

Montgomery County Road Runners Club

Ins & Outs - June 4, 2021

"We Are Running in Montgomery County"



Dear Members -

Welcome back!

I say "welcome back" because our community and our club are open once again. The club has updated it's final COVID policy as follows, "Montgomery County Road Runners Club and respect the rules in the races in which you run." So with that, we welcome you back! But we ask this of you: Be a good human. Understand the needs of particularly our younger runners & members of the community who don't have the ability to get vaccinated. Keep a mask with you for when social distancing is still chosen, as you don't know why or what health or home situation they may be facing. Kindness is free to give, but priceless to receive.

Congratulations to RD Bernard Kelly for reminding us all to "Run Aware" and offering a successful race this year. Thanks to all who came out to support Bernie and the club!

We are so happy to be back in business. Our summer programs are close to capacity & closure. Our fall programs are gearing up for their regularly scheduled, top-notch offerings.

We still find ourselves in somewhat of a "transition" and remind you to pay close attention to the runner instructions for each event. Online, pre-registration **is still required** for all events.

Little Bennett runs tomorrow & registration is open through 6 PM tonight. Spots remain, so get signed up & come experience a lovely, rural event. Read on for more important information.



WE ARE SO HAPPY TO HAVE YOU BACK, MCRRC!

Ashley Zuraf
Executive Director

Upcoming Races & Race News

June 5th - Little Bennett XC - Registration is open until 6pm tonight. For more information, please visit the [race website](#).

June 19th - Run for Roses (women only!) - Registration is open! For more information, please check out [our new website!](#)

July 9th - Midsummer Night's Mile - This year's race will take place at the Gaithersburg High School track! Look for registration to open early next week. For more information, please visit the [race webpage](#).

August 7th - Going Green Track Meet - This year's race will also take place at the GHS track. Registration will open soon. For more information, please visit the [race webpage](#).

August 14th - Groovin' Woodstock 9K XC - Permits pending

August 21st - Eastern County 8K - Permits pending

September 26th - Parks Half Marathon - Registration is OPEN! We are pleased to announce our approval for a full start and finish festival this year. We are not running the relay this year. Huge thanks to our partners M-NCPPC, MoCo DOT and the State Police for their support in making this happen! Check out [our new website](#) & register today -- spots are going fast!

November 13th - Stone Mill 50 Mile - Registration is OPEN! Less than 3/4 spots remain, so start thinking & training for your fall races! Check out [our new website](#) for more information.

Editor's Note: This is not an all-inclusive list of races and events, but a place to feature those with 'news' such as a permit being granted or a registration opening. As we move on to the next month, most up-to-date information can always be found on [our website](#) under "Races."

Member Spotlight: RYAN LIPFORD

Unlearning Negative Associations with Running

How many of us have participated in other sports and running was used as a punishment? You're late - run a lap. You missed a shot - run sprints. These experiences create our negative associations with running. Ryan Lipford is one of those people, but his dislike for running changed after he began taking up the sport in 2014 and joined MCRRC. Now a running enthusiast, Ryan enjoys the health benefits of running in Silver Spring. It is also where he enjoys cooking, smoking meat, and playing his saxophone. Ryan shares a little more about himself below.

What is your day job?

Teacher, Grade Dean, and Coach

What motivates you to run?

Being healthy, and running is my competitive outlet

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

Being a part of a community of dedicated and knowledgeable runners

What is your favorite MCRRC Training Program?

The 10K Program - not too long, not too short, and ends with good weather.

What is your favorite MCRRC Low-Key race?

Jingle Bell Jog

What is your favorite volunteer position?

Course Marshall

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

Tony Bennett at UVA

What's your preferred race distance?

10K

What was your best race experience?

Tie between Suds n Soles and Parks. Parks has a beautiful course and helpful volunteers, and Suds n Soles has beer.

What was your worst race experience?

The race was fine, but I got my car stuck in the mud after a race that I'd prefer not to name.

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

Capital for a Day 5k in Olney has some pretty rolling hills that aren't pleasant.

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

People drinking alcohol and eating Oreos during Cherry Blossom

How do you reward yourself after a hard workout?

Donuts, coffee, and if my kids allow - a nap

What is your favorite running spot in Montgomery County?

Rock Creek Trail from Winding Creek to Cedar Lane

What running goal(s) do you have?

Sub-60 minute 10k and one day run a marathon

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

I never thought I would enjoy running. When I thought of running I considered it a punishment for missing a shot or being late to practice. The people and programs of MCRRC have affinity for running.

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 on our 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

"Global" Running Day

We are committed to equity, inclusivity and anti-discrimination. We embrace all communities of age, ethnicity, gender identity, language, national origin, race, religion, sexual orientation, and members with disabilities.- [MCRRC Values Statement #4](#)

This past Wednesday, June 2, was [Global Running Day](#). In my profession of global education, I often have to explain what we mean by "global." It's relevant to think that it means us, our societies, cultures, and politics. However, a more nuanced understanding of "global" and, by extension, being "globally minded," is learning how your actions (and lack of actions) will impact and beyond.

