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Montgomery County Road Runners Club

Ins & Outs - July 16, 2021

"We Are Running in Montgomery County"



Dear Members -

Talk about eating my words. Did I just complain about cool temps & pool water in the last edition? I guess Mother Nature decided to teach me a lesson. I think I am still sweating from my morning run/ jog/ slow-forward-motion-hunched over thing.

Congrats to substitute Race Director Danny Talmage and his crew of volunteers for offering up the Midsummer Night's Mile back on the 9th! Now we take a break while we slog through the rest of July, returning to the track on August 7th for Going Green. If you're in for a double-header, signup for Groovin' Woodstock the *very* next morning, followed by Eastern County on the 21st to round out the MCRRC calendar for August! All of these races also need volunteers, so please consider stepping up to help out our loyal RD's. They (and we) appreciate it so much!

In the last edition of Intervals, which should have hit or be hitting your mailboxes soon, club President Brad Stewart welcomes back our volunteers as well as new MCRRC'ers! If you are brand new to the club, or even if you're only new-ish, consider signing up to volunteer. There's no better way to learn what goes on behind the scenes in racing than to be out there on the front lines yourself. It's also a great way to meet other members... and our volunteers know how to PAR-TAY! Seriously though, it's great fun and rewarding all at the same time. Give it a try!

Finally, I'm pleased to let you know that the Run Performance Lab will return this September! Registration is already open for appointments this fall! For the time being, the "run" portion of your evaluation will be conducted outdoors and as masks are still required in most medical offices, masks will be required in the MCRRC Run Performance Lab as well, with the exception of running outdoors. These protocol are subject to change, for better or for worse, at any time based on the sole descretion of the clinic providers. So if this hot weather has made a complete *mess* of your running form, signup and let the pros take a look at you!

Thanks for reading & for being a valuable part of our running family. Now, go grab a popsicle, head to the pool, and have a fantastic weekend!



Ashley Zuraf
Executive Director

Upcoming Races & Race News

August 7th - Going Green Track Meet - Registration is OPEN! For more information, please visit the [race webpage](#).

August 8th - Groovin' Woodstock 7K XC - Registration is OPEN! For more information, please visit the [race webpage](#). *** *Please note the previous edition of Ins & Outs as well as Intervals incorrectly listed the date for this event. My bad...*

August 21st - Eastern County 8K - Registration is OPEN! For more information, please visit the [race webpage](#).

September 18th - Lake Needwood 10K XC - Permits pending.

The **Cabin John Kids Run**, originally scheduled for September 25th, has been cancelled.

September 26th - Parks Half Marathon - Registration is OPEN! Check out [our new website](#) & register today.

November 13th - Stone Mill 50 Mile - Registration is OPEN! Check out [our new website](#) for more information and to register.

***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 in our permitting processes, more events will be added to this listing. The most up-to-date information can always be found on [our website](#) under "Races."*

Member Spotlight: AL NAVIDI

Running and Living "Big"

Running is a gift we can use to explore our surroundings. Many of us use it as a way to explore our neighborhoods and local trails, perhaps appreciating quirky home adornments, the people in our community, and subtle changes in nature from day to day. Some of us also use running as motivation to explore other parts of Montgomery County and beyond. Al Navidi, also known as "Big Al," runs to set challenging goals for himself and to enjoy the sights and sightings in all the streets, towns, states, and countries running takes him. He would tell you that a whale exists in our local habitat! When he isn't running, Al is a Software Developer living in Rockville, MD and enjoys biking, traveling, photography, and organizing happy hours with running friends. It is evident from his Spotlight that the "Big" in Big Al describes how he approaches life - from seeing the world, enjoying time with his friends, and exchanging stories, to how he expresses himself (loud!). Telling stories and sharing his running experiences are how Big Al gives back to his running family. We hope you have a chance to join him on the trail sometime. Meanwhile, enjoy

learning more about him below.

Age Group: 60 - 69

What motivates you to run?

Staying in shape and swapping stories with running friends

When did you get started running?

1991 at the age of 32

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

The friendship and camaraderie

What is your favorite MCRRC Training Program?

I joined XMP in its first year and with the exception of a couple of years (due to injuries), I've been a member every year since then.



What is your favorite MCRRC Low-Key race?

Seneca Slopes 9K, which is the only trail race or run I do!

What is your favorite volunteer position?

I was a Parks Half Marathon webmaster for about 10 years, until the club consolidated all its websites into one. I enjoyed that position a lot, especially since it was up my alley as a software developer. I also enjoy being involved with pre-race preparation.

