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Montgomery County Road Runners Club

Ins & Outs - August 27, 2021

"We Are Running in Montgomery County"



Dear Members -

Can you believe it's already the end of summer? Man, that went fast. On Monday, our children venture once more into an uncertain school year - best of luck to all of our children, teachers, and staff. We hope you have a wonderful school year! If any of you know of a... ahem, parent who is sending their last little one to preschool on Monday, please check in on them. WE. ARE. NOT. OK. It's been an emotionally charged week and I expect no less for next week. Bless ALL of you who are in this position and know how I feel.

Moving on to running related conversation, big congrats to Tom Young for an absolutely wonderful **Eastern County XC!** We appreciate all of the volunteers and runners who came out to support Tom. Next up on the schedule is **Lake Needwood XC** on Sept. 18th, with the **Parks Half Marathon** rounding out the month of September, on it's new (temporary) date of Sept. 26th! We are down to our last few hundred bibs, so if you or anyone you know is planning to run, we suggest you get registered ASAP!

We are pleased to let you know that the **2021 Marine Corp Marathon Hospitality Suite** IS ON! We'll be at a new location this year, the Hyatt Centric Arlington, and will be offering bus transportation from the Shady Grove Metro Station to folks who are registered for the race. We are ALMOST ready to give you all the details, so look for a message from us this coming week in your inbox, groups.io, and our website.

If you pre-ordered, or recently ordered, an [Orange Mud Transition Wrap](#), they have ALL LEFT THE BUILDING. Pre-orders should be in your hands by now, so if you still don't have yours, please reach out -- there may be an issue.

And 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 get you through the rest of your warm/ hot/ humid/ swampy MOCO running. Head on over to our [Gear Shop](#) today! We are working on some new fall pieces to round out your MCRRC wardrobe and can't wait to share those with you soon!

Have a great weekend, MCRRC!



Ashley Zuraf
Executive Director

Upcoming Races & Race News

September 18th - Lake Needwood 10K XC - Registration is OPEN! Check out [our website](#) & register today.

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.*

Editor's Note: *This may not be 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: GAIL EDWARDS

Communication Can Take You Far

As runners, we know the importance of communication. Something as simple as a motivational sign from a spectator at a race can shift our mindset. Even the funny ones (e.g. "This is a lot of work for a free banana!") can help you relax. The smiles and high-fives (before times) also transfer magical energy to keep us going. MCRRC member, Gail Edwards, a Communications Specialist, certainly understands the power of communication. It's the glue that holds her

running family together and it's how her favorite running coach developed rapport via email and helped her go farther with her goals. Gail really values the importance of giving back to the running community as a volunteer, but she also knows not to take certain race volunteer positions if she wants to help other runners go farther in their intended direction! We hope you enjoy learning more about Gail and, through her story, appreciate the power of all forms of communication.

Age Group: 50-59

Where do you live?

Germantown, MD

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

Cycling, reading, and solving crossword puzzles

What motivates you to run?

I loved playing sports growing up, so I pretty much always liked staying active. Right now, my fear of getting old and out of shape is what motivates me, lol.

When did you get started running?

I first ran a bit in college and did a couple of 5Ks in the late 1980s, then a bit again in the mid-1990s before I got pregnant. Then I finally really started in around 2001, joined the club later in the year, and never really stopped since.

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

MCRRC is like a family, I've made friends over the year through the club. I love that the club offers so much especially with their club races. I try to pay back with volunteering whenever I can, which in my opinion is not really enough.

What is your favorite MCRRC Training Program?

It's a tie between the Winter Trails, which always feel like an adventure and the FTM program, which always feels like a journey.

What is your favorite MCRRC Low-Key race?

Riley's Rumble, which is practically in my backyard. I love the backroads even though it's always so tough in the last few miles.

What is your favorite volunteer position?

Any position except for ones requiring me to communicate with strangers. I'd never want to steer people in wrong directions, ha.

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

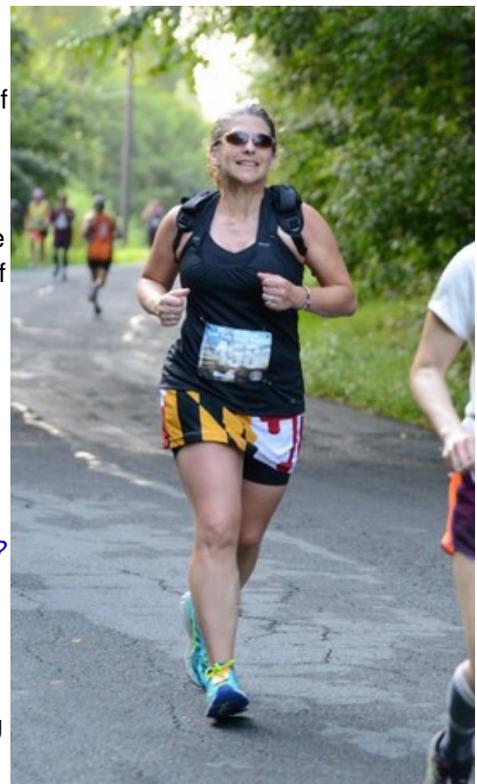
Yvette Ju was one of my pace coaches for my second marathon in 2012. Even though I did my first marathon a year prior, I felt like I was training for my first. She was the first one to really communicate with me via email and we established a season-long rapport. That's something I've always truly appreciated.

What's your preferred race distance?

Half Marathon

What was your best race experience?

Wineglass Marathon in 2017, which was my first marathon after two years being injured so I was so much more concerned about finishing it that I had started out a bit slower than I probably should. I ended up running more than 7 minutes faster in the second half than the first half and PRed. The course was also beautiful.



What was your worst race experience?

