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Montgomery County Road Runners Club

Ins & Outs - July 30, 2021

"We Are Running in Montgomery County"



Dear Members -

In a few days, it's going to be August. With things like the Montgomery County Fair, "back to school" and my boys' fall birthday parties on my mind, I'm over here wondering where the summer went? It's certainly my favorite time of year, even for outdoor exercise which I know is likely not shared by most of you. I will take a 90 degree run any day over a 40 degree one.

After a short break from racing, we have a very busy weekend coming up! Have you registered yet for [Going Green Track Meet](#) and [Groovin' Woodstock](#)? These crowd favorites are BOTH happening next weekend (August 7th & 8th, respectively). Online registration is still open! Pre-registration is required so be sure to signup soon! Links can be found below under "Race News."

You may have seen my note on MCRRC-Info that our Gear Shop will be closed for maintenance next week. **Today is the LAST DAY to pre-order your Orange Mud Transition Wraps.** The Gear Shop will re-open during the week of August 9th after some inventory management. We do plan to sell the transition wraps in the regular Gear Shop, but pre-ordering will *guarantee* that you get to own one (or two or three)! So hurry & [visit our Gear Shop](#) today!

In related news, **the MCRRC Office will be closed beginning Saturday, July 31st through Monday, August 9th.** The office will officially re-open on Tuesday, August 10th. Routine emails will not be handled during this time, so please be patient & I promise to get back to you when we re-open!

Last but not least, don't forget to register for the Run Performance Lab, which is re-opening for the first time since the pandemic. Fall appointments are ready to be scheduled! For the time being, the "run" portion of your evaluation will be conducted outdoors and masks will be required for the non-running portion of your evaluation. These protocol are subject to change, for better or for worse, at any time based on the sole discretion 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!

Have a great weekend, MCRRC!



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](#).

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: ABYE WONDIMU

Pressing On When It's Not Always Easy

When we face challenges, we often have to find a way forward by choosing the things, activities, and people that sustain us, including ourselves. We are witnessing this among the public lives of elite Olympic athletes. It also applies to MCRRC runners like Abye Wondimu who views running as a parallel to life. Abye was among those who leaned into this philosophical outlook and found his best running experience during the Covid-19 pandemic. He is thankful, however, for the return to the club, its programs, and informal group runs to benefit from the structure and services our dedicated volunteers provide. He also appreciates the motivation and encouragement MCRRC provides to runners. A resident of Silver Spring, Abye enjoys biking and kayaking in addition to running. He also dedicates his free time from being a Consulting Engineer to keeping up with his own kids and volunteering as a soccer, running, and biking coach for kids among the Ethiopian and Eritrean communities. We hope you enjoy learning more about what sustains Abye to move forward in running and life.

Age Group: 50-59

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

I like biking and kayaking. I also mentor and coach kids.

What motivates you to run?

The desire to live a healthy life and be physically and mentally fit. I want to be able to keep up with my kids all the way into their adulthood. I see running parallel to life. You have to keep going. Even during the pandemic, I did not stop running.

When did you get started running?

I started running off and on since 1993, right after college. I was not into sports at all in high school or college. I had a friend at the church I used to go to in Richmond, VA. He used to run a few miles a week as an exercise. I joined him and have been running ever since. My first Marathon was in DC - The inaugural Washington DC Marathon August 13, 2011.



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

I like the programs, and the membership price is affordable for most people. Most of all, I love the people and the coaches at MCRRC. You just show up, and everything else will be taken care of for you.

What is your favorite MCRRC Training Program?

I enjoyed Speed Development. I like the challenge of XMP, but after doing XMP back to back, I joined FTM because it's really fun, and I enjoy the slower pace.

What is your favorite MCRRC race?

Pike's Peek 10K because of the net downhill and finish line at Pike & Rose.

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

On my first XMP run (back in 2016) I could not have done it without the support of Karyn Ryan and Eric Melby. I also am thankful for Jeff Lunsford for the wonderful work he is doing on Kemp Mill Thursday runs.

What's your preferred race distance?

The Half-Marathon distance is probably my best. I did my PR at Parks-Half Marathon.

What was your best race experience?

Last year (2020), I did the Virtual Marine Corp Marathon. That was a great experience. To be able to plan and execute a Full Marathon without a support staff is great.

What was your worst race experience?

It was at the Rock and Roll half-marathon. I ran without gloves in March, and my hands were so cold and frozen. I could not even start my car for 20 minutes.

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

Riley's Rumble half-marathon. The combination of H&H&H (hot, hilly and humid) was so rough.

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

I sometimes ask myself what am I doing here?

What is your favorite running gear?

It is really funny. I cannot say one or the other. I have bought expensive shoes that did not work well and at times, a \$50 pair of shoes worked fine. Sometimes the shoes I liked were discontinued, and the new version did not work well. I suggest that you go to R&J Sports, try a couple, and eventually you will find one that works for you. For the most part, Asics and Brooks work fine for me. It is trial and error.

