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Montgomery County Road Runners Club

Ins & Outs - April 9, 2021

"We Are Running in Montgomery County"



Dear Members -

I hope you all had a wonderful Spring Break. As you may have noticed, Ins & Outs was on Spring Break as well last week. It was an appropriately timed break, as the club had just announced the new 2021/22 Board of Directors and began the transition.

Please join me again in welcoming new Board members Connie Corbett, Ashish Gupta, Sherene Sepehri (Secretary), and Rob Palmer, who will join Brad Stewart (President), Brian Murphy (Vice President), Jennifer Smith (Treasurer), Jeff Lunsford and Yvette Murphy to serve MCRRC. We are thankful for your time and dedication to the club and look forward to the good work you will do in the coming year.

The Race Committee, Race Directors and I are still working hard behind the scenes to bring back racing. Huge thank you & congratulations to **Race Director Lee Feldstein** for his efforts in pulling off **Spin in the Woods** on March 28th. We gave him only a few days notice as well and he did a great job. Thank you to all who came out to run and all who volunteered to support Lee. We are currently in the permitting phase for both Riley's Rumble (May 1 at Riley's Lock) and Run Aware (May 23rd). Keep an eye out for some exciting registration announcements early next week for the Germantown 5 Miler (May 15th at Black Hills) and Riley's Rumble!

Are you ready to train? [Registration is OPEN](#) for the **2021 8K Program**, which starts in mid-May. We are also starting to plan our other summer programs like FTM, Summer Half, and XMP to be shortly followed by 10K and 5K. Please keep an eye on those webpages for more information when available.

MCRRC is very excited to start to offer more group running opportunities -- including our summer programs and races (permits permitting). As you know, vaccination is the most effective way to protect yourself and those around you. [As ordered](#) by Governor Hogan on Monday -- all Maryland residents aged 16 or older are now eligible to receive a coronavirus vaccine at the state's mass vaccination sites. We encourage all of you to take the opportunity to get vaccinated. For more information about the safe and effective vaccines, please see the state's [COVID Vaccination FAQ's](#).

Have a great weekend, MCRRC!

Ashley Zuraf, Director

Member Spotlight: MICHAEL LEONARD

Growth Mindset, Tattoos, and New Dreams

Michael Leonard is a proud Octogenarian who inspires generations through running and volunteerism while continuously setting new goals and working toward his dreams. His 33 year old self is powering his 83 year old body, so he is right on track for achieving his long-term goal of eventually being in the 95-99 age group. Blissfully retired after 50 years in pharmacy, Michael motivates himself to keep moving everyday in and around his home in Silver Spring. Michael is the embodiment of a growth mindset - always open to learning, discovering new places, and never being complacent. We hope his mindset has a positive effect on yours when you read more about him.

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

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!).

What motivates you to run?

My obnoxious guilty conscience! If I miss even one day of a scheduled workout, it’ll annoy and pester me all day long.

When did you start running?

1966. I recall people gawking at me from passing cars; it was “uncool” in those days. The running boom starting in the ‘70’s changed all that. (I still have a *Runner’s World* issue in black-and-white from 1970).