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

I knew Mike Broderick before he became the XMP program director. He remains my favorite coach.

What's your preferred race distance?

10-miler or half marathon, especially since I'm not a sprinter by any means (I've only competed in 2 5K races ever!) and usually die towards the end of most marathons.

What was your best race experience?

Running St. George Marathon in 2007, not only because it's a point-to-point downhill race, it's also my PR and my 3rd BQ and also because I traveled with a few close friends and we had fun in Las Vegas.

What was your worst race experience?

The Mercedes Benz Marathon in Birmingham, Alabama. I was suffering from a major cold and lack of sleep. Of course the heat and humidity during the race did not help either.

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

I can think of 2 such races: the New Hampshire Marathon, which is the hilliest race I have competed in and Ironman Mont Tremblant, which was my last and hilliest Ironman distance triathlon.

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

During the Little Rock Marathon, my wife Emily and I ran into (pun intended) Carl Marino, the actor who plays Lt. Joe Kenda on the cable series, "Joe Kenda - Homicide Hunter," and we ran together for a few miles. Also, during the Anchorage Marathon, we noticed several runners had huddled up and were looking at what turned out to be a mama moose and a baby moose grazing in between the trees.

How do you reward yourself after a hard workout?

A loooong nap and as I get older, these naps become longer and more enjoyable.

What is your favorite running spot in Montgomery County?

There is a 10-mile loop in the Rockville-Gaithersburg area we refer to as "The Whale", since it's obviously shaped like a whale. It's not flat by any means, but it's not too hilly either. We run this loop every other Thursday with the Thursday Morning Fallsgrrove group.

What running goal(s) do you have?

I completed all 50 States a few years ago, which was my first goal and then started participating in international marathons. My next goal is to run London and Tokyo marathons, to complete all majors. My last goal is to run the Antarctica Marathon and I say last, only because it's cost-prohibitive.

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

I'm loud and talk a lot, especially during our long runs, so I'm sure my running friends have already heard most, if not all my running stories. However, having run 75 marathons, 6 Ironmans and over 250 other races, I'm happy to provide information about which races to try and which ones to avoid.

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

Mental Health and Self-Care

For many of us, this past year has felt like the longest year of our lives. Yet, it is easy to remember exactly where we were in the height of the pandemic last summer. As dedicated runners, the pandemic challenged us to adjust our relationship with running. Did you take a "break" and only now, finding the motivation to get out there? Did you maintain a level of motivation by yourself, maybe running a virtual "Race Across [insert state here]," but are struggling to sign-up for an in-person race? Or did you never really let up on your training or perhaps got stronger and excelled?

Whoever you are as a runner then and now, your relationship with running is a good way to gauge your mental health and how you approach self-care, especially because of what last year brought us. We can look to professional and Olympic athletes, who have [been open](#) about their mental health challenges. From a global sport perspective, William Parham, a professor at Loyola Marymount University who serves on the United States Olympic and Paralympic Committee's mental health task force said:

"When viewed within the context of the worldwide covid pandemic; increased protests against social injustices, inequities and systemic oppressions; the political unrest globally, the upcoming Olympics — from a mental health perspective — represent the most challenging environment in which athletes from across the globe will be asked to compete." ([Washington Post](#))

This context is true locally in Montgomery County and for you as a runner. You don't need to be an elite athlete to know that this past year challenged you. It is our hope that your relationship with running is positive - a way to strengthen and enhance your well-being, develop healthy relationships with other runners, friends, and family, and provide an outlet when life gets challenging.

If it doesn't feel that way, reach out to your running friends and check in with where they are. You'll probably find you're not alone. It may help to simply allow yourself to [run, let go, and unplug](#), so you're not comparing yourself to others. Don't push yourself further than you are physically and mentally ready to go.

MCRRC's training programs have recognized many runners still need the opportunity to build back fitness by offering a "pre-season ramp up", and have highlighted ways to shorten long-run routes for their needs. Most importantly, be sure to seek professional and medical support if necessary.

As we continue to roll-out the newly adopted [MCRRC Values Statement](#), we invite you to join our conversations, and/or suggest an idea for a future I&E discussion. Please reach out to diversity@mcrrc.org.