How do you reward yourself after a hard workout?

Panera - brioche breakfast sandwich

What is your favorite running spot in Montgomery County?

Capital Crescent Trail - At mile 5, there is a water stop and restroom then you get to enjoy Washington Harbor and Georgetown. Coming back you have the water stops again and then 3 miles before the finish line. You cannot beat that.

What running goal(s) do you have?

I would like to run a 3:30 Marathon.

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

Running is like life. It is not always easy, but you keep on pressing toward the mark. I think we need to do a better job reaching out to runners who were once running with us but are not with us now. They may need a bit of encouragement or motivation.

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](#).

Training Tracks

Welcome to **Training Tracks**, our newest Ins and Outs column, where we will feature MCRRC's training programs and weekly workouts whether it be to highlight a program opening up, the start up of a weekly workout, or simply to share photos & fun stories that happen out on the trail.

For our first segment, we will introduce you to our [10K Training Program](#).

The 10k distance is often thought of as the "Goldilocks" distance of racing. With its demand for endurance and need for speed, it is the perfect blend of long run training that challenges you and the track workouts that make you want to come back for more. The 10k is a great stepping-stone for those who are ready to take the leap from the 5k distance. It is also the perfect distance for those runners who want the structure of a training program but do not have a lot of time for training.

Our [10k Training Program](#) officially kicks off in early August. This season, Program Directors, Connie Corbett and Vicky Nathan, have introduced a new phase into the training schedule. The first 4 weeks are self-paced to give flexibility to adapt your running to your summer schedule while providing a regimen to build your endurance. At the end of the four weeks, you will be able to run 4 miles.

The next phase of training begins right after Labor Day. On Tuesdays, you will use Montgomery College's track for a group workout that will focus on building speed with your endurance. On Saturdays, you will meet at different locations through the county for our long runs while enjoying



many of MoCo's asphalt paths. The training schedule includes two other workouts that are to be completed on your own. For those who would like it, there is one optional workout to help advanced runners move to the next level.

The DC-MD-VA area offers numerous 10k racing options in the fall. The best of these, in our opinion, is the Rockville 10k, which is also the target race for the 10k Training Program. Connie & Vicky can adapt your training plan to target other race dates as well.

Everyone is welcome to join the program orientation on Tuesday, August 2nd, where you will learn more about the program and meet the pace coaches. Connie & Vicky are joined by some of MCRRC's finest pace coaches, all who are seasoned runners and experienced in motivating runners to perform at their best.

If you are still not sure if this program is for you, we encourage you to attend the 10k Program orientation on August 3 at 7:30pm. You'll be able to meet the pace coaches, learn about the training schedule, and have your questions answered. If you'd like the Zoom link for the meeting, please send an email to 10director@gmail.com.

Cadence

The Beat from MCRRC's Inclusion and Equity Committee

Community Announcement: Athletes Serving Athletes Montgomery County is Coming!

I&E would like to share with you an announcement made by Athletes Serving Athletes (ASA) that an ASA Montgomery County community is coming soon! ASA is an organization whose mission is to elevate the quality of life for individuals with limited mobility by empowering them to train for and participate in mainstream running events. They champion inclusion by connecting ASA Athletes to runners within their community through their WingMan Program.

ASA has met an ASA Athlete from Montgomery County who is excited about trying out a group run, and they are inviting Montgomery County runners to join them. This first run will actually take place with the Howard County ASA Community. If all goes well, ASA hopes to identify a Montgomery County location and start running locally in September. The group run will take place on **Monday, August 16th**. The details are provided below.

Group Run with a Montgomery County ASA Athlete:

Date: Monday, August 16th, 2021

Time: Arrive at 6:00 PM to meet everyone, run at 6:30 PM

Who is Invited: Any runners who support ASA's mission and would like to be a part of the new ASA Montgomery County community

Location: Lake Elkhorn, 9801 Broken Land Parkway, Columbia, MD 21046

Distance: 5K

Sign-up to join the run here: <https://www.signupgenius.com/go/20f0c48aeaa28a6ff2-howard1>

ASA Montgomery County contact: Conor Joyce, the ASA Community Manager, will be heading up the start of the new Montgomery County community. He will be at this group run and is looking forward to meeting everyone.

We are very excited about this opportunity because many MCRRC members have been interested in getting involved with ASA, so we hope you are able to join in this group run with a Montgomery County ASA Athlete and learn more about building the ASA Montgomery County community.

Many thanks to MCRRC I&E member, Wendy Young, for sharing this announcement with us. Wendy has been a long-time ASA volunteer and can answer any questions you may have about the organization and their Wingman Program. Her email is wendy13fh@gmail.com.

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.

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Competitive Racing Team Results

By: Nicolas Cruzier

Potomac River Running's Birthday Bash 5k -- 2021-07-25

Liz Ozeki 21:47 (Age group rank: 3rd of 19, Gender rank: 11th of 198, Overall rank: 39th of 356)

Stay Informed!

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