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## Montgomery County Road Runners Club

### Ins & Outs - August 13, 2021

*"We Are Running in Montgomery County"*



Dear Members -

I hope you all have survived this extremely hot week! I think I mentioned in the last newsletter that I prefer to run in the heat. I guess Mother Nature has taught me a lesson -- this is too much even for me!

If there were ever a time to need an [Orange Mud Transition Wrap](#), it's NOW. Have you ordered yours from our Gear Shop yet? They are in hand and ready to ship to protect your vehicle (and furniture) from these swampy runs we are experiencing now. If you haven't checked out our Gear Shop lately, I would definitely encourage you to check it out now -- we just dropped in some new gear to round out the rest of your summer. Clearly, we're running in tees or even tanks, well into fall in Montgomery County, so it's still a great time to stock up on some MOCO gear or our new "throwback" tees and singlets featuring the MCRRC logo! Head on over to our [Gear Shop](#) today!

Finally, I would like to recognize our race directors from this past weekend -- Jim Whitnah with Going Green Track Meet and Gretchen Bolton with Groovin' Woodstock XC! These are two great races and we appreciate all the hard work that they put into them as well as YOU, our members, for supporting them with your attendance. Have you ever wondered what it takes to be a race director? The board and Race Committee are discussing hosting an upcoming Race Director Training Class! We can't wait to share the details with you when we're ready.

Have a great weekend, MCRRC!

Ashley Zuraf  
Executive Director

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### Upcoming Races & Race News

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

the [race webpage](#).

**September 18th - Lake Needwood 10K XC - Registration OPENING SOON!**

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.

**October 2nd - Black Hill 10K** - permits & registration pending.

**October 17th - XC on the Farm** - permits & registration pending.

**November 7th - Rockville 5K/ 10K** - details TBA.

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

**November 20th - Run Under the Lights** - details TBA.

**November 27th - Turkey Burnoff** - details TBA.

**December 5th - Seneca Slopes** - permit & registration pending.

**December 12th - Jingle Bell Jog** - permit & registration pending.

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***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."*

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## **Member Spotlight: KRISTEN GALLIGAN**

### ***Finding Freedom and Our Best Selves***

On any given day, going outside to run could be motivated by many different reasons. You may be solely focused on completing the mileage assigned on your training calendar, or you may be running today because the weather later in the week will be miserable. Runners negotiate these discrete, practical decisions all of the time; it is what we do to "get it done." But like member Kristen Galligan, we are often motivated by something greater that the sport of running gives us. For Kristen, it's freedom. She draws upon the positivity of her running community, her relationships, her lived experiences, and intrinsic strength. When she is not running, Kristen works as a Practice Coordinator at an Insurance Brokerage and finds other positive spaces to spend her time working out at the gym and taking nature walks. We hope you find inspiration in Kristen's personal journey in finding her best self.

Age Group: 20-29

*Where do you live?*

Gaithersburg, MD

*What motivates you to run?*

This is a loaded question, I feel like we have so many reasons we run. I used to think of running as control. Now I see it as freedom. I am motivated to do it because without it I am not my same grounded, present self. Running makes me feel in the moment and allows me to feel more alive in each moment.

*When did you get started running?*

High School

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

When you have a running community like this, it takes you higher in a lot of ways. Being a part of this group heightens my experience of running, as we get to share so much about ourselves often in a pretty raw way since things just naturally flow that way during conversations on runs, and also as we support each other in going for what we want and being our best selves.

*What is your favorite MCRRC Training Program?*

I enjoy the Ken-Gar group runs on Sundays.

*What is your favorite MCRRC race?*

Little Bennett aka 'lil bennie'

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

My fiance, Jordan, who is on the racing team with me. I have always been intrinsically motivated, but the support he gives me through the mental aspects that come with being the person that I am while trying to combine that with endurance performance, plus his work ethic, is something that has changed my life and made me better.

*What's your preferred race distance?*

Marathon

*What was your best race experience?*

Getting a PR at Boston Marathon and feeling so good with 10K to go.

