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Montgomery County Road Runners Club

Ins & Outs - July 2, 2021

"We Are Running in Montgomery County"



Dear Members -

Happy Friday! We made it to July, though on this cool, rainy day, it doesn't seem so much like July. I can't recall any recent summer where the pool was quite this cold by the 4th of July.

While I have your early attention, please make note that the MCRRC Office will be closed next week, reopening on Monday, July 12th. I am taking a much needed break. If you have a question or need assistance, I promise I will get to all of you as soon as I am back with the club on the 12th.

It's so exciting that we have typical summer race calendar on the books! Registration is open for FOUR summer club races and we really hope you will plan to come out and support our club and volunteer race directors. They are so happy to be back, putting on races for you! As a reminder, again, pre-registration is required and there will be no race day registration.

Less than 1,200 bibs remain for the **Parks Half Marathon** scheduled for September 26th. Keep this one on your radar if you do plan to run -- we anticipate a fully sold out race this year.

With our summer programs in full swing, today I highlight the **Fall 10K Program**. **Registration is now open!** This program prepares runners to complete a 10k distance. The program starts with an optional 4-week self-paced training schedule to help you get into a routine of runner and build your stamina. The in-person training occurs each Tuesday night and Saturday morning beginning after Labor Day. Our target race is the Rockville 10k, though the training schedule can be adapted to support other fall 10k races. To read more about the program or to register, visit the [program webpage](#).

On behalf of the Board and Staff, we would like to wish you all a wonderful 4th of July and hope that whatever you are doing this weekend, you are safe, happy and healthy.

Upcoming Races & Race News

July 9th - Midsummer Night's Mile - This year's race will take place at the Gaithersburg High School track! **Registration is OPEN!** 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 is OPEN!** For more information, please visit the [race webpage](#).

August 14th - Groovin' Woodstock 9K XC - **Registration is OPEN!** For more information, please visit the [race webpage](#).

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

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: JEFFERSON LUNSFORD

What We Discover When We Remove Barriers

Running has a way of breaking down barriers, revealing benefits that are often unexpected. Many of us started running to be healthier, to build fitness, or to take on a new challenge, but when personal, interpersonal,

and external barriers are broken, the sport can give us so much more. For Jefferson Lunsford, running opened up a path of discovery about himself, the potential of others, and the strength of community. It has also allowed him to see some beautiful and strange things along the way. A Montgomery County native currently living in Colesville, Jefferson is somewhat of an expert on good places to run in Eastern County. You'll most likely find him running the hills of Kemp Mill, dragging other gluttons for punishment with him, and mumbling something about spotting Bigfoot. When he isn't dreaming up Kemp Mill routes, he works as a Budget Analyst at the National Archives in College Park. We hope you enjoy learning about what running has given to Jefferson and his passion for giving back.



Age Group: 50 - 59

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

Wait - you all have time for stuff other than running??

What motivates you to run?

Like so many of us, I derive huge mental health benefits from running. I run 5-6 days per week, and always feel much better on running days! Most of all, I feel very much at home being part of an expanding running community. From helping launch Kensington parkrun, leading the Kemp Mill weekly workout, and creating and directing a low-key club race, I believe in providing opportunities for people to discover the love of running.

When did you get started running?

My first ever run was about 15 years ago. I was on a work trip to Dana Point, CA, and was struck by the beauty and connection to nature. Now if only we can get some palm trees in Silver Spring...

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

I love that the club brings together people who are passionate about running to express and develop our communal interest. I've learned so much from listening to the stories of members that I'm lucky to run with, and to reflect on their struggles and successes.

What is your favorite MCRRC Training Program?

FTM brought me on a journey of self discovery, and helped me learn that I had some imaginary barriers in my life that were holding me back. And XMP has made me a stronger, faster and smarter runner and has led me to achieve things I could not have even imagined I was capable of.

What is your favorite MCRRC Low-Key race?

Kemp Mill Chills 5K/10K ;)

What is your favorite volunteer position?

I love being a race director, and would encourage anyone who has even a passing interest to learn more about it! But I would always choose a volunteer position that puts me at the finish line. It is so inspiring to see the looks of agony and success when a runner finishes their race!

What's your preferred race distance?

My focus has always been the journey of the marathon. When it is good, it's really good, but when it's not, it's awful. There is something very enticing about the half marathon - you get the challenge of a long endurance event without the potential pain from miles 20 through 26!

What was your best race experience?

Hands down - the 2015 Erie Marathon. It capped off a stellar training season, and I surprised myself at the finish line with a 21-minute PR.

What was your worst race experience?

Hmmm...I did run the Rock-n-Roll DC marathon on 3 hours of sleep...that wasn't fun!

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

Bigfoot! He's hidden on the Kemp Mill Chills 10K course.

How do you reward yourself after a hard workout?