Annapolis 10 miler. It always seemed way too hot and soupy every time. Their premiums usually make up for it, though.

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

Physically, I think that was 2018 MCM coming off 3 weeks after the Chicago Marathon, it was a struggle from Mile 13 to finish. As for the most difficult course, I think that would be the Harpers Ferry Half Marathon.

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

Barefoot running, not the strangest, but maybe the craziest.

How do you reward yourself after a hard workout?

A large Java Frappuccino or the equivalent after especially hard ones. Otherwise it'll be an iced mocha latte and watermelon.

What is your favorite running spot in Montgomery County?

There are so many, but as for the present time I think it's the closed Beach Drive.

What running goal(s) do you have?

Running without any pains or injuries is always a #1 goal. And I also would like to run Greenway Marathon or 50K one of these days.

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

Because I'm deaf and not a world's greatest lip reader, I'm always quiet during group runs. I would love to see more signers (deaf and hearing) in the program. We've had a few deaf and hard of hearing members in the club over the years, and I think I'm only one left right now.

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: PUB RUNS

Have you been looking for some events to fill the lack of pub runs in your life? We have got you covered! Every Tuesday you can join us in Silver Spring at Astro Lab Brewing for a 3 or 5 mile run. These runs start at 6pm each week. Of course, like all pub runs, we meet for beer and to socialize after. You're guaranteed to meet a new friend. We've got more information at our Weekly Workout [page](#).

We're also really excited about a fun event coming up in partnership with True Respite Brewing. On Friday, September 10th, we'll have a pub run starting and finishing at True Respite. We'll have 3 and 5 mile options. This event is kicking off the launch event for the Rock East District - a newly designated cultural district off Gude Drive in Rockville. Mark your calendar now and, better yet, [sign up](#) for the free run so we know you're coming!

This should be a great opportunity to meet up with your club member friends, catch up over a beer, and maybe talk race strategy for that Sunday's Parks Half Marathon. We've got some more fun pop-up pub runs coming in the near future, so keep an eye out on the club's [groups.io](#)



message board. Until then, I hope to see you on a Tuesday at Astro Lab and on September 10th at True Respite!

Cheers!

Brian Murphy, Pub Run Coordinator

Training Tracks will feature MCRRC's training programs and weekly workouts, whether it be to highlight a registration opening, the start up of a new workout or simply to share photos & fun stories that happen out on the trail. Please contact office@mcrrc.org with any questions.

Cadence

The Beat from MCRRC's Inclusion and Equity Committee

Diverse We Run

For its third MCRRC Featured Runners Event this past Monday, August 23rd, I&E hosted Carolyn Su, runner and creator of the Instagram platform @DiverseWeRun, where she writes weekly features to amplify Black, Indigenous, and People of Color (BIPOC) runners and advocate for racial representation, equity, and inclusion in the running community. The conversation was coordinated and moderated by MCRRC member and Washington City Paper sports editor and writer, Kelyn Soong.

When Kelyn asked why she started @DiverseWeRun, Carolyn described her experience at large races, in particular the Boston Marathon, where the featured runners at the expo were all white. While she acknowledged that their stories are interesting and important, she wondered why we don't see more BIPOC runners represented in the media and know their stories. So, she decided to "be the change."

One of the nuanced takeaways from the conversation between Carolyn and Kelyn and, subsequently, with MCRRC members in attendance, was that the running community, although increasingly diverse, still has work to do to be inclusive. [Diversity does not equate to inclusion](#). However, there has been a noticeable shift in the last several years among major media outlets that are featuring more diverse runners in terms of race, body type, ability and disability. In addition, more organizations have emerged to meet the diverse running and health needs of specific communities. Inclusion is achieved, in part, when people feel seen, heard, listened to, respected, and valued. As a result, they feel an overall sense of psychological safety in their community. By lifting up the stories and experiences of BIPOC runners, Carolyn and @DiverseWeRun are contributing to the change in the running community that we need. Be sure to follow on Instagram @DiverseWeRun and @irunfortheglory (Carolyn Su's personal account).

If you missed the Featured Runner Series event with Carolyn Su, [watch this space](#), where the

full recording will be available here soon.

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.

Competitive Racing Team Results

By: Nicolas Crouzier

Eastern County 8K -- 2021-08-21

Nicolas Crouzier 26:48 (Age group rank: 1st of 5, Gender rank: 1st of 54, Overall rank: 1st of 82)

Adrian Spencer 29:47 (Age group rank: 2nd of 5, Gender rank: 2nd of 54, Overall rank: 2nd of 82)

Robert Palmer 32:51 (Age group rank: 1st of 5, Gender rank: 7th of 54, Overall rank: 7th of 82)

Anna Bosse 34:05 (Age group rank: 1st of 1, Gender rank: 1st of 28, Overall rank: 9th of 82)

Cindy Conant 35:42 (Age group rank: 1st of 5, Gender rank: 3rd of 28, Overall rank: 11th of 82)

Mark Adams 37:47 (Age group rank: 1st of 6, Gender rank: 14th of 54, Overall rank: 18th of 82)

Liz Ozeki 39:26 (Age group rank: 1st of 3, Gender rank: 5th of 28, Overall rank: 21st of 82)

St. Michaels 5K -- 2021-08-21

Armand Silva 17:23 (Age group rank: 1st of 20, Gender rank: 1st of 78, Overall rank: 1st of 234)

A Midsummer Night's Run 5K -- 2021-08-14

Christopher Phillips-Hart 15:15.53 (Gender rank: 2nd of 657, Overall rank: 2nd of 1358)

Chad Phillips-Hart 15:46.99 (Age group rank: 2nd of 72, Gender rank: 5th of 657, Overall rank: 5th of 1358)

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