Runners is not bad (a bit fast-paced, but not bad).

Will Etti, Burtonsville, 40-49

I enjoy reading and writing, and I recently published my memoir on Amazon.

Michael Leonard, Silver Spring, 80-89

When not out on a run, I love Pilates, Body Pump (weights/aerobic), bike class spinning, and swimming. I also love "brain games." Most importantly, I'm in my 6th year as a school volunteer tutoring and mentoring kids through a senior program called "Interages." (GO 2nd graders—you're the BEST!).

***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](#).

Getting to Know MCRRC Leadership

Some of you will recall our early pandemic series featuring fun facts about our club's leadership, program directors and race directors. With the new board coming on, as well as new club members joining everyday, we hope you enjoy this updated version of "Getting to Know MCRRC Leadership." Enjoy! Can you get a perfect score?

1. Which member's freshmen English teacher attempted to bribe them with an "A" if they joined the track team? But... this member hated running?
2. A related question: Which member spent 23 years in the US Army Reserves loathing the requisite running; though after retiring, decided to take up long distance running and has completed over 60 marathons?
3. Which member hates bugs and is dreading the cicada invasion?
4. Which member once ran the Marine Corp Marathon dressed as a Dunkin' Donuts coffee cup?
5. Which board member has competitively raced up the steps of the Empire State Building?
6. Which member's best beer mile time is 7:54, but this was out of pint glasses, which is much easier than a can or bottle.
7. A related question: Which member suffered their only DNF on their "one and only" beer mile because they couldn't down even the second can of beer? (somewhere, Brian Murphy is shaking his head...)
8. Which member claims to have seen bigfoot multiple times right here in Montgomery County? (no, they aren't seeing Brad Stewart....)

9. Which member not only shares a love of WWE with their 8 year old son, but can now also share shoes?
10. A *Time* reporter once came to this member's house to interview them for the 1987 issue "[Those Asian-American Whiz Kids](#)." This member "wasn't whizzy enough" to make the final cut.
11. Whose grandfather turned down the opportunity to be co-owner of Dairy Queen?
12. Which member has run, not raced, on 5 continents?
13. A related questions: Which member has raced on 3 continents?
14. Another related question: Which member has traveled to 47 states, but hasn't run in most of them?
15. Which member admits to wrecking the driver's ed car? (you may want to reconsider carpooling to races with this member...)
16. Which member has a degree in Zoology?
17. Which member has 5 different ways to brew coffee in their home (this down from a high of 7)?
18. Which member thinks they've solved all life's problems because they actually CAN fold a fitted sheet?
19. Which member attempts to send their cat to monthly board meetings in their place? (it never actually works...)
20. This member, and each of their siblings, has run at least one marathon. This member was the last of the three to accomplish this.
21. Which member once played in a rock band named "Sutures"?
22. Which member joined FTM because, being a novice, they thought completing a 5K was sufficient enough to tackle a marathon? (note: they did finish that marathon...)
23. Which member once tripped so hard on the Seneca Greenway Trail that their shoe fell off and rolled past them on the trail?
24. A related question: Which member, after falling on - again, trails - stopped their watch in mid-air? When asked if they were OK, their response was "Yes - I paused the garmin."
25. Which member almost bumped into Michael J Fox while he was filming the final episode of Spin City?
26. Which member used to do musical theater, including acting and directing?

Answer Key:

1. Yvette Murphy; 2. Connie Corbett; 3. Sherene Sepehri (and most other logical humans); 4. Connie Corbett; 5. Rob Palmer; 6. Brian Murphy; 7. Ashish Gupta; 8. Jeff Lunsford; 9. Ashley Zuraf; 10. Yvette Murphy; 11. Jeff Lunsford; 12. Ashish Gupta; 13. Brian Murphy; 14. Sherene Sepehri; 15. Connie Corbett; 16. Rob Palmer; 17. Brian Murphy; 18. Ashley Zuraf; 19. Jennifer Smith; 20. Yvette Murphy; 21. Rob Palmer; 22. Ashley Zuraf; 23. Brad Stewart; 24. Also Brad Stewart; 25. Jeff Lunsford; 26. Sherene Sepehri

Cadence

The Beat from MCRRC's Inclusion and Equity Committee

Welcoming You

Now that the [Values Statement](#) has been adopted by MCRRC, we are shifting our focus to building awareness within the club and the broader running community. The I&E Committee also looks forward to the opportunity to help rebuild club membership and contribute to the quality of our races, programs, and other running services.

Our next full I&E Committee meeting is this Sunday, April 25, from 7:00 pm - 8:30 pm. If you would like to attend, please contact diversity@mcrrc.org.

As our numbers have grown, we realize that there is much work still to be done within the club. If you are interested in contributing to the club's only member-driven committee, please contact diversity@mcrrc.org.

Competitive Racing Team Results

By: Nicolas Crouzier

Blue Ridge Double Marathon -- 2021-04-17

Ryan Johnson 7:31:38.90 (Gender rank: 1st of 49, Overall rank: 1st of 86)

Erin Kelman 7:47:42.50 (Gender rank: 2nd of 49, Overall rank: 2nd of 86)

Kristen Kelman 8:26:44.40 (Gender rank: 1st of 37, Overall rank: 6th of 86)

Stay Informed!

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