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## Montgomery County Road Runners Club

### Ins & Outs - September 10, 2021

*"We Are Running in Montgomery County"*



Dear Members -

Happy September and welcome to the days where you need a sweatshirt in the morning and a tank top by lunch! I saw a really funny graphic the other day about Maryland's "12 Seasons" and I am sharing it with you at the end of this newsletter. It's SO true. I think right now we are in "False Fall" but according to the forecast, heading into "Second Summer" this weekend. Just in time for the pools to be... *closed*. At least our morning runs have been a little nicer!

Fall racing is so well-loved with our members. 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! Are you still on the fence? Please consider signing up soon - you won't want to miss this installment of the best half-marathon around! [Register](#) today! We also opened up registration for the ever-popular **Rockville 10K/ 5K** this past week. This is an important goal race for a couple of our late summer/ fall programs, so be sure to get signed up & come support the City of Rockville's youth programs. You can do so on the race's [new website](#).

You responded to our survey (thank you) so as a result, we are bringing you the **2021 Marine Corp Marathon Hospitality Suite!** 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. There is no reliable parking at the hotel, so we strongly encourage our MCM participants to consider buying a bus ticket. All the details as well as purchase information can be found on [the website](#). Sign up today, as space is limited!

And be sure to stop by our [Gear Shop!](#) We are bursting at the seams with our new SUPER SOFT logo'd tees and some new tanks! Fall gear is coming soon and we can't wait to show you what we are working on.

Finally, to all the hard-working volunteers (many from MCRRC) and participants in this Sunday's **Cherry Blossom 10-Miler**, we wish you the very best of luck! May the wind be at your back, your feet swift and your goals in sight.

Have a great weekend, MCRRC!



Ashley Zuraf  
Executive Director

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## 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 - Registration is OPEN!** Check out [our new website](#) for more information and to register.

**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 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."*

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## Member Spotlight: REINALDO CABANAS

### ***Running To Be Present, Not Escape***

Running can be a way to leave our problems behind. Work will still be there in an hour. That text argument with a friend can be dealt with later. While running can provide refuge from challenges we face, what if we instead made running part of our "present," allowing us to meet our joys and

hardships in the moment? Would our mind and body benefit from approaching running as integral to life as opposed to a separate place we go to escape? For MCRRC member Reinaldo Cabanas, running is integral to his life, connecting what may have happened in his day, good or bad, to whatever may be coming later. He finds happiness being in the company of his running friends to talk about the day and build camaraderie through a shared passion for the sport. We hope you are able to take something from the wisdom Reinaldo imparts through his story.

*Age Group:* 60-69

*Where do you live?* Gaithersburg, MD

*What is your day job?* Lead Carpenter

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

I enjoy playing guitar. I have played soccer in the past, and I love to spend the day on the water fishing, even though I haven't gone for a couple of years.

*What motivates you to run?*

Like many of my running friends, I run because I can. I run because the emotional and physical benefits are invaluable, and they keep me out of the doctor's office. It allows me to clear my mind from the day at work, and it motivates me to go out and meet my running friends, with whom I have spent countless hours over the years.

*When did you get started running?*

I started back in high school, in my home land in Paraguay. I then ran in college in Brazil - short distances: 100m, 200m, 400m and 800m.

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

The camaraderie among all the members and participants of the different programs is welcoming; I feel right at home. I love to spend time after a long run socializing and recapping the day.

*What is your favorite MCRRC Training Program?*

I have been a participant of a few MCRRC programs like FTM, Speed Development, and XMP. I've spent the most time with XMP, which I've done every year since 2006, except three of those years.

*What is your favorite MCRRC Low-Key race?*

Turkey Burnoff

*What is your favorite volunteer position?*

Working at a water stop and as a course marshal.

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

All coaches I had the opportunity to train with are good in their own unique way, and I had a positive experience every training season with the advice I received from them.

My personal mantra is, "Running away from your problems is a race you'll never win." It has helped me get through good and not so good days.

*What's your preferred race distance?*



I would say marathon is still my thing. As I get older and slower, I often ask myself, "What am I doing here?" during a race. But I'll keep on pressing forward as long as I can do so comfortably.

*What was your best race experience?*

My best race experience may be when I set a PR in the Boston Marathon in 2012. I just felt good overall. It was a day where everything worked as planned. I had a terrible winter training season, with a cold/flu that lasted for weeks. So to get a PR was an incredible feeling.

*What was your worst race experience?*

The Miami Marathon 2020 was one of those races I don't want to repeat. It was the only race where I stopped at the port-a-john not once, but three times. The combination of heat, humidity, too much Gatorade too quickly, and maybe other factors contributed to making that day miserable. But as always, it all went away as soon as I crossed the finish line.

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

In 2016, I ran a 100 km race back in Paraguay. It was a DNF for me; I dropped out at 53 km. The terrain was mountainous and very difficult. It was extremely hot with little support. I felt intimidated seeing the steep incline to where I still had to go, how much I had already done, and how much my legs were crying for help. It was enough reason to call it off.

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

A Steamtown marathon runner peeing standing up, holding on to a light post while thousands of runners passed by cheering.

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

A good steak on the grill is my favorite, followed by a power nap, if possible.

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

Lake Needwood

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

My goal is to keep running marathons and inspire others in the process

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

I consider myself lucky to be part of a wonderful group of people who share my passion for running. MCRRC is an important part of my running family. Running is an integral part of my life. When I'm sad and tired, I run. When I'm happy and excited, I run. There's always a good reason to get out and run and enjoy life as it is meant to be.

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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: WEDNESDAY NIGHT TRACK**



**Question:** What venerable MCRRC tradition turns 38 years old this month?

**Answer:** MCRRC's **Wednesday Night Track Workouts!**

Those who participated that September evening at Richard Montgomery High School in 1983, and are still around to savor the memory, know:

MCRRC's Wednesday Night Track Workouts are one of our club's most popular offerings. Since that day, when we ran 12 X 400, our Wednesday Night workouts have evolved to an activity that welcomes *all* members -- whether they run the scheduled workout or just do their own thing. Some just turn up at Giuseppe's afterwards for the pizza and camaraderie. It's a great benefit for any and all members!

In celebration of our 38<sup>th</sup> year of this wonderful fitness activity, we are inviting all members to join us on **Wednesday, September 29th** (and beyond) at our new venue at [Winston Churchill High School](#) in Potomac – under the lights. **REAL, PERMENANT TRACK LIGHTS!** We are so excited about this new partnership!

Like all of our Weekly Workouts, the track workout is free. But wait, there's more!

To celebrate our new location, we're offering all members in attendance on the 29th, a **free slice of Giuseppe's excellent pizza and a beverage of your choice!** Simply print the coupon and bring it with you on the 29th (we'll have some coupons available at the track if you forget). The track workout will feature a workout by our faithful coordinator, Denis McDonald, or you're welcome to do your own workout. Come mingle with members of the board as well as the club's regular track runners!

**What:** MCRRC Member Night at Winston Churchill!

**When:** Wednesday, September 29th at 6:30 PM

**Where:** [Winston Churchill High School Track](#) (near the corner of Tuckerman Lane and Gainsborough Rd – park in the lot next to the track), 11300 Gainsborough Road, Potomac, MD 20854

[Giuseppi's Pizza Plus Rockville](#) (park in the indoor lot on Monroe Street or for free in the nearby Juror Lot at the SE corner of Monroe and East Jefferson/Rt. 28)  
199 – L East Montgomery Avenue (near Regal Theater and Potbelly Sandwich Shop), Rockville MD 20850

We want to see you there!

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*This installment of Training Tracks was written by Lyman Jordan. For an up-to-date listing of the club's track permits, please visit [our website](#). 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](mailto:office@mcrrc.org) with any questions.*

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## Cadence

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

#### *Inclusion is an Intentional Practice*

"We believe that running and fitness activities should occur in a welcoming environment to all, be geographically diverse, and financially affordable. We strive to identify physically accessible environments." -- MCRRC Values Statement #3

At the last Inclusion & Equity Committee meeting, we had a focused discussion on how MCRRC could bring new runners into the club in a way that promotes diverse membership. Almost everyone shared a similar story. Before joining, they had seen runners "out there" on the trails, wearing matching gear that signaled some sort of group, and wondered, "Who are they?" A few people decided to seek out the answer and ask, because the runners they saw seemed friendly and welcoming. For others, it took a few encounters before figuring out on their own that those runners were from MCRRC.

We know that MCRRC members literally cover a lot of ground across the county. In terms of diverse reach, we are everywhere. If we extend the benefits of our camaraderie to the broader community, we amplify the invitation to include them. As members, with the club gear we wear, the energy (endorphins!) we carry, and the physical space we occupy in our training groups and weekly runs, we are each club ambassadors.

If we think of ourselves as representatives of MCRRC, being a good steward on our trails and in our neighborhoods takes on greater importance. Many of us are already kind and respectful and practice good etiquette with those we encounter while we run. But if we want to promote diverse membership growth, we hope all of our members will not only project community with the club gear and logo we wear, but intentionally practice inclusion through our actions. People will take notice.

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

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## Competitive Racing Team Results

*By: Nicolas Cruzier*

### **Montgomery County Interfaith 5K -- 2021-09-06**

Lisa Levin 22:03 (Gender rank: 1st of 108, Overall rank: 8th of 216)

### **Great American Labor Day 5K -- 2021-09-05**

Alexandra Amidon 21:59 (Age group rank: 2nd of 6, Gender rank: 5th of 77, Overall rank: 18th of 157)

### **Summer's End 5K -- 2021-09-05**

Julie Sapper 21:14 (Age group rank: 1st of 8, Gender rank: 4th of 94, Overall rank: 13th of 189)

#### **Kentlands Lakelands 5K -- 2021-09-04**

Hasan Hobbs 17:27 (Age group rank: 1st of 48, Gender rank: 5th of 398, Overall rank: 5th of 720)

Mark Neff 18:09 (Age group rank: 2nd of 29, Gender rank: 8th of 398, Overall rank: 8th of 720)

Peter Bandettini 19:11 (Age group rank: 3rd of 29, Gender rank: 16th of 398, Overall rank: 16th of 720)

Marty Horan 20:56 (Age group rank: 1st of 28, Gender rank: 37th of 398, Overall rank: 40th of 720)

Mark Adams 21:32 (Age group rank: 2nd of 28, Gender rank: 50th of 398, Overall rank: 53rd of 720)

#### **parkrun College Park -- 2021-09-04**

Kevin Camp 17:51 (Gender rank: 1st of 71, Overall rank: 1st of 151)

Brian Murphy 18:54 (Gender rank: 3rd of 71, Overall rank: 3rd of 151)

#### **parkrun College Park -- 2021-08-28**

Chris Pruitt 16:17 (Gender rank: 1st of 79, Overall rank: 1st of 161)

### **Maryland's 12 Seasons**

Winter

Fool's Spring

Second Winter

Spring of Deception

Third Winter

The Pollening

Actual Spring

Summer

Hell's Front Porch

False Fall

Second Summer

Actual Fall



**YOU ARE HERE**



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