The "Global" in Global Running Day should be thought of in the same way, not just on June 2nd, but everyday. How we strive to respect each other and be intentionally inclusive and beyond. Many of our members are personally and professionally influential in other community organizations, government agencies, and businesses, so building bridges and creating MCRRC matters.

We bring to your attention MCRRC's Values Statement #4. MCRRC embraces all communities, and we hope you join us in supporting the club's efforts toward being more intentional.

To lift up and amplify our broader running community, we encourage you to support the following organizations:

- [Athletes Serving Athletes](#) - "We elevate the quality of life for individuals with limited mobility by empowering them to train for and participate in mainstream running events."
- [District Running Collective](#) - "Our goal is to provide all levels of runners with the best resources, community, and support along their running journey."
- [DC Front Runners](#) - "a social running and walking club that offers a welcoming, safe space for the LGBTQ+ community and their allies."
- [Latinos Run DMV](#) - "Our mission is to have a global impact by partnering with National and International organizations to help decrease the obesity rate, combat heart disease, and promote health equity."
- [Teens Run DC](#) - "Empowers youth to envision and work toward the achievement of personal goals through a distance running, mentoring, and social emotional learning program."
- [Diverse We Run](#) - "Building racial representation through story-telling, advocacy, and community."
- [Native Women Running](#) - "To encourage and feature Native women runners in the running community on and off the reservation."
- [Meb Foundation](#) - "A collaborator and leader in the areas of youth health, education and fitness."

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 us.

Competitive Racing Team Results

By: Nicolas Crouzier

Loudoun Street Mile -- 2021-05-31

Hasan Hobbs 4:48.56 (Age group rank: 1st of 8, Gender rank: 22nd of 166, Overall rank: 23rd of 276)
Peter Bandettini 5:10.84 (Age group rank: 1st of 8, Gender rank: 28th of 166, Overall rank: 36th of 276)
Mark Neff 5:11.12 (Age group rank: 2nd of 8, Gender rank: 29th of 166, Overall rank: 37th of 276)
Jeff Duyn 5:16.19 (Age group rank: 1st of 12, Gender rank: 33rd of 166, Overall rank: 41st of 276)
Emily Pierce 6:21.37 (Age group rank: 1st of 6, Gender rank: 30th of 110, Overall rank: 93rd of 276)

Run for the Pineapple 5K -- 2021-05-31

Mark Adams 22:55.20 (Age group rank: 1st of 11, Gender rank: 18th of 133, Overall rank: 26th of 412)

Cow Bone Trail Run 6h -- 2021-05-29

Kristen Kelman 6:00:00 (Gender rank: 1st of 36, **Overall rank: 1st of 56**)
Erin Kelman 6:00:00 (Gender rank: 1st of 20, **Overall rank: 2nd of 56**)

parkrun College Park -- 2021-05-29

Alex Booth 17:41 (Gender rank: 3rd of 77, **Overall rank: 3rd of 147**)
Taylor Williamson 17:45 (Gender rank: 4th of 77, Overall rank: 4th of 147)
Brian Murphy 18:21 (Gender rank: 8th of 77, Overall rank: 8th of 147)
Michelle Miller 18:40 (**Gender rank: 1st of 66**, Overall rank: 9th of 147)
Robert Palmer 19:08 (Gender rank: 10th of 77, Overall rank: 12th of 147)

Legacy Track and Field Invitational -- 2021-05-23

Mark Neff 4:51.65 (Age group rank: 2nd, Gender rank: 7th, Overall rank: 7th)

Run Aware 5K -- 2021-05-23

Chris Shaw 19:01 (Age group rank: 1st of 7, Gender rank: 2nd of 65, **Overall rank: 2nd of 108**)
David Storper 19:26 (Age group rank: 2nd of 7, Gender rank: 3rd of 65, **Overall rank: 3rd of 108**)
Alex Booth 19:42 (Age group rank: 1st of 6, Gender rank: 5th of 65, Overall rank: 5th of 108)
Jeff Elkins 20:23 (Age group rank: 1st of 12, Gender rank: 6th of 65, Overall rank: 6th of 108)
Jim Dahlem 20:24 (Age group rank: 2nd of 12, Gender rank: 7th of 65, Overall rank: 7th of 108)
Michelle Miller 20:34 (Age group rank: 1st of 9, **Gender rank: 1st of 43**, Overall rank: 8th of 108)
Robert Palmer 20:56 (Age group rank: 3rd of 12, Gender rank: 9th of 65, Overall rank: 10th of 108)
Brian Murphy 21:54 (Age group rank: 4th of 7, Gender rank: 13th of 65, Overall rank: 15th of 108)

Spring Georgetown 5K -- 2021-05-23

Sarah Flynn 20:53 (Gender rank: 1st, **Overall rank: 1st of 110**)

Supporting Heroes Half Marathon -- 2021-05-23

Erin Kelman 1:27:42 (**Overall rank: 1st of 55**)
Roman Gurule 1:27:42 (**Overall rank: 1st of 55**)
Aaron Trulock 1:27:42 (**Overall rank: 1st of 55**)
Kristen Kelman 1:34:52 (**Gender rank: 1st**, Overall rank: 4th of 55)

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](#)

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