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

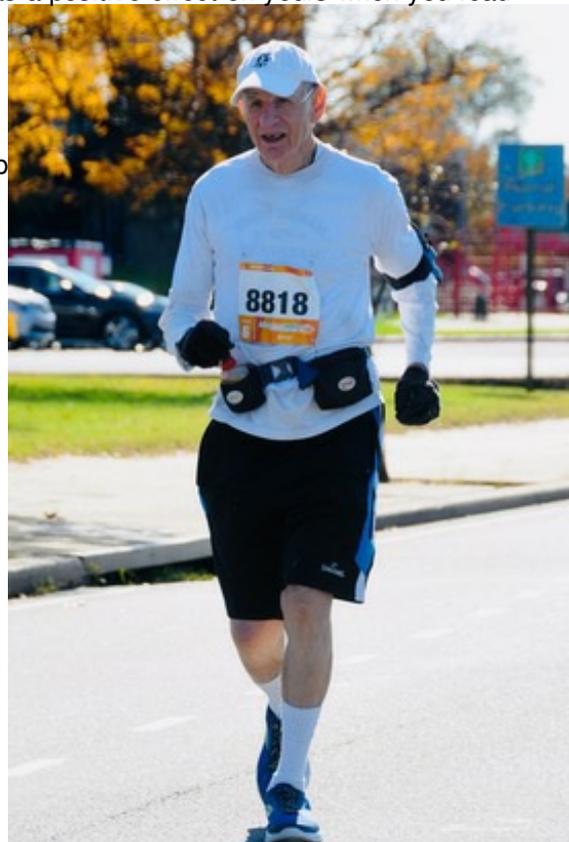
The people, always the people. The passion of dedicated race directors and pace coaches who want nothing more than to bring out the very best in us. The power of the group—each helping the other and being helped in return. The bonds and friendships created that make us never wanting to miss a single workout ever.

What is your favorite MCRRC Training Program?

I have no tattoos, but if I had one it would say, “FTM.” I was a “lone wolf” runner for 35 years until joining MCRRC and FTM in 2001. I was 63 and hadn’t run a marathon in 25 years. Over the next 15 years with them (six years as pace coach), I finished 16 marathons and one 50-miler. FTM changed my life, and as every FTM’er knows: Long after the race is over, what you always remember is the journey you took getting there and the friends you made along the way.

What is your favorite MCRRC Low-Key Race?

The New Year’s Day 5K. There is no better way to start a brand new year running with friends and setting new goals for the upcoming season.



What is your favorite volunteer position?

I dutifully volunteer every year at club races, but the water stops at the Parks Half Marathon have been the most fun. It's nice to hand out the water if needed and cheer them on at the same time.

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

I've been privileged to know so many phenomenal people in my 20 years with MCRRC. But if only one can be "Greatest of All Time," that honor is reserved for Coach Mike Broderick. Mike died 10 years ago. I'm sorry for all our younger club members who never got a chance to know this giant of a man. Coach Mike was a born leader, a Coach of Coaches, a generational talent who devoted his life to coaching and led by example. I miss him to this day. RIP, Coach Mike.

What was your best race experience?

My first marathon as an Octogenarian—the 2018 Richmond Marathon. It was a lifetime goal achieved! I repeated there in 2019. Richmond is a 'dream' marathon—runner friendly, scenic, relatively flat course, and so well organized.

What's the hardest race you've ever run?

My one and only "ultra," the 2007 JFK 50 Mile Run. It was within days of my 70th "milestone" birthday. There were numerous 'cut-offs', so you had to keep up your pace to avoid being ejected. I fell down twice along the 16 mile stretch on the Appalachian Trail and five more times on the 26-mile portion along the C&O Canal from all the wet soggy leaves covering the course. I thought it would never end. But it did, and I finished.

What is your favorite running spot in Montgomery County?

I just recently discovered Brookside Gardens, an absolute treasure with its sprawling trees, plants, ponds and gardens. It's spacious with wide running paths, and crisscrossed with hilly dirt trails enabling you to run level, hilly, or a mixture of both.

What running goal(s) do you have?

SHORT TERM: Hopefully I will be able to run numerous MCRRC low-key races and the Maryland Senior Olympics. LONG TERM: Reach the 95–99 Age Group, Maryland Senior Olympics, and run, walk or crawl until the day I die. JUST KEEP MOVING!

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

My 55 years of continuous running have allowed me to reach 83 on the outside, yet feel like 33 on the inside. YOU ARE NEVER TOO OLD TO SET A NEW GOAL OR DREAM A NEW DREAM!

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

What We Value

Since the Annual Meeting, the Inclusion and Equity Committee has been taking a brief break, but if you know us, we are always thinking about the club and how focusing on inclusion and equity can build upon our strengths. So, consider it a working break! During this time, we hope to

adjust how we are organized and create a better-defined shared leadership model. We are thinking about our role in the MCRRC structure while remaining committed to our values and continuing to keep our diverse membership at its center. Therefore, we look forward to working with the new 2021-2022 board and across the club to align I&E initiatives so that they directly support our strategic goals toward delivering our core products of training programs, races, timing services, and other runner development support.