Competitive Racing Team Results

By: Nicolas Cruzier

EX2 XTERRA Off-road Triathlon -- 2021-07-11

Erin Kelman 2:15:13 (Age group rank: 7th of 27, Gender rank: 24th of 158, Overall rank: 24th of 196)

Frederick Half Marathon -- 2021-07-11

Chris Sloane 1:11:03.68 (Gender rank: 1st of 732, Overall rank: 1st of 1411)

Catoclin 50K -- 2021-07-10

Nicolas Cruzier 4:39:11 (Gender rank: 1st of 111, Overall rank: 1st of 141)

Adrian Spencer 5:19:23 (Gender rank: 5th of 111, Overall rank: 5th of 141)

Michelle Miller 5:42:03 (Gender rank: 1st of 30, Overall rank: 8th of 141)

Kristen Kelman 6:39:14 (Gender rank: 7th of 30, Overall rank: 31st of 141)

Distillery Dash Cross Country 10K -- 2021-07-09

Christopher Phillips-Hart 34:23.60 (Gender rank: 1st of 40, Overall rank: 1st of 63)

Midsummer Night's Mile -- 2021-07-09

Hasan Hobbs 4:54 (Age group rank: 1st of 6, Gender rank: 8th of 89, Overall rank: 8th of 122)

Armand Silva 4:55.40 (Age group rank: 3rd of 14, Gender rank: 11th of 89, Overall rank: 11th of 122)

Aaron Trulock 5:14.50 (Age group rank: 7th of 14, Gender rank: 18th of 89, Overall rank: 18th of 122)

Ryan Hadley 5:17 (Age group rank: 1st of 8, Gender rank: 21st of 89, Overall rank: 21st of 122)

Mark Neff 5:17 (Age group rank: 2nd of 9, Gender rank: 20th of 89, Overall rank: 20th of 122)

Brian Murphy 5:18.10 (Age group rank: 9th of 14, Gender rank: 22nd of 89, Overall rank: 22nd of 122)

Jeff Elkins 5:22.50 (Age group rank: 3rd of 8, Gender rank: 27th of 89, Overall rank: 27th of 122)

Robert Palmer 5:22.80 (Age group rank: 4th of 8, Gender rank: 28th of 89, Overall rank: 28th of 122)

Sean Napier 5:25.90 (Age group rank: 4th of 6, Gender rank: 29th of 89, Overall rank: 30th of 122)

Liz Ozeki 6:02 (Age group rank: 3rd of 6, Gender rank: 6th of 33, Overall rank: 51st of 122)

Marty Horan 6:05.30 (Age group rank: 1st of 7, Gender rank: 46th of 89, Overall rank: 52nd of 122)

122)

Mark Adams 6:21.40 (Age group rank: 2nd of 7, Gender rank: 55th of 89, Overall rank: 61st of 122)

Weiqun Zhou 6:21.50 (Age group rank: 3rd of 7, Gender rank: 56th of 89, Overall rank: 62nd of 122)

Sarah Byron Thomas 6:31.60 (Age group rank: 5th of 6, Gender rank: 9th of 33, Overall rank: 68th of 122)

Autism Speaks 5K -- 2021-07-04

David Storper 17:53.57 (Age group rank: 1st of 19, Gender rank: 6th of 303, Overall rank: 6th of 726)

Aaron Trulock 19:17.72 (Age group rank: 3rd of 16, Gender rank: 12th of 303, Overall rank: 12th of 726)

Marty Horan 21:33.70 (Age group rank: 1st of 28, Gender rank: 22nd of 303, Overall rank: 22nd of 726)

Bill Loomis 22:37.47 (Age group rank: 1st of 14, Gender rank: 30th of 303, Overall rank: 35th of 726)

Emily Pierce 30:39.09 (Age group rank: 7th of 23, Gender rank: 45th of 295, Overall rank: 132nd of 726)

Paul Jacobson 34:45.50 (Age group rank: 14th of 29, Gender rank: 120th of 303, Overall rank: 196th of 726)

DCRRC Age-Handicapped Four Miler -- 2021-07-04

Liz Ozeki 28:05 (Gender rank: 4th of 28, Overall rank: 24th of 72)

Bluegrass 10K -- 2021-07-03

Christopher Phillips-Hart 30:27.50 (Gender rank: 3rd of 799, Overall rank: 3rd of 1443)

Chad Phillips-Hart 31:48.60 (Gender rank: 7th of 799, Overall rank: 7th of 1443)

Seashore Striders Firecracker 5K -- 2021-07-03

Cindy Conant 20:39 (Gender rank: 5th, Overall rank: 26th of 266)

Julie Sapper 21:11 (Gender rank: 6th, Overall rank: 30th of 266)

parkrun Kensington -- 2021-07-03

Robert Palmer 18:59 (Gender rank: 1st of 31, Overall rank: 1st of 55)

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