Ooooh a mango smoothie always hits the spot. And coffee. Definitely coffee. Gelato! And an egg sandwich on a croissant. Or a bagel and cream cheese! Then...a long nap.

What is your favorite running spot in Montgomery County?

I do have a soft spot in my heart for Kemp Mill / Wheaton Regional / Sligo Creek.

What running goal(s) do you have?

My hope is to continue providing opportunities for runners - and people who don't yet know that they're runners - to discover new experiences, places and community.

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

I believe that MCRRC should be welcoming to everyone who wants to be a runner. We should eliminate barriers and develop leadership opportunities for everyone who wants to participate.

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

Supporting Runners of All Gender Identities

By: Jayna Resman

Have you noticed that some email signatures include pronouns? Or seen a short biography about a writer, artist, or other creator and their name was followed by pronouns offset with parenthesis? Maybe you watched the US Olympic Trials for Track and Field this June and heard the announcers use "they" or "them" to refer to 1500m runner Nikki Hiltz. [Why are people including their pronouns? What do they mean and why does it matter?](#)

At our last Inclusion and Equity Committee meeting we talked about gender identity and terms like non-binary, trans, and cisgender. Each of us came to the conversation with different personal experiences, familiarity, and dis/comfort with the topic. I was so grateful to each member in attendance; everyone came with openness to learn and make mistakes. One piece that sparked reflections from many members was this Instagram post. Earlier this year Nikki Hiltz wrote the following:

"Coming out as transgender, non-binary.

Hi I'm Nikki and I'm transgender. That means I don't identify with the gender I was assigned at birth. The word I use currently to describe my gender is non-binary. The best way I can explain

my gender is as fluid. Sometimes I wake up feeling like a powerful queen and other days I wake up feeling as if I'm just a guy being a dude, and other times I identify outside of the gender binary entirely. It's complicated and complex and something I'm still trying to navigate myself, but I've decided it's time to share my gender fluidity with you all."

Nikki's story and the stories of other trans and non-binary runners like Cece Telfer laid the groundwork for a larger conversation about welcoming and supporting runners of all gender identities to our club. As we continue to roll-out the newly adopted MCRRC Values Statement, I am hopeful that we can keep stories like Nikki's in mind. If you would like to receive additional resources, join our conversations, and/or suggest an idea for a future I&E discussion, please reach out to 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 Cruzier

Rev3 Williamsburg Olympic Triathlon -- 2021-06-27

Sarah Flynn 2:35:38 (Gender rank: 8th of 93, Overall rank: 15th of 168)

AAU Region 3 Track Meet 1500m -- 2021-06-27

Hasan Hobbs 4:36.65 (Overall rank: 2nd of 8)

Mark Neff 4:51.63 (Overall rank: 6th of 8)

AAU Region 3 Track Meet 3000m -- 2021-06-27

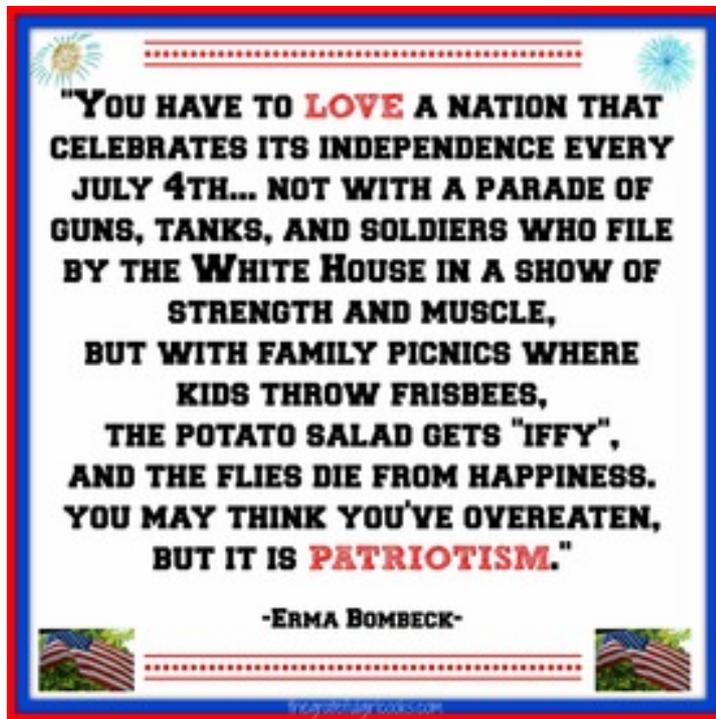
Mark Neff 10:18.47 (Overall rank: 3rd of 8)

AAU Region 3 Track Meet 800m -- 2021-06-27

Hasan Hobbs 2:11.86 (Overall rank: 4th of 9)

parkrun College Park -- 2021-06-26

Brian Murphy 18:44 (Gender rank: 3rd of 69, Overall rank: 3rd of 132)



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