We are very excited that MCRRC's first Values Statement was unanimously approved by the outgoing 2020-2021 board. Please watch this space as we operationalize and implement the club's values because we will need your help. Meanwhile, you can view the full Values Statement [here](#), while we work on a new, permanent space for it on our website.

Ultimately, we value all of you - our members. As the club comes back from a hard year weathering the pandemic, we are committed to uplifting the voices and potential of our current members, and growing membership and representation across Montgomery County.

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@mcrcc.org.

Competitive Racing Team Results

By: Nicolas Cruzier

Spin in the Woods "4" Miler -- 2021-03-28

Nicolas Cruzier 23:03 (Age group rank: 1st of 6, Gender rank: 1st of 42, Overall rank: 1st of 64)

Adrian Spencer 25:06 (Age group rank: 2nd of 6, Gender rank: 2nd of 42, Overall rank: 2nd of 64)

Chris Shaw 26:13 (Age group rank: 1st of 4, Gender rank: 3rd of 42, Overall rank: 3rd of 64)

Alex Booth 26:15 (Age group rank: 1st of 5, Gender rank: 4th of 42, Overall rank: 4th of 64)

Jeff Elkins 28:01 (Age group rank: 1st of 7, Gender rank: 8th of 42, Overall rank: 8th of 64)

Michelle Miller 28:08 (Age group rank: 1st of 5, Gender rank: 1st of 22, Overall rank: 9th of 64)

Robert Palmer 28:22 (Age group rank: 2nd of 7, Gender rank: 9th of 42, Overall rank: 10th of 64)

Gene Park 28:43 (Age group rank: 1st of 4, Gender rank: 11th of 42, Overall rank: 12th of 64)

Brian Murphy 29:42 (Age group rank: 4th of 6, Gender rank: 13th of 42, Overall rank: 14th of 64)

Jim Dahlem 30:38 (Age group rank: 4th of 7, Gender rank: 14th of 42, Overall rank: 15th of 64)

Kelly Dunston 31:11 (Age group rank: 2nd of 4, Gender rank: 15th of 42, Overall rank: 16th of 64)

Mark Adams 32:18 (Age group rank: 1st of 3, Gender rank: 16th of 42, Overall rank: 17th of 64)

Liz Ozeki 33:55 (Age group rank: 1st of 1, Gender rank: 2nd of 22, Overall rank: 22nd of 64)

Piece of Cake 10K -- 2021-03-21

Ryan Johnson 39:30 (Age group rank: 1st of 2, Gender rank: 2nd of 54, Overall rank: 2nd of 108)

Erin Kelman 41:45 (Age group rank: 1st of 8, Gender rank: 3rd of 54, Overall rank: 3rd of 108)

Jeff Elkins 42:29 (Age group rank: 2nd of 8, Gender rank: 4th of 54, Overall rank: 4th of 108)

Aaron Trulock 43:17 (Age group rank: 2nd of 6, Gender rank: 5th of 54, Overall rank: 5th of 108)

Cindy Conant 46:54 (Age group rank: 1st of 7, Gender rank: 1st of 54, Overall rank: 9th of 108)

Kelly Dunston 48:49 (Age group rank: 2nd of 4, Gender rank: 10th of 54, Overall rank: 11th of 108)

Sarah Byron Thomas 49:11 (Age group rank: 1st of 13, Gender rank: 2nd of 54, Overall rank:

13th of 108)

Mark Adams 49:24 (Age group rank: 1st of 5, Gender rank: 12th of 54, Overall rank: 14th of 108)

Jim Dahlem 51:04 (Age group rank: 5th of 8, Gender rank: 17th of 54, Overall rank: 19th of 108)

Kristen Serafin 56:37 (Age group rank: 2nd of 4, Gender rank: 9th of 54, Overall rank: 36th of 108)

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