*What was your worst race experience?*

I have had experiences that are painful to look back on. Not because of the result so much as what I knew what was going on in my head at the time. I spent some of my college career not in a good space with my mental health, and disordered eating was associated with my running. Now, no matter the race or training result, I am grateful to be in the positive space I am.

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

Atlanta Marathon 2020 a.k.a. "Hillanta."

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

In my first marathon a sign said: "All this for a banana."

*What is your favorite running gear?*

GPS watch, Mizuno Wave Riders, Goodrs, clothes with pockets

*How do you reward yourself after a hard workout?*

Write it in the training log & keep going!

*What is your favorite running spot in Montgomery County?*

C&O Canal



*What running goal(s) do you have?*

Short term: PR at Richmond Marathon in 2021. Long term: Olympic Trials Qualifier

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

Grateful for MCRRC, and shout out to my racing team teammates!

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***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](#).

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## 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.

In our second edition, we move over to our [Fall 5K Run/ Walk Program](#).

The Fall 5K Run/Walk program is designed for walkers who want walk their way to improved health and fitness as well as for beginning runners, individuals getting back into running, those who are currently unable to run continuously for more than 20-30 minutes, injured runners who need to decrease their workout intensity and those who wish to become faster shorter-distance runners.

Through our training schedule and optional scheduled social get-togethers, our team of experienced, enthusiastic coaches will get you and yours moving and having a blast!

If you are still not sure if this program is for you, we encourage you to attend the program orientation on Wednesday, September 1st. You'll be able to meet the pace coaches, learn about the training schedule, and have your questions answered. Please visit [our website](#) for more information and for the Zoom link for orientation.

Come train with us! You won't regret it!

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## Cadence

### *The Beat from MCRRC's Inclusion and Equity Committee*

#### *Human Potential*

The Paralympics begins in Tokyo on August 24. If Eliud Kipchoge, the first person to break the two-hour marathon barrier and winner of the 2021 Olympics men's marathon, demonstrated, in his words, "*No human is limited*," the Paralympics will undoubtedly inspire you to imagine the broad expanse of human potential.

The Paralympic Movement provides opportunities for athletes with both visible and invisible impairments to compete, offering sport opportunities for athletes with physical, visual and/or intellectual impairments. Athletes compete in the Paralympics according to a [classification structure](#) that assesses their level of impairment. Each sport has their own classification system developed by the International Federation(s) governing that sport.

For our broader understanding of diversity and inclusion, it's worth saying that disability does not equate to inability. A physical or intellectual impairment may limit one's ability to engage in certain tasks or perform a particular skill, but with imagination, we can embrace every human's potential. If we opened our minds, the entire world would benefit.

#### *Announcements:*

**ASA:** We made a community announcement in the July 30 Ins & Outs that Athletes Serving Athletes is developing a Montgomery County ASA Community! An informational group run (5k distance) with a Montgomery County athlete will be held this Monday, August 16, at 6:00 PM. Anyone who would like to learn more about ASA's mission to elevate the quality of life for individuals with limited mobility by empowering them to train for and participate in mainstream running events, is welcome to attend!

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

Sign-up to join the run [here](#).

ASA Montgomery County contact: Conor Joyce, the ASA Community Manager

Questions? Contact MCRRC member, Wendy Young, at [wendy13fh@gmail.com](mailto:wendy13fh@gmail.com)

**Save the Date:** MCRRC's next Featured Runner Series event is on Monday, August 23, at 5:30 PM via Zoom. We are featuring Carolyn Su, creator of @DiverseWeRun, an Instagram platform that features of Black, Indigenous, and Runners of Color to advocate for racial representation, equity, and inclusion in the running community.

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*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@mccrc.org](mailto:diversity@mccrc.org).*

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## Competitive Racing Team Results

*By: Nicolas Cruzier*

### **Bel Air Town 5K Run -- 2021-08-08**

Bill Loomis 21:58.30 (Age group rank: 1st of 6, Gender rank: 66th of 270, Overall rank: 81st of 513)

### **Groovin' Woodstock XC -- 2021-08-08**

Nicolas Crouzier 21:51 (Age group rank: 1st of 4, Gender rank: 1st of 33, Overall rank: 1st of 52)  
Chris Pruitt 22:58 (Age group rank: 2nd of 4, Gender rank: 2nd of 33, Overall rank: 2nd of 52)  
Anna Bosse 29:50 (Age group rank: 1st of 1, Gender rank: 1st of 19, Overall rank: 5th of 52)  
Mark Adams 32:05 (Age group rank: 1st of 5, Gender rank: 9th of 33, Overall rank: 10th of 52)  
Liz Ozeki 33:50 (Age group rank: 1st of 2, Gender rank: 2nd of 19, Overall rank: 16th of 52)  
Weiqun Zhou 35:47 (Age group rank: 3rd of 5, Gender rank: 16th of 33, Overall rank: 18th of 52)

#### **Going Green Track Meet 1 Mile -- 2021-08-07**

Hasan Hobbs 5:02.90 (Age group rank: 1st of 4, Gender rank: 11th of 46, Overall rank: 11th of 55)  
Sean Napier 5:15.30 (Age group rank: 7th of 8, Gender rank: 16th of 46, Overall rank: 16th of 55)  
Ryan Hadley 5:19.70 (Age group rank: 4th of 6, Gender rank: 19th of 46, Overall rank: 19th of 55)  
Robert Palmer 5:42.40 (Age group rank: 3rd of 4, Gender rank: 30th of 46, Overall rank: 31st of 55)  
Erica Singleton 5:47.20 (Age group rank: 1st of 2, Gender rank: 2nd of 9, Overall rank: 35th of 55)  
Brian Murphy 5:48.80 (Age group rank: 8th of 9, Gender rank: 34th of 46, Overall rank: 36th of 55)  
Liz Ozeki 6:18.90 (Age group rank: 3rd of 3, Gender rank: 4th of 9, Overall rank: 41st of 55)

#### **Going Green Track Meet 2 miles -- 2021-08-07**

Nicolas Crouzier 9:24 (Age group rank: 1st of 6, Gender rank: 1st of 47, Overall rank: 1st of 59)  
Hasan Hobbs 10:47 (Age group rank: 1st of 5, Gender rank: 8th of 47, Overall rank: 8th of 59)  
Ryan Hadley 11:14 (Age group rank: 2nd of 3, Gender rank: 11th of 47, Overall rank: 11th of 59)  
Brian Murphy 11:20 (Age group rank: 4th of 6, Gender rank: 12th of 47, Overall rank: 12th of 59)  
Robert Palmer 11:41 (Age group rank: 2nd of 5, Gender rank: 15th of 47, Overall rank: 15th of 59)  
Weiqun Zhou 13:41 (Age group rank: 2nd of 6, Gender rank: 29th of 47, Overall rank: 31st of 59)  
Mark Adams 13:46 (Age group rank: 3rd of 6, Gender rank: 30th of 47, Overall rank: 32nd of 59)

#### **Going Green Track Meet 4x400 -- 2021-08-07**

Exavier Watson & Hasan Hobbs 3:59.10 (Overall rank: 2nd of 5)

#### **Sea Girt 5K -- 2021-08-07**

Chris Shaw 16:31 (Age group rank: 1st of 54, Gender rank: 7th of 760, Overall rank: 7th of 1591)

#### **Fort Ritchie Triathlon -- 2021-08-01**

Ryan Hadley 2:24:04.50 (Age group rank: 1st of 2, Gender rank: 9th of 66, Overall rank: 10th of 90)  
Wiley Hemphill 2:30:16.50 (Age group rank: 2nd of 2, Gender rank: 14th of 66, Overall rank: 15th of 90)

#### **parkrun College Park -- 2021-07-31**

Brian Murphy 18:54 (Gender rank: 5th of 80, Overall rank: 6th of 170)

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## **Stay Informed!**

Be sure to "like us" on [Facebook](#) & follow us on [Twitter](#) and [Instagram](#) to keep up on all the latest